

# EQUIPMENT

## CARDIO

True Elliptical  
Cybex Arc Trainer  
True Treadmills  
Nautilus Treadmill  
Stationary Bikes

## STRENGTH

Tuff Stuff Shoulder Press  
Tuff Stuff Chest Press  
Tuff Stuff Fly/Rear Deltoids  
Chin/Dip Assist  
Tuff Stuff Abductor/Adductor  
Tuff Stuff Lat/Tricep/Mid-Row

Tuff Stuff Seated Calf  
Tuff Stuff Bicep Curl  
Tuff Stuff Leg Press  
Tuff Stuff Rotary Torso

## FREE WEIGHTS

Tuff Stuff Power Rack  
Precor Power Rack  
Hoist Cable Machine  
Sorinex Landmine  
Tuff Stuff Military Press Rack  
Tuff Stuff Bench Press

Tuff Stuff Hammer Strength Chest Press  
Tuff Stuff Decline/Incline Benches  
Troy Dumbbells  
Hammer Strength High Row

## AMENITIES

Physioballs  
Mats  
Weight Belts  
Foam Rollers  
Medicine Balls

Push Up Bars  
Ab Rollers