



#### Cardiovascular Equipment

- A Concept 2 Rower - Model D x 2
- B Upright Lifecycle - Discover SE3HD x 2
- C Treadmill - Discover SE3HD x 3
- D Power Mill - Discover SE3HD x 2

#### Resistance Equipment

- 1 Dumbbell Rack - Double - FW x 2
- 2 Multi Adjustable Bench - FW x 4
- 3 Cross Over - CM
- 4 Smith Machine - HPL
- 5 Power Rack - HD Athletic
- 6 4' X 8' Platform - HDE
- 7 Seated Dip - HPL
- 8 Iso-Lateral Super Incline Press - HPL
- 9 T Bar Row - Cybex PlateLoaded
- 10 Leg Press - HPL
- 11 Linear Leg Press - HPL
- 12 Linear Hack Press - HPL
- 13 Iso-Lateral Leg Curl - HPL
- 14 Iso-Lateral Leg Extension - HPL
- 15 Dual Adjustable Pulley - CM
- 16 Hip Abductor - HS
- 17 Iso-Lateral Decline Press - HPL
- 18 Pullover - HPL
- 19 Iso-Lateral Rowing - HPL
- 20 Iso-Lateral Low Row - HPL
- 21 Row / Rear Delt - Sig
- 22 Shoulder Press - HS
- 23 Seated Biceps - HPL
- 24 Standing Calf - HS
- 25 Pec Fly / Rear Deltiod - HS
- 26 Hip Adductor - HS

# Conceptual Gym Layout for Urban Fitness & Performance

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This drawing should be considered conceptual only, please confirm details of proposed structure and building works with relevant parties where applicable.



















































