

TRAINING ROOM EQUIPMENT LIST

As of 06/10

Category	Body Parts	Name	Brand	Number of equipment
Cardio machines		Cardio Bike –upright type	CYBEX	7
		Cardio Bike –for fitness test	Combi	1
		Watt bike	WATTBIKE	2
		Cross Trainer	STAR TRAC	2
		Arc trainer	CYBEX	1
		Recumbent bike	CYBEX	2
		Step machine	STAR TRAC	2
		Treadmill	CYBEX	6
		Treadmill	STAR TRAC	3
		My mountain	Fitness Apollo	1
		Rowing Machine	Concept2	2
		Spinning bike	STAR TRAC	3
Strength Machines	Chest	Seated chest press	Life fitness	1
		Chest press	Senno	1
		Seated chest press	Nautilus	1
		Incline chest press	CYBEX	1
		Pec deck fly machine	Universal	1
	Chest&Triceps	Dip machine	STAR TRAC	1
	Chest&Triceps,Lats	Assisted chin & dip machine	STAR TRAC	1
	Chest,Shoulders	Fly & rear delt machine	CYBEX	1
	Legs&Glutes	Total hip	Universal	1
		Squat machine	Universal	1
		Leg press	Nautilus	1
		Leg press & Hack squat	Tuffstuff	1
		45° donkey curf machine	Sony	1
		Leg extension	STAR TRAC	1
		Leg extension	Senno	1
		Seated leg curl	CYBEX	1
		Prone leg curl	Senno	1
		Prone leg curl	CYBEX	1
		Abduction & adduction	CYBEX	2
		Glute ham raise bench	Hammer strength	1
	Shoulders	Lateral raise	Nautilus	1
		Shoulder press	Nautilus	1
		Shoulder press	STAR TRAC	1
	Lats	Lat pulldown	Universal	1
		Lat pulldown	Senno	1
		Lat pulldown	CYBEX	1
		Low pulley rowing	Universal	1
		Low pulley rowing	Senno	1
		Rowing	FLEX	1
		Rowing	STAR TRAC	1
		Low back machine	Nautilus	1
	Abdominals	Abdominal crunch	Nautilus	1
		Abdominal machine	CYBEX	1
		Rotary torso	CYBEX	1
	Arms	Arm curl	Senno	1
		Arm curl	FLEX	1
		Arm curl	Camster	1
		Arm curl	CYBEX	1
		Arm extension	Senno	1

	Multi purpose	Cable crossover machine	STAR TRAC	1
		Dual adjustable pulley	Life fitness	1
		Dual adjustable pulley	CYBEX	1
		Dual adjustable pulley	PARAMOUNT	1
	Hydraulic machines	Leg extension & curl	alexia	1
		Shoulder press & lat pull	alexia	1
		Chest & back	alexia	1
		Leg press	alexia	1
		Abdominal & lower back	alexia	1
		Abduction & adduction	PACE	1
		Pro row	PACE	1
		Dead lift	PACE	1
Free weight equipment		Bench press bench	CYBEX	1
		Bench press bench	Galaxy	3
		Power rack	CYBEX	1
		Power rack	POWERLIFT	2
		Half rack	POWERTECH	1
		Half rack	POWERLIFT	1
		Flat bench	Universal	2
		Flat bench	CYBEX	1
		Adjustable bench	Think fitness	4
		Adjustable bench	TECA	1
		Adjustable bench	CYBEX	1
		Adjustable bench	POWERTECH	1
		Bulgarian squat stand	IROTECH	2
		Lifting platform	POWERLIFT	1
		Dumbbell (10kg~60kg)	IVANKO	1set each
		Dumbbell (1kg~10kg)	IVANKO	2 sets each
		Weight plates 25kg	IVANKO	2
		Weight plates 20kg	IVANKO	118
		Weight plates 15KG	IVANKO	58
		Weight plates 10KG	IVANKO	74
		Weight plates 5KG	IVANKO	66
		Weight plates 2.5KG	IVANKO	54
		Weight plates 1.25KG	IVANKO	44
		Olympic barbell (20kg)	IVANKO	10
		Short barbell (10Kg)	IVANKO	1
		EZ bar (10kg)	IVANKO	3
		HEX bar	Crippler	1
		Olympic barbell collars	IVANKO	4 sets
		Muscle clamp collars	Uesaka	10 sets
		Smith machine	CYBEX	1
	Shoulders	Shoulder press-plate loading	Nautilus	1
	Legs&Butts	Hack squat	CYBEX	1
		45° Leg press	CYBEX	1
	Lats	Seated curl raise	Hammer strength	1
		T bar row	STAR TRAC	1
		Isolateral rowing	Hammer strength	1
		Isolateral front lat pulldown	Hammer strength	1
		Isolateral decline press	Hammer strength	1
		Jammer	Hammer strength	1
		Dumbbell mits	Think fitness	2 sets
		Weight plate racks	Think fitness	2
		Dumbbell racks	IVANKO	4

O t h e r s		Power max VIII PRO	Combi	1
		Power max VIII	Combi	1
		Abdminal bench	CYBEX	2
		Roman chair	NISHI	2
		45° roman chair	CYBEX	1
		Chin up & dip stand	CYBEX	1
		Leg raise & dip stand	CYBEX	1
		JOBA	Panasonic	1
		Heavy bag and stand	Think fitness	1
		Balance disc	Think fitness	8
		Streatch pole		2
		Streatch pole –semi circular		6
		Plyometric box	NISHI	12 boxes
		Thera band-elastic band		10
		Medicine ball (1,3,5,8,10kg)		1 each
		Grip strength scale		1
		Lower back strangth scale		1
		Body fat analyzer	Tanita	1
		Body composition analyzer	Tanita	1
		Weight scale		1
		Blood pressur monitor		1
		Anaero press (for fitnes test)	Combi	1
		Anaero dash (for fitness test)	Combi	1
		Chest force(for fitness test)	Nihon koden	1
		Bouldering wall		1