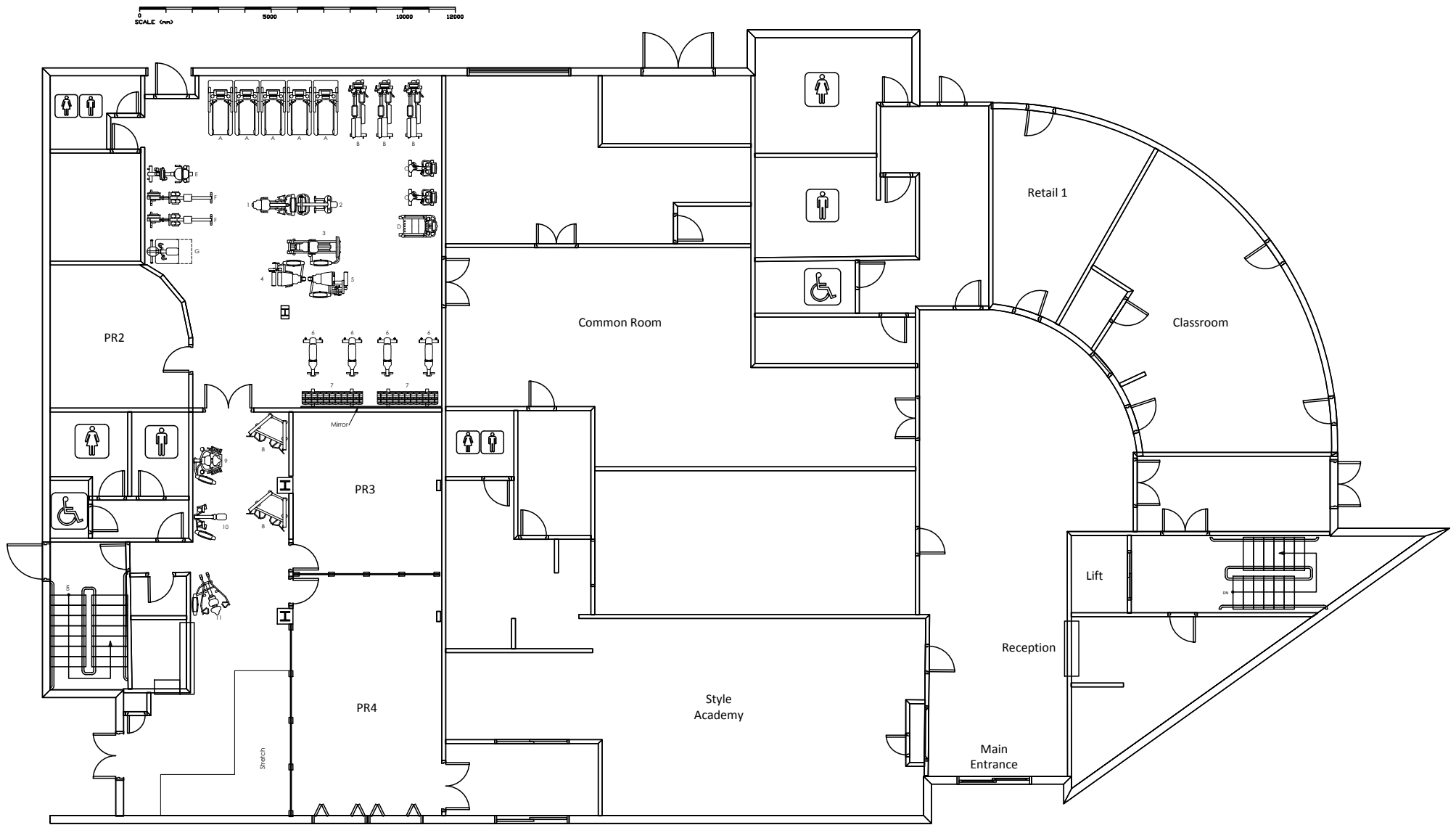




Cardiovascular Equipment

- A. Treadmill - Integrity+ SE4 24" x 5
- B. Cross-trainer - Integrity+ SE4 16" x 3
- C. Upright Bike - Integrity+ SE4 16" x 2
- D. Power Mill - SE4 16"
- E. Recumbent Bike - Integrity+ SE4 16"
- F. Concept 2 Rower - Model D x 2
- G. Upper body ergometer

Resistance Equipment

- 1. Hip Adductor / Abductor - Insignia
- 2. Fly/Dell - Insignia
- 3. Seated Leg Press - Insignia
- 4. Leg Extension - Insignia
- 5. Seated Leg Curl - Insignia
- 6. Multi Adjustable Bench - LBR x 4
- 7. 2 Tier DB Rack/Saddle (10Pair) - LBR x 2
- 8. Dual Adjustable Pulley - CM x 2
- 9. Chest Press - Insignia
- 10. Row - Insignia
- 11. Shoulder Press - Insignia

Conceptual Gym Layout for Parkwood South Holland Temp Gym

Life Fitness U.K. Ltd, Queen Adelaide, Ely, Cambs, CB7 4UB, Tel: 01353 666017 Fax: 01353 666018 | Scale - NTS | Date - 15/07/2025 | Dwg No - 26489-LP250b

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