GROUND FLOOR PLAN
GYM

KEY

CARDIO
A. TREADMILL
B. HIIT TREADMILL
C. CROSSTRAINER
D. STAIRCLIMBER
E. RECUMBENT BIKE
F. UPRIGHT BIKE
G. VIRTUAL BIKE
H. ROWER
I. SKIERG
J. BATTLE BIKE

STRENGTH
1. LEG PRESS
2. ADDUCTOR/ABDUCTOR
3. LEG EXTENSION
4. LEG CURL
5. CHEST PRESS
6. SHOULDER PRESS
7. ABDOMINAL
8. VERTICAL TRACTION
9. CABLE 4 (LAT MACHINE, LOW ROW, SINGLE CABLE (X2)

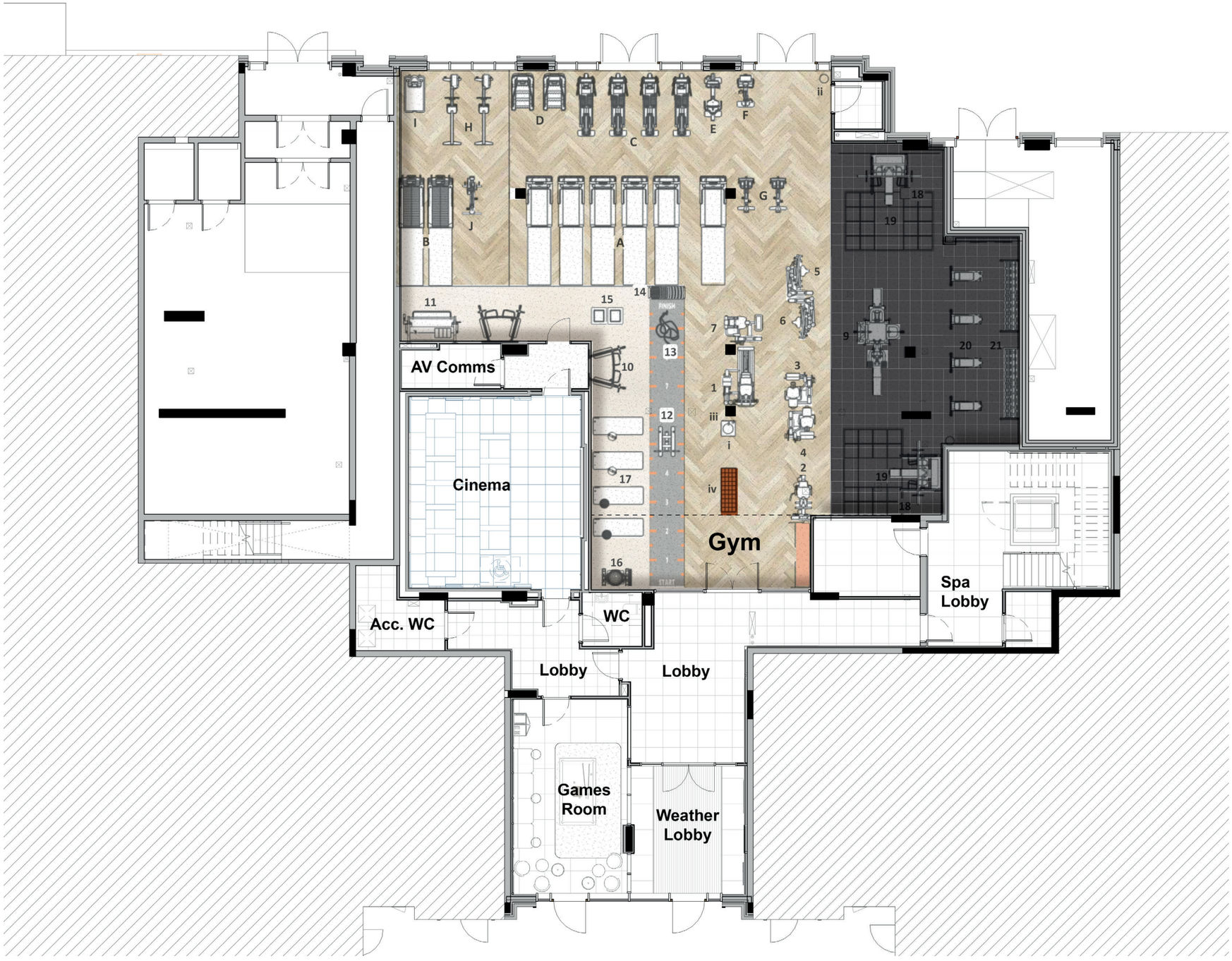
FUNCTIONAL
10. DUAL ADJUSTABLE PULLEY
11. FUNCTIONLA RACK & STORAGE
12. SLED
13. BATTLE ROPE
14. TOASTER RACK & PLATES
15. PLYO BOX

STRETCH
16. STORAGE AND ACCESSORIES
17. STRETCH MAT

FREEWEIGHTS
18. SMITH MACHINE/HALF RACK
19. ADJUSTABLE BENCH (HEAVY DUTY)
20. ADJUSTABLE BENCH
21. 15 PAIR DUMBBELL RACK 4-30KG

OTHER
I. REFRESHMENT STATION (MAINS FED) TBC
II. HYGIENE STATION TBC
III. HEALTH & SAFETY SIGNAGE TBC
IV. BENCH TBC
V. LOCKERS TBC

REQUIREMENTS
W BOLTING TO WALL REQUIRED
F BOLTING TO FLOOR SLAB REQUIRED
POWER COAX ETHERNET



LEVEL OI PLAN
WORKSPACE

