

Shaw Sports Complex Fitness Room Equipment List

Equipment	No. (Set)
Treadmill	6
Rower	2
Recumbent Cycle	2
Upright Cycle	2
Elliptical Trainer	4
Body Stretch Trainer	1
Abdominal / Lower Back	1
Pec Fly / Rear Delt	1
Functional Trainer	1
Leg Press	1
Leg Curl / Leg Extension	1
Seated Row	1
Lat Pulldown	1
Multi Press	1
Assisted Dip / Chin	1
Smith Machine	1
Power Rack with Olympic Bar	2
Abdominal Bench	1
Dumbbell with Rack (2-40kg)	1
Adjustable Bench	4
Barbell Set (10-20kg)	1

