

# ZONE FITNESS

PLYMOUTH

## OUR KIT LIST

### ARM ZONE

- PANATTA LOW/HIGH ROW PULLEY
- PRIME TRICEP EXTENSION
- PRIME ARM CURL
- HS SEATED BICEP CURL
- PANATTA PREACHER CURL
- PRECPR BICEP CURL
- PANATTA ALTERNATE PREACHER CURL
- PANATTA ALTERNATE ARM CURL
- PANATTA TRICEP MACHINE
- PANATTA FRENCH PRESS
- ALTERNATE ARM CURL 45
- ALTERNATE ARM CURL 120
- STANDING TOTAL ARMS

### CHEST/SHOULDER ZONE

- PANATTA STANDING MULTI FLIGHT
- PANATTA MONOLITH CABLE MACHINE
- PRIME PEC FLY
- HS PLATE LOADED DIP
- PRECOR FLAT BENCH
- PANATTA POWER SMITH DUAL SYSTEM
- PRIME SHOULDER PRESS
- ISO LATERAL WIDE CHEST
- PANATTA POWER SMITH DUAL UPPER
- HS INCLINE ISO LAT INCLINE PRESS
- HS ISO LAT BENCH PRESS
- HS ISO LAT DECLINE PRESS
- PRIME INCLINE PRESS
- WATSON PLATE LOADED FLY
- PRIME CHEST PRESS
- PRIMAL FLAT BENCH

### LEG AND BACK ZONE

- PANATTA HUGH ROW
- DUAL SYSTEM LEG PRESS
- PRECOR LAT PULLDOWN
- LIFEFITNESS ROW
- PRIME EXTREME ROW
- HYPER EXTENSION
- WATSON REVERSE HYPER EXTENSION
- HS ISO LATERAL DY ROW
- PRIME SEATED ROW
- PANATTA T BAR ROW
- HS LATERAL LOW ROW
- HS ISO LATERAL ROW
- HS ISO LAT WIDE PULL DOWN
- PRECOR ASSISTED PULL UP AND DIP
- PRIME LAT PULLDOWN
- WATSON FLAT PULL
- HAMMER STRENGTH PULLOVER
- SEATED CALF RAISE
- WATSON SPLIT LEG
- LEG PRESS CYBEX
- LEG PRESS PANATTA
- HACK SQUAT HAMMER STRENGTH
- LINEAR HACK SQUAT
- PRIME LEG PRESS
- PANATTA VERTICAL LEG PRESS
- ROGERS ATHLETIC HIP PRESS
- MYO STRENGTH PENDULUM SQUAT
- PANATTA SQUAT MACHINE
- HAMMER STRENGTH BELT SQUAT
- HS GROUND BASE SQUAT/LUNGE
- HS SINGLE LEG HAMSTRING CURL
- PRECOR SMITH MACHINE
- MYO STRENGTH SQUAT RACK
- DUMBELLS 2.5KG-50KG
- LANDMINE
- ATTACK FITNESS CABLE SYSTEM
- HAMMER STRENGTH SQUAT RACK
- VIKING PRESS

### UPSTAIRS ZONE

- PRECOR BICEP CURL
- PRECOR TRICEP
- PRECOP CHEST PRESS
- HS ABDOMINAL AND OBLIQUES CRUNCH
- TECHNO GYM LEG RAISE
- ATTACK DUAL ADJUSTABLE PULLEY
- PRECOR LEG CURL
- PRECOR LEG EXTENSION
- PRECOR LEG PRESS
- PRECOR INNER AND OUTER THIGH
- PRECOR PULLDOWN
- BOOTY BUILDER
- PANATTA MASTER GLUTEUS
- PANATTA STANDING ABDUCTOR
- PRECOR PECFLY
- PRECOR SEATED ROW

### CARDIO ZONE

- STAR TRAC TREADMILLS
- ARC TRAINERS
- STAIR MASTERS
- STAR TRAC SEATED BIKES
- PRECOR CROSS TRAINERS
- STAR TRAC BACK ASSISTED BIKES