

ZONE FITNESS

TRURO

OUR KIT LIST

CHEST

- PRECOR CHEST FLY/REAR DELT
- GYM80 SYGNUM CHEST PRESS
- PANATTA DUAL SMITH
- PANATTA DUAL UPPER
- HAMMER STRENGTH BENCH PRESS MACHINE
- HAMMER SMITH SUPER INCLINE PRESS
- HAMMER STRENGTH INCLINE PRESS
- HAMMER STRENGTH DECLINE PRESS
- FLAT BENCH

LEGS

- PENDULUM SQUAT
- BOOTY BUILDER
- V SQUAT
- WATSON LEG PRESS
- HACK SLIDE
- HAMMER STRENGTH BELT SQUAT
- PANATTA VERTICAL LEG PRESS
- HAMMER STRENGTH LEG CURL
- HYPER EXTENSION
- ABDUCTOR/ADDUCTOR
- GYM80 STANDING CALF RAISE
- PRIME LEG EXTENSION
- GYM80 PIN LOADED LEG CURL
- PRIME PRONE LEG CURL
- GYM80 PIN LOADED MULE KICK
- ROGER HIP PRESS
- ROGER ATHLETIC SQUAT PRO
- HAMMER STRENGTH GROUND SQUAT

BACK

- HAMMER STRENGTH ISO LATERAL ROW
- HAMMER STRENGTH ISO LATERAL DY ROW
- HAMMER STRENGTH OVERHEAD PULLOVER
- PRIME EXTREME ROW
- HAMMER STRENGTH WIDE LAT PULL DOWN
- HAMMER STRENGTH ISO LOW ROW
- HAMMER STRENGTH FRONT LAT PULLDOWN
- PRECOR ASSISTED PULL UP/DIP
- GYM80 ISO LATE PULL DOWN
- GYM80 SYGNUM SEATED ROW
- SEATED CABLE ROW

CARDIO

- CROSS TRAINERS
- TREADMILLS
- STAIRMASTERS
- UPRIGHT STATIC BIKES
- RECUMBENT BIKES
- ADVANCED MOTION TRAINER
- CONCEPT2 ROWING MACINES
- HANDBIKE
- ASSAULT BIKE
- SPIN BIKES

ARMS

- HAMMER SRENGTH PREACHER CURL
- PRIME PREACHER CURL
- HAMMER STRENGTH SEATED DIPS

SHOULDERS

- GYM80 SHOULDER PRESS
- PRIME SHOULDER PRESS
- HAMMER STRENGTH SHOULDER PRESS
- HAMMER STRENGTH LAT RAISE
- VIKING PRESS
- PANATTA MULTI FLIGHT

ESSENTIALS

- POWER RACKS
- SQUAT RACK
- LAND MINE
- DUMBELLS 2KG-50KG
- CABLE CROSS OVERS
- KETTLE BELLS 10KG-45KG
- FIXED BARBELLS 10KG-45KG
- PRECOR SMITH MACHINE
- ADJUSTABLE BENCHES
- DECLINE BENCH

ABS

- HAMMER STRENGTH AB/OBLIQUE CRUNCH
- CRUNCH BENCH