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EQUIPMENT LIST

FREEMOTION

SALTER

CARDIO EQUIPMENT

FREEMOTION ULTRA 1 TREADMILL

<https://www.nordictrack.com/ultra1>

FREEMOTION i24 INCLINE TRAINER

<https://freemotionfitness.com/cardio-machine/i22-9-incline-trainer/>

FREEMOTION u24 UPRIGHT BIKE

<https://freemotionfitness.com/cardio-machine/u24-upright-bike/>

FREEMOTION b22.7 COACHBIKE™

<https://freemotionfitness.com/cardio-machine/coachbike/>

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SELECTORIZED STRENGTH MACHINES

SALTER ESSENCE HORIZONTAL CHEST PRESS

<https://www.salter.es/b2b/en/essence/103537-m-2040-chest-press-essence>

SALTER ESSENCE SHOULDER PRESS

<https://www.salter.es/b2b/en/essence/103534-m-2076-shoulder-press-essence>

SALTER ESSENCE SEATED ROW

<https://www.salter.es/b2b/en/essence/103536-m-2041-seated-row-essence>

SALTER ESSENCE PEC FLY / REAR DELT

<https://www.salter.es/b2b/en/essence/103526-m-2085-pec-fly-rear-delt-essence>

SALTER ESSENCE BICEPS CURL

<https://www.salter.es/b2b/en/strength/103532-m-2020-biceps-curl-essence>

SALTER ESSENCE T-BAR ROW

<https://www.salter.es/b2b/en/strength/103707-m-1598-50-t-bar-rower>

SALTER ESSENCE LEG PRESS

<https://www.salter.es/b2b/en/essence/103545-m-2087-leg-press-essence>

SALTER ESSENCE LEG EXTENSION

<https://www.salter.es/b2b/en/strength/103543-m-2026-leg-extension-essence>

SALTER ESSENCE SEATED LEG CURL

<https://www.salter.es/b2b/en/strength/103691-m-2029-seated-leg-curl-essence>

SALTER ESSENCE LEG CURL

<https://www.salter.es/b2b/en/strength/103546-m-2027-leg-curl-essence>

SALTER ESSENCE ABDUCTORS

<https://www.salter.es/b2b/en/strength/103541-m-2031-abductors-essence>

SALTER ESSENCE ABDOMINAL / LUMBAR

<https://www.salter.es/b2b/en/essence/103523-m-2048-abdominal-lumbar-essence>

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PLATE-LOADED MACHINES:

FREEMOTION EPIC PLATE LOADED SHOULDER PRESS

<https://freemotionfitness.com/strength-machine/shoulder-press/>

FREEMOTION EPIC PLATE LOADED LAT PULL DOWN

<https://freemotionfitness.com/strength-machine/lat-pull-down/>

FREEMOTION EPIC PLATE LOADED INCLINE CHEST PRESS

<https://freemotionfitness.com/strength-machine/incline-chest-press/>

FREEMOTION EPIC PLATE LOADED LOW ROW

<https://freemotionfitness.com/strength-machine/low-row/>

FREEMOTION EPIC PLATE LOADED BELT SQUAT

<https://freemotionfitness.com/strength-machine/belt-squat/>

FREEMOTION EPIC PLATE LOADED TRICEPS EXTENSION

<https://freemotionfitness.com/strength-machine/triceps-extension/>

SALTER LEG PRESS

<https://www.salter.es/b2b/en/strength/103644-m-1099-50-leg-press>

SALTER HACK SQUAT

<https://www.salter.es/b2b/en/strength/104027-m-1080-50-hack-squat>

SALTER SEATED CALF

<https://www.salter.es/b2b/en/strength/103620-m-1518-50-seated-calf>

BOOTYBUILDER HIP THRUSTER

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CABLE STATIONS, RACKS & BENCHES

SALTER 9 STATIONS MULTI-PULLEY

<https://www.salter.es/b2b/en/essence/103661-m-2095-9-station-multi-pulley>

SALTER POWER RACK

<https://www.salter.es/b2b/en/strength/103653-f-1020-50-power-rack>

FREEMOTION SMITH MACHINE

<https://freemotionfitness.com/strength-machine/smith-machine/>

FREEMOTION BACK EXTENSION

<https://freemotionfitness.com/strength-machine/45-back-extension/>

FREEMOTION ABDOMINAL BENCH

<https://freemotionfitness.com/strength-machine/abdominal-bench/>

FREEMOTION ADJUSTABLE BENCH

<https://freemotionfitness.com/strength-machine/adjustable-bench/>

FREEMOTION OLYMPIC FLAT BENCH

<https://freemotionfitness.com/strength-machine/olympic-flat-bench/>

DUMBBELLS 2.5-50 KG

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HYROX:

DINOX PRO CURVED TREADMILL

**[https://www.motivon.fi/fi/tuote/juoksumatto_dinox_pro_curved_treadmi
ll?](https://www.motivon.fi/fi/tuote/juoksumatto_dinox_pro_curved_treadmill?)**

DINOX POWER SLED

https://www.motivon.fi/fi/tuote/powersled_kelkka

CONCEPT 2 SKIERG

<https://www.concept2.com/ergs/skierg>

CONCEPT 2 ROWERG

<https://www.concept2.com/ergs/rowerg>

DINOX SLED & BATTLE ROPE

DINOX SANDBAGS

OLE.FIT COMPETITION KETTLEBELLS

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