

MATRIX

CV Equipment

All with Freeview TV Channels & virtual training

- 3 x treadmills
- 2 x upright bikes
- 2 x Ascent cross trainers
- 2 x Recumbent bikes
- 1 x stair mill climber
- 2 x Rowing machines
- 4 x ICG Indoor Cycles with console linked to ICG app.

Strength Equipment

- Functional training unit (up to 1000 exercises)
- Chest press
- Pectoral fly
- Shoulder press
- Lat Pull
- Dip/ Chin Assist
- Leg Press
- Leg Extension
- Seated leg curl
- Smith Machine
- Connexus Functional Training station with TRX accessories, battle ropes, punch bag etc.
- Dumbbell rack
- Kettlebells
- Barbells

