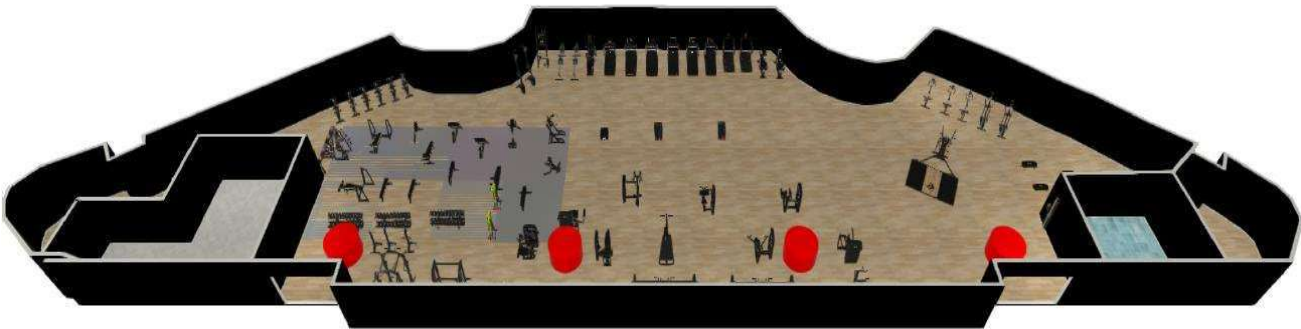


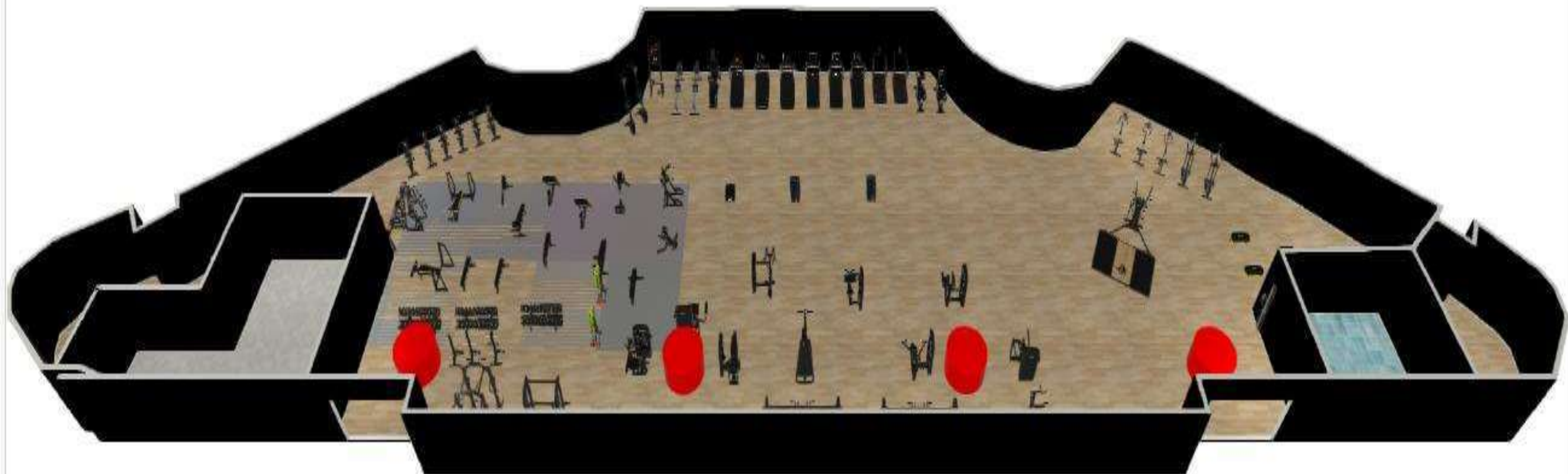
FITNESS CENTER – NEW PLAN



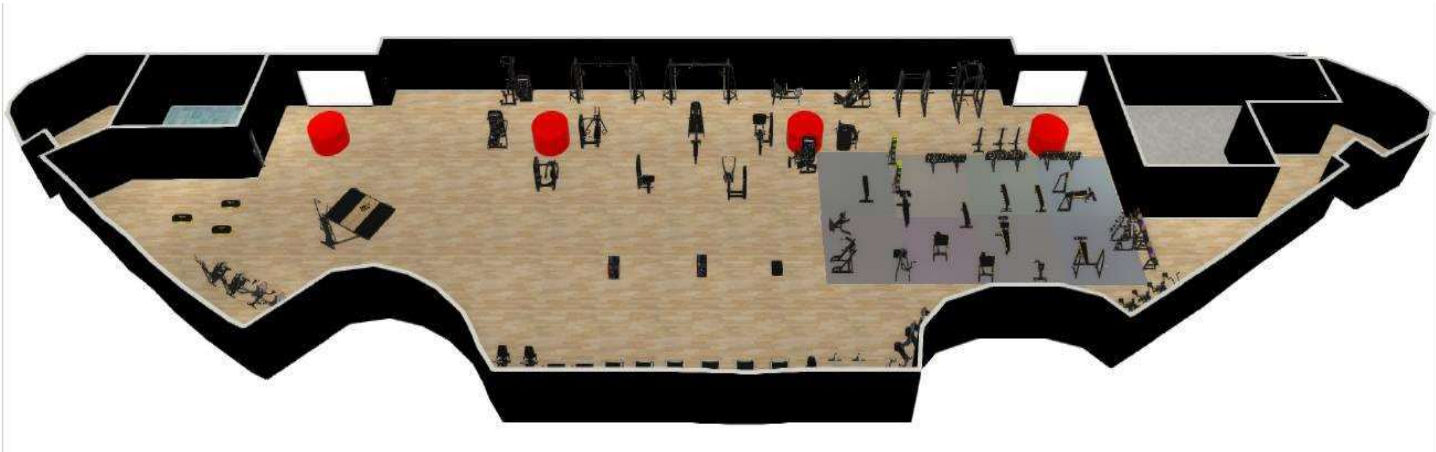
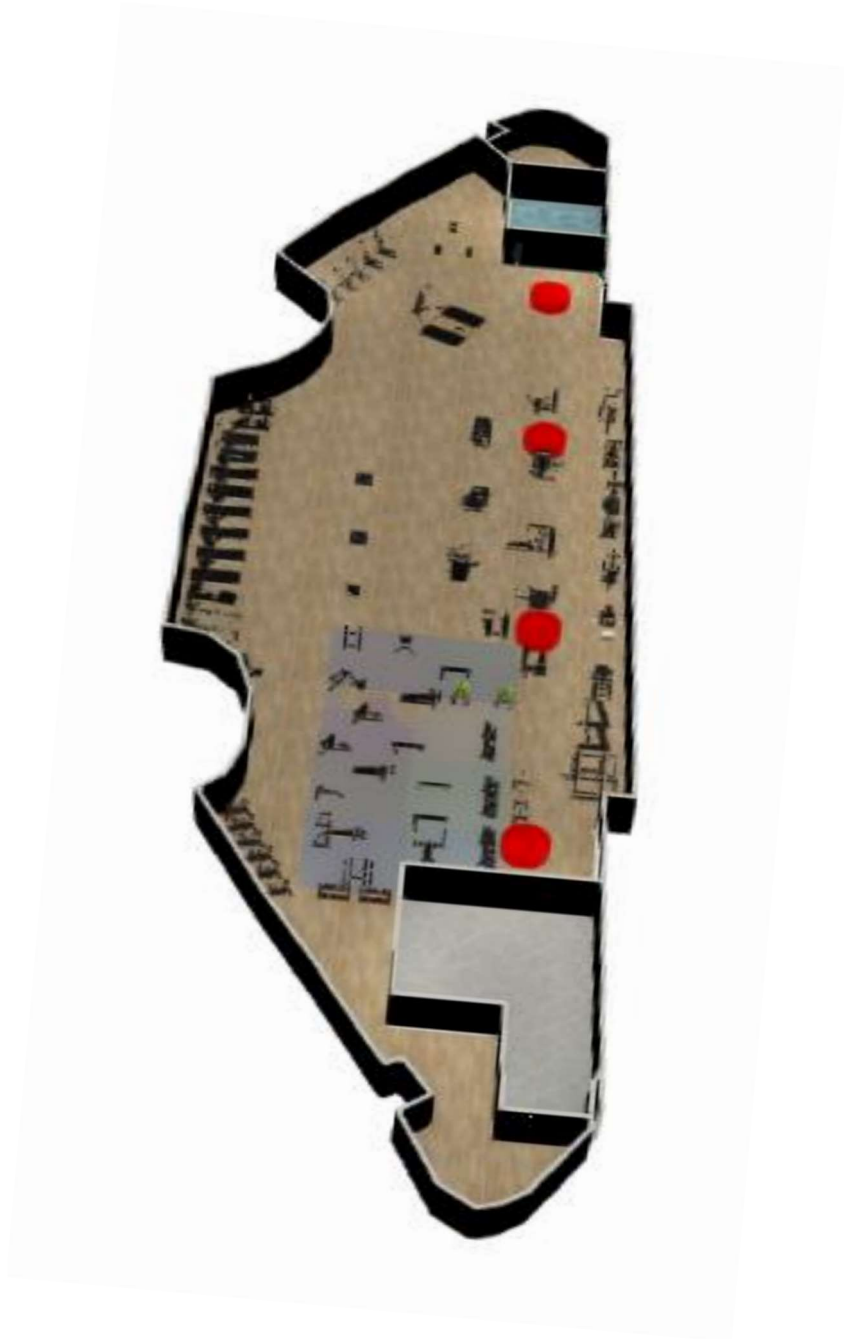
CATEGORY	EXISTING QUANTITY	NEW PLAN QUANTITY
CARDIO	22	28
STRENGTH	8	15
FUNCTIONAL TRAINING	2	10
CROSS FIT TRAINING	1	2
BENCHES & RACKS	8	14
BARBELL – OLYMPIC SIZE	13	37
DUMBELLS, PLATES & KETTLE BELL	53	86
ACCESSORIES	53	95
RECOVERY ZONE: RECOVER-RELAX-REJUVENATE	-	16



FITNESS CENTER –THE NEW DESIGN



FITNESS CENTER –THE NEW DESIGN





EQUIPMENT COMPARISON

1. CARDIO

EXISTING

Total Number of Units : 22

Treadmill – M	6
Treadmill – NM	1
EFX/Cross Trainer	2
Vertical Climber	2
Mountain Climber	1
Spin Bikes	3
TBT (Total Body Trainer)	6
Runner	1
TOTAL	22

NEW PLAN

Total Number of Units : 28

Treadmill – M	6 (New – 4)
Treadmill – NM	2 (New – 1)
EFX/Cross Trainer	1
Keiser M5i Strider	2 (New – 2)
Vertical Climber	2
Mountain Climber	1
Spin Bikes	3
TBT (Total Body Trainer)	6
Recumbent Bike	2 (New – 2)
Rowing Machine	2 (New – 2)
Keiser M3i with Display	1 (New – 1)
TOTAL	28



1. CARDIO – TOTAL 28 Units



6



2



2



1



2



2



1



3+1



6



2

EQUIPMENT COMPARISON

2. STRENGTH

EXISTING

Total Number of Units : 8

SHOULDER / LAT PULLDOWN	1
LEG EXTENSION	1
LEG PRESS	1
BICEP / TRICEP	1
SEATED CHEST PRESS	1
UPPER BACK / ABDOMEN	1
PEC REAR DELT	1
Assisted Dip-Chin	1

NEW PLAN

Total Number of Units : 15



Chest Press	1
Shoulder – Military Press (Dual)	1
Omni Latpull - Seated Row (Dual)	1
Leg Press / Calf Extension (Dual)	1
Leg Curl / Leg Extension (Dual)	1
Abductor-Adductor (Dual)	1
Prone Leg Curl	1
Assisted Dip Machine	1
Hack Squat	1
Pivot Squat	1
Squat Rack	1
Biceps	1
Sissy Squat	1
Fore Arm Machine	1
Seated Calf Raise	1



2. STRENGTH EQUIPMENT – TOTAL 15 Units



CHEST PRESS



SHOULDER-MILITARY



OMNILAT-SEATED ROW



LEG PRESS-CALF EXTN



LEG CURL-LEG EXTN



ABDUCTOR-ADDUCTOR



PRONE LEG CURL



ASSISTED CHIN-DIP



HACK SQUAT



PIVOT SQUAT



SQUAT RACK



BICEPS



SISSY SQUAT



FORE ARM



SEATED CALF



EQUIPMENT COMPARISON

3. FUNCTIONAL TRAINING

EXISTING

Total Number of Units : 2

PERFORMANCE TRAINER	1
SMITH MACHINE	1

NEW PLAN

Total Number of Units : 10

PERFORMANCE TRAINER	1
SMITH MACHINE	1
FUNCTIONAL TRAINER	1 (NEW)
FUNCTIONAL POWER CAGE	1 (NEW)
TERRACORE	3 (NEW)
PLYOBOX	3 (NEW)



3. FUNCTIONAL TRAINING – TOTAL 10 UNITS



KEISER PERFORMANCE
TRAINER



SMITH MACHINE



KEISER FUNCTIONAL
TRAINER



FUNCTIONAL POWER
CAGE



TERRACORE – 3 NOS.



PLYOBOX – 3 NOS.



EQUIPMENT COMPARISON

4. CROSS FIT TRAINING

EXISTING

Total Number of Units : 1

CABLE CROSSOVER	1
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NEW PLAN

Total Number of Units : 2

CABLE CROSSOVER	2
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EQUIPMENT COMPARISON

5. BENCHES & RACKS

EXISTING

Total Number of Units : 8

FLAT BENCH	4
FID BENCH	2
DECLINE BENCH	1
FLAT BENCH PRESS	1

NEW PLAN

Total Number of Units : 14

FLAT BENCH	3
FID BENCH	3
OLYMPIC DECLINE BENCH	1
OLYMPIC INCLINE BENCH	1
ADJUSTABLE DECLINE BENCH	1
UTILITY BENCH	1
HYPER EXTENSION	1
STRETCH MACHINE	1
MEDICINE BALL STAND	2



HYPER EXTENSION



STRETCH MACHINE



MEDICINE BALL STAND



FLAT BENCH



FID BENCH



OLYMPIC DECLINE BENCH



OLYMPIC INCLINE BENCH



ADJUSTABLE DECLINE BENCH



UTILITY BENCH



OTHER EQUIPMENT & ACCESSORIES

6. BARBELL – OLYMPIC SIZE



CHEST BAR	3
SHOULDER BAR	3
BICEPS BAR	3
EZ- BAR	3
Barbell Stand	1
HEX BAR	1
TRAP BAR	1
PRELOADED BARBELL	20
PRELOADED BARBELL STAND	2



PRELOADED BARBELLS WITH STAND
– 2 SET

BARS SET – CHEST, SHOULDER,
BICEPS, EZ, HEX, TRAP



7. DUMBELLS, PLATES & KETTLE BELL



DUMBELLS	
Dumbbells 2.5 KG	8
Dumbbells 5 KG	8
Dumbbells 7.5 KG	8
Dumbbells 10 KG	8
Dumbbells 12.5 KG	4
Dumbbells 15 KG	4
Dumbbells 17.5 KG	4
Dumbbells 20 KG	4
Dumbbells 22.5 KG	4
Dumbbells 25 KG	4
Dumbbells 27.5 KG	4
Dumbbells 30 KG	4
Dumbbells 35 KG	4
Dumbbells 40 KG	4
DUMBELL RACK	3

PLATES	
2.5 KG	16
5 KG	16
10 KG	16
15 KG	8
20 KG	8
25 KG	8
Plate Tree	2

KETTLE BELL	
KETTLE BELL 2 KG	2
KETTLE BELL 4 KG	2
KETTLE BELL 6 KG	1
KETTLE BELL 8 KG	1
KETTLE BELL 12 KG	1
KETTLE BELL 16 KG	1
KETTLE BELL 20 KG	2
KETTLE BELL 24 KG	1

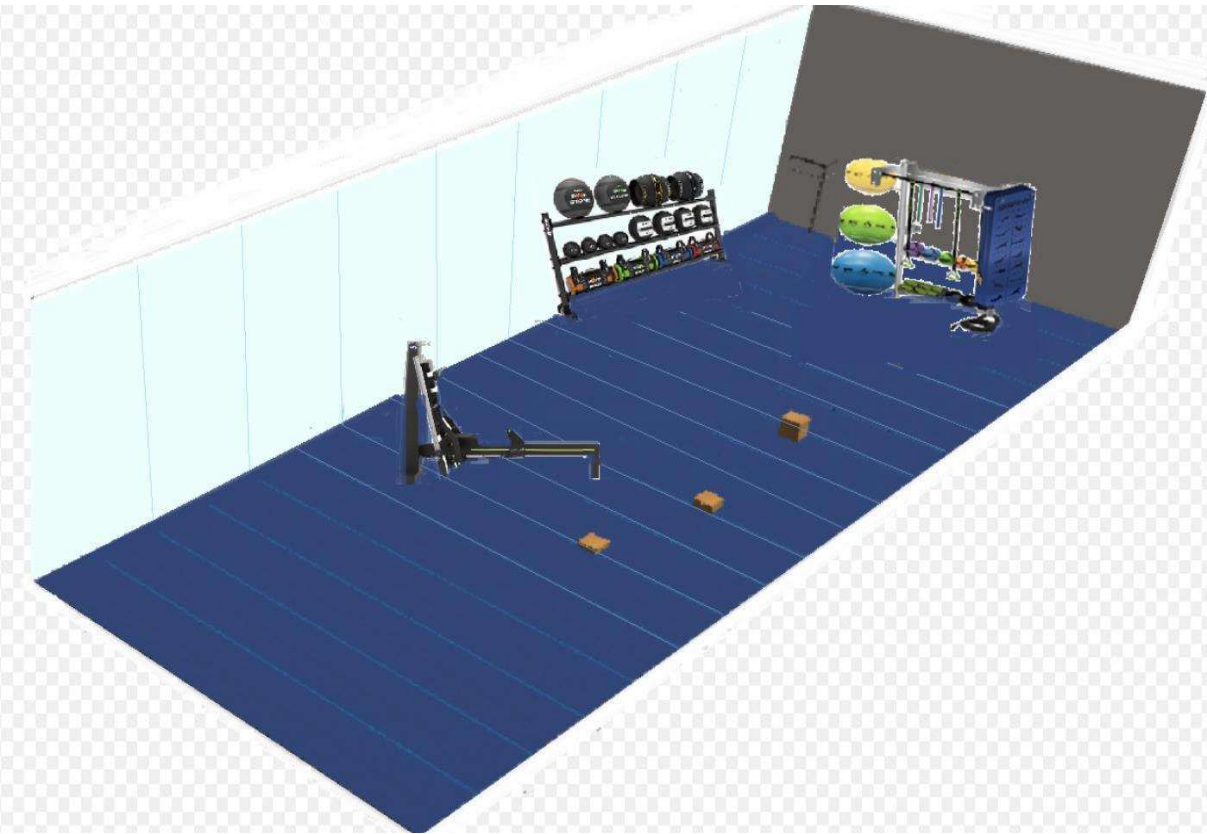


8. ACCESSORIES

ACCESSORIES		
GYM Mats / Exercise mats		24
Exercise BELTS	(Ladies)	6
Exercise BELTS	(Gents)	6
Swiss Ball		4
Medicine Ball 2 KG		2
Medicine Ball 3 KG		2
Medicine Ball 4 KG		2
Medicine Ball 5 KG		2
Medicine Ball 8 KG		2
Medicine Ball 10 KG		2
Foam Roller		8
Weighing Machine		1
NEOPRENE DUMBELLS 1 KG		4
NEOPRENE DUMBELLS 2 KG		4
NEOPRENE DUMBELLS 3 KG		4
NEOPRENE DUMBELLS 4 KG		4
TRX		2
TRICEP ROPE		2
TRICEP HANDLE		2
V Handle		2
D Handle		2
D Strap		2
KEISER Infinity Kit		1
Agility Ladder		2
Cone Set		1
Ab Crunch		2



9. RECOVERY ZONE: RECOVER-RELAX-REJUVENATE



Resistance Bands	5
Resistance Tube	5
Stretching Rod/Stick	5
Canali Stretch System	1



CANALI SYSTEM



STAND FOR ACCESSORIES



STAND FOR ACCESSORIES