



**LYTTOS BEACH**



## **GYM EQUIPMENT DESCRIPTION**

Gym equipment by TECHNOGYM:

- Chest Press
- Pectoral Machine
- Total Abdominal
  - Leg Curl
  - Leg Press
- 2 Bench
- Upper Back
- Lat Machine
- 2 Bicycles
- 2 Running Machine
- 2 Step Machine
- Bench Barbell
- Back Bench
- Abdominal Bench
- Biceps Bench

### **Dumbbells**

3Kg, 4Kg, 6Kg, 8Kg, 12Kg, 14Kg, 16Kg, 18Kg, 20Kg, 22Kg

### **Weights**

2,5Kg, 5Kg, 10Kg, 20Kg

3 Yoga Mats

2Step

1 Pilates ball

