



## FITNESS FLOOR STRENGTH EQUIPMENT AND ACCESSORIES

Get ready to experience 10,000 square feet of fitness. The Sporting Club at the Bellevue will have the full line of selectorized and plate-loaded strength equipment from Technogym, as well as a complete line of dumbbells, free weights, and cable machines.

### TECHNOGYM SELECTION Series- selectorized strength machines

**Chest Press**



**Low Row**



**Vertical Traction**



**Dual Leg Extension Curl**





**Leg Curl**



**Leg Press**



**Total Abdominal**



**Arm Curl**



**Arm Extension**



**Shoulder Press**





**Adductor**



**Abductor**



**Prone Leg Curl**



**Multi Hip**



**Dual Pectoral/ Reverse Fly**





**TECHNOGYM PURE STRENGTH Equipment- Plate-loaded**

**Wide Chest Press**



**Standing Leg Curl**



**Shoulder Press**



**Seated Dip**



**Seated Calf**



**Row**





**Pulldown**



**Low Row**



**Linear Leg Press**



**Leg Press**



**Leg Extension**



**Kick Rear**





**Incline Chest Press**



**Hip Thrust**



**Hack Squat**



**Chest Press**



**Bicep Curl**





## TECHNOGYM WEIGHTS, BENCHES and CABLE EQUIPMENT

**Olympic Half Rack**



**Pure Strength Flat Bench**



**Olympic Incline Bench**



**OLYMPIC Decline Bench**



**GHD Bench**



**Multipower Smith Machine**





**Dual Adjustable Pulley**



**Cable Station**



**TechnoGym Lower Back Bench**



**TechnoGym Decline Ab Crunch**



**TechnoGym Easy Chin Dip**



**T-Bar Row**







### Leg Raise/Dip



### Outrace



### Kinesis One

Perform an infinite variety of functional exercises to improve fitness, sports performance or speed up the rehabilitation process. With two independent systems to develop resistance in the three dimensions of space, Kinesis One engages all kinetic chains of the body with a customized workout.





## FITNESS FLOOR ACCESSORIES

### Kettlebells



### Dumbbells



### Battle Ropes



### Tires



### Sleds



### Slam Balls





## SandBags



## Pilates Reformers- Merrithew V2 Max Reformer and Accessories





## CARDIO TECHNOGYM EQUIPMENT MASTER LIST

Work up a sweat on The Sporting Club's vast array of state-of-the-art cardio equipment from Technogym. All cardio machines feature blue tooth enabled screens allowing you to stream your own content; the Excite Live line features workouts in addition to entertainment options.

### **Skillrow- Rowing Machine**

4 units

Improve rowing skills, cardiovascular fitness, and total body power with the most advanced indoor rower ever.



### **Excite Live Run Treadmill**

13 units

Featuring a groundbreaking treadmill deck design, which is more stable and larger than the average treadmill. Run comfortably and minimize shock.



### **Skillmill- Slatted Non-Motorized Treadmill**

4 Units

Increase your speed, metabolic rate and glute and hamstring muscle activation, by alternating between resistance-free running and sled pushing against resistance.



### **Skillrun- Slatted Motorized Treadmill**

12 Units

Run/walk with minimal impact as you conquer your fitness goals.





### **Excite Live Stair Climber**

4 Units

Improve your cardio fitness and lower body strength on this climber.



### **Excite Live Elliptical**

12 Units

Elliptical machine with adjustable ramp, resistance, and HIIT sessions included.



### **Excite Live Adaptive Motion Trainer- Vario**

4 Units

The Vario adapts to your stride pattern with a fluid, no-impact motion that protects your joints and challenges cardio fitness.



### **Excite Live Top- Upper Body Trainer**

2 Units

This upper body trainer/hand bike improves your fitness, muscular strength, and endurance.





### **Excite Live Recline – Recumbent Bike**

2 Units

Recumbent exercise bike equipped with ergonomic seat, heart rate monitor ability, and programmable workout.



### **Technogym Bike**

6 Units

Ride for fitness on this exercise bike designed with a wide seat and walk-through.



### **Excite Live Bike**

4 Units

Train, have fun and improve your cardio on a bike with sleek design and advanced biomechanics.

