Rathfriland Community Centre List Of Cardiovascular Equipment For Trade In

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| --- | --- | --- | --- | --- | --- |
| Name | Number | Make | Model | Mains Powered | Self-Powered |
| Treadmills | 2 | Technogym | DAK3EL | Yes |  |
| Vario | 1 | Technogym | DAF53L | Yes |  |
| CrossOver | 1 | Technogym | DAG53L | Yes |  |
| GroupCycle | 2 | Technogym | Unknown |  | Yes |
| Rowers | 2 | Concept 2 | Model D |  | Yes |

Rathfriland Community Centre List Of Weights Equipment For Trade In

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| --- | --- | --- | --- | --- | --- |
| Name | Number | Make | Model | Mains Powered | Self-Powered |
| Bench | 1 | Technogym | Unkown |  | yes |
| Rubber Dumbbells & Rack | 10 pairs  12kg-30kg | Technogym | Unkown |  | yes |
| Dumbbell Pairs & Rack | 10 pairs  1kg-10kg | Technogym | Unknown |  | yes |
| Kinesis  Overhead Press | 1 | Technogym | MH205E |  | yes |
| Kinesis  Press | 1 | Technogym | MH154E |  | yes |
| Kinesis  High Pull | 1 | Technogym | MH305E |  | yes |
| Kinesis  Low Pull | 1 | Technogym | MH995E |  | yes |
| Kinesis  Step/Squat | 1 | Technogym | MH677E |  | yes |
| Kinesis  Core | 1 | Technogym | MH64E |  | yes |
| Power Rack | 1 | BodyMax | Unknown |  | yes |
| Barbell Kit | 1 Set | BodyMax | Unknown |  | yes |
| Utility Bench | 1 | BodyMax | Unknown |  | yes |
| Lat/Low Pulley Attachment | 1 Set | BodyMax | Unknown |  | yes |
| Tricep Rope | 1 | BodyMax | Unknown |  | yes |
| Tricep V Bar | 1 | BodyMax | Unknown |  | yes |
| 7' Bar | 1 | BodyMax | Unknown |  | yes |
| E-Z Bar | 1 | BodyMax | Unknown |  | yes |
| Tricep Bar | 1 | Jordan | Unknown |  | yes |
| Weight Stand | 1 | BodyMax | Unknown |  | yes |
| Pull-Up Bar | 1 |  | Unknown |  |  |
| Dip Frame | 1 | Body Solid | Unknown |  | yes |
| Punch Bag & Rack | 1 |  | Unknown |  | yes |
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