**WAVES LEISURE COMPLEX LIST OF CARDIOVASCULAR EQUIPMENT**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Name of Equipment** | **No of Models** | **Make of Equipment** | **Model of Equipment** | **Internet Connected** | **TV Connected** | **Mains Powered** | **Self-Powered** |
| **Treadmill** | 6 | Life Fitness | **ELEVATION SERIES DISCOVER 95T** | **√** | **√** | **√** | **X** |
| **Rower** | 2 | Life Fitness | **ROW GX TRAINER** | **X** | **X** | **X** | **√** |
| **X Trainer** | 2 | Life Fitness | **ELEVATION SERIES DISCOVER 95X** | **√** | **√** | **√** | **X** |
| **Stairmaster** | 1 | Life Fitness | **ELEVATION SERIES FLEXSTRIDER** | **√** | **√** | **√** | **X** |
| **Strider** | 2 | Life Fitness | **ELEVATION SERIES DISCOVER** | **√** | **√** | **√** | **X** |
| **Upright Bike** | 2 | Life Fitness | **ELEVATION SERIES DISCOVER 95C** | **√** | **√** | **√** | **X** |
| **Recumbent Bike** | 1 | Life Fitness | **ELEVATION SERIES DISCOVER 95R** | **√** | **√** | **√** | **X** |
| **Watt Bike** | 2 | Watt Bike | **WATT BIKE PRO** | **X** | **X** | **X** | **√** |
| **Rope Pulley** | 1 | Grappler | **KAB//-P-1** | **X** | **X** | **X** | **√** |
| **Hand Ergometer** | 1 | Sci Fit | **PRO1000** | **X** | **X** | **X** | **√** |
| **Spin Bikes** | 1 | TOMAHAWK | **TOMAHAWK IC6 (part of spin package)** | **X** | **X** | **X** | **√** |

**WAVES LEISURE COMPLEX LIST OF STRENGTH EQUIPMENT**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Name of Equipment** | **No of Models** | **Make of Equipment** | **Model of Equipment** | **Internet Connected** | **TV Connected** | **Mains Powered** | **Self-Powered** |
| **Pec Dec / Rear Delt** | 1 | Life Fitness | **OPTIMA SERIES STRENGTH** | **X** | **X** | **X** | **X** |
| **Cable Crossover** | 1 | Life Fitness | **OPTIMA SERIES STRENGTH** | **X** | **X** | **X** | **X** |
| **Back Extension** | 1 | Life Fitness | **OPTIMA SERIES STRENGTH** | **X** | **X** | **X** | **X** |
| **Bench Press** | 1 | Life Fitness | **OPTIMA SERIES STRENGTH** | **X** | **X** | **X** | **X** |
| **Preacher Curl** | 1 | Life Fitness | **OPTIMA SERIES STRENGTH** | **X** | **X** | **X** | **X** |
| **Calf Raise** | 1 | Life Fitness | **OPTIMA SERIES STRENGTH** | **X** | **X** | **X** | **X** |
| **Seated Row** | 1 | Life Fitness | **OPTIMA SERIES STRENGTH** | **X** | **X** | **X** | **X** |
| **Ab Crunch** | 1 | Life Fitness | **OPTIMA SERIES STRENGTH** | **X** | **X** | **X** | **X** |
| **Chest Press** | 1 | Life Fitness | **OPTIMA SERIES STRENGTH** | **X** | **X** | **X** | **X** |
| **Leg Extension/Curl** | 1 | Life Fitness | **OPTIMA SERIES STRENGTH** | **X** | **X** | **X** | **X** |
| **Leg Press** | 1 | Life Fitness | **OPTIMA SERIES STRENGTH** | **X** | **X** | **X** | **X** |
| **Assist Dip /Pull Up** | 1 | Life Fitness | **OPTIMA SERIES STRENGTH** | **X** | **X** | **X** | **X** |
| **Lateral Pulldown** | 1 | Life Fitness | **OPTIMA SERIES STRENGTH** | **X** | **X** | **X** | **X** |
| **Shoulder Press** | 1 | Life Fitness | **OPTIMA SERIES STRENGTH** | **X** | **X** | **X** | **X** |
| **Power Rack** | 2 | Hammer Strength | **HAMMER STRENGTH HD ELITE RACK** | **X** | **X** | **X** | **X** |
| **Synergy Station** | 1 | Life Fitness | **SYNERGY 360** | **X** | **X** | **X** | **X** |
| **Adjustable Bench** | 2 | Life Fitness |  | **X** | **X** | **X** | **X** |
| **Decline Bench** | 1 | Life Fitness |  | **X** | **X** | **X** | **X** |

**WAVES LEISURE COMPLEX LIST OF FREE WEIGHTS**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Name of Equipment** | **No of pairs /plates** | **Make of Equipment** | **Model of Equipment** | **Internet Connected** | **TV Connected** | **Mains Powered** | **Self-Powered** |
| **Dumbbells** | 1 Pair | Jordan | **1KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 1 Pair | Jordan | **2KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 1 Pair | Jordan | **4KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 1 Pair | Jordan | **6KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 1 Pair | Jordan | **8KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 2 Pair | Jordan | **10KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 2 Pair | Jordan | **12.5KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 2 Pair | Jordan | **15KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 2 Pair | Jordan | **17.5KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 2 Pair | Jordan | **20KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 2 Pair | Jordan | **22.5KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 2 Pair | Jordan | **25KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 2 Pair | Jordan | **27.5KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 2 Pair | Jordan | **30KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 2 Pair | Jordan | **32.5KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 1 Pair | Jordan | **35KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 1 Pair | Jordan | **37.5KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 1 Pair | Jordan | **40KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 1 Pair | Jordan | **42.5KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 1 Pair | Jordan | **55KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
| **Dumbbells** | 1 Pair | Jordan | **60KG JORDAN DUMBBELLS** | **X** | **X** | **X** | **X** |
|  | | | | | | | |
| **Weighted Barbell** | X 2 | Jordan | **10KG JORDAN BARBELL** | **X** | **X** | **X** | **X** |
| **Weighted Barbell** | X 2 | Jordan | **15KG JORDAN BARBELL** | **X** | **X** | **X** | **X** |
| **Weighted Barbell** | x 2 | Jordan | **20KG JORDAN BARBELL** | **X** | **X** | **X** | **X** |
| **Weighted Barbell** | X 2 | Jordan | **25KG JORDAN BARBELL** | **X** | **X** | **X** | **X** |
| **Weighted Barbell** | X 2 | Jordan | **30KG JORDAN BARBELL** | **X** | **X** | **X** | **X** |
|  | | | | | | | |
| **Weighted Plates** | X 8 | Jordan | **1.25KG JORDAN PLATE** | **X** | **X** | **X** | **X** |
| **Weighted Plates** | X 4 | Jordan | **2.5KG JORDAN PLATE** | **X** | **X** | **X** | **X** |
| **Weighted Plates** | X 6 | Jordan | **5 KG JORDAN PLATE** | **X** | **X** | **X** | **X** |
| **Weighted Plates** | X 12 | Jordan | **10KG JORDAN PLATE** | **X** | **X** | **X** | **X** |
| **Weighted Plates** | X 14 | Jordan | **15KG JORDAN PLATE** | **X** | **X** | **X** | **X** |
| **Weighted Plates** | x 12 | Jordan | **20KG JORDAN PLATE** | **X** | **X** | **X** | **X** |
| **Weighted Plates** | X 4 | Jordan | **25KG JORDAN PLATE** | **X** | **X** | **X** | **X** |