Gilford Community Centre List Of Cardiovascular Equipment For Trade In

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name | Number | Make | Model | Mains Powered | Self-Powered |
| Treadmills | 5 | Technogym | BAL 12228-12232 | Yes |  |
| Cross Trainer | 2 | Technogym | 12247-12248 | Yes |  |
| Bike | 2 | Technogym | 12243-12244 | Yes |  |
| Recumbent Bike | 2 | Technogym | 12245-12246 | Yes |  |
| Rowers | 2 | Concept 2 | PM3- MODEL D |  | Yes |

Gilford Community Centre List Of Weights Equipment For Trade In

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name | Number | Make | Model | Mains Powered | Self-Powered |
| Bench | 3 | Technogym | BAL 12233-12235 |  | yes |
| Dumbbell Pairs | 17 | Technogym | UNKNOWN |  | yes |
| Lat Pulldown | 1 | Technogym | 11550 |  | yes |
| Leg Press | 1 | Technogym | 11546 |  | yes |
| Shoulder Press | 1 | Technogym | 12250 |  | yes |
| Chest Press | 1 | Technogym | 12249 |  | yes |
| Seated Row | 1 | Technogym | 12241 |  | yes |
| Leg Extension | 1 | Technogym | 12242 |  | yes |
| Leg Curl | 1 | Technogym | 12240 |  | yes |
| Squat Rack | 1 | Sterling | 12236 |  | yes |
| 20KG Olympic Bar with 115 Kg in plates | 1 | NXG | UNKNOWN |  | yes |
| Kettlebells | 4kg-16kg | Jordan | UNKNOWN |  | yes |
| Dip Frame | 1 | Leisure Line | UNKNOWN |  | yes |
| Pull Up Bar | 1 | Leisure Line | U044 |  | yes |
| Plyometric Boxes | 1 set- 60 inches | Jordan | UNKNOWN |  | yes |
| Rubber Dumbbells | 2kg-10kg | NXG | UNKNOWN |  | yes |
| Barbell Rack | 15kg, 20kg, 25kg, 30kg, 35kg | Podium 4 Sport | UNKNOWN |  | yes |
| Cable Machine | 1 | Technogym | 12239 |  | yes |