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ONLINE**

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www.trainingcollective.com

GYM EQUIPMENT

STRENGTH

- 3 Rigs with Attachments
- Smith Machine
- Plated Leg Press/Hack Squat
- Leg Extension/Curl Machine
- Glute Ham Developer
- Hip Thruster Block
- Dumbbells - 5-100lbs
- Medicine Balls 8-16 lbs
- Cable/Functional Trainer with Four Stations, including Lat Pull Down
- TRX Station
- Hex Bar
- Battle Ropes
- Sled
- Stability Balls
- Box Jumps
- Bands
- And More!

CARDIO

- 4 x Elliptical Trainers
- 4 x Treadmills
- 2 x Concept2 Rowers
- 1 x Skill Machine
- 1 x Assault Bike
- 2 x Stationary Bike
- 1 x Recumbent Bike