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KEFALONIA

FITNESS EQUIPMENT

Technogym Treadmill Run Excite Live

Technogym Hip Thrust Machine

Technogym Skill Bike

Technogym Cross Trainer

TOORX Skill Mill Treadmill Force Cross

Concept2 Rowing Machine

ZRO Assault Air Bike Body tone

Bench Press

Squat Rack



STRENGTH EQUIPMENT

Technogym Pure Strength Leg Extension

Technogym Pure Strength Rear Kick

Calisthenics Tower

Strength Training Racks:

Bench Press, Squat, Pull-up Grips, Dip Bar Extension,

Step-up Extension, Wallball Targets

Decline Abdominal Bench

Flat/Incline Benches

Lower Back Extension Bench

T-Cross Cable Station:

Lat Pulldown, Cross-over, Low Row, Triceps Cable
Press

Work out Mats

Olympic Barbells (20kg)

Weight Plates: 5kg, 10kg, 15kg, 20kg

Grips for Cable Station: Rope, Single Hand Grips,
Straight Steel Bars, Close Steel Grips (C Grip), Steel
Triangle Shaped Grip

Barbells: 10kg, 12.5kg, 15kg, 17.5kg, 20kg, 25kg, 30kg,
35kg, 40kg, 45kg

Dumbbells: 1kg, 2kg, 3kg, 4kg, 5kg, 7.5kg, 10kg, 12.5kg, 15kg,
17.5kg, 20kg, 25kg, 27.5kg, 30kg

Kettlebells: 4kg, 6kg, 8kg, 10kg, 12kg, 14kg, 16kg, 20kg,
24kg

Medicine Balls: 2kg, 3kg, 4kg, 5kg

Power Bags: 5kg, 10kg, 15kg, 20kg, 25kg

Wallballs: 3kg, 5kg, 7kg, 8kg, 10kg

Ankle Weight: 1.5kg, 2kg

TRX
Boxing Bag (Heavy)
Boxing Gloves
Boxing Pads
Footwork Ladder
Skipping Ropes
Abdominal CrossFit Sit-up Pillows
Fitballs
Gymnastics Wooden Rings
Foam Rollers (Large, Medium, Small, Spikes)
Resistance Bands (Rubber, Woolen, Loop)
Lebber Equalizers (Short, Long)
Wooden Parallettes
Jumping Frames
Battle Rope Stretching Sticks

