

**F** ZEEN  
KEFALONIA

## FITNESS EQUIPMENT

Technogym Treadmill Run Excite Live  
Technogym Skill Bike  
Technogym Cross Trainer  
TOORX Skill Mill Treadmill Force Cross  
Concept2 Rowing Machine  
ZRO Assault Air Bike Body tone



# 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

