

Northallerton Leisure Centre

Revised Gym Layout



CARDIOVASCULAR

- 1 2 x Upright Cycles
- 2 1 x Recline Cycle
- 3 2 x Varios
- 4 1 x Top (arm bike)
- 5 1 x Synchro
- 6 5 x Treadmills
- 7 2 x Climbs
- 8 2 x Rowers

STRENGTH

- 9 1 x Leg Extension
- 10 1 x Leg Curl
- 11 1 x Leg Press
- 12 1 x Lat Pull Down
- 13 1 x Assisted Pull Up/Dip
- 14 1 x Seated Row
- 15 1 x Chest Press
- 16 1 x Shoulder Press

- 17 1 x Pectoral Fly
- 18 2 x DAP (only 1 person permitted to use at a time)

FREE WEIGHTS/ PLATE LOADED

- 19 1-50kg Dumbbells
- 20 10-45kg Fixed Barbells
- 21 1 x Flat Bench Press
- 22 1 x Olympic Rack
- 23 1 x Smith Machine
- 24 4 x Adjustable Benches
- 25 1 x Scott Bench
- 26 8-32kg Kettlebells

+ UNAVAILABLE

Cardiovascular
 2 x Upright Cycles
 1 x Recline Cycle
 2 x Varios
 2 x Top (arm bike)
 3 x Synchros
 5 x Treadmills
 2 x Rowers
 1 x SkillMill

Pin Loaded
 1 x Abductor
 1 x Adductor
 1 x Rear Delt/
 Reverse Fly
 1 x Rotary Torso

Free Weights
 1 x Olympic Rack
 1 x Adjustable
 Bench

Functional rig and
 all of attachments
 1 x Back Extension
 All accessory
 equipment (mats,
 rollers, skipping
 ropes etc.)

Wellness Tools
 Tanita Scale
 Manual Scale

