

# PrimoVita Equipment

## **Cardio**

Freemotion Incline Trainers – 6 Units  
Stairmaster Tread Climbers – 2 Units  
Octane XRide Recumbent Ellipticals – 4 Units  
Octane Lateral-X Ellipticals – 2 Units  
Octane XT-One Ellipticals – 2 Units  
Jacob's Ladder – 1 Unit  
Upright Espresso Bikes – 2 Units  
Recumbent Espresso Bikes – 3 Units

## **Miscellaneous Equipment**

Ab Coaster – 1 Unit  
Power Plates – 2 Units  
Precor Stretcher – 1 Unit

## **Strength**

Cybex Bravo All-In-One Functional Trainer – 1 Unit  
Functional accessories and add-on weights  
Tuff Stuff Multi-Hip Flexor – 1 Unit  
Dumbbell Rack up to 40lbs  
Dumbbell tower up to 25lbs  
Cybex Adjustable Benches – 2 Units  
Weighted Body Bars from 3lbs-30lbs  
Kettle Bells from 5lbs-30lbs  
Prism Accessory Rack with Stability balls, medicine balls, foam rollers, and resistance bands.

Freemotion Functional – 3 Units

- Squat
- Chest/Shoulder
- Lat/High Row

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## Hoist Roc-It – 14 Units

- Lat Pull Down
- Mid Row
- Seated Dip
- Biceps Curl
- Chin/Dip Assist
- Chest Press
- Shoulder Press
- Pec Fly
- Low Back
- Leg Extension
- Leg Curl
- Outer/Inner Thigh
- Leg Press
- Abdominal