



# Fitness Centre Equipment

Top modern facilities at Club La Santa for your fitness holiday



# Cardio Machines



**Concept 2 indoor rowing**  
Quantity: 5



**Technogym Excite**  
Quantity: 1



**Woodway Treadmill**  
Quantity: 3



**Powerplate**  
Quantity: 1



**Bodybike Supreme**  
Quantity: 2+38\*



**Precor indoor bike**  
Quantity: 5



**Precor Treadmill**  
Quantity: 5



**Precor Crosstrainer**  
Quantity: 5



**Precor Recumbent bike**  
Quantity: 2



**Precor AMT**  
Quantity: 2

## 880 Line Cardio Console

Our Precor cardio machines are all equipped with the P82 console.

More information at [www.precor.com](http://www.precor.com)



\* 2 bodybikes placed inside the gym and 38 bodybikes in our bodybike room.

# Strength Machines



**Precor Diverging Lat Pulldown**  
Quantity: 1



**Precor Lat Pulldown**  
Quantity: 1



**Precor Rear Delt/Pec fly**  
Quantity: 1



**Precor Shoulder Press**  
Quantity:1



**Precor Converging Chest Press**  
Quantity: 1



**Precor Prone Leg Curl**  
Quantity: 1



**Precor Seated Leg Curl**  
Quantity: 1



**Precor Leg Extension**  
Quantity: 1



**Precor Back Extension**  
Quantity: 1



**Precor Abdominal**  
Quantity:1



**Precor Rotary Torso**  
Quantity: 1



**Precor Seated Calf Extension**  
Quantity: 1

# Strength Machines



**Precor Inner Thigh**  
Quantity: 1



**Precor Outer Thigh**  
Quantity: 1



**Precor Biceps Curl**  
Quantity: 1



**Precor Triceps Extension**  
Quantity: 1



**Precor Leg Press**  
Quantity: 2



**Precor Diverging Low Row**  
Quantity: 1



**Precor Seated Dip**  
Quantity: 1



**Precor Seated Row**  
Quantity: 1



**Queenax The Corner**  
Quantity: 1



**Squat Rack**  
Quantity: 4



**Bench**  
Quantity: 5



**Multi Bench**  
Quantity: 1

# Strength Machines



**Crunch Bench**  
Quantity: 2



**Weight Assisted dips and pullup**  
Quantity: 1



**BenchPress**  
Quantity: 1



**Technogym Pulley**  
Quantity:1



**Technogym Lat**  
Quantity: 1



**Cable Crossover**  
Quantity: 1



**Cabletower**  
Quantity: 1



**Technogym Hydraulic Circuit Training**  
Quantity: 1



**Kinesis Wall**  
Quantity: 2



**Bicep Barbell curl**  
Quantity:4



**Technogym Weights**  
1,25kg · 2,5kg · 5kg · 10kg · 20kg



**Gymnastic Rib**  
Quantity: 1

# Strength Machines



**Bars**  
Quantity: 20



**Technogym Dumbbells**  
From 4kg to 60kg



**Boxjump**  
Quantity: 6



**Technogym Step bench**  
Quantity: 8



**Physical Mats**  
Quantity: 30



**Balance Board**  
Quantity: 4



**Eleiko Weights**  
1,25kg · 2,5kg · 5kg · 10kg · 20kg · 25kg



**Kettlebells**  
Quantity: 15



**Medicine Ball**  
Quantity: 10



**TRX**  
Quantity: 21



**TRX RIP**  
Quantity: 6



**Ab Wheel**  
Quantity: 2

## Strength Machines



**Club Pro Ab**

Quantity: 1



**Foam Roller**

Quantity: 20



**Elastic Bands**

Quantity: 10



**Boxing Bag**

Quantity:1



**Battle ropes**

Quantity: 2



**Fitball**

Quantity: 7