

Staff Gym Equipment List

#	Description	Quantity	Remarks
	Cardio machines		
1	Treadmill	2	
2	Stationary bike	2	
	Free weights & accessories		
3	Dumbbell set - 2kg to 10kg	1 pair each.	
4	Weight plate 2.5kg, 5kg	2 pairs each.	
5	Olympic barbell	2	
6	Weight plate 2.5kg, 5kg	2 pairs each.	
7	Incline/ decline bench	1	
8	Exercise mat	20	
9	Exercise ball	2	
10	Resistance Tubes - 4 strength	1 set	
11	Squat rack (half rack)	1	