

EQUIPMENT PERMITTED USE

Equipment	12-13	14-15
Indoor cycle	Yes	Yes
Cross trainer	Yes	Yes
Stepper	Yes	Yes
Rower	Yes	Yes
Treadmill	Yes	Yes
Leg press	Yes	Yes
Leg Curl	Yes	Yes
Arm Curl	Yes	Yes
Ab crunch	Yes	Yes
Cable Chest Press	Yes	Yes
Lat Pull down	No	Yes
Cable pulley machine	No	Yes
Resistance bands	Yes	Yes
Core bags (5kg max)	Yes	Yes

If you have any questions relating to the use of equipment please speak to a member of staff.