

NEW STRENGTH EQUIPMENT

Eymouth Leisure Centre

LIVE
BORDERS

Arriving 12 Nov 2026

FIVE NEW WAYS TO BUILD STRENGTH

01



LEG CURL / LEG EXTENSION

Stronger thighs

Train the front and back of your legs

02



INNER / OUTER THIGH

Hip strength & stability

Work the muscles around your hips

03



LAT PULLDOWN / SEATED ROW

Stronger back

Two pulling exercises in one station

04



LEG PRESS / CALF EXTENSION

Lower-body power

Strengthen your legs and calves

05

FTS GLIDE FUNCTIONAL CABLE TRAINER

Full-body training, your way.

More movements. More variety.



PRECOR