

# STRENGTH TRAINING EQUIPMENTS



CHEST PRESS / OCST 24



PECK FLY / OCST 11



SHOULDER PRESS / OCST 23



BICEP TRICEPS CURL / OCST 20



ABDOMINAL MACHINE / OCST 18



SEATED LEG EXTENSION / OCST 07



INNER OUTER THIGH / OCST 25



LATS PULL / ROWING / OCST 05



SEATED LEG CURL / OCST 08



LEG PRESS / OCST 14



ARM CURL / OCST 20



SMITH MACHINE / OCFW 06



CABLE CROSSOVER / OCST 03



FUNCTIONAL TRAINER / OCFW 01



PREACHURE CURL BENCH