

PrimoVita Fitness Equipment

- (6) – Freemotion Incline Trainer
- (2) – Stairmaster Tread Climber
- (4) – Octane XRide
- (2) – Octane Lateral X
- (2) – Octane XT One
- (6) – HD Fitness Espresso Bike (3 upright & 3 recumbent)
- (1) – Jacob’s Ladder
- (1) – ProFormance by Tuff Stuff (Multi Hip)
 - Squat
 - Chest/Shoulder
 - Lat/High Row
 - (1) Cybex Bravo All-In-One Functional Trainer
 - Dumbbells up to 40 lbs. with 2 Utility Benches
 - Prism Accessory Rack
 - 3 Stability Balls
 - 6 Medicine Balls
 - 2 Foam Rollers
 - Multiple Resistance Bands
 - 9 Weighted Body Bars from 3 lbs. – 30 lbs.
 - 6 Kettle Bells from 5 lbs. – 30 lbs.
 - 1 Circuit of 14 Machines by Hoist Roc-It
 - Pec Fly
 - Lat Pulldown
 - Low Back
 - Mid-Row
 - Leg Extension
 - Seated Dip
 - Leg Curl
 - Biceps Curl
 - Chin/Dip Assist
 - Abdominal
 - Chest Press
 - Leg Press
 - Shoulder Press
 - Outer/Inner Thigh