



SABC FITNESS CENTRE

Equipment List

Equipment	Number	Condition
Upright Bikes	X3	Broken
Recline Bike	X1	Broken
Treadmills	X4	X2 out of order
Stepper	X1	Broken
Rowers	X2	Broken
Leg Extension Machine	X2	Working
Lying Leg Curls	X2	Working (Need Upholstering)
Seated Shoulder Press	X2	Working (Need Upholstering)
Triceps Pull down	X2	Working
Pec Deck	X2	Working (Need Upholstering)
Standing Calf Machine	X2	Working
Preacher Curl	X2	Working
Lat Pulldown Machine	X2	Working (Need Upholstering)
Seated Chest Press	X2	Working (Need Upholstering)
Sit-up Board	X1	Working
Back extension Abdominal	X1	Working
Knee Lift	X1	Working
Back Hyper Extension	X1	Working
Super Circuit Step	X1	Working
Back Extension Machine	X1	Working
Seated Vertical Row	X1	Working
Seated Calf Machine	X1	Working
Bent-Over (Back) Row	X1	Working
Seated Cable Row	X1	Working
Abductor Machine in	X1	Working
Abductor Machine-out	X1	Working
Hack Squat (plate loaded)	X1	Working
Leg Press (Plate Loaded)	X1	Working
Leg Extension Machine	X1	Working
Lying Leg Curls	X1	Working
Flat Bench	X1	Working (Upholstering)
Incline Bench	X1	Working (Upholstering)
Seated Shoulder Bench	X1	Working (Upholstering)
Multi Bench (incl/flat/decline)	X2	Working (Upholstering)



Preacher Curl Bench	X1	Working (Upholstering)
Multi Bench (incl/flat)	X1	Working (Upholstering)
Bar Bell Rack	X1	Working
Dumbbell Double Rack	X1	Working
Dumbbell Single Rack	X1	Working
Smith Machine	X1	Working (needs maintenance)
Cross Over Machine	X1	Working
Plates Rack	X2	Working
Boxing Station	X1	Working (X2 Needs Bags)