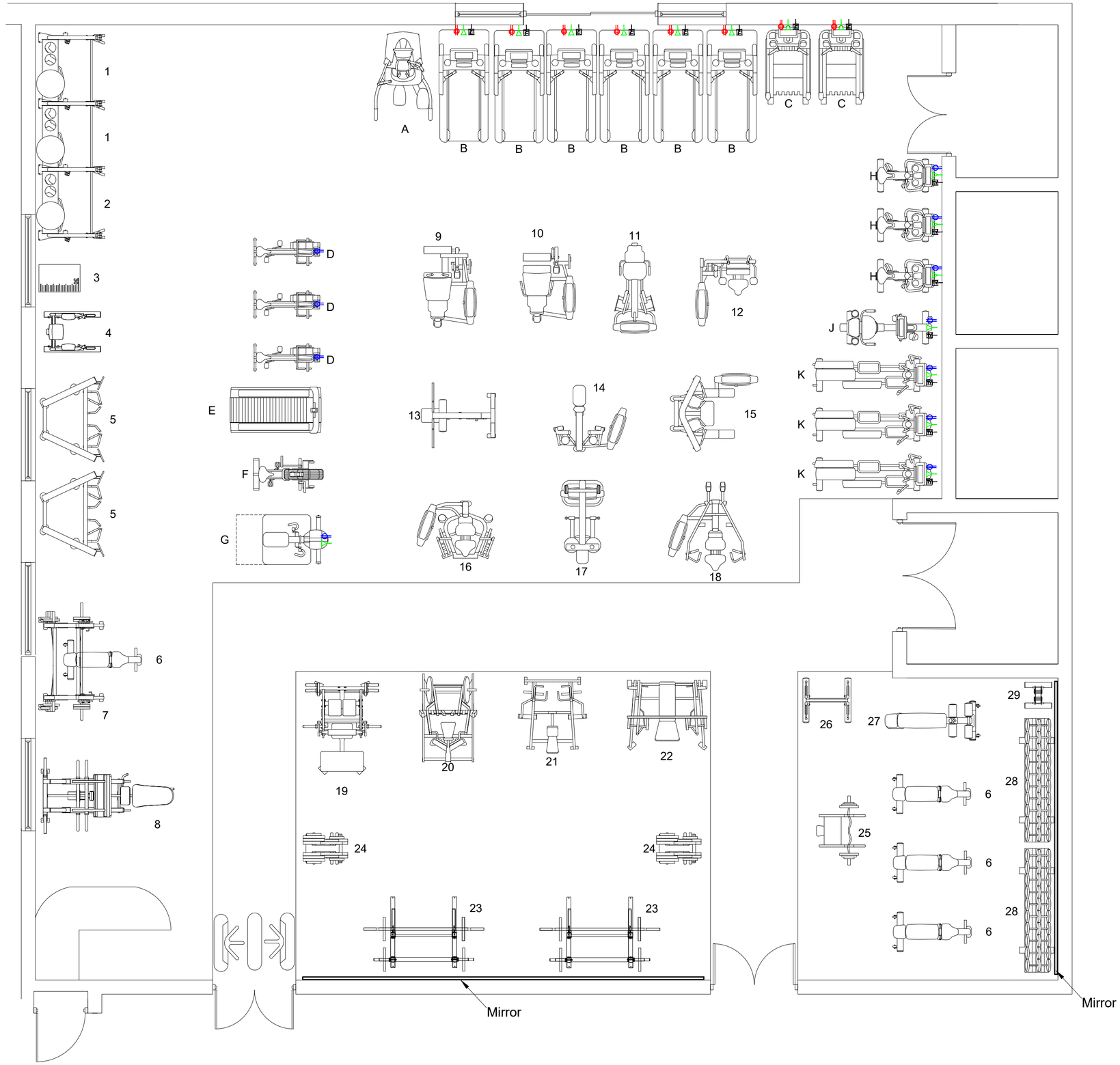


Cardiovascular Equipment

A Octane LX8000
B Treadmill - Aspire SE4 16" x 6
C Power Mill - SE4 16" x 2
D Watt Bike x 3
E HD Performance Treadmill
F HD Performance Air Bike
G Upper Body Ergometer
H Upright Bike - Aspire SE4 16" x 3
J Recumbent Bike - Aspire SE4 16"
K Cross-Trainer - Aspire SE4 16" x 3

Resistance Equipment

1 S2 Add x 2
2 S2 Core
3 Plyo Box Black
4 Leg Raise-Dip - LBR
5 Dual Adjustable Pulley - CM x 2
6 Multi Adjustable Bench - LBR x 4
7 Smith Machine - HPL
8 Linear Leg Press - HPL
9 Seated Leg Curl - Insignia
10 Leg Extension - Insignia
11 Hip Adductor / Abductor - Insignia
12 Abdominal - Insignia
13 Lat Pulldown - HS
14 Row - Insignia
15 Assist Dip Chin - Insignia
16 Chest Press - Insignia
17 Fly/Delt - Insignia
18 Shoulder Press - Insignia
19 Glute Drive - HPL
20 Iso-Lateral Front Lat Pulldown - HPL
21 Iso-Lateral Rowing - HPL
22 Iso-Lateral Shoulder Press
23 Half Rack - HD Athletic NX x 2
24 Olympic Weight Tree - LBR x 2
25 Arm Curl - FW
26 Barbell Rack 10 - LBR
27 Adjustable Decline Bench - LBR
28 2 Tier DB Rack Saddle (10-Pair) - LBR x 2
29 Vertical Dumbbell Rack - LBR

Equipment Symbol Key

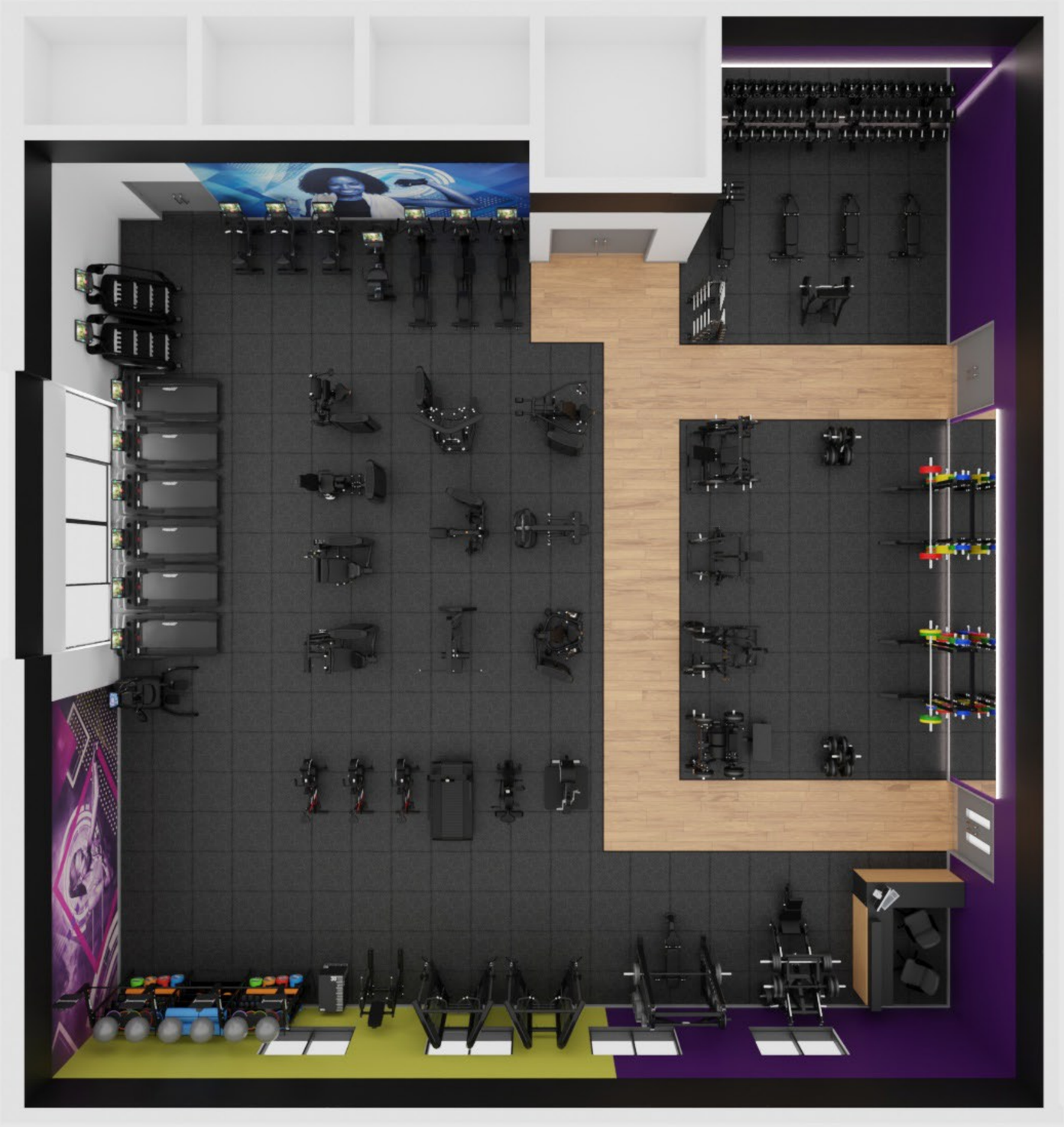
- Dedicated Receptacle
- Standard Receptacle
- Wifi / Wired Internet
- TV Connection
- Telephone Line

Note - These symbols indicate the requirements for the equipment only and are in their approximate positions as shown. The max electrical cable length from these positions to the appropriate service point in the building is 2.4m. This drawing should be checked and discussed with Life Fitness Technical Department prior to installation. The positioning of the building service points are the responsibility of the architect or building contractor. All equipment must be checked with the relevant manufacturers for exact power data requirements.

Conceptual Gym Layout & Visualisation for Tonyrefail Leisure Centre

Life Fitness U.K. Ltd, 109a Lancaster Way Business Park, Ely, Cambridgeshire, CB6 3NX - Tel: 01353 666017 Fax: 01353 666018 - Scale - NTS | Date - 05/11/2026 | Dwg No - 28542a-JG3

This drawing should be considered conceptual only, please confirm details of proposed structure and building works with relevant parties where applicable.




LifeFitness




LifeFitness






HAMMER STRENGTH


20.44
15.33
10.22
5.11
20


HAMMER STRENGTH


LifeFitness
LifeFitness





