

EQUIPMENT LIST

updated 01.01.25

SELECTORIZED MACHINES

Panatta:

- Seated Hamstring Curl
- Standing Single Leg Ham Curl
- Leg Extension
- Shoulder Press
- Dec / Rear Delt Flye
- Assisted Pull Up / Dip Station

Watson:

- Multi Pec & Delt
- Dual Stack Incline & Flat Chest Press

Misc:

- 2x Dual Adjustable Cable Pulley
- 2x Cable Cross Over
- Lat Pull Down
- Seated Low Row
- Standing Calf Raise
- Lying Hamstring Curl
- Adductor Machine
- Abductor Machine
- Delt Raise

PLATE LOADED MACHINES

Panatta:

- 45* Leg Press
- Hack Squat
- Seated Calf
- Chest Supported T Bar Row
- Chest Supported Lat / Super High Row
- Counterbalanced Smith Machine
- Horizontal Bench Press
- Preacher Curl Machine

Watson

- Pivoting Leg Press
- Pendulum Squat
- Belt Squat
- Sissy Squat Stand
- Seated Lat Row

Misc:

- Glute Drive
- 45* Back Extension
- Hammer Strength Iso-Lateral Low Row

FREE WEIGHTS

- 3x Half Racks w Platforms
- 3x Full Racks w Platforms
- IPF Spec Bench (Panatta)
- Barbell Seated Incline
- Various Barbells
- 6x Full Set Bumpers
- Various Polyurethane Plates - 1kg to 25kg
- Dumbbells 1kg - 50kg, 62.5kg & 72.5kg

CARDIO

- 4x Cross Trainers
- 5x Treadmills
- 2x StairMasters
- 2x Bikes
- 10x Spin Bikes

FUNCTIONAL

- 4x Rowers
- 2x Ski Ergs
- 2x Curved Runners
- 2x Air Bikes
- Plyo Boxes
- Battle Ropes
- Kettlebells
- Sled
- Boxing Bags
- Gymnastic Rings

CARMARTHEN STRENGTH CLUB*

- IPF approved combo rack
- 400kg+ calibrated plates
- IPF approved power bar
- deadlift jack
- carpeted platform

*message @carmarthenstrengthclub_ on insta to use