

KINETIC SOLUTIONS

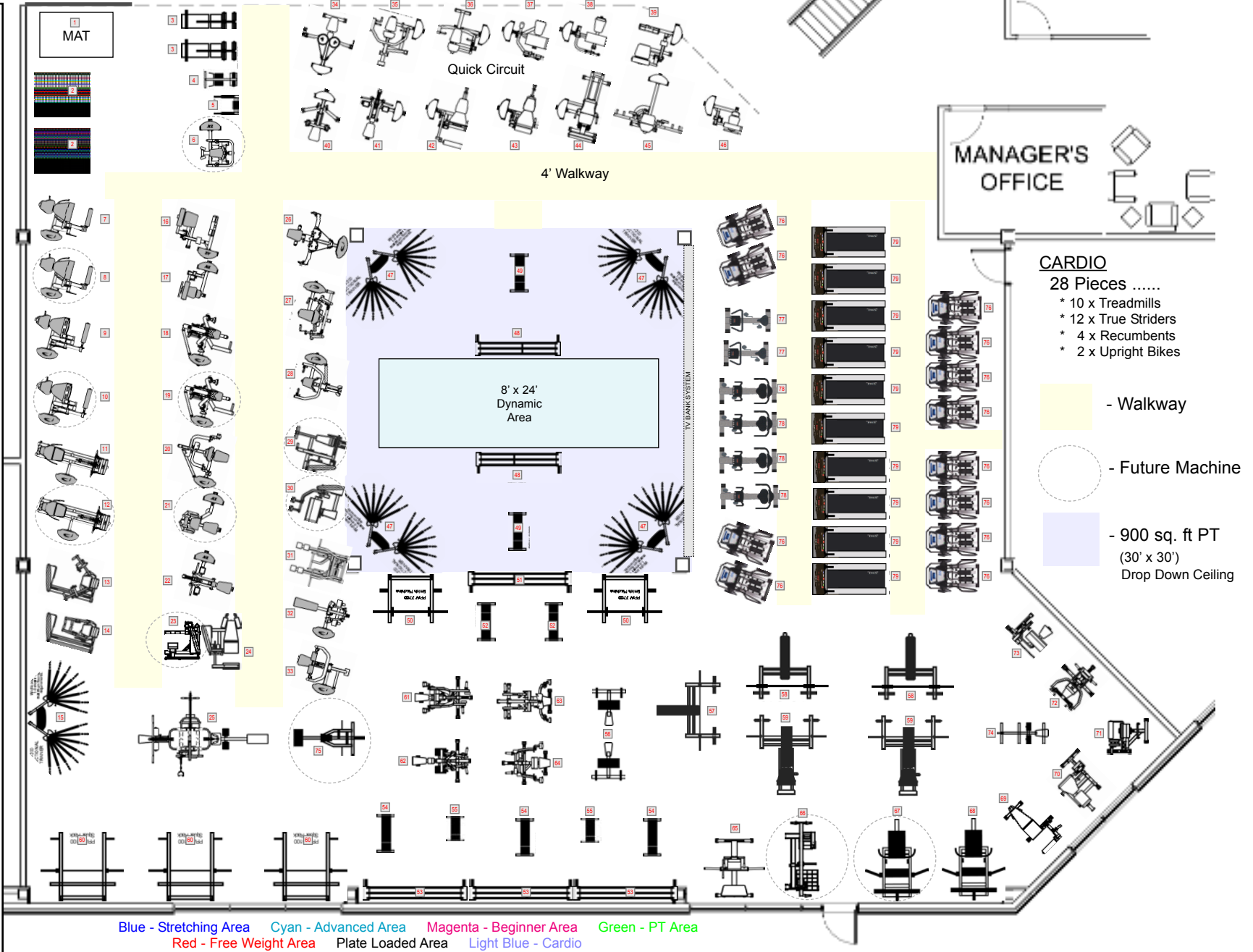
Contact: Alastair Russell
Ph: 905-469-6777

Revised: June 20, 2006
Scale: 1/12" = 1' (Approx)

Health Club Layout Proposal

LEGEND:

1. Large Stretch Mat
2. True Stretch (x2)
* or large stretch station
3. Abdominal Bench (x2)
4. 45 Degree Hyperextension
5. Vertical Knee Raise / Dip
6. Rotary Torso (Future)
7. Adv. Leg Extension
8. Adv. Leg Extension (Future)
9. Adv. Seat. Leg Curl
10. Adv. Seat. Leg Curl (Future)
11. Adv. Leg Press
12. Adv. Leg Press (Future)
13. Adv. Inner Thigh
14. Adv. Outer Thigh
15. Functional Trainer (X-over)
16. Adv. Lower Back
17. Adv. Abdominal
18. Adv. Chest Press
19. Adv. Chest Press (Future)
20. Adv. Shoulder Press
21. Adv. Deltoid (Future)
22. Adv. Lever Seated Row
23. Adv. Glute Press (Future)
24. Adv. Lying Leg Curl
25. Quad Gym (Lat/Row/Tri/Etc)
26. Adv. Pec Fly / Rear Delt
27. Adv. Biceps Curl
28. Adv. Triceps Pressdown
29. Adv. Triceps (Future)
30. Adv. Biceps (Future)
31. Adv. Assisted Chin/Dip
32. Adv. Seated Row Long Pull
33. Adv. Lat Pulldown Leverage
34. Beginner Pec Fly / Delt
35. Beginner Shoulder Press
36. Beginner Chest Press
37. Beginner Biceps Curl
38. Beginner Triceps Extension
39. Beginner Abdominal
40. Beginner Lat Pulldown
41. Beginner Seated Row
42. Beginner Seated Leg Curl
43. Beginner Leg Extension
44. Beginner Leg Press
45. Beginner Inner/Outer Thigh
46. Beginner Lower Back
47. PT Functional Trainer (x4)
48. PT Dumbbell Set w/Rack
49. PT Adjustable Bench
50. Smith Machine (x2)
51. Lighter Dumbbells w/Rack
52. Adjustable Bench (x2)
53. Heavier Dumbbells w/Rack
54. Adjustable Bench (x3)
55. 90 Degree Bench (x2)
56. Preacher Curl Bench (x2)
57. Olympic Shoulder Press
58. Olympic Bench Press (x2)
59. Olympic 3 Way Press (x2)
60. Squat/Power Rack (x3)
61. Plate Loaded Lat Pulldown
62. Plate Loaded Seated Row
63. Plate Loaded Chest Press
64. Plate Loaded Shoulder Press
65. Plate Loaded Squat Press
66. Plate Loaded Hack Squat (Future)
67. Plate Loaded Leg Press (Future)
68. Plate Loaded Leg Press
69. Plate Loaded Leg Curl
70. Plate Loaded Leg Extension
71. Plate Loaded Standing Leg Curl
72. Plate Loaded Triceps Press
73. Plate Loaded Biceps Curl
74. Plate Loaded Seated Calf Press
75. Plate Load. T-Bar Row (Future)
76. TS-1 Strider Ellipticals (x 12)
77. Upright Bikes (x2)
78. Recumbent Bikes (x4)
79. Treadmills (x10)



Blue - Stretching Area Cyan - Advanced Area Magenta - Beginner Area Green - PT Area
Red - Free Weight Area Plate Loaded Area Light Blue - Cardio

COACHES
OFFICE

MANAGER'S
OFFICE

CARDIO
28 Pieces
* 10 x Treadmills
* 12 x True Striders
* 4 x Recumbents
* 2 x Upright Bikes

- Walkway
- Future Machine
- 900 sq. ft PT
(30' x 30')
Drop Down Ceiling

Quick Circuit

4' Walkway

8' x 24'
Dynamic
Area

TV BANK SYSTEM