

# CARDIO EQUIPMENT IN THE MESPIL HOTELS FITNESS CENTRE

## **Precor Treadmill TRM 661**

Step onto the TRM 661 Treadmill and immerse yourself in a world of fitness, where each stride is accompanied by your chosen entertainment. With the Preva app at your fingertips, enjoy tailored workouts alongside Netflix, Spotify, and YouTube, transforming your gym experience into a realm of personal delight.



## **Precor Treadmill EFX635**

The EFX 635 offers a comprehensive full-body workout, boasting a premium appearance that rivals any club. Its P31 console is a harmonious blend of form and function, featuring intuitive motion controls and an LED display showcasing essential workout metrics, ensuring that every fitness journey is both engaging and effective. Plus, a mobile device charger keeps your energy flowing.



## **Precor Upright Bike UBK635**

Experience the UBK 635 upright bike, designed with custom handlebars and integrated heart rate sensors for supreme comfort. With an easy seat adjustment, a thoughtfully redesigned saddle, and enhanced knee over pedal spindle (KOPS) geometry, this bike promises a smooth, enjoyable ride for an efficient workout.





### The Destroyer Air Bike

Unleash your potential with the Destroyer Air Bike, a stationary marvel that delivers a powerful full-body workout. This innovative cross trainer strengthens both your lower body and arms while igniting a fierce sweat. Equipped with a user-friendly LCD tracker, it offers a variety of workouts tailored to your whims, allowing you to monitor time, distance, speed, heart rate, and more. Ergonomically crafted for your comfort, its adjustable seat and handlebars are designed to prevent stiffness and strain, ensuring that your home routine rivals any gym challenge.

### Concept Skierg

Originally conceived for cross-country skiers, the Concept2 SkiErg® has captivated the fitness world, delivering a seamless total-body workout that engages legs, core, and arms. Perfect for athletes of all kinds—no skiing skills necessary—this machine harnesses the same flywheel and Performance Monitor as our RowErgs and BikeErg, ensuring a high-quality workout that builds strength and endurance.

Adaptable for those with lower body limitations, the SkiErg provides cardiovascular training from a seated position, whether in a chair, stool, or wheelchair. Whether you're an elite skier or a fitness enthusiast, the SkiErg is your companion on the journey to greatness.



### Resistance Equipment

Impulse PL Series Multi Press (250lbs)  
This machine focuses on developing the anterior and lateral deltoid muscles through shoulder presses, while chest presses primarily target the pectoral muscles.

### **Impulse PL Series Leg Ex/Curl (170lbs)**

The leg extension targets the quadriceps, enhancing the muscles at the front of the thighs, while the leg curl works the hamstrings and the gastrocnemius of the calf, flexing and extending the knee joint.



 **impulse**



### **Impulse IT Series Multi Ab Bench**

Crafted for advanced abdominal exercises, this ab bench is a versatile tool for performing various styles of crunches.

### **Precor FTS Glide Multi-Functional Machine**

The FTS Glide introduces resistance training with unrestricted motion, boosting core strength, balance, stability, and coordination. With adjustable pulley height, a pull-up bar, and a multitude of accessories, it opens a world of exercise possibilities for every muscle group. Consider enhancing your workout with our Multi-adjustable bench, complete with a placard to guide your setup and exercise suggestions.



A dedicated free weights section awaits you on the first floor, featuring an array of dumbbells, medicine balls, and kettlebells ranging from 2kg to 20kg. Also, explore our balance and stretching area, equipped with stretching mats and a Pro Fit ball, ready to support your journey to fitness.

