

THEi Fitness Centre
香港高等科技教育學院健身室
(Kowloon Tong Campus: Room 013) (九龍塘分校內之健身室：013 室)

Equipment List and Reference Photo
器械列表及參考圖片

Strength Equipment

CMS Dual Adjustable Pulley



Smith Rack



Optima Multi-Press



Hammer Strength Select Pectoral Fly / Rear Deltoid



Hammer Strength Select Hip & Glute



Insignia Series Assist Dip Chin



Hammer Olympic Flat Bench



Leg Press



Biceps Curl / Triceps Extension



Leg Curl / Extension



Core / Balance Training

BOSU® Sport Balance Trainer



Signature Leg Raise



Signature Back Extension



Free Weight

Signature Barbell Rack



Rubber Dumbbell Sets



SPRI Weighted Bar & Rack



Stretching Equipment

Body Stretcher



Stretch Station



Aerobic Training Equipment

Cross-Trainer



Treadmill



Recumbent and Upright bike

