

THEi Fitness Centre

香港高等科技教育學院健身室

(Applicable to Fitness Room at Chai Wan Campus: Room N036 / N038)

(適用於柴灣分校內之健身室：N036 / N038 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



Lat Pulldown



Power Lifting Cage



Signature Leg Raise



Signature Back Extension



Exxentric KPulley Machine





**Aerobic Training Equipment**

Treadmill  
(Steelflex)



Treadmill  
(M8)



Upright  
Bike



Recline Bike



Spin Bike





Air Dyne



Rower



Cross-  
Trainer



ClimbMill



HIITMILL



Skierg



Rope  
Pulldown



**Stretching Equipment**

Stretch Station



**Free Weight**

Signature Barbell Rack



Rubber Dumbbell Sets



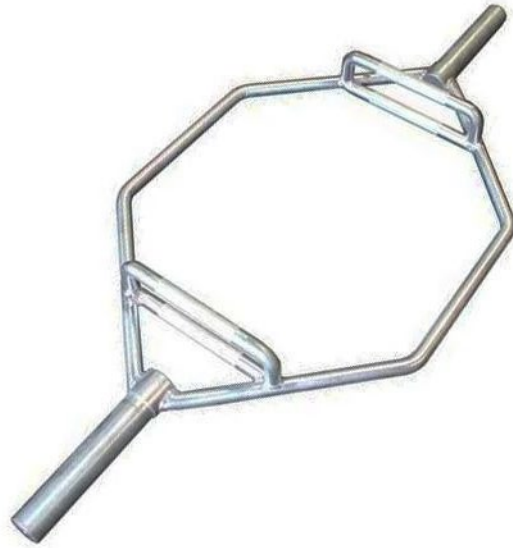
SPRI Weighted Bar & Rack



Curl Bar



Hex Bar



Bench





**Functional Training Equipment**

Freestanding Punching Bag



BOSU® Sport Balance Trainer



Parallel Bars



T-Bar Row



Plyometric Box



Slam Balls



Medicine Balls



Wall Balls



Fit Ball



Resistance Band



Balance pad



Skipping Rope



Yoga Mat



Foam Roller



Cones

