



Cardiovascular Equipment

- A Concept2 SkiErg - Floor
- B HD Performance Treadmill
- C HD Performance Air Bike
- D Elliptical Cross-Trainer - Integrity - S Base - SL Console x 2
- E Concept 2 Rower - Model D x 3
- F Recumbent Lifecycle - Integrity - S Base - SL Console
- G Indoor Cycle - IC8
- H Upright Lifecycle - Integrity - S Base - SL Console
- J Arc Trainer - SE3HD
- K Recumbent Bike - D Base SE3HD x 2
- L Power Mill - Discover SE3HD x 2
- M Upright Bike - D Base SE3HD x 2
- N Cross-Trainer - D Base SE3HD x 3
- P Treadmill - D Base SE3HD x 4
- R Treadmill - Integrity - S Base - SL Console x 3
- S Stairmaster UBE
- T Total Body Arc Trainer - SL Console x 2

Resistance Equipment

- 1 Barbell Rack - Sig
- 2 Glute Drive - HPL
- 3 Cybex Bravo 8810 x 2
- 4 Smith Machine - HPL
- 5 Multi Adjustable Bench - FW x 5
- 6 Decline / Abdominal Bench - FW
- 7 Dumbbell Rack Double - Sig x 3
- 8 Arm Curl Bench - Sig
- 9 Linear Leg Press - HPL
- 10 Iso-Lateral Kneeling Leg Curl - HPL
- 11 4' X 8' Platform - HDE x 2
- 12 Half Rack - HD Elite x 2
- 13 Seated Calf Raise - HPL
- 14 Iso-Lateral Bench Press - HPL
- 15 Iso-Lateral High Row - HPL
- 16 Iso-Lateral Rowing - HPL
- 17 Iso-Lateral Shoulder Press
- 18 Chest Press - Cybex Prestige Total Access
- 19 Overhead Press - Cybex Prestige Total Access
- 20 Multi-Jungle SM-40
- 21 Assist Dip Chin - Insignia
- 22 Dependent Biceps Curl - Insignia
- 23 Row - Cybex Prestige Total Access
- 24 Abdominal - Insignia
- 25 Seated Leg Curl - Insignia
- 26 Leg Extension - Insignia
- 27 Tricep Press - Insignia
- 28 Seated Leg Press - Insignia
- 29 Hip Adductor - Insignia
- 30 Fly/Delt - Insignia
- 31 Back Extension - Insignia
- 32 Syngy 180 - Duo
- 33 Power Plate

# Active Nottingham - Harvey Hadden Sports Village and Southglade Leisure Centre

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This drawing should be considered conceptual only, please confirm details of proposed structure and building works with relevant parties where applicable.