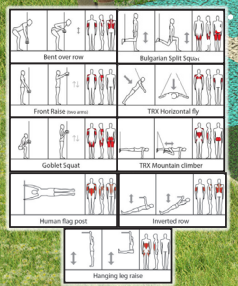


# Churchfields Gym

**25+** all over body exercises



- Heartrate
- Fitness
- Strength

**Crosstraining Dumbbells**

**Cardiovascular Area**

**Plyometric Platforms**

**Sit Up**

**Multi Purpose Fitness Frame**

**Ski Stepper**

**Pedal Bike**

**Trinity Cycle**

**Push Hands**

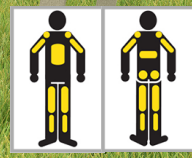
**Warm Up Area**

**Instruction labels included**  
 with QR codes for web video instructions via smart-phone app



**Cardiovascular Area**

**// Jump //**  
**// Hop //**  
**// Run //**



**Trinity Cycle**

Easy transfer



- Choose your colours:
- Lime green
  - RAL 6029
  - RAL 9010
  - RAL 7016
  - RAL 7045
  - RAL 7022
  - RAL 7021
  - RAL 9005
  - RAL 1016
  - RAL 1023
  - RAL 2004
  - RAL 3020
  - RAL 3002
  - RAL 5015
  - RAL 5005
  - RAL 6018



**Crosstraining Dumbbells**

**HAGS®**  
 Inspiring all generations



