

Bexleyheath Marriott Hotel Gym Equipment List

Cardio Machines

- 3 x Treadmills
- 2 x Cross trainers
- 1 x Rowing Machine
- 1 x Stepper
- 2 x Upright Bikes
- 1 x Seated bike

Resistance machines

- 1 x Shoulder press
- 1 x Leg extension
- 1 x Leg Curl
- 1 x Chest press
- 1 x Lateral Pull Down

Free Weights

- Dumbbells 1kg - 20 kg
- Dumbbells 24 kg
- 4 weighted bars