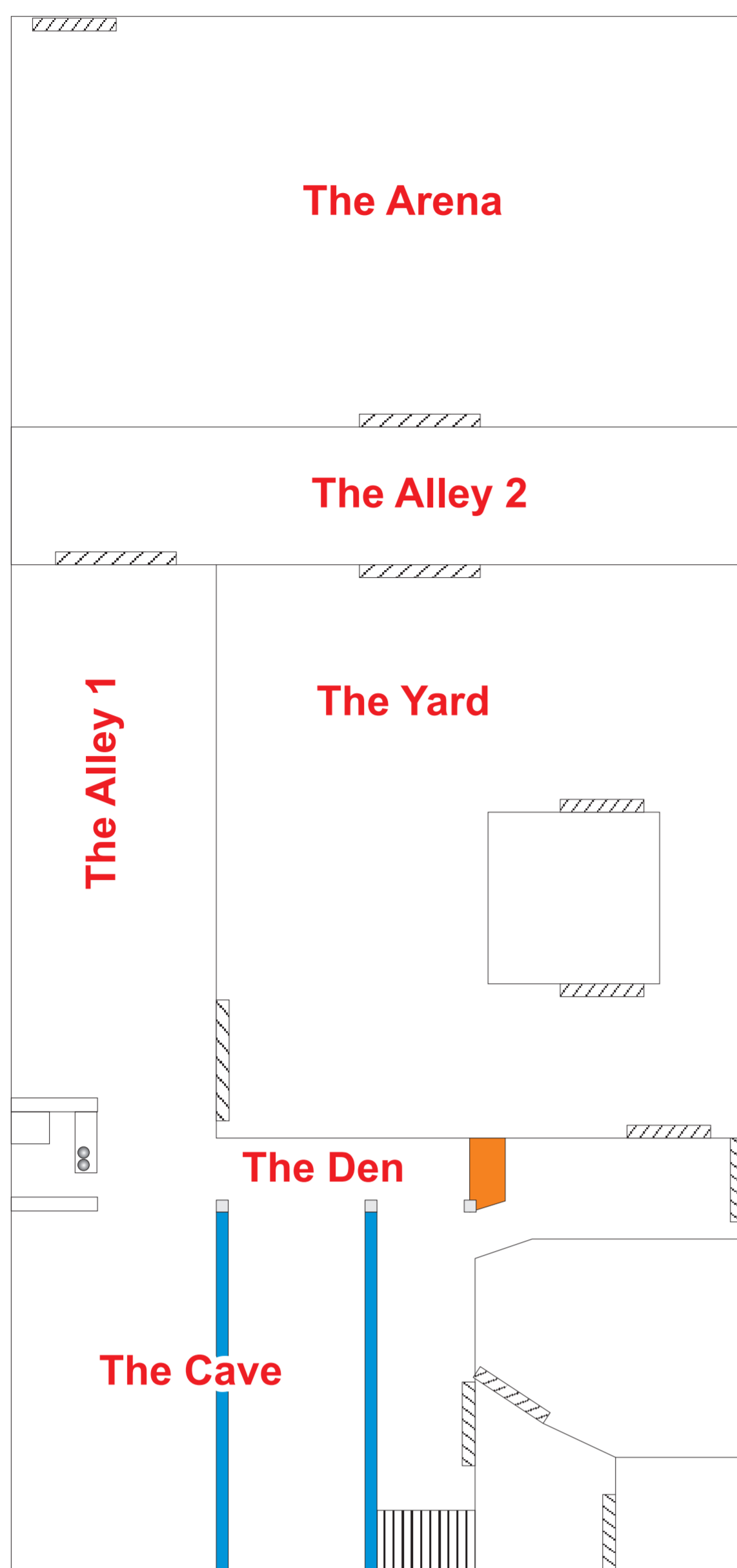
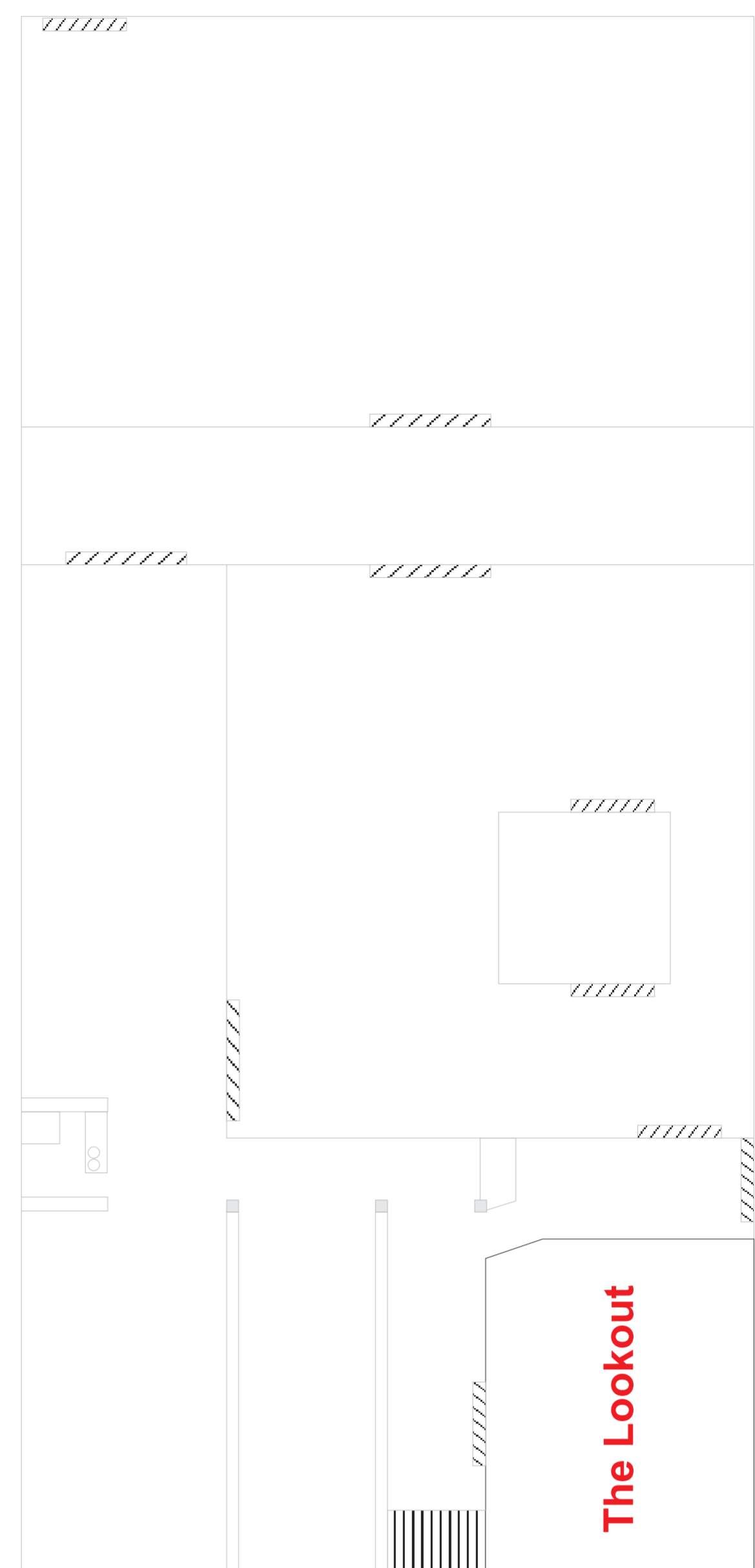


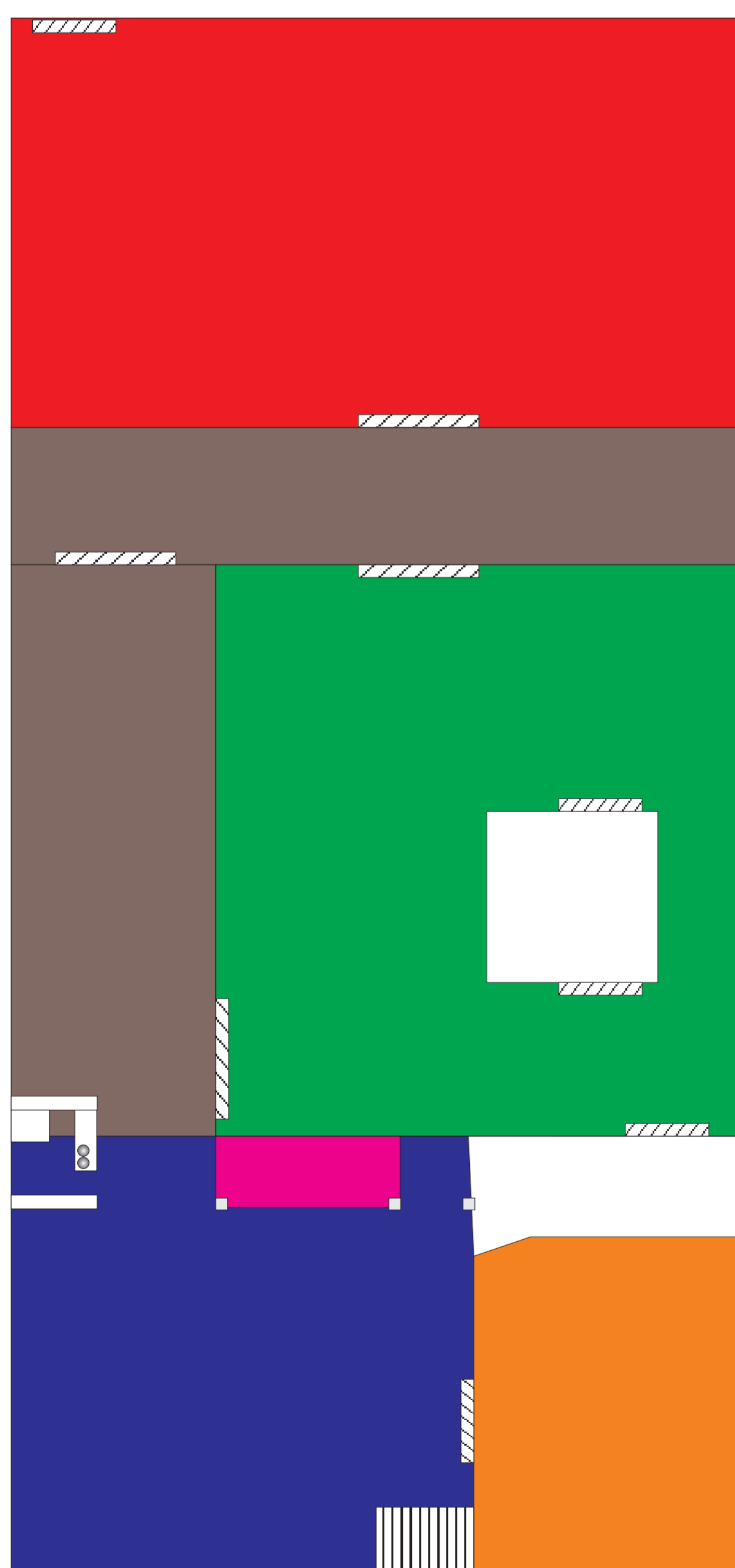
The TOUGH Spot - LEVEL 1



The TOUGH Spot - LEVEL 2



The TOUGH Spot



The Arena

Area utilized for Circuits

- Tyres
- Sledgehammers
- Sandbags
- Kettlebells
- Boxing bag
- Medicine balls
- Slosh pipes
- ToughRopes

The Alley 1

Machine weights area

- Leg press
- Leg curl
- Incline bench press
- Flat bench press
- Lat pulldown
- Squat rack
- Concept 2 rower
- Smith machine

The Alley 2

Free weights area

- Barbells
- Dumbbells
- Olympic bars (storage area only)
- VKR

The Yard

Generic workout area

- Medball tornado slam and sprawls
- Olympic bar workout area
- Resistance tubing

The Cave

Area utilized for group fitness, circuits and one on one

- Rings
- Vertical ropes (ToughRopes)
- Horizontal rope
- Aerodyne bike
- Gas mask training

The Den

Area utilized for one on one

- TRX systems
- Treadmill
- Boxing equipment

The Lookout

Area utilized for cardio, abs and stretching

- Crosstrainer
- Spin bikes
- Dynobands

<http://www.thetoughspot.com.au>