



Ole.Fit

HUOPALAHTI

**LAITELISTA**

FREEMOTION.

# AEROBISET LAITTEET:

## **FREEMOTION ULTRA 1 TREADMILL**

<https://www.nordictrack.com/ultra1>

## **FREEMOTION i24 INCLINE TRAINER**

<https://freemotionfitness.com/cardio-machine/i22-9-incline-trainer/>

## **FREEMOTION e24 TOTAL BODY ELLIPTICAL**

<https://freemotionfitness.com/cardio-machine/e24-elliptical/>

## **FREEMOTION r24 RECUMBENT BIKE**

<https://freemotionfitness.com/cardio-machine/r24-recumbent-bike/>

## **FREEMOTION b22.7 COACHBIKE™**

<https://freemotionfitness.com/cardio-machine/coachbike/>

## **PILATES:**

## **FREEMOTION ULTRA 1 PILATES REFORMER**

<https://freemotionfitness.com/cardio-machine/ultra-1-reform-rx-s-2/>

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# **PAINOPAKKALAITTEET:**

**FREEMOTION GENESIS DS CHEST / SHOULDER**

<https://freemotionfitness.com/strength-machine/chest-shoulder/>

**FREEMOTION GENESIS DS LAT PULLDOWN / HIGH ROW**

<https://freemotionfitness.com/strength-machine/lat-pulldown-high-row/>

**FREEMOTION EPIC SELECTORIZED LEG EXTENSION**

<https://freemotionfitness.com/strength-machine/leg-extension/>

**FREEMOTION EPIC SELECTORIZED LEG CURL**

<https://freemotionfitness.com/strength-machine/leg-curl/>

**FREEMOTION EPIC SELECTORIZED HIP ADDUCTION / ABDUCTION**

<https://freemotionfitness.com/strength-machine/hip-adduction-abduction/>

**FREEMOTION EPIC SELECTORIZED SHOULDER PRESS**

<https://freemotionfitness.com/strength-machine/shoulder-press/>

**FREEMOTION EPIC SELECTORIZED SEATED ROW**

<https://freemotionfitness.com/strength-machine/seated-row/>

**FREEMOTION EPIC SELECTORIZED ABDOMINAL CRUNCH**

<https://freemotionfitness.com/strength-machine/abdominal-crunch/>

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# VIPUVARSILAITTEET:

## **FREEMOTION EPIC PLATE LOADED CHEST PRESS**

<https://freemotionfitness.com/strength-machine/chest-press/>

## **FREEMOTION EPIC PLATE LOADED SHOULDER PRESS**

<https://freemotionfitness.com/strength-machine/shoulder-press/>

## **FREEMOTION EPIC PLATE LOADED LAT PULL DOWN**

<https://freemotionfitness.com/strength-machine/lat-pull-down/>

## **FREEMOTION EPIC PLATE LOADED LOW ROW**

<https://freemotionfitness.com/strength-machine/low-row/>

## **FREEMOTION EPIC PLATE LOADED BELT SQUAT**

<https://freemotionfitness.com/strength-machine/belt-squat/>

## **FREEMOTION EPIC PLATE LOADED SQUAT**

<https://freemotionfitness.com/strength-machine/plate-loaded-squat/>

## **FREEMOTION EPIC PLATE LOADED LEG PRESS**

<https://freemotionfitness.com/strength-machine/plate-loaded-leg-press/>

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# TALJAT, RÄKIT JA MUUT:

## **FREEMOTION GENESIS DUAL CABLE CROSS**

<https://freemotionfitness.com/strength-machine/dual-cable-cross/>

## **FREEMOTION SMITH MACHINE**

<https://freemotionfitness.com/strength-machine/smith-machine/>

## **FREEMOTION SQUAT RACK**

<https://freemotionfitness.com/strength-machine/olympic-squat-rack/>

## **FREEMOTION PRO HALF RACK**

<https://freemotionfitness.com/strength-machine/pro-half-rack/>

## **FREEMOTION Adjustable Bench**

<https://freemotionfitness.com/strength-machine/adjustable-bench-ef203/>

## **FREEMOTION PREACHER CURL**

<https://freemotionfitness.com/strength-machine/preacher-curl/>

## **FREEMOTION BACK EXTENSION**

<https://freemotionfitness.com/strength-machine/45-back-extension/>

## **FREEMOTION ABDOMINAL BENCH**

<https://freemotionfitness.com/strength-machine/abdominal-bench/>

## **FREEMOTION OLYMPIC FLAT BENCH**

<https://freemotionfitness.com/strength-machine/olympic-flat-bench/>

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