



Gymnasium

The superbly well equipped air conditioned gymnasium lies down the stairs between the main reception and the Clubhouse Bar. It comprises of:

Cardiovascular Equipment

Versaclimber - The worlds number 1 cardio machine bar none, which will challenge even the most elite of athletes.

- 3 Life Fitness Integrity Treadmill w/ 17" attachable TV
- 2 Life Fitness Integrity Cross Trainer w/ 17" attachable TV
- 2 Life Fitness Integrity Upright Exercise bike w/ 17" attachable TV
- 1 Precor C776i Stair climber
- 2 Precor C846 Recumbent Cycles
- 2 Concept II Rowers

Resistance Machines

- 1 'Gym 80' Sygnum abdominal machine
- 1 Nesfit Chin/Dip/Abdominal
- 1 'Gym 80' Sygnum back extension machine
- 1 Prone hypertension bench

Shapemaster 'Stac System' Resistance Machines

- 1 Optima Series sitting Leg Press
- 1 Signature Torso Rotation
- 1 Optima Series Leg Press
- 1 Optima Series Hip Abductor/ Adductor
- 1 Optima Series Leg Curl/ Extension
- 1 Optima Series Lat/ Row
- 1 Optima Series Multi Press
- 1 Bicep Curl
- 1 Waist Twister
- 1 Half Cable Crossover Machine
- 1 Sygnum 'Gym80' Cable crossover Machine
- Punchbag & Speedball

Freeweights

- Olympic bar with over 300k of weights
- Decline bench press with 160k of weights
- Scott curl bench
- Incline & Flat benches
- Dumbbells ranging from 1k to 30k
- Medicine Balls
- Stretch mats

Apartado 2208 Quinta do Lago
8135-024 Almancil Algarve Portugal
T +351 289 357 132 F +351 289 396 124 sports@fscqdl.com

www.fscqdl.com

Aldeamento Turístico

