

WERKSTATT

Open Gym Saalbach

The „Open Room“

65 m² open training space for groups and conditioning training

Equipment:

- 2 Pc Concept2 Indoor Rower
- 2 Pc Assault Air Bikes,
- 1 Pc Concept2 Bike Erg
- 1 Pc Concept2 Ski Erg
- Kettlebells 6 Pc @ 8,12,16,24 Kg and 2 Pc @ 2 x 28 und 32 Kg ,
- Hexagon Dumbbells 4 Pc @ 7,10,12,5,15 Kg and 2 Pc @ 22,5 and 25 Kg
- Medballs 2 @ 4, 6,8 und 9 Kg
- Elstic Bands 4 @ 6, 13, 21, 29, 45, 64 mm
- 10 Pc AB-Mats
- 6 Stk Yoga-Mats
- 10 Pc Jumping Ropes
- 4 Pc Foam-Roller
- 4 Pc Massage Balls
- 4 Pc Wallboards
- Gym Timer
- Whiteboard

Der „Functional Room“

33m² Trainingspace for Functional- Gymnastik-, Strengh- and conditioning training

Equipment:

- 4 Power Racks
- 6 Pull Up Bars
- 5 Olympic-Barbells 1 x 10Kg, 2 x 15 und 2 x 20 Kg,
- Bumper Plates: 12 x 5 Kg , 8 x 10 Kg , 4 x 15 Kg , 4 x 20 Kg, 4 x 1 Kg, 4 x 1,5 Kg
- 5 Pairs Gymnastic Rings
- 2 Climbing Ropes 4,5 m
- 2 Multibench
- 1 Dip Bars
- 2 Jumping Box
- Gym Timer
- Whiteboard
- Crashpad