Cardio

12 cardio machines. Move at your own pace.



6 Matrix treadmills

Touchscreen consoles, with speed and incline options for walking, jogging or running.



2 Matrix ellipticals

Premium LED consoles. A low-impact cardio option that keeps both your arms and legs moving.



2 Matrix ClimbMills

Premium LED consoles. Continuous stair climbing for cardio and lower-body endurance.



2 Matrix recumbent bikes

Premium LED console and supported seat.

Dumbbells & weights

Two dumbbell areas. Plenty of ways to build strength.



Main gym dumbbells | 5-100 lb

Matrix dumbbells from 5 to 100 lb on the large rack. One of two dumbbell sets in the gym.



EXTRA ROOM dumbbells | 5-45 lb

Our second dumbbell set, located in the extra room alongside the functional trainer.



Urethane-covered weight plates

Load barbells and plate-loaded machines to choose the resistance that works for you.



Bumper plates

Rubber bumper plates for barbell training, with convenient plate storage.



Fixed weight barbells | 20-110 lb

Ready-to-use barbells from 20 to 110 lb for exercises such as curls, rows and presses.

Benches & specialty bars

More options for your strength sessions.



4 adjustable benches

Adjust the backrest for flat or incline exercises, including dumbbell presses and supported rows.



Bench press with spotting arms

A dedicated flat bench for barbell chest presses, with supporting spotting arms.



Trap / hex bar

Step inside the bar for deadlifts, carries and other loaded strength exercises.



Safety squat bar

A padded specialty bar with forward handles for an alternative squat setup.

Racks & hip thrusts

Guided lifting and free-weight options.



2 Smith machine / squat rack combos

Use the guided Smith bar or free-weight rack. Safety arms support raised-start deadlifts; the top bar allows pull-ups.



Matrix half rack

A separate free-weight rack for barbell squats, presses and pull-ups.





Bret Contreras hip thrust machine & bench

Train your glutes with the Bret Contreras hip thrust machine or its accompanying hip thruster bench.

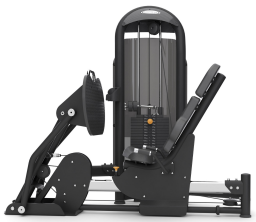
Lower-body machines

Train your legs and glutes with dedicated equipment.



Angled / inverted leg press

A plate-loaded sled press for training your quads and glutes from a supported seat.



Matrix seated leg press

A seated, weight-stack option for lower-body pressing with back support.



Seated leg extension

Straighten your knees against resistance to train the muscles at the front of your thighs.



Seated leg curl

Bend your knees against resistance to train your hamstrings.



Hip adductor / abductor combo

One machine for inner and outer thighs. Reposition the pads to switch between the two movements.



Seated calf raise

A plate-loaded seated station for strengthening your calves.

Upper-body machines

Press, pull and raise with a supported setup.



Pec deck / rear delt fly

Train your chest with fly movements or switch the setup to target your rear shoulders.



Lateral raise machine

Raise your upper arms out to the sides to train your shoulders.



Diverging lat pulldown

Pull the overhead handles down to train your back and arms.



Biceps curl machine

A supported arm-curl station for focused biceps training.



Hammer Strength Iso-Lateral Row

A plate-loaded, chest-supported row with independent arms for back training.

Cables & suspension

Flexible options for strength and body-weight training.



Four-stack cable station

Includes a seated row, lat pulldown and two adjustable pulleys for a wide range of exercises.



Extra-room functional trainer

An adjustable cable machine in the extra room, alongside the 5-45 lb dumbbells.



Suspension trainer

Use straps and your body weight for rows, presses and core exercises. Change your angle to adjust difficulty.

Core & conditioning

Add variety to your strength and conditioning workouts.



Medicine balls

Weighted balls for core exercises, carries and full-body movements.



Slam balls

Weighted balls designed for slams and other conditioning exercises.



Ab wheel

A rollout tool for challenging your core as you control your reach and return.



Battle ropes

Rope waves and other movements for upper-body endurance and conditioning.



Plyometric step platforms

Platforms at different heights for step-ups and conditioning exercises.



Rear leg elevated adjustable bench

An adjustable padded support for rear-foot-elevated split squats and other single-leg exercises.

Accessories

Available for gym members to use.

01

Booty bands | Fabric & latex

Two band styles for glute exercises, warm-ups and lower-body training.

02

Versa Gripps

Grip supports for pulling exercises when you want help holding the weight.

03

Hip pad

Extra cushioning for loaded hip thrusts and other suitable barbell exercises.

04

Resistance bands

Bands for warm-ups, assistance and resistance exercises.

05

Sliders

Sliding discs for core work, lunges and other controlled movements.

06

More training accessories

Additional accessories will be available to gym members for a variety of workouts.

Myzone & InBody

Follow your effort. Track your progress.



TFL gym concept image - final interior and layout may differ.

Myzone | See your effort

Heart-rate tracking with a shared screen showing workout effort in real time.



Myzone wearables

Wearable heart-rate monitors connect your workout effort to the Myzone display.



InBody 270

A body-composition scan that estimates muscle mass, body fat and body water to help track changes over time.