

## Our Studio

Physique 360 Personal Training Studio is located at:

26A Greenwood Ave, Singapore 289225

(Hillcrest Estate, off Bukit Timah Road )

Our State of the Art Equipment:

Strength Training/Fuctional Training

Star Trac Impact Dual Adjustable Pully

Star Trac Instinct Multi Press - Flat / Incline / Shoulder

Star Trac Instinct Lat Pull Down / Vertical Row

Star Trac Instinct Leg Extension / Curl

Hoist Fitness Half Cage (Smith Machine)

Pro-Elite Hyperextension Bench

Pro-Elite Adjustable Decline Bench

Cardio Machines

Star Trac Pro S TR7532 Treadmill

EXE E400 Elliptical Trainer

EXE U400 Upright Bike

EXE R400 Recumbent Bike

Others

PowerPlate

Free Weights

Resistance Bands

Medicine Balls

Fit Ball

Bosu