

Video Demonstration of CityU Physical Fitness Equipment

Brand	Machine	Category	Video Link:	Source
Precor	Adaptive Motion Trainer	Aerobic	Link	Official Youtube Channel
Matrix	Ascent Trainer	Aerobic	Link	Official Website
Technogym	Elliptical	Aerobic	Link	Official Website
Precor	Elliptical	Aerobic	Link	Official Youtube Channel
Technogym	Bike	Aerobic	Link	Official Website
Espresso	Bike	Aerobic	Link	Public Youtube Channel
Precor	Recumbent Bike	Aerobic	Link	Official Youtube Channel
Concept II	Rowing	Aerobic	Link	Public Youtube Channel
Technogym	Skillbike	Aerobic	Link	Official Youtube Channel
Technogym	Skillmill	Aerobic	Link	CityU Youtube Channel
Matrix	Stepping	Aerobic	Link	Official Website
Technogym	Treadmill	Aerobic	Link	Official Website
Precor	Treadmill	Aerobic	Link	Official Youtube Channel
Matrix	Treadmill	Aerobic	Link	Official Website
Life Fitness	Treadmill	Aerobic	Link	Public Youtube Channel
Precor	Upright Bike	Aerobic	Link	Official Youtube Channel
Technogym	Arm Extension	Upper Body	Link	Official Website
Technogym	Arm Curl	Upper Body	Link	Official Website
Technogym	Chest Press	Upper Body	Link	Official Website
Technogym	Pectoral	Upper Body	Link	Official Website
Technogym	Lat Pulldown	Upper Body	Link	Official Website
Nautilus	Lateral Raise	Upper Body	Link	Public youtube video
Nautilus	Shoulder Press	Upper Body	Link	Public youtube video
Technogym	Multi-Hip	Lower Body	Link	Official Website
Nautilus	Hip Abduction/Adduction	Lower Body	Link	Public youtube video
Cybex	Leg Curl	Lower Body	Link	Official Youtube Channel
Cybex	Leg Press	Lower Body	Link	Official Youtube Channel
Technogym	Abdominal Crunch	Core Muscle	Link	Official Website
Technogym	Rotary	Core Muscle	Link	Official Website
Hoist	Back Extension	Core Muscle	Link	Public Youtube Channel
Cybex	Back Extension	Core Muscle	Link	Official Youtube Channel
Precor	FTS Glide	Multi-Function	Link	Official Youtube Channel
Precor	Stretch Trainer	Multi-Function	Link	Official Youtube Channel
Nautilus	3 in 1 - Dip, Chin, Leg Raise	Multi-Function	Link	Public Youtube Channel