



ELEVATE TRAINING

Gym Equipment Names & Pictures

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TREADMILL MACHINE

By far the most popular gym cardio machine, the treadmill is designed to replicate outdoor running. The brilliant thing about treadmills is that you can set the speed and incline to suit your run, and because you'll be running inside you don't have to worry about inclement weather conditions.



INDOOR CYCLING MACHINE

If you're a cycling enthusiast, indoor cycling machines provide a safe way of hitting your mileage target. One of the nice things about a lot of indoor cycling machines is that they can be paired with cycling platforms such as Zwift or Trainer Road to add another dimension to your cycling workout.



ROWING MACHINE

Rowing machines provide a great cardio workout but they can also help you to build strong legs (through the squat-like technique you have to perform) and a strong back from simulating the rowing technique. We guarantee that after a good session on a rowing machine, you'll need a rest.



ELLIPTICAL CROSS TRAINER

The elliptical cross trainer provides a savage cardio workout as it requires you to use arms and legs in a forward and backward motion at the same time. Unlike running, the elliptical cross trainer doesn't require a hard landing after each step so is good for those with knee and ankle issues.



LEG PRESS

This machine aims to replicate the free-weight barbell squat and is done from a sitting position. This is an excellent choice for those looking to build leg strength without using free weights.



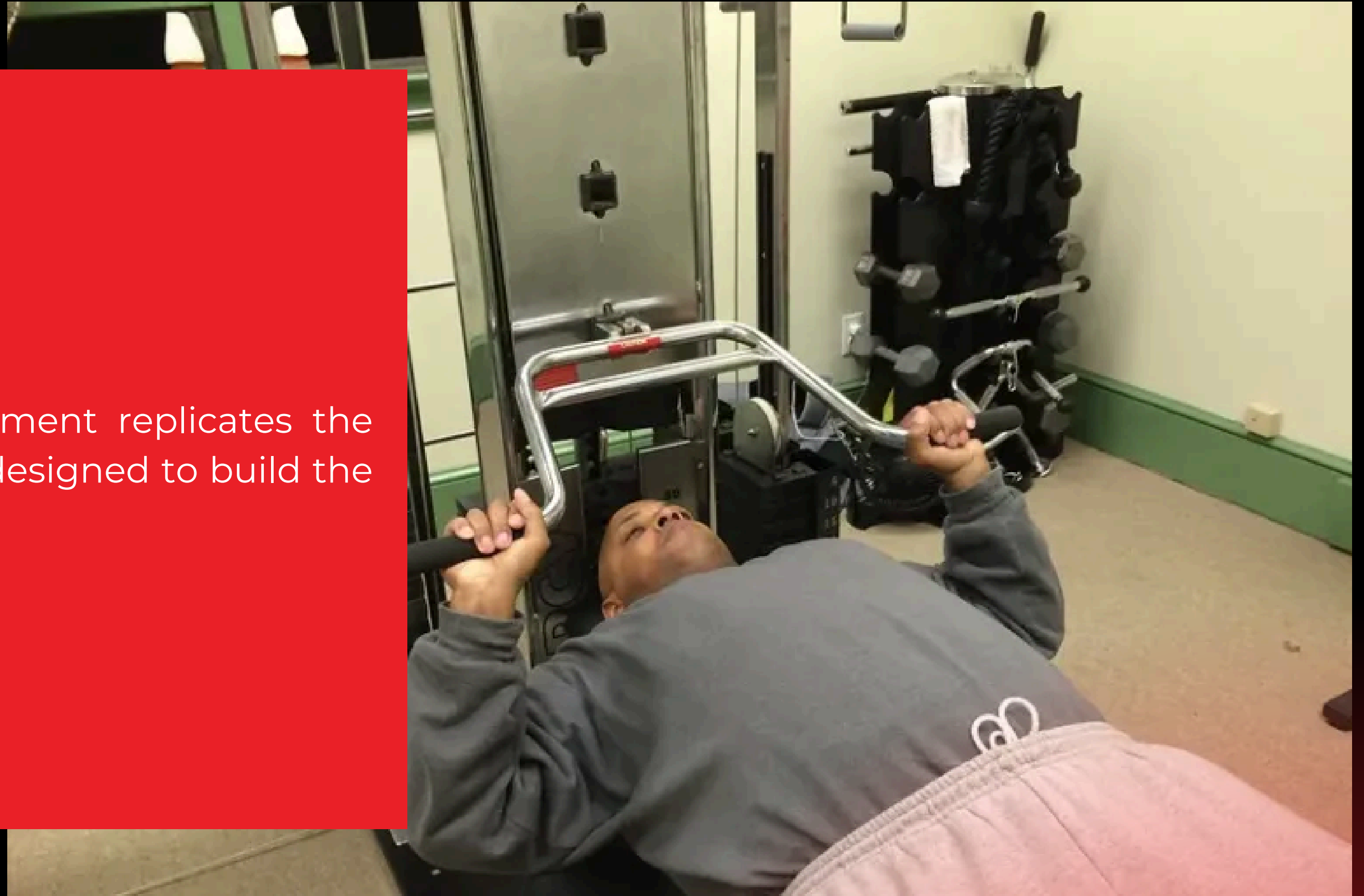
LAT PULL DOWN

The lat pull-down will work your back muscles whilst seated. There is often a type of seatbelt you can strap across your legs so you can lift heavier weights.



CHEST PRESS

This piece of equipment replicates the bench press and is designed to build the chest muscles.



SHOULDER PRESS

Instead of lifting either a barbell or dumbbell overhead, this overhead shoulder press machine lets you lift weights from a seated position. As you are in a fixed position, you will be able to lift increasingly heavy weights with good form.



BARBELL EQUIPMENT

So, the barbell is a fundamental piece of free-weight equipment that'll help you perform a variety of different exercises such as the squat, deadlift, shoulder press, bench press and row. It's extremely versatile and will help you target all major muscle groups.



DUMBBELLS EQUIPMENT

Dumbbells are a great way of lifting weights. Dumbbells are good because you have to lift the weight with each arm so you can't overcompensate on one side, which can be an issue with the barbell. The dumbbells are also versatile and you can perform plenty of different exercises with them.



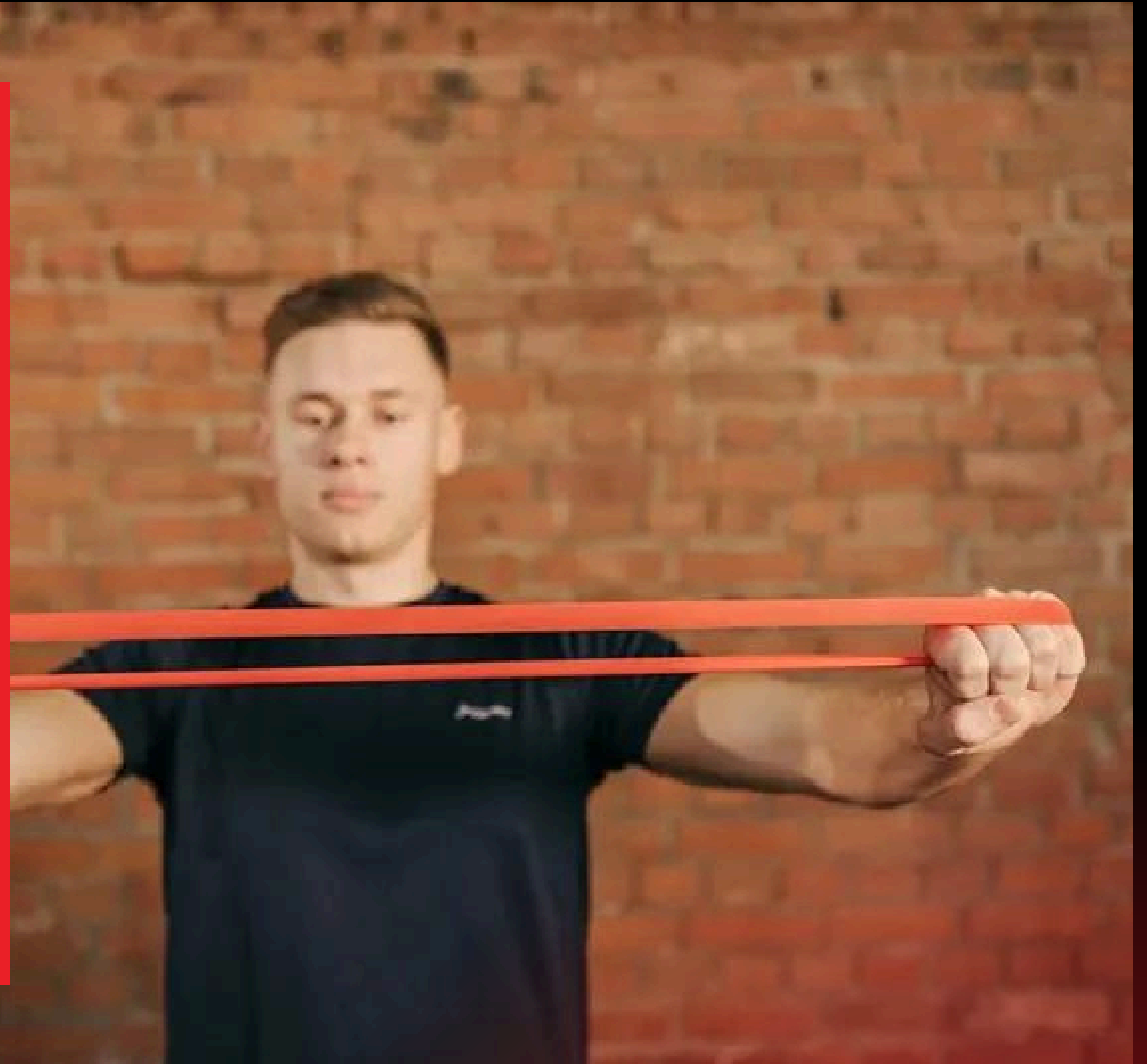
ADJUSTABLE BENCH

The adjustable bench is a must-have piece of gym equipment as you'll need to use this to perform different barbell and dumbbell movements. A good adjustable bench will allow you to set it at a variety of angles to perform exercises which work different muscles.



RESISTANCE BANDS

Resistance bands certainly have a part to play as gym equipment that can support the other things listed above. They're great for assisting with stretching and also very good at toning and strengthening muscles.



OUR SERVICES

1. PERSONAL TRAINING

2. LADIES ONLY GYM

3. HOME TRAINING

OUR LOCATIONS



Azaiba

48 Way, Al Azaiba,
Muscat, Oman



Madinat Qaboos

Madinat Qaboos,
Muscat, Oman



Al Kuwair

3521 WAY AL KUWAIR, 100
Muscat, Oman



Shatti Al Qurum

Elevate Personal Training
Qurum (ladies only).

OUR CONTACT



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THANK YOU

Created by a personal trainer and run by personal trainers, Elevate Personal Training Gym is Muscat's leading 1 to 1 results focused concept. With a team of over 30 multinational coaches currently catering just over 400 active clients, we aim to continue to be pioneers in Oman's fitness industry offering be-spoke personal training to the highest quality.