

- › No Contracts!
- › Fitness Consultation
- › Prices CampusFitness®
- › Opening Hours
- › **Equipment**
- › Wellness Lounge
- › Team CampusFitness®
- › Additional Services
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## Equipment

🔊 Listen

The fitness club **CampusFitness®** has over 3000 m2 carefully-planned floorspace in 9 rooms. It features more than 200 exercise machines, 66 of those are for cardiovascular workout.

### Cardiovascular Exercise Machines

- › 8 Treadmills (5 x Cybex, 2 x Life Fitness, 1 x Woodway)
- › 14 Crosstrainers (4 x Cybex, 7 x Cybex 750AT, 3 x Cybex 750A)
- › 7 Bikes Recumbent (1 x 750R, 6 x )
- › 7 Bikes Upright (1 x 750C , 6 x )
- › 43 Indoor Cycling Bikes (15 x Tomahawk IC3, 28 x Tomahawk Serie-S)
- › 2 Waves (2 x Technogym)
- › 1 Upper Body Cycling Machine (1 x Technogym)
- › 3 Rowing Machines (2 x Concept2 Model E, 1 x Concept2 Model)

Total: 85 Cardiovascular exercise machines

### Rooms

- › CampusFitness® room 1
- › CampusFitness® room 2
- › CampusFitness® room 3
- › Wellness Lounge
- › Belly workout and stretching room
- › Five® back and health center
- › Classroom 1 - Gymnastikraum
- › Classroom 2 - Einfeldhalle
- › Classroom 3 - Budoraum
- › Classroom 4 - Löhmannhalle
- › Classroom 5 - Waldorfhalle



CampusFitness®  
Aussenansicht Raum 1

### Weight Stack Machines

- › 22 machines Cybex Eagle Line
- › 6 machines Cybex VR3
- › 7 machines Cybex VR1
- › 1 machine Cybex V
- › 10 machines Cybex Modular
- › 3 machines Life Fitness
- › 1 machine BILT

Total: 50 weight stack machines



### Plate Loaded Machines

- › 15 x Cybex
- › 1 x Hammer Strentht

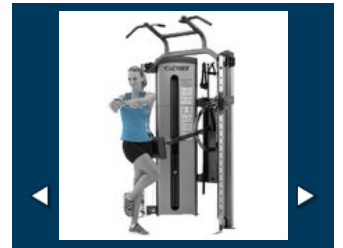
Total: 16 Plate loaded machines





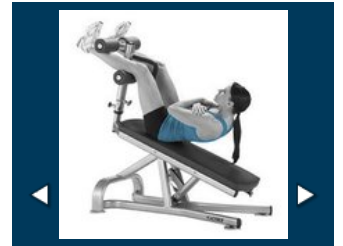
### Multifunctional Machines

- › Cybex Bravo
- › Cybex Big Iron
- › Cybex FT 360
- › Cybex Modular towers including 10 trainingsstations



### Freeweights

- › 5 benches for benchpress
- › 200 freeweights
- › 10 olympic barbell bars
- › 4 EZ curl bars
- › 5 adjustable benches
- › 1 neck press bench
- › 3 flat benches



### Miscellaneous

- › five® health and joints center
- › 10 x TRX®
- › 15 wall bars
- › Dips
- › Lat
- › Vertimax V8
- › Gymnastic balls
- › Deuserbands
- › small gymnastic boxes



Total: 30 additional trainingsstations

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