

AT THE GYM



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Elliptical trainer



Punching bag



**Treadmill
(running machine)**



Skipping rope (jump rope)



Step machine



Exercise mat



Weight plate



Barbell



Kettlebell



Dumbbells



Bars



Exercise bike (bicycle)

Elliptical trainer



Step machine



Treadmill
(running machine)



Exercise bike (bicycle)



Barbell



Dumbbells



Weight plate



Kettlebell



Exercise mat



Skipping rope (jump rope)



Bars



Punching bag

