

# AT THE GYM





**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

