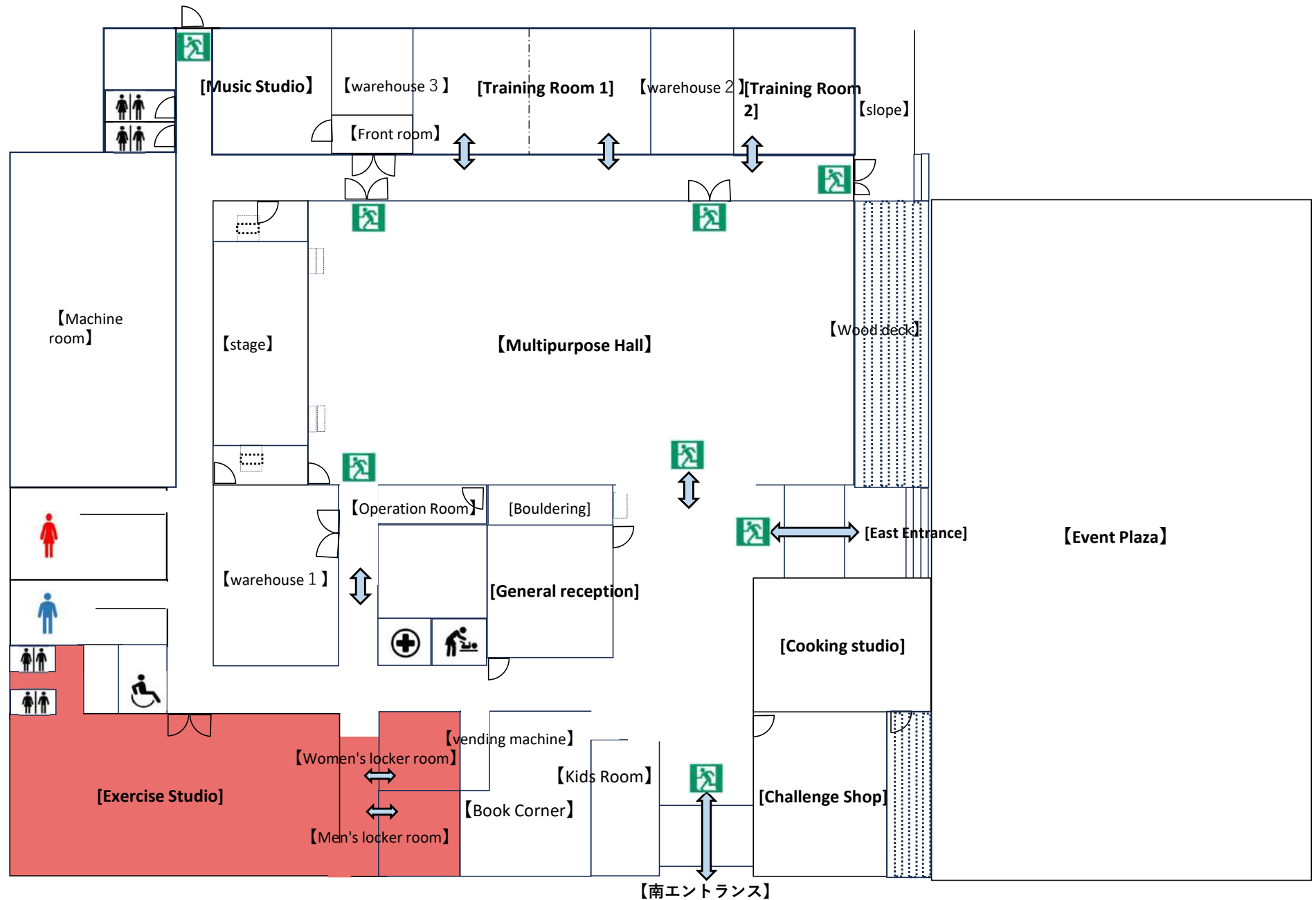


[Exercise Studio]





<https://goo.gl/maps/MyhPMeZntbBHXpVTA>

Exercise Studio

[Maximum capacity]18名

【Area】

Approx. 138m²

【remarks】

Feet are strictly prohibited (Please bring your shoes)

Admission fee: Free

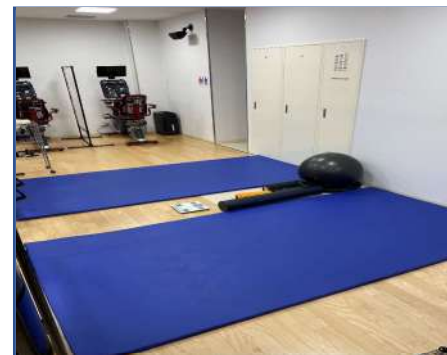
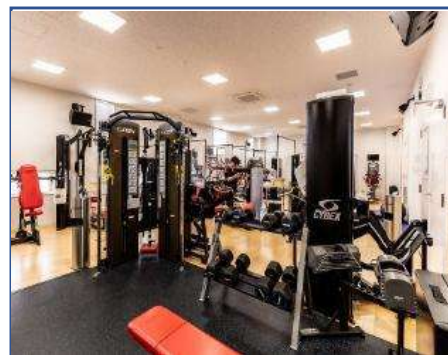
Annual fee: Free

Locker rooms available

Shower room

Inbody (body composition meter) available

- Tokyo Olympics athletes
The latest
Prefecture training machine
First introduction.
- By InBody (body composition meter)
Training Results Check
You can also do it.
- Muscle strength, endurance
P, diet, etc.
Aiming to create a body of thoughts Please.



Exercise Studio Training Equipment

Freedom Rack



Leg press



Seeded Leg Curl



Toso Rotation



Abdominal/
Back Extension



Upright bike



※背もたれ無しタイプもあります

Freerunner



※クッション無しタイプもあります

Arc Trainer



Lat pull/low



Chest Press



Overhead press



Recumbent Bike



bravo



Trail Hikers



Leg Extension

