

# LSDF Gym & Physical Training Facilities

Designed to provide ship and installation personnel with a venue in which they can conduct physical training and general exercise, Lorath gym and physical training facilities are designed to include a number of exercise and training assets which may include;

- Treadmills and other stepping machines.
- Weights, weight lifting machines, adjustable gravitic field chambers.
- Aerobic exercise mats, with volumetric trainer projectors.
- Cycling machines.
- Punching bags, martial arts training mats.
- Various individual exercise devices.

Additionally, gym facilities may include shower and bath compartments, as well as saunas and other such assets.

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