

# The Gym - Sounds Of Bodybuilding

Filename	BitDepth	SampleRate	Channels	Duration
TG_Designed_Grave_Opening.wav	24	96000	1	00:03.253
TG_Designed_Heartbeat_Heavy.wav	24	96000	1	00:08.580
TG_Designed_HighTech Door_Opening.wav	24	96000	1	00:09.465
TG_Designed_HighTech Interface_01.wav	24	96000	1	00:07.966
TG_Designed_HighTech Interface_02.wav	24	96000	1	00:05.548
TG_Designed_Laser_Shots.wav	24	96000	1	00:04.838
TG_Designed_Layer_Stinger.wav	24	96000	1	00:18.563
TG_Elastic Band_Twang_01.wav	24	96000	1	00:19.214
TG_Elastic Band_Twang_02.wav	24	96000	1	00:22.815
TG_Jump Rope_Handling_01.wav	24	96000	1	00:22.038
TG_Jump Rope_Handling_02.wav	24	96000	1	00:16.312
TG_Lifting Gloves_Putting & Removing_01.wav	24	96000	1	00:23.579
TG_Lifting Gloves_Putting & Removing_02.wav	24	96000	1	00:22.663
TG_Phone Armband_Attaching & Removing_01.wav	24	96000	1	00:32.197
TG_Phone Armband_Attaching & Removing_02.wav	24	96000	1	00:20.261
TG_Powerlifting Belt_Attaching & Removing_01.wav	24	96000	1	00:33.975
TG_Powerlifting Belt_Attaching & Removing_02.wav	24	96000	1	00:38.463
TG_Powerlifting Belt_Movements_01.wav	24	96000	1	00:29.542
TG_Powerlifting Belt_Movements_02.wav	24	96000	1	00:48.622
TG_Pulling Bar_Movements_01.wav	24	96000	1	00:17.257
TG_Pulling Bar_Movements_02.wav	24	96000	1	00:17.550
TG_Pulling Bar_Threading & Unscrewing_01.wav	24	96000	1	00:18.832
TG_Pulling Bar_Threading & Unscrewing_02.wav	24	96000	1	00:21.824
TG_Water Bottle (Empty)_Opening & Closing_01.wav	24	96000	1	00:15.598
TG_Water Bottle (Empty)_Opening & Closing_02.wav	24	96000	1	00:17.620

TG_Water Bottle (Empty)_Threading & Unscrewing_01.wav	24	96000	1	00:15.592
TG_Water Bottle (Empty)_Threading & Unscrewing_02.wav	24	96000	1	00:16.352
TG_Water Bottle (Full)_Opening & Closing_01.wav	24	96000	1	00:08.805
TG_Water Bottle (Full)_Opening & Closing_02.wav	24	96000	1	00:17.502
TG_Water Bottle (Full)_Shaking_01.wav	24	96000	1	00:07.946
TG_Water Bottle (Full)_Shaking_02.wav	24	96000	1	00:09.400
TG_Water Bottle (Full)_Threading & Unscrewing_01.wav	24	96000	1	00:19.578
TG_Water Bottle (Full)_Threading & Unscrewing_02.wav	24	96000	1	00:21.962
TG_Wrist Band_Attaching & Removing_01.wav	24	96000	1	00:19.698
TG_Wrist Band_Attaching & Removing_02.wav	24	96000	1	00:23.647
TG_Wrist Band_Attaching & Removing_03.wav	24	96000	1	00:28.800
TG_Wrist Band_Attaching & Removing_04.wav	24	96000	1	00:38.272
TG_Barbell Screw_Dropped_01.wav	24	96000	1	00:09.685
TG_Barbell Screw_Threading & Unscrewing_02.wav	24	96000	1	00:40.490
TG_Barbell_Threading & Unscrewing_01.wav	24	96000	1	00:10.037
TG_Bench Press_Barbell_Putting Down on Support (Last Rep)_03.wav	24	96000	1	00:17.408
TG_Bench Press_Barbell_Putting Down on Support_01.wav	24	96000	1	00:21.037
TG_Bench Press_Barbell_Putting Down on Support_02.wav	24	96000	1	00:18.730
TG_Bench Press_Barbell_Taking Off & Putting Down_01.wav	24	96000	1	00:18.309
TG_Bench Press_Barbell_Taking Off & Putting Down_02.wav	24	96000	1	00:19.936
TG_Bench Press_Seat Adjustments_01.wav	24	96000	1	00:33.130
TG_Bench Press_Shaking_01.wav	24	96000	1	00:23.154
TG_Deadlift_Heavy Weight_01.wav	24	96000	1	00:19.068
TG_Deadlift_Medium Weight_01.wav	24	96000	1	00:06.416
TG_Dumbbell Screw_Threading & Unscrewing_01.wav	24	96000	1	00:31.998
TG_Dumbbell_Movements_01.wav	24	96000	1	00:14.645
TG_Dumbbell_Movements_02.wav	24	96000	1	00:19.301
TG_Dumbbell_Movements_03.wav	24	96000	1	00:18.303
TG_Dumbbell_Taking Off & Putting Down_01.wav	24	96000	1	00:29.530
TG_Dumbbells_Hitting_01.wav	24	96000	1	00:21.701

TG_Home Gym_Butterfly (Plate Angle)_01.wav	24	96000	1	00:13.399
TG_Home Gym_Butterfly (Poulis Angle)_01.wav	24	96000	1	00:11.085
TG_Home Gym_Butterfly (Poulis Angle)_02.wav	24	96000	1	00:13.928
TG_Home Gym_Butterfly_01.wav	24	96000	1	00:17.381
TG_Home Gym_Butterfly_02.wav	24	96000	1	00:16.381
TG_Home Gym_Chest Press (Plate Angle)_01.wav	24	96000	1	00:18.551
TG_Home Gym_Chest Press (Plate Angle)_02.wav	24	96000	1	00:17.038
TG_Home Gym_Chest Press (Poulis Angle)_01.wav	24	96000	1	00:17.831
TG_Home Gym_Chest Press (Poulis Angle)_02.wav	24	96000	1	00:15.806
TG_Home Gym_Chest Press_01.wav	24	96000	1	00:17.876
TG_Home Gym_Leg Extension_01.wav	24	96000	1	00:14.536
TG_Home Gym_Leg Extension_02.wav	24	96000	1	00:07.765
TG_Leg Extension_Loading & Unloading Plate_01.wav	24	96000	1	00:26.986
TG_Leg Extension_Loading & Unloading Plate_02.wav	24	96000	1	00:13.290
TG_Leg Extension_Loading & Unloading Plate_03.wav	24	96000	1	00:19.583
TG_Leg Extension_Movements_01.wav	24	96000	1	00:23.541
TG_Rack Attachment_Adjustements_01.wav	24	96000	1	00:22.526
TG_Rack Attachment_Adjustements_02.wav	24	96000	1	00:26.442
TG_Rack Attachment_Movements_02.wav	24	96000	1	00:19.517
TG_Weight Metal Plate 0.5kg_Dropped_01.wav	24	96000	1	00:19.455
TG_Weight Metal Plate 2kg_Dropped_01.wav	24	96000	1	00:20.399
TG_Weight Metal Plate 2kg_Dropped_02.wav	24	96000	1	00:20.354
TG_Weight Metal Plate 5kg_Dropped_01.wav	24	96000	1	00:19.705
TG_Weight Metal Plate 10kg_Dropped_01.wav	24	96000	1	00:15.123
TG_Weight Metal Plate_Impact_01.wav	24	96000	1	00:30.321
TG_Weight Metal Plate_Loading & Unloading (Empty Barbell)_01.wav	24	96000	1	00:29.226
TG_Weight Metal Plate_Loading & Unloading (Loaded Barbell)_01.wav	24	96000	1	00:32.192
TG_Weight Metal Plate_Rolling on Barbell_01.wav	24	96000	1	00:22.250
TG_Weight Metal Plate_Scraping Gritty Ground_01.wav	24	96000	1	00:27.470
TG_Weighted Room_Amb (Cooler on)_01.wav	24	96000	2	02:46.127

TG_Weighted Room_Amb (Cooler on)_02.wav	24	96000	2	02:01.661
TG_Weighted Room_Amb (Cooler on)_03.wav	24	96000	2	00:35.337
TG_Weighted Room_Amb (Cooler on)_04.wav	24	96000	2	00:48.710