



# FITNESS CENTER EQUIPMENT LIST

## SELECTORIZED STRENGTH TRAINING

### MACHINES

| Machine                      | Body part                          | Weight       |
|------------------------------|------------------------------------|--------------|
| Leg Press                    | Legs                               | 25-317.5 lbs |
| Leg Extension                | Legs                               | 10-257.5 lbs |
| Leg Curl                     | Legs                               | 10-257.5 lbs |
| Chest Press                  | Chest, Triceps                     | 25-257.5 lbs |
| Triceps Press                | Triceps, Chest                     | 10-257.5 lbs |
| Lat Pull down                | Upper Back, Biceps                 | 10-257.5 lbs |
| Seated Row                   | Upper Back, Biceps                 | 10-257.5 lbs |
| Preacher Bicep Curl          | Biceps                             | 5-130 lbs    |
| Functional Trainer           | All                                |              |
| Low Row, Lat Pull            | Upper Back, Biceps                 | 10-200 lbs   |
| Cable Crossover              | Various                            | 10-200 lbs   |
| Assisted Chin-Up/Dip Machine | Upper Back, Biceps, Triceps, Chest | 10-200 lbs   |

## FREE WEIGHTS & PLATE- LOADED

### MACHINES

| Machine                       | Body part      | Notes                        |
|-------------------------------|----------------|------------------------------|
| Abs Training Bench            | Abs            | Adjustable incline & decline |
| Abs / Stretch Area with mats  | All            | 6 floor mats                 |
| Medicine Balls                | Various        | 4 to 12 lbs.                 |
| Stability Balls               | Various        | 3 sizes                      |
| Dyna Disc & Airex Balance Pad | Various        | Balance & Core Training      |
| BOSU Balance Trainers         | Various        | Balance & Core Training      |
| Olympic Flat Bench            | Chest, Triceps |                              |
| Olympic Incline Bench         | Chest, Triceps |                              |
| Leg Press                     | Legs           | 45° Incline                  |
| Squat Rack                    | Various        |                              |
| Smith Machine                 | Various        |                              |
| Preacher Curl Bench           | Biceps         |                              |
| Portable Adjustable Bench     | Various        | Adjusts -15° to 85°          |
| Dumbbells                     | Various        | Increases in 5 lb-increments |
| Seated Calf Raise             | Calf           |                              |

## CARDIOVASCULAR EQUIPMENT

| Equipment                 | Number | Body part | Notes            |
|---------------------------|--------|-----------|------------------|
| Matrix Hybrid Bike        | 2      | Cardio    | various programs |
| Matrix Recumbent Bike     | 5      | Cardio    |                  |
| Matrix Elliptical         | 6      | Cardio    |                  |
| Life Fitness Flex Strider | 2      | Cardio    |                  |
| Matrix Treadmill          | 4      | Cardio    |                  |
| Matrix Step Mills         | 2      | Cardio    |                  |
| Upper body ergometer      | 1      | Cardio    |                  |
| Matrix Row Machine        | 2      | Cardio    |                  |
|                           |        |           |                  |