



AJ Parks &amp; Rec.

# MULTI-GENERATIONAL CENTER

480.474.5240

## FITNESS CENTER EQUIPMENT LIST

### SELECTORIZED STRENGTH TRAINING

#### MACHINES

<b>Machine</b>	<b>Body part</b>	<b>Weight</b>
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

<b>Machine</b>	<b>Body part</b>	<b>Notes</b>
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

<b>Equipment</b>	<b>Number</b>	<b>Body part</b>	<b>Notes</b>
Life Fitness Upright Bike	2	Cardio	various programs
Life Fitness Recumbent Bike	4	Cardio	various programs
Life Fitness Cross trainer Elliptical	6	Cardio	various programs
Life Fitness Flex Strider	2	Cardio	various programs
Life Fitness Treadmill	5	Cardio	Up to 12 m.p.h. & incline 15°
Star Track/ Stairmaster Step Mills	2	Cardio	
Precor Stretch Trainer	2	All	Stretch programs for larger muscles