

EQUIPMENT LIST

CYBEX 445T Treadmills (6)
 CYBEX Total Body Arc Trainers (6)
 CYBEX Cyclone Recumbent Bike
 CYBEX Cyclone Upright Bike

CYBEX VR3 Strength
 Fly Rear Delt
 Chest Press
 Overhead Press
 Lateral Raise
 Row
 Arm Extension
 Arm Curl
 Abdominal
 Back Extension
 Torso Rotation
 Leg Press
 Leg Extension
 Leg Curl
 Abductor/Adductor (VR1)

Cable Crossover Tandum:
 Low Row
 Lat Pulldown
 Assisted Chin Dip
 FT-360 Functional Trainer

CYBEX Free Weights
 Two Tier Dumbbell Racks (2)
 Adjustable 10° - 80° Benches (2)
 Scott Curl
 Upright Bench
 Adjustable Decline Bench
 Smith Machine
 Seated Calf
 Converging Bench Press
 Plate Racks (2)
 Squat Press
 Converging Overhead Press
 Converging Shoulder Press
 45° Back Extension

