Equipment in Fitness Center

April 2004

Circuit

1 Seated Leg Press
3 Leg Extension
5 Leg Curl
7 Chest Press
9 Mid Row
11 Low Back
13 Abdominal Crunch
15 Bicep Curl
17 Tricep Curl
19 Shoulder Press
21 Lat Pull Down
23 Pec Exercise
25 Incline Press
27 Seated Leg Press
29 Rear Delt Exercise
31 Inner/Outer Thigh
33 Hip Flexor
35 Dip/Chin Assist
36 2 Kiosks

2 Blood Pressure Cuffs
2 Sit and Reach Boxes

Aerobic

9 white/metal steps
9 wooden steps

2 SportsArt 6100E Treadmills
2 SportsArt 5150R Recumbent Bikes
1 SportsArt 5200U Upright Bike
1 Sports Art 8300E Elliptical
9 Prodigy CT2000 E Spinners

4 Sony TVs
Direct TV
DVD/VCR