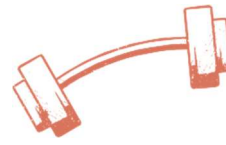




Fitness Center



EQUIPMENT GUIDE

We have listed some examples of exercises that can be performed with each piece of equipment. Please keep in mind, there are a variety of other exercises you can use this equipment for that may not be listed.

ABDOMINAL/BACK EXTENSION MACHINE

MUSCLES WORKED:

- Abdominals
- Obliques
- Lower Back

EXERCISES:

- **Abdominal Crunch:** Contract your abs forward while seated.
- **Back Extension:** Lean backward with resistance to strengthen your lower back.
- **Oblique Twist:** (If the machine supports rotation) Rotate side-to-side to target obliques.



LEG EXTENSION/LEG CURL MACHINE

MUSCLES WORKED:

- Quadriceps (Leg Extensions)
- Hamstrings (Leg Curls)

EXERCISES:

- **Leg Extension:** Sit with feet under the padded bar. Extend your legs until they're straight, then slowly lower back down.
- **Leg Curl:** Position legs under the lower pad. Pull your legs back, contracting your hamstrings.

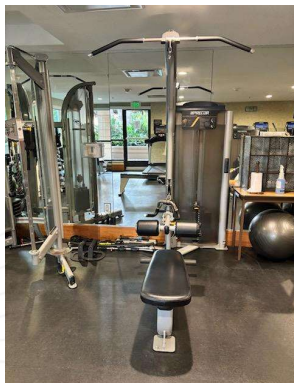
MULTI-PRESS MACHINE

MUSCLES WORKED:

- Chest (Pectorals)
- Shoulders (Deltoids)
- Triceps

EXERCISES:

- **Chest Press:** Push the handles forward to strengthen the chest.
- **Shoulder Press:** Adjust to a higher angle and press upward for shoulders.



PULLDOWN/SEATED ROW MACHINE

MUSCLES WORKED:

- Latissimus Dorsi (Lats)
- Trapezius
- Rhomboids
- Biceps

EXERCISES:

- **Lat Pulldown:** Pull the bar down to your chest for back and biceps.
- **Seated Row:** Pull handles toward your torso to engage the back and arms.





ELLIPTICALS

MUSCLES WORKED:

- Core (Abs, Obliques)
- Upper Body (Shoulders, Arms)
- Lower Body (Quads, Hamstrings, Glutes, Calves)

EXERCISES:

- **Steady-State Cardio:** Maintain a moderate pace for endurance and fat burning.
- **Incline/Resistance Intervals:** Increase resistance or incline for short bursts, then recover.
- **Reverse Stride:** Pedal backward to target hamstrings and glutes more.

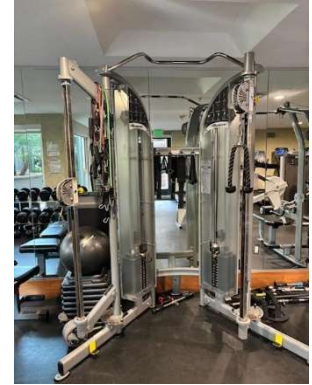
FUNCTIONAL TRAINER MACHINE

MUSCLES WORKED:

- Full-Body (versatile)
- Core Stabilization

EXERCISES:

- **Cable Crossovers:** Stand between cables, pull handles forward in an arc, then return slowly.
- **Standing Cable Row:** Pull the handles toward your torso while squeezing your shoulder blades.
- **Single-arm Pulls or Presses:** Hold one handle, press forward, then return slowly.



DUAL CABLE CROSS MACHINE

MUSCLES WORKED:

- Entire Upper and Lower Body
- Core

EXERCISES:

- **Chest Flys:** Pull handles forward in a hugging motion, then return.
- **Tricep Pushdowns:** Grip handles, push down until arms are straight, then return.
- **Cable Squats:** Hold handles, squat while keeping back straight, then stand up.

FLAT/INCLINE/DECLINE BENCHES

MUSCLES WORKED:

- Chest
- Shoulders
- Triceps
- Core

EXERCISES:

- **Flat Bench Press:** Lie down, grip the bar wider than shoulders, lower it to your chest, then press up.
- **Incline Press:** Adjust the bench to an incline. Press the bar upward, keeping control.
- **Decline Press:** Lower the bench slightly. Press the bar up while keeping your core tight.



UPRIGHT AND RECUMBENT EXERCISE BIKES

MUSCLES WORKED:

- Quadriceps
- Hamstrings
- Glutes
- Core

EXERCISES:

- **Cardio Cycling:** Simulates outdoor cycling for endurance.
- **Hill Intervals:** Increase resistance to build strength.
- **Upright Cycling:** Focus on endurance and leg strength.
- **Recumbent Cycling:** Low-impact option with back support.





TREADMILLS

MUSCLES WORKED:

- Quadriceps
- Hamstrings
- Glutes
- Calves

EXERCISES:

- **Running/Walking:** Boost endurance and cardiovascular health.
- **Incline Walk:** Increase incline to strengthen glutes and calves.

RECUMBENT BIKE

MUSCLES WORKED:

- Full-Body (Legs, Arms, Core)

EXERCISES:

- **Elliptical Cardio:** Glide smoothly while pushing and pulling handles.
- **Reverse Stride:** Pedal backward to engage hamstrings more.



SMITH MACHINE

MUSCLES WORKED:

- Full-Body (with various exercises)

EXERCISES:

- **Squats:** Place bar on shoulders, squat, then stand up.
- **Bench Press:** Engage Chest and shoulders and press the bar up.
- **Lunges:** Place bar on shoulders, lunge, then stand up.

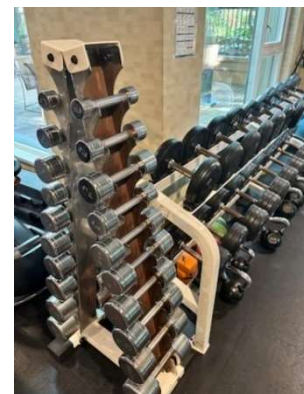
ASSORTED WEIGHTS

MUSCLES WORKED:

- Full-Body, depending on exercise.

EXERCISES:

- **Bicep Curls:** Hold weights, curl them up, and lower slowly.
- **Dumbbell Squats:** Hold weights at your sides, squat, then stand up.
- **Overhead Press:** Press dumbbells overhead, then lower



YOGA BALLS

MUSCLES WORKED:

- Core
- Stabilizer Muscles

EXERCISES:

- **Plank on Ball:** Rest forearms on ball and hold a plank.
- **Ball Squats:** Place ball behind your back against a wall, squat down.





MINI RESISTANCE LOOP BANDS

MUSCLES WORKED:

- Glutes
- Quads
- Hamstrings
- Core

EXERCISES:

- **Banded Squats:** Place the band above your knees, squat down, and stand back up while keeping tension.
- **Lateral Band Walks:** Step sideways with the band around your ankles or thighs, keeping knees slightly bent.
- **Glute Bridges:** Lie on your back, lift your hips while pressing against the band, then lower back down.

TUBE RESISTANCE BANDS (HANDLES)

MUSCLES WORKED:

- Legs and Glutes
- Shoulders and Arms
- Back and Biceps

EXERCISES:

- **Banded Squats:** Stand on the band, hold handles at shoulder height, squat down, and stand back up.
- **Overhead Shoulder Press:** Stand on the band, press the handles overhead, then lower back to shoulder height.
- **Bent-Over Rows:** Stand on the band, hinge forward, pull handles toward your torso, then slowly lower.



ASSORTED MEDICINE BALLS



MUSCLES WORKED:

- Core (Abs, Obliques)
- Upper Body (Shoulders, Arms)
- Lower Body (Legs, Glutes)

EXERCISES:

- **Wall Ball Throws:** Squat down, throw the ball against a wall, catch it, and repeat.
- **Russian Twists:** Sit with feet off the ground, twist side to side while holding the ball.
- **Slams:** Lift the ball overhead and slam it forcefully onto the ground.

