

LIST OF EQUIPMENT AT SBCC FITNESS CENTER

Cardiovascular equipment:

- (8) Life Fitness Treadmills – Model CLSTDMLXX
- (6) Life Fitness Ellipticals – Model CLSX
- (2) Precor AMTs – Model 833
- (4) Life Fitness Recumbent Bikes – Model 95Ri
- (2) Life Fitness Upright Bikes – Model 95Ci
- (1) SciFit Recumbent Stepper – Model RST7000
- (1) SciFit Upper Body Ergometer – Model Pro Series
- (1) Life Fitness Step Machine – Model 95Si
- (1) Life Fitness Integrity Series PowerMill Climber
- (1) Concept 2 Rower – Model E
- (1) Concept 2 Rower – Model B

Strength Training equipment:

- Life Fitness Hip Adductor – Model PSHADSE
- Life Fitness Hip Abductor – Model PSHABSE
- Life Fitness Pulldown – Model FZPD
- Life Fitness Row/Rear Deltoid – Model FZRW
- Life Fitness Seated Leg press – Model FZSLP
- Life Fitness Seated Leg Curl – Model FZSLC
- Life Fitness Leg Extension – Model FZLE
- Life Fitness Pulley Motion Multi Jungle Gym – Model MJ4
- Life Fitness Cable Motion Dual Station – Model CMDAP
- Hammer Strength Incline Press – Model MTS IP
- Hammer Strength Shoulder Press – Model MTS SP
- Hammer Strength Abdominal Machine – Model MTS AB

LIST OF EQUIPMENT AT SBCC FITNESS CENTER

Strength Training equipment (continued):

Hammer Strength Abdominal Crunch Bench – Model SABC

Hammer Strength Bicep Preacher Curl Bench

Hammer Strength Roman Chair – Back Extension

Hammer Strength Vertical Knee Raise

Hammer Strength Plate Loaded Smith Machine – Model PLSM

Free weights:

Dumbbells - 5 lbs to 80 lbs

Barbells – 10 lbs to 110 lbs

2 Benches for dumbbell bench press