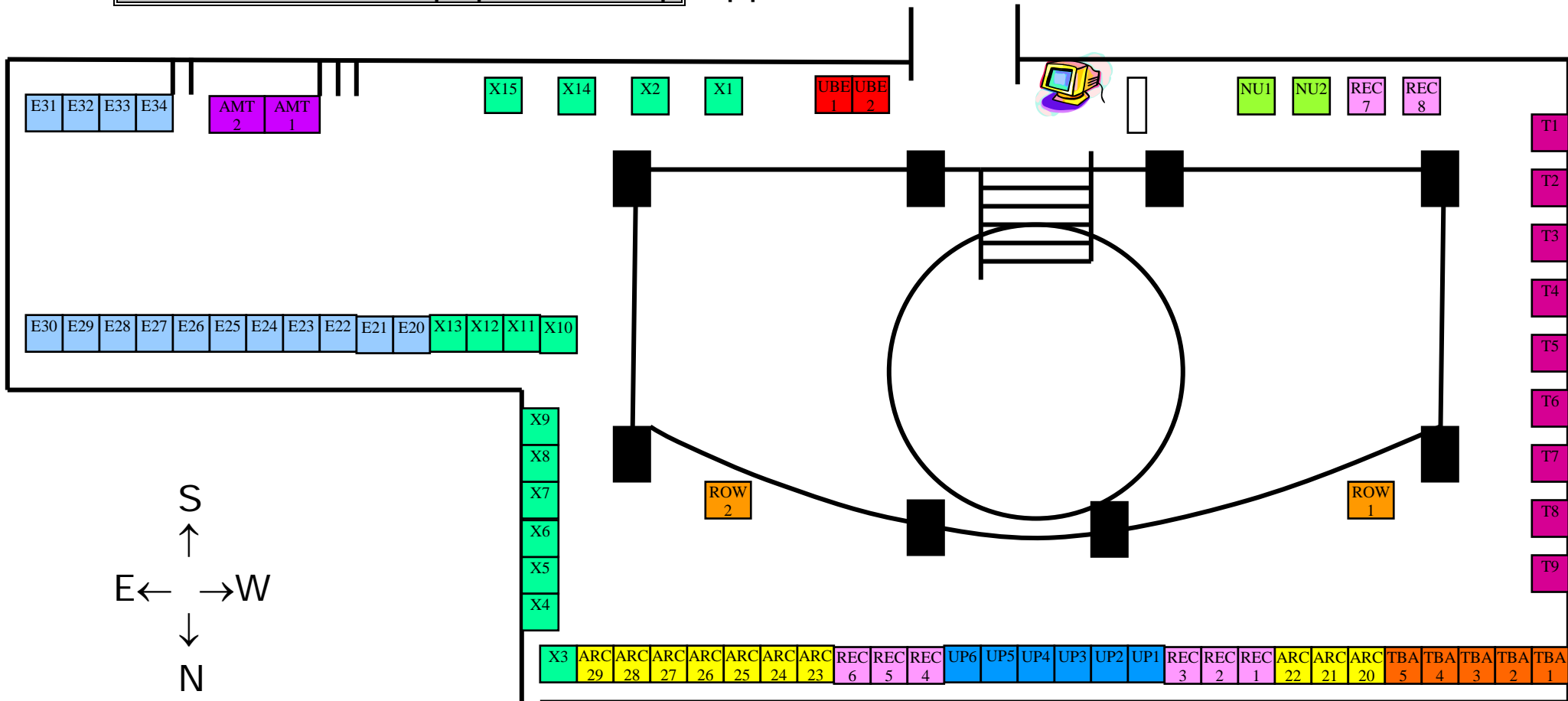


# Fitness Center Equipment Map Upper Floor

Revised 2 September 2008



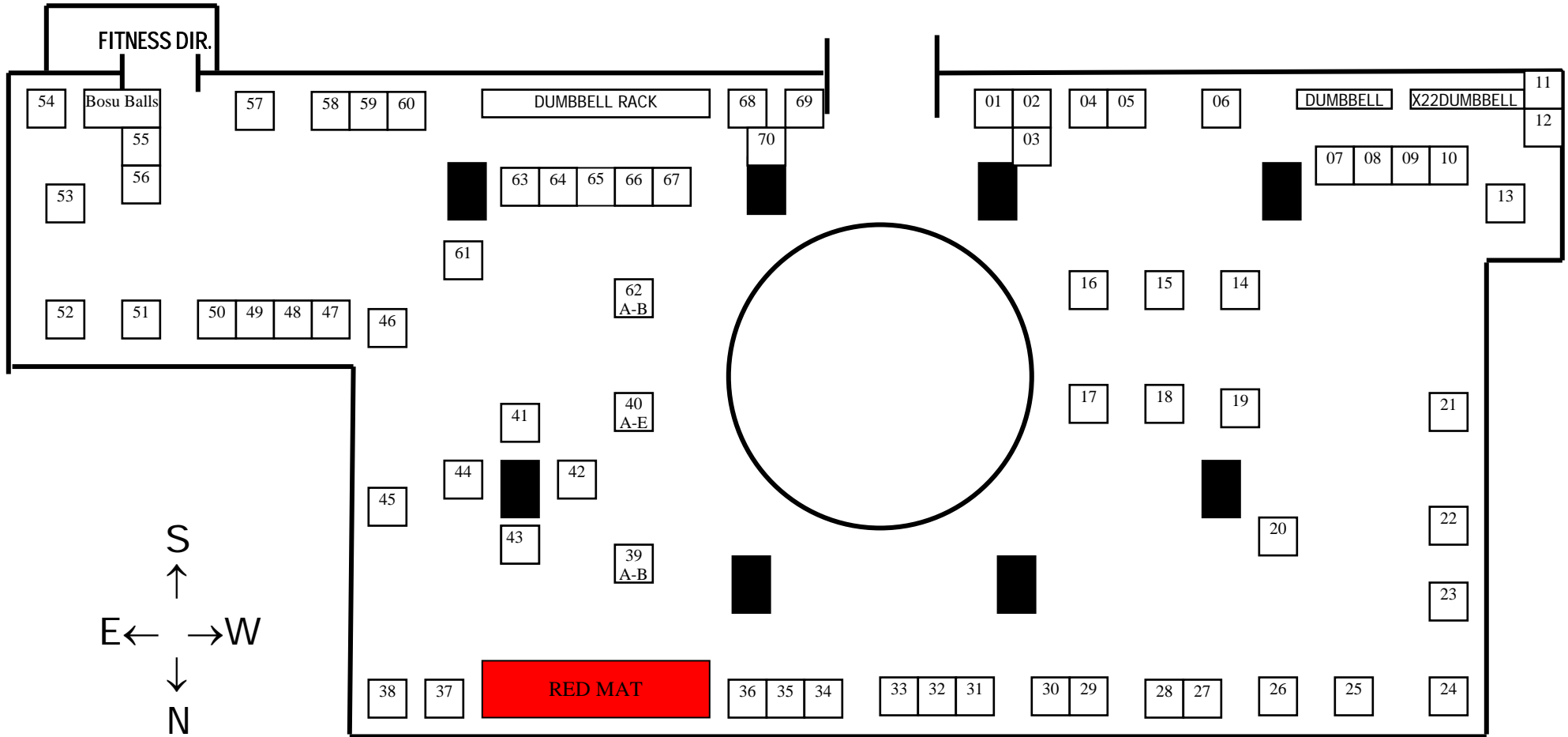
- Scifit PRO1 (UBE1-UBE2)
- NuStep (NU1-NU2)
- Life Fitness Upright (UP1-UP6)
- Woodway Treadmill (T1-T9)
- Cybex Total Body (TBA1-TBA5)

- Cybex Arc (ARC20-ARC29)
- PreCor AMT (AMT 1 & 2)
- Life Fitness X-train (X1-X15)
- PreCor EFX (E20-E34)

- Concept II Rower (ROW1-ROW2)
- Life Fitness Recumbent (REC1-REC8)

# Fitness Center Equipment Map Lower Floor

Revised 2 September 2008



- 01 45 Degree Calf Raise
- 02 Weight Tree
- 03 Seated Calf Raise
- 04 Multi-Purpose Cage
- 05 Roll-Away Bench
- 06 Squat Rack
- 07 Free Decline Bench
- 08 Roll-Away Bench
- 09 Free Multi-Bench
- 10 Roll-Away Bench
- 11 Olympic bar Holder
- 12 Weight Tree
- 13 Preacher Curl
- 14 Flat Bench Rack
- 15 Incline Bench Rack

- 16 Flat Bench Rack
- 17 Flat Bench Rack
- 18 Decline Bench Rack
- 19 Flat Bench Rack
- 20 Weight Tree
- 21 Smith Machine
- 22 Free Motion Squat
- 23 Free Motion Step
- 24 Free Motion Cable
- 25 Cybex Squat Press
- 26 Weight Tree
- 27 45 Degree Leg Press
- 28 45 Degree Leg Press
- 29 Cybex Glute
- 30 Free Motion Lift

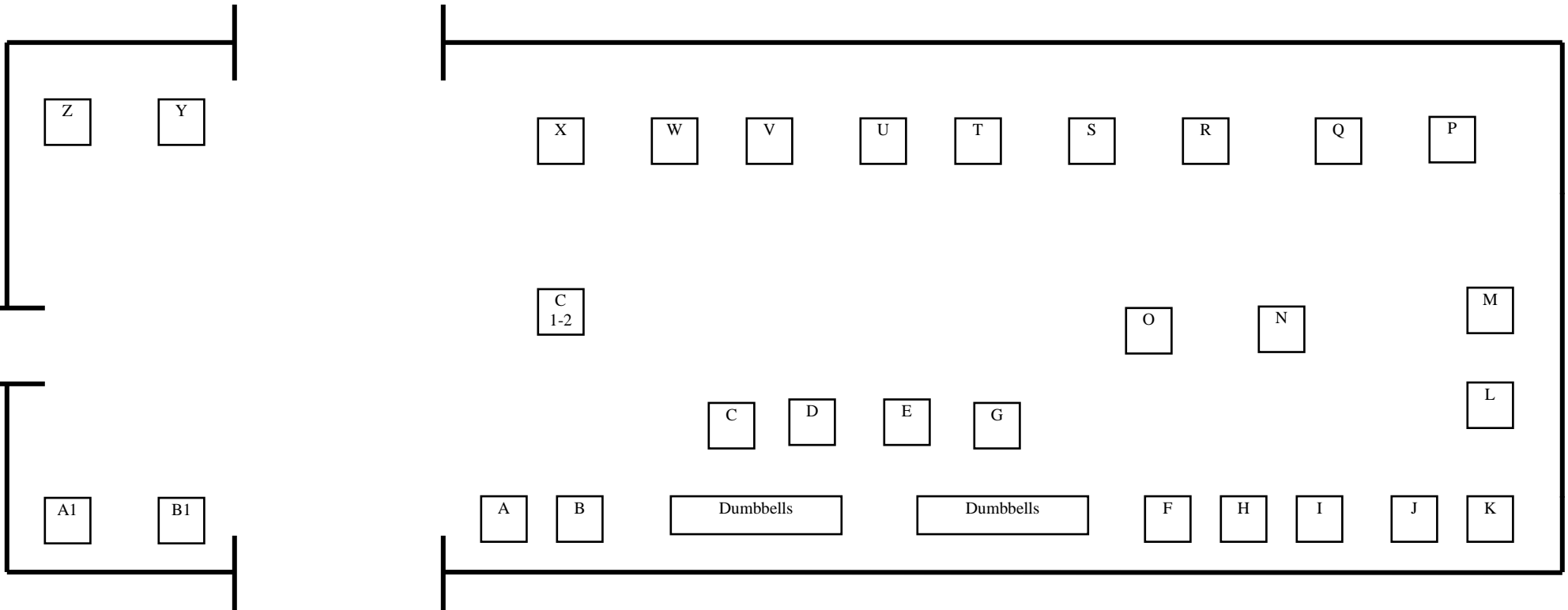
- 31 Free Motion Ham
- 32 Free Motion Quad
- 33 Free Motion Calf
- 34 Outer Thigh
- 35 Back Extension Pad
- 36 Inner Thigh
- 37 Glute/Ham Bench
- 38 True Stretch
- 39A Lat Pull-Down
- 39B lat Pull-Down
- 40A Low Lat Row
- 40C Stand Curl/ lat Row
- 40E Tricep Dip
- 40D Pull-Up
- 40E Standing Curl

- 41 Free Motion Shoulder
- 42 Free Motion Lat
- 43 Preacher Curls
- 44 Weight Tree
- 45 Free Motion Cable
- 46 Fixed T-Bar Row
- 47 Free Motion Bicep
- 48 Free Motion Row
- 49 Free Motion Tricep
- 50 Free Motion Chest
- 51 Pec/Rear Delt
- 52 Free Motion Lift
- 53 FM Dual Cable (silver)
- 54 Airbouncer
- 55 Upright Bike

- 56 Upright Bike
- 57 Hanging T-Bar Row
- 58 Smith Machine
- 59 Military Press Rack
- 60 Squat Rack
- 61 Attachment Tree
- 62A-B Tricep Press-Down
- 63 Free Multi Bench
- 64 Roll-Away Bench
- 65 Roll-Away Bench
- 66 Roll-Away Bench
- 67 Free Multi Bench
- 68 Free Motion Ab
- 69 Cybex Standing Calf
- 70 Olympic Bar Holder

# Expansion Equipment Map

Revised 13 November 2006



- A Triceps Pressdown
- B Shoulder Press
- C Free Flat Bench
- D Free Flat Bench
- E Roll-Away Bench
- F Roll-Away Bench
- G Arm Curl
- H Lat Row

- I Lat Pull-Down
- J Vertical Bench
- K Seated Leg Curl
- L Attachment Tree
- M Slide Wheel Multi
- N Leg Extension
- O Back Extension Pad
- P Multi Hip

- Q Incline Bench Rack
- R Flat Bench Rack
- S Lying Leg Curl
- T Leg Press
- U Lat Pullover
- V Free Decline Bench
- W Free Decline Bench
- X Signature Leg Raise

- Y Roman Chair
- Z Low Back Extension
- A1 Abdominal Curl
- B1 Ab Coaster
- C1 Pull-Up
- C2 Dip