

FITNESS CENTER EQUIPMENT AT SOUTH BELLEVUE COMMUNITY CENTER

Cardiovascular equipment:

- (8) Life Fitness Treadmills – Model CLSTDMLXX
- (6) Life Fitness Ellipticals – Model INX
- (1) Life Fitness Integrity Series PowerMill Climber
- (1) Life Fitness Total Body Arc Trainer – Model INTTS
- (4) Life Fitness Recumbent Bikes – Model 95R
- (2) Life Fitness Upright Bikes – Model 95Ci
- (2) Precor AMTs – Model 835 with P30 Console
- (1) SciFit Recumbent Stepper – Model RST7000
- (1) SciFit Upper Body Ergometer – Model Pro Series
- (1) Concept 2 Rower – Model E
- (1) Concept 2 Rower – Model B

Strength Training equipment:

Life Fitness Synrgy360XL – 9 training spaces:

1. Dual cable station with pull-up bars
2. Dual cable station with stall bars
3. Dual cable station with rope pull
4. Power pivot station with pull-up bars
5. Suspension training station #1
6. Suspension training station #2
7. Monkey bar zone
8. Adjustable step attachment
9. Adjustable dip bar attachment

Life Fitness Insignia Series - Seated Leg Press – Model SS-SLP

Life Fitness Insignia Series - Leg Curl – Model SS-SLC

Life Fitness Insignia Series - Fly/Rear Delt – Model SS-FLY

Life Fitness Insignia Series - Assist Dip/Assist Chin – Model SS-ADC

Life Fitness Insignia Series - Chest Press – Model SS-CP

Life Fitness Optima Series - Hip Adductor/Abductor Combo Machine – Model OSHAA

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Strength Training equipment (continued):

Total Gym - Elevate Core Trainer – Model ADJ 6000-B1

Hammer Strength - Back Extension – Model BW-BE

Life Fitness Signature Series - Leg Raise – Model SLR

(2) Life Fitness - Plate Loaded Smith Machines – Model SSM

Free weights:

Dumbbells: 2 lbs to 80 lbs

Barbells: 10 lbs to 110 lbs

(4) Hammer Strength HD Athletic Adjustable Benches for free weights

(1) Life Fitness Signature Series Adjustable Decline Bench – Model SADB