

# Northampton Senior Center Fitness Center

## Cardio Equipment

- All cardio equipment is outfitted with integrated contact heart rate monitors.
- Large easy to read monitors deliver various options including time, speed, distance, calories and target heart rate.
- All cardio equipment has a 400 pound weight capacity.



### Treadmill

- Extended deck and extended arms aid in mounting and dismounting while providing more support during workouts.
- Large emergency shut-off button also attaches to the user.



### Elliptical

- 21" stride accommodates all body sizes for a comfortable, efficient and natural workout.



### Recumbent Cycle

- Ergo Form(TM) seat and back pad for additional support.
- Step-through entry for easy mounting.
- Low-watt starting workload is ideal for beginning, rehab, or deconditioned users.



### Upright Cycle

- Standard and race-inspired handles feature contoured elbow rests for comfort and enhanced ergonomics.
- Low-watt starting workload is ideal for beginning, rehab, or deconditioned users.



### Upper Body Ergometer

- Standing or seated upper body work in both forward and reverse directions.
- Fully wheelchair compatible.
- The fluid technology variable resistance system uses a twin-chamber tank.
- Rotating paddles act on water in the outer chamber to provide resistance.

# Weight Machines

- All weight machines have a minimum starting weight of 10 lbs. Weights may be added in 2½ or 5 lb. increments.



## Chest Press

- Primary muscles: Pectoral.
- Pressing arm adjusts so users can determine their own range of motion.
- Overhead pivot provides a more natural pattern when compared to lower pivoting units.
- Oversized dual hand grips provide greater comfort and variety.



## Shoulder Press

- Primary muscles: Medial and posterior deltoids.
- Pressing arm includes both bar and neutral grips for user's individual preference or anatomical limitations.
- Range of motion is adjusted with the use of the seat position.
- Oversized handgrips provide greater comfort and variety.
- Counterbalanced pressing arm lets deconditioned users develop overhead lifting strength.



## Lateral Pull Down

- Primary muscles: Lats.
- Thigh pads easily adjust to provide both stability and comfort.
- Straight bar with angled ends ensures correct arm and wrist position throughout the entire range-of-motion.
- Adaptable for standing triceps press exercise.



## Arm Curl

- Primary muscles: Biceps.
- Arm pad is angled for stability, and limits unwanted shoulder movement during exercise.
- Pivot is positioned for proper alignment.
- Angled hand grips reduce the incidence of wrist strain.



### **Triceps Extension**

- Primary muscles: Triceps.
- Seat and upper-arm pads are angled to enhance user stability during the exercise.
- Handle pivots to automatically adjust for varying forearm lengths and mistakes made during exercise setup.
- Axis of alignment is clearly marked to encourage correct alignment.



### **Leg Press**

- Primary muscles: Quadriceps, hamstrings and gluteals.
- Four-bar linkage enhances alignment and provides variable resistance.
- Arcing path of motion is a more natural motion, decreasing the detrimental forces at the knee.
- Large non-skid footplate accommodates varying goals and users of all sizes.
- Adaptable for gastrocnemius and soleus exercise.



### **Ab Machine**

- Primary muscles: Upper abdominals.
- Chest pad with contoured edges and hand grips are configured for user comfort.
- Adjustable pressing arm allows users to determine their own starting positions.



### **Back Extension**

- Primary muscles: Erector spinae.
- Adjustable non-skid footrests provide secure and proper positioning.
- Pivot position promotes the coordinated function of the hip and lower back muscles.
- Lower back reference pad enhances alignment.