

## **CITYSHAPE I: Strength Equipment**

### **Paramount: FITNESSLINE**

#### **Leg Extension - Leg Curl FS-50**

Back pad has 5 positions, leg curl has 6 positions and extension and curls have 4 starting positions. It has self adjusting ankle pads.

#### **Leg Press FS- 51:**

Low profile and ergonomically positioned with contoured back for lower back support. There is oversized nonskid foot platform for exercise variation. It has a 6 position adjustable seat with assistance from an integrated gas cylinder.

#### **Lat Pulldown – Seated Row: FS-53**

Thigh pad has 8 positions to accommodate wide range of users. Dual foot platforms provide support for proper alignment during seated row movement.

#### **Multi – Press FS-54:**

Seat back has 4 positions and back pad assembly that easily adjusts for supine 30 and 45 degree incline for Shoulder Press movements. A 5 position arm, allows users to choose the range of motion best suited to their needs. Dual hand grips to accommodate wide range of users and allow for exercise variation.

#### **Biceps / Triceps FS-56:**

Seat has 5 positions with low back support to accommodate all users. There are 3 starting positions for both curls and extensions so users can choose the range of motion that is best suited for them. Unique rotating handles that requires no adjustments proving comfort and support throughout the enter range of motion.

#### **Low Back – Abdominal FS-57:**

There are 5 position ranges of motion adjustments that allow users to easily change positions from Low Back to Abdominal exercises. It has dual non-slip foot positions that accommodate a wide range of users while providing support during the exercise.

#### **Smith Press XFW-6800**

Lifting arm is counter weighted to just 14 lbs. Maximum weight is 540 lbs. Weight carriage is angle at 3 degrees to accommodate rotation of anatomical joints during exercise. A rotating bar catch assembly to

easily fit catch slots for each of the 8 height positions. Easy gripe dual stops to limit the range of movement. Open heavy duty powered coated finished frame design for easy walk through that facilitates easy positioning of exercise benches.

#### **Dumbbells - Rubber Hex**

These dumbbells range from 3 to 60 pounds. They are solid steel cast iron weights that are unbreakable, non-adjustable, and will not roll. A seated incline bench, flat bench and preacher curl bench are also available.

## **CITYSHAPE I: Aerobic Equipment**

### **Precor Low-Impact Treadmill C936i**

A advanced 3.0 horsepower motor power that ranges in speeds from .5 to 11 mph. A 0-15% incline ramp that simulates running on hills and allows the user to exercise different muscles at different speeds. Ground Effects-Impact Control System using a suspension system that cushions the impact and controls lateral motion while remaining responsive to ease on wear on knees, legs and back. SmartRate that shows actual heart rate in relation to users target zone for weight loss and cardio training. There are 6 programs for workout variety mixing speed, incline and programs for lower body muscles. All keeping routines fresh and motivating.

### **Precor Elliptical Fitness Cross Trainer EFX524i**

This offers the body a comfortable excellent cardiovascular workout without arms. With easy-to-use console that allows a user to start exercising quickly with little or no instruction. The elliptical-shaped stride and adjustable ramp angles allow users to isolate and cross train their quadricep, gluteal, hamstring and calve muscles. A back pedaling feature that targets different muscles. SmartRate shows actual heart rate in relation to user's target rate zone for weight loss and cardio-training. There are 5 programs and 20 resistance levels offering a variety of workouts for the lower body to keep routines fresh and motivating.

### **Precor Elliptical Fitness Cross Trainer EFX534i**

This offers the body a comfortable and excellent cardiovascular workout with ergonomic handlebars for working the lower and upper body. There is a fixed ramp for the patented forward and reverse elliptical stride that is set at 20 degrees to deliver a more comfortable feel. This provides a forward and backward peddling feature that targets different muscles. SmartRate shows actual heart rate in relation to users target rate zone for weight loss and cardio-training. There are 5 programs and 20 resistance levels offering a variety of workouts for the lower body to keep routines fresh and motivating.

### **Precor C842i Recumbent Cycle**

This stationary bicycle is a belt-driven system that provides a smooth and quite exercises experience. It is equipped with a Shift on the Fly Program Change allowing the user to change their program even after beginning their workout using QuickStart that prevents the loss of time-elapsed or calorie totals. SmartRate show actual heart rate in relation to users target zone for weight loss and cardio training. There are 6 buttons that allow for a gateway of 6 preset programs, including 1 fitness test. Program changes can be selected and changed at any time during the workout.

### **EnduroCycle training bike: ENC-500B**

This is a belt driven stationary bicycle features a seat that adjusts forwards and backwards allowing for riders height. It has fully adjustable handlebars and emergency brake lever.

### **Precor Climber C776i**

Self powered generator resistance system, speed control is optimized to provide a smooth climbing experience. There is a biofeedback center with SmartRate that reports on calories burned and heart rates. By using a chest strap or gripping the heart rate monitors an entering their age SmartRate will show actual heart rate in relation to their target zone for weight loss and cardio training. Options menu allows users to customize their workouts by viewing additional metrics, entering weight and age, or selecting the goal they want to work towards. There is direct access to 14 programs with 6 buttons, including 1 fitness test. Users can change programs at any time.

### **Executive Body Guard Stair Stepper**

This stepper has the newest of technology with countless numbers of programs to keep your fitness level at a maximum. The computerized program display includes your program design, speed, time, effort, and results.

### **Schwinn Airdyne Bike**

The Schwinn air resistance system ensures an efficient, total body workout. This exercise bike remains an impossible workout to beat because of the synchronized arm and leg motion.

### **Concept II Rowing Ergometer**

Rowing involves upper and lower body. Rowing resistance is adjustable according to the pace. Digital display includes time, meters, strokes per minute and caloric output.

### **Landice Treadmill**

This 8700 CLUB Treadmill is a high-quality fitness tool that is terrific for someone just starting out on a walking program or for veteran runners. It has an electronic incline and easy to push buttons to increase or decrease the speed. The computerized program will display your speed, time, distance, and amount of calories being burned.

### **Therapeutic Balls**

2 sizes are available 55cm and 65cm.

### **Exercise Mats**

Exercise mats are available for your use.

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