

Equipment to Consider

Category	Examples/Requirements
Cardiovascular Equipment	<p><i>Equipment should be commercial grade</i></p> <p>Treadmills</p> <p>Stair climbers</p> <p>Stationary cycles</p> <p>Upper body ergo meters</p> <p>Cross-country ski machines</p> <p>Rowers</p>
Strength Training Equipment	<p><i>Equipment should be commercial grade</i></p> <p>Individual variable resistance equipment for:</p> <p>Plates or pulleys</p> <p>Free standing, single standing units, complete training stations</p> <p><i>For use with all major muscle groups:</i></p> <p>Shoulders</p> <p>Chest</p> <p>Biceps</p> <p>Triceps</p> <p>Abdominal</p> <p>Upper, lower back</p> <p>Quadriceps</p>

Category	Examples/Requirements
Free Weight Equipment	<p>Upright bench</p> <p>Flat and incline benches with bars and plates</p> <p>Dumbbells ranging from 3-80 pounds</p> <p>One small, medium, and large lifting belt</p> <p>Smith machine (alternative to a squat rack)</p> <p>Dip/pull-up station (or assisted dip/pull-up station)</p>
Exercise Class Equipment	<p>Individual mats for stretching and toning exercises</p> <p>Dumbbells ranging from 3-20 pounds</p> <p>Elastic bands or surgical tubing for strength exercises</p> <p>Benches or steps</p> <p>Bosu balance</p> <p>Rebounders</p> <p>Spinning cycles</p> <p>Fitballs</p>

