

## Abdominal crunch

- Curved back pads for full muscular contraction and comfort
- Self-aligning handles adjust to accommodate users of all sizes
- Dual pivot design for natural abdominal crunch motion
- Action Specific Grips™ provide greater comfort and minimal point pressure
- Incremental weights are easily accessible from the seated position
- Integrated system tracks repetitions, activity time, and rest time for a simplified workout experience.



## **Campus Recreation**

*Division of Student Affairs*

**Address** 1500 N. Patterson St. • Valdosta, GA 31698-0538

**Phone** 229.333.5898 • **Fax** 229.259.5088 • **Web** [www.valdosta.edu/recreation/](http://www.valdosta.edu/recreation/)

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## Hip abductor/hip adductor

- Dual function machine saves space and increases functionality
- Clearly indicated adjustments for ease of use
- Reclined position for greater lumbar support
- Conveniently located and easy to read exercise placards offer a quick reference to targeted muscle groups and proper machine use. Placards also offer color references to easily identify muscle-group
- Integrated system tracks repetitions, activity time, and rest time for a simplified workout experience



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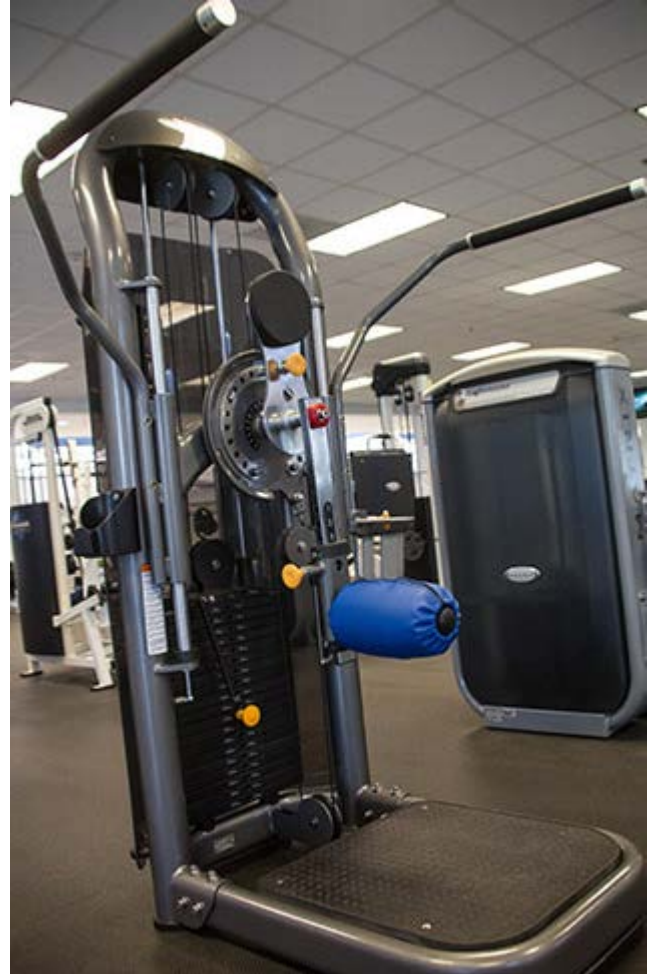
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## Rotary hip

- Allows users to perform hip exercise from the standing position, providing enhanced alignment and increasing target muscle involvement
- Adjustable carriage allows users of varying heights to achieve optimal positioning
- Starting positions are incremental at 15° intervals through 270° of rotation' for consistency



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## Leg extension

- Pivot location clearly marked to encourage correct alignment
- Angled seat and back pad encourages full quadriceps contraction for user movement
- Self-adjusting tibia pad for greater ease of use
- Thumb switch controls allow for easy adjustments



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## Leg press

- Footplate identifies user foot position with unique visual indicators
- Angled and adjustable seat carriage provides greater user comfort
- Guide rod and bearing-designed carriage enhances user feel
- Thumb switch controls allow for easy adjustments



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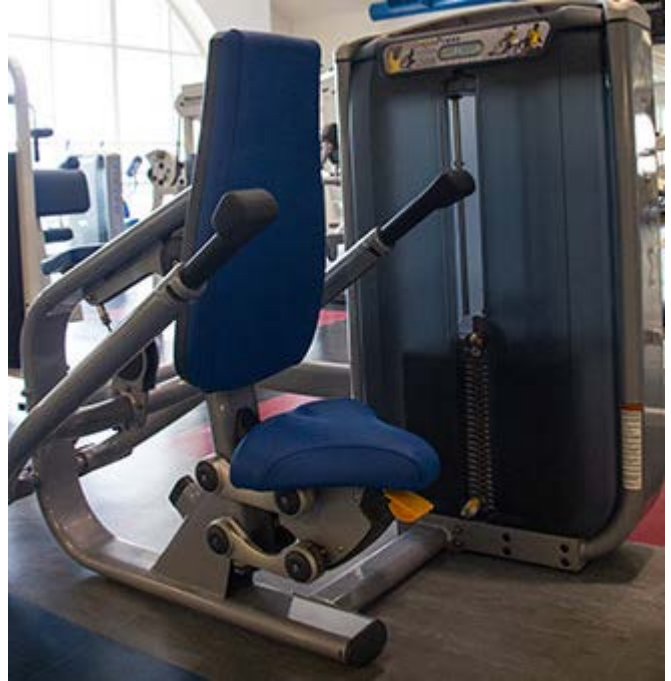
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## Triceps press

- Rotating handles adapt to users of all sizes
- Action Specific Grips provide greater wrist comfort and minimal point pressure
- Angled back pad reduces stress, improving stabilization and comfort



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## Woodway treadmill

Woodway Treadmills are specifically requested by competitive sports teams, medical and rehabilitation facilities and high-usage fitness facilities worldwide because of their patented design that provides a superior running surface for users and long lasting-efficiency for owners and operators.

- Rubberized tread concept averages up to 150,000 miles of use without a single belt replacement
- Low-friction ball bearing transportation system completely eliminates the deck and therefore the need to flip and or lubricate a conventional deck
- Significantly less maintenance and reduced operating costs compared to conventional treadmills



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## Lateral raise machine

- Full back pad enhances user's position, comfort, and support
- Independent arm action ensures balanced exercise
- Handle pivots to accommodate users of all sizes



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