

Fitness equipment available at the Bloomfield Township Senior Center

HUR equipment

Rhomboid (back)
Shoulder Press (push up)
Lat Pull Down (back & shoulders)
Leg Extension (Quadriceps)
Leg Curl (Hamstrings)
Peck Deck (chest)
Deltoid (arms under rollers)
Lats (arms on top of rollers)
Adduction (inner thighs)
Abduction (outer thighs)
Chest Press
Leg Press (glutes & quads)
Abdominal (face front)
Back (face back)
Lat Pull (back & shoulders)
Triceps (push down)
Biceps (curl up)

Cardio Equipment

SCHWIN BIKE
RECUMBANT BIKE Matrix
UPRIGHT BIKE Matrix
RECUMBANT ELLIPTICAL SciFit
NUSTEP
CYBEX ARC TRAINER
SEATED ELLIPTICAL Octane
ARM ERGOMETER SciFit
WATER ROWER
ELLIPTICAL Octane
LATERAL ELLIPTICAL Octane
TREADMILL Matrix or Landice