List of current equipment at the Brookdale Fitness Center

**Selectorized Machines & Plate-Loaded Equipment**

Incline Press

Chest Press

Pec Dec

Pec Fly – Rear Delt

Shoulder Press

Lateral raise

Tricep Extension

Bicep Curl

Leg Extension

Row/Rear Delt

Lat Pull

Abs/Ab Isolator

Gravitron

Rotary Torso

Abduction

Back Extension

Leg Curl

Adductor

**Cardiovascular Equipment**

Treadmills

Ellipticals/Arc Trainers

Crossrobcics

Bikes /Recumbents/ Airdynes

Rowing Machines

Arm Egometers

Kayak Machine

Versa Climber

Stepmills

Stairmasters