



Winona Family YMCA Wellness Center

»» **CARDIO EQUIPMENT**

- 10 Treadmills
- 3 NuSteps (seated stepper)
- 3 Spin Bikes
- 1 Rower
- 2 Step Climbers (StepMill)
- 3 Upright Bikes
- 4 Recumbent Bikes
- 1 Arm Crank
- 6 Ellipticals
- 2 Stairmasters

»» **FREE WEIGHTS-STRENGTH**

- 3 Full Squat/Deadlift Racks
- 1 Smith Machine
- 1 Preacher Curl
- 2 Bench Presses
- 1 Incline Bench Press
- Full Dumbbell Rack with weights 5 pounds to 120 pounds - with duplicate sets of popular weights
- 4-Way Cable Cross with multiple attachments
- 2-Way Corner Cable Cross with multiple attachments
- 1 Adjustable Decline Bench
- 5 Adjustable Flat Benches
- 3 Ez Curl Bars - 25 pounds (shorter bar)
- Wide Selection of Long Barbells: Technique Bars (15 pounds and up), Ohio Bar, Deadlift Bar, Safety Squat Bar, 45 pound Olympic Bars (several), Hex Bar
- Several Plates ranging from 2.5, 5, 10, 25, 35, and 45 pounds throughout the Wellness Center

»» **STRENGTH MACHINES- PLATE LOADED**

- Hip Sled Leg Press
- Biangular Bench Press
- Calves Raise
- Hack Squat
- Glute Trainer

»» **STRENGTH MACHINES- PUSH/PULL PIN LOADED**

- Biceps Curl
- Triceps Push Down
- Seated Row
- Lateral Pull Down
- Chest Press
- Shoulder Press
- Pec Deck/Delt Fly (dual machine)
- Assisted Chin/Dip (dual machine)
- Low Back Extension
- Abdominal Crunch
- Leg Press
- Adduction/Abduction (dual machine)
- Leg Curl
- Leg Extension

»» **ACCESSORIES/ TRAINER STUDIO EQUIPMENT**

- Flat Bands
- Tubing (Bands)
- Mats
- Medicine Balls - 4 pounds and up
- Cast Iron Kettlebells sets 10-65 pounds
- Ab Roller
- Jump Rope
- Push Up Rings
- Pilates Balls
- Physio Balls
- Step Benches with multiple risers
- Box Jumps - Various Heights
- Battle Ropes
- Slam Balls
- Wall Balls
- ½ Squat Rack Available in Trainer Studio
- BOSU Balls
- Les Mills BODYPUMP Bars & Plates
- Ceiling Mounted TRX
- Coming soon: Wall Mounted TRX in corridor area
- Split Squat Device
- Calves Stretchers
- Dumbbell Rack with weights 2-20 pounds available in corridor area
- Dumbbell Rack in Trainer Studio with weights 1-15 pounds
- Foam Rollers

