



UNITED TRIBES TECHNICAL COLLEGE

FITNESS EQUIPMENT SELECTION

WEIGHT ROOM

Dumbbells 5lbs up to 100lbs
Straight bar barbells 20lbs-110lbs
3 adjustable benches
2 squat racks
Smith machine
Bench press
Dual cable pulley machine
Leg press
Leg extension
Lying leg curl
Assisted pullup/dip
Chest press

Lat pulldown/seated row
Shoulder press
Hip abduction/adduction
Glute bridge
Hack squat
Plate loaded leg press
Coremax Jump station
Plyometric boxes
Back extension
Reverse hyper extension
Multiple cable attachments and exercise bars
Rubber plates and platforms for Olympic style lifting

CARDIO ROOM

4 treadmills
2 arc trainers
2 ellipticals

1 recumbent bike
1 stair master

FITNESS STUDIO

Multiple punching bags
Slam balls 10lbs-40lbs
Medicine balls 6lbs-15lbs
Multiple Swiss balls
Kettlebells 5lbs-50lbs

Battle ropes
Tractor tire
Yoga mats
Dumbbells 5lbs-10lbs
Multiple step boxes

SPIN ROOM

10 spin bikes