

# Wellsfield Health Club

## Wellsfield Health Club Fitness Equipment



All our Resistance Weights Machines are **Powerhouse VR Isolever**.  
All our Cardiovascular Fitness Machines have computers and are **Johnson**.  
Our Vibration Power Plate is a **Vibrostation Pro-Edition** Fully Commercial.  
All our Free Weights Machines are **Powerhouse VR**.  
We use **Hampton** Olympic Standard weights.

### Fitness Suite Equipment List

5 Programmable Running Machines (+Incline), 6 Programmable Upright Cycles, 5 Programmable Elliptical Cross Trainers, Programmable Rowing Machine, Spin Cycle, Pec Dec, Seated Chest Press, Lat Pulldown with Wide & Short Grip Bars, Abductor / Adductor, Tricep Pulldown, Shoulder Press, Leg Extension, Leg Curl, Leg Press, Leg Raise, 2 Abdominal Sit Up Benches, 2 Abdominal Crunchers, Free Weights & Bars, Flat Benches, Dumbbells & Racks, Squat Rack, Free Floor Mats, Aerobic Mats. Exercise Balls.

### Olympic Free Weights Gym Equipment List

Squat Rack, Cable Cross Over, Olympic Incline Bench, Olympic Decline Bench, Low Pulley Row, Bicep Curl Wires, Short Grip Lat, Tricep Pulldown Wires, Preacher Curl Bench, Dip Bars, Chin Up Bar, Pull Up Bar, Olympic Weights Sets, Fixed Barbells, Fixed Heavyweight Hex Dumbbells, Dumbbells & Racks, Benches, Free Floor Mats, Belts, Straps, Gloves.