



Mercy College

FITNESS CENTER

WORKOUT AREAS AVAILABLE

AREA 5 - CABLE COLUMN/ LEG PRESS



THIS AREA ALLOWS THE USER THE LAT PULLDOWN, LOW ROW, CABLE STACK, LEG PRESS AND LEG EXTENSION MACHINES

AREA 7 - HAMMER STRENGTH RACKS



THIS AREA ALLOWS THE USER A HAMMER STRENGTH SQUAT RACK, ADJUSTABLE BENCH, PULL-UP BAR, BARBELL AND WEIGHTS

AREA 6 - FIXED BENCH PRESSES



THIS AREA ALLOWS THE USER THE FIXED FLAT AND INCLINE BENCH PRESSES AS WELL AS THE BARBELLS AND WEIGHTS

AREA 8 - ROGUE RACKS



THIS AREA ALLOWS THE USER A ROGUE SQUAT RACK, ADJUSTABLE BENCH, PULL-UP BAR, BARBELL AND WEIGHTS