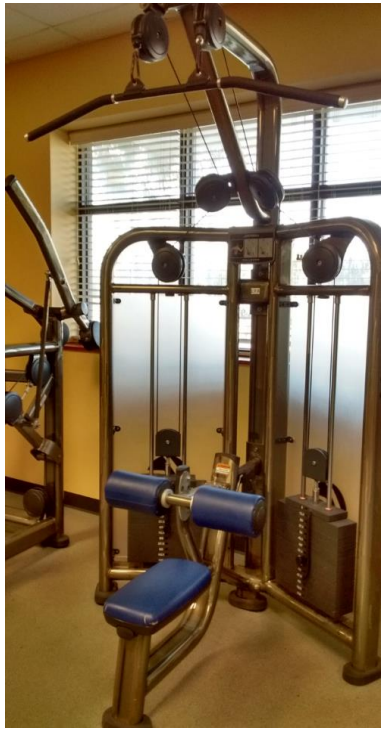
Alternative Options for Machines Removed from the SCC

Fall 2015

Machine Sold

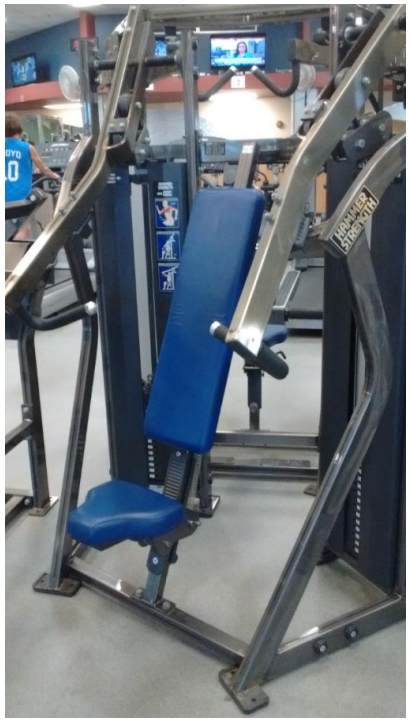
Life Fitness Signature Pulldown

Alternative Option



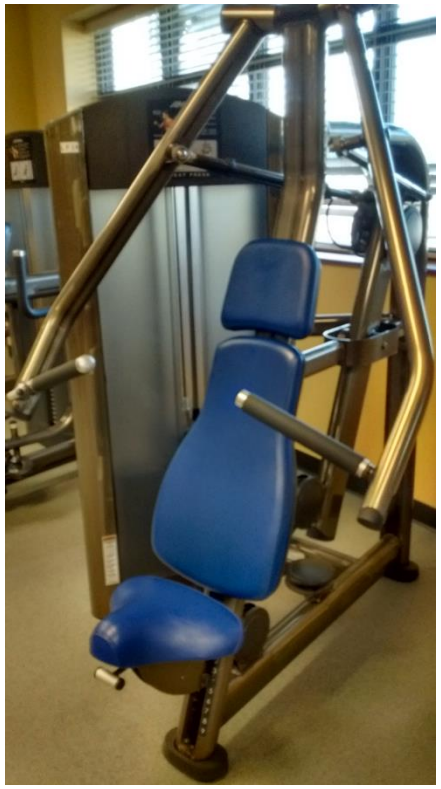
Life Fitness Pulldown

Machine Sold



Hammer Strength MTS
Chest Press

Alternative Option



Life Fitness Chest Press

Machine Sold

Hammer Strength MTS Row

Alternative Option

Life Fitness Row/Rear Deltoid

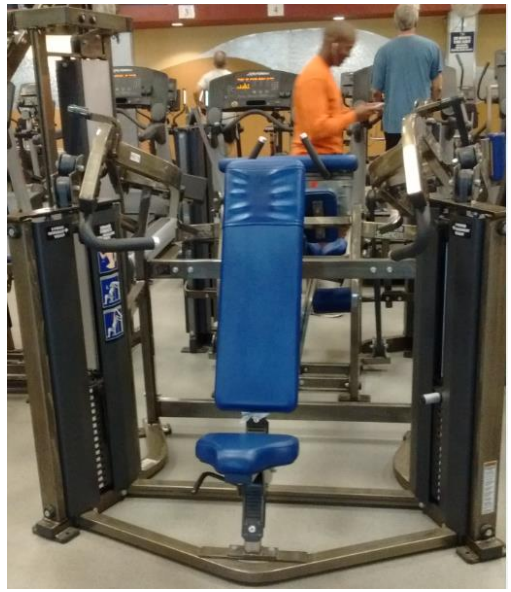
Machine Sold

Hammer Strength MTS
Triceps Extension

Alternative Option

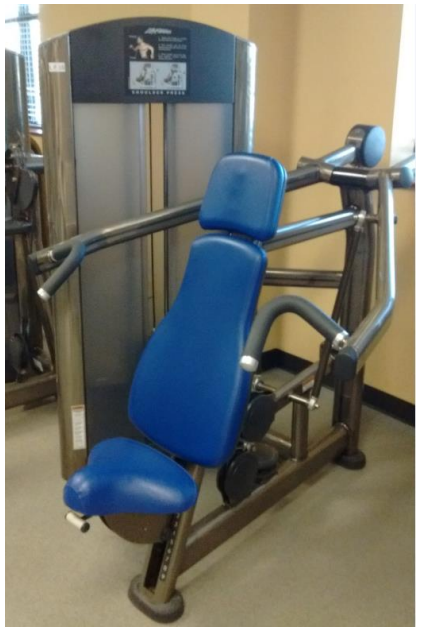
Life Fitness Triceps Press

Machine Sold



Hammer Strength MTS
Shoulder Press

Alternative Option

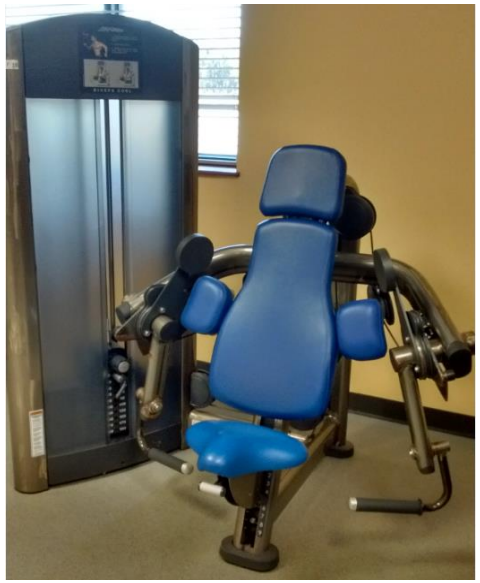


Life Fitness Shoulder Press

Machine Sold

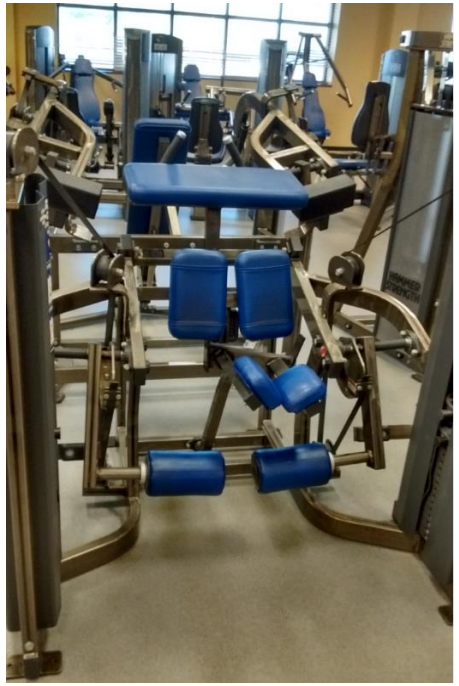
Hammer Strength MTS Biceps Curl

Alternative Option



Life Fitness Biceps Curl

Machine Sold

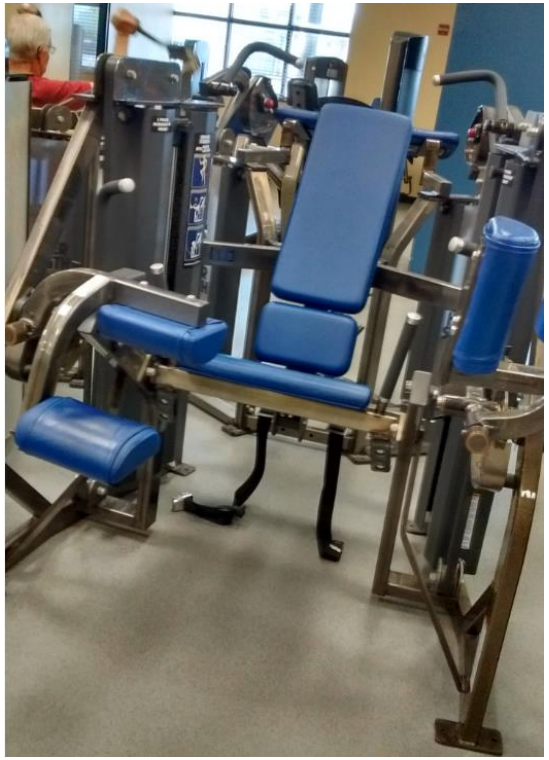


Hammer Strength MTS
Kneeling Leg Curl

Alternative Option

Life Fitness Seated Leg Curl

Machine Sold



Hammer Strength MTS Leg Curl

Alternative Option

Life Fitness Seated Leg Curl

Machine Sold

Hammer Strength MTS
Leg Extension

Alternative Option

Life Fitness Leg Extension

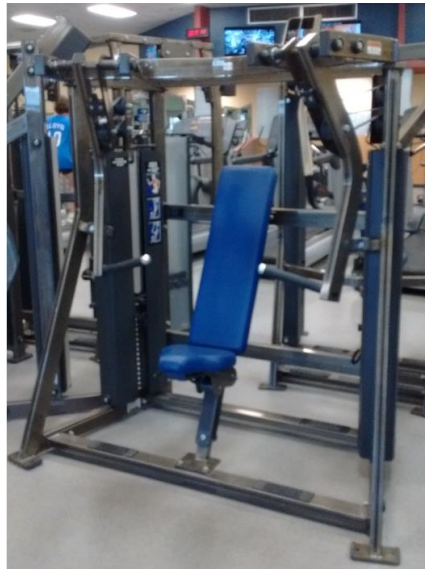
Machine Sold

Hammer Strength MTS High Row

Alternative Option

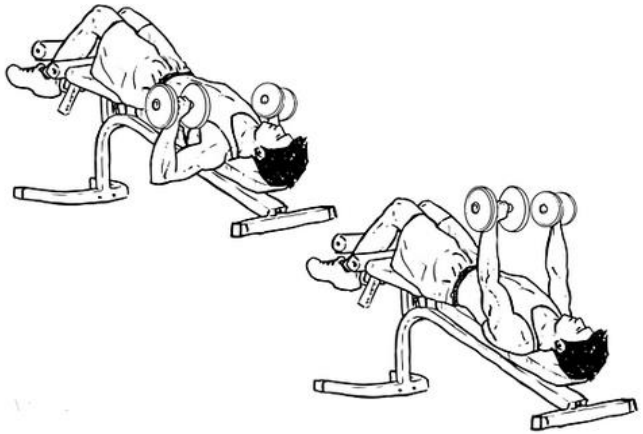
Cable High Row

Machine Sold



Hammer Strength MTS
Decline Press

Alternative Option

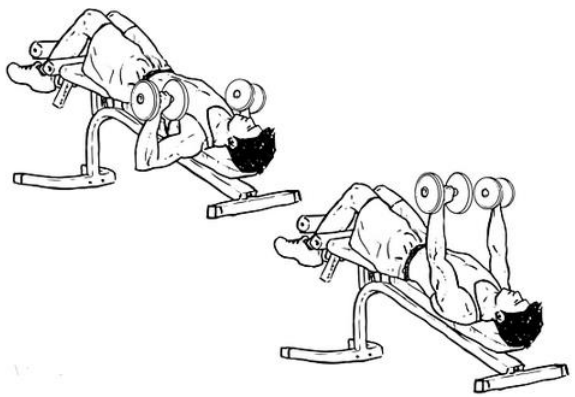


Decline Bench Dumbbell Press

Machine Sold

Hammer Strength Iso Lateral
Decline Bench Press

Alternative Option

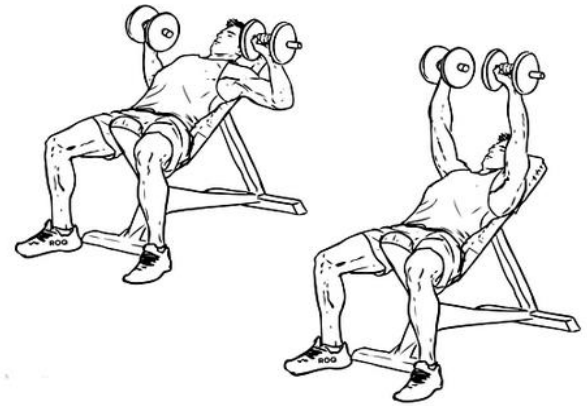


Decline Bench Dumbbell Press

Machine Sold

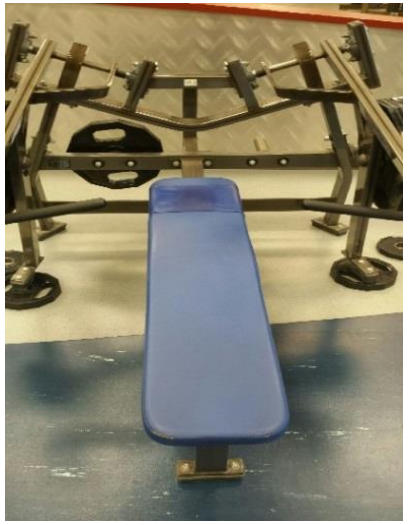
Hammer Strength Iso Lateral
Incline Bench Press

Alternative Option



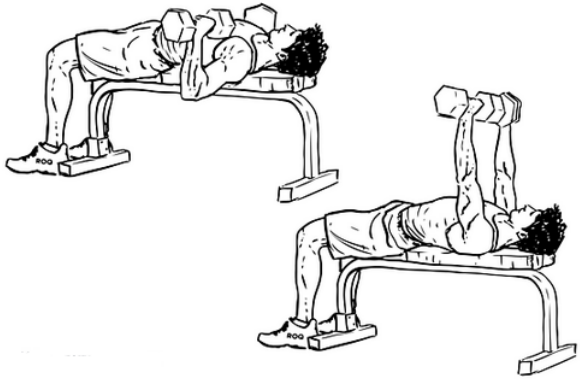
Incline Bench Dumbbell Press

Machine Sold



Hammer Strength Iso Lateral
Horizontal Bench Press

Alternative Option

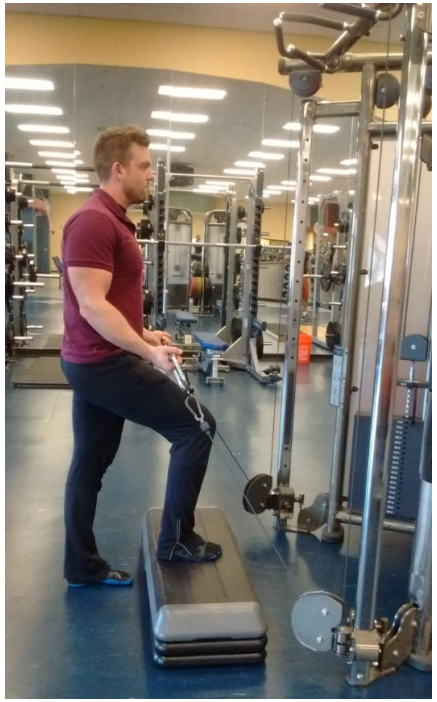


Flat Bench Dumbbell Press

Machine Sold

FreeMotion Step

Alternative Option



Cable Machine with Step

Machine Sold

Hammer Strength MTS Ab Machine

Alternative Option

Captain's Chair

FreeMotion Abdominal

If you have any questions, please know the Starport Fitness Staff is here to help!

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