Alternative Options for Machines
Removed from the SCC

Fall 2015
Machine Sold  |  Alternative Option

Life Fitness Signature Pulldown | 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!

Chrisanna Colletta, Starport Fitness Director
281-483-5010
chrisanna.m.colletta@nasa.gov