

MAKING BIG MOVES



Gym Enhancements | March 24-28

The University YMCA Student Center is refreshing its fitness equipment. During this time, the entire first floor will be closed, including Locker Rooms, Studio 1, the Rock Wall, and Child Watch.

Here's a glimpse of what's to come.

Photos are examples, not actual pieces.



(6) Adjustable Bench



(10) Multi Adjustable Bench



(2) Back Extensions



(2) Utility Bench 75 Degree



(2) Olympic Incline Bench



(6) Olympic Flat Bench



(1) Seated Arm Curl



(1) Smith Machine



(3) Chin/Dip/Leg Raise



(9) Impact Suppression Mats



(64) 45LB Bumper Plate



(48) 25LB Bumper Plate



(48) 10LB Bumper Plate



(9) HD Elite iD Half Rack

Nearest YMCA Alternatives | Pearl Street Family YMCA and Tacoma Center YMCA (Ages 15+ Only)

Stay updated and follow us on Instagram | @uwstudentcenter

Contact | Cassidy Inamasu (he/him), Executive Director | cinamasu@ymcapkc.org

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(7) Two-Tier Dumbbell Racks



(3) Dumbbell Set 5lb-50lb



Life Fitness Multi Jungle



(3) Dumbbell Set 55lb-75lb



(3) Dumbbell Set 80lb-100lb



(3) Dumbbell Set 105lb-125lb



(3) Dumbbell Set 130lb-150lb



(4) Dual Adjustable Pulley

ADDITIONAL NEW PIECES

(Not pictured)

- Preset Weight Barbells (keeping current)
- UMAXX Plates (keeping current)
- (2) Push Pull Sleds for Turf
- (2) Land Mines
- (4) Sets Kettlebells -13lbs-62lbs
- (10) General Bars
- (10) Training Bars
- (10) Hybrid Olympic Bars
- (10) Lone Wolf Power Bars
- (2) IL Padrino Deadlift Bars
- (1) EZ Curl Bar
- (16) Pairs 2.5lb Change Plates
- (16) Pairs 5lb Change Plates
- (24) Magnetic Collars
- (10) Barbell Pads

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(1) Glute/Ham Reverse Combo



(1) Seated Calf Raise



(1) Pullover



(1) Assisted Nordic Ham



(2) ISO-Lateral Bench Press



(2) ISO-Lateral Front Lat Pulldown



(1) ISO-Lateral Rowing



(3) Glute Drive



(2) Decline Adjustable Bench



(2) Linear Leg Press



(1) Assisted Dip Chin



(1) Belt Squat



(1) Hack Squat

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(1) Triceps Extension



(1) Shoulder Press



(1) Torso Rotation



(2) Arc Leg Press



(1) Seated Leg Curl



(1) Abdominal



(1) Bicep Curl



(1) Lateral Raise



(2) Hip Abduction/Adduction



(1) Pectoral Fly/Rear Deltoid



(1) Back Extension



(1) Leg Extension



(1) Row



(2) Chest Press Dual Axis



(2) Pulldown Dual Axis

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(1) Back Extension



(1) Abdominal Crunch



(1) Pectoral Fly/Rear Deltoid



(1) Leg Extension



(1) Hip Abduction



(1) Hip Adduction



(1) Leg Curl



(1) Triceps Extension



(1) Lateral Raise



(1) Shoulder Press



(1) Biceps Curl

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