

DEESIDE COMMUNITY CENTRE



Fitness Room



Equipment Information

Pulse equipment was installed in Aboyne Fitness Room in September 2010. It consists of:

Cardiovascular Equipment

- 2 x Ascent Low Impact Treadmill
- 2 x Pursuit Upright Cycle
- 1 x Pace Stepper
- 1 x Extreme Elliptical Cross Trainer
- 1 x Concept 2 Rower

Resistance Equipment

- 1 x Pec Deck
- 1 x Seated Lat Pull Down
- 1 x Chest Press
- 1 x Shoulder Press
- 1 x Multi Pulley (can be used for upper and lower body)

- 1 x Leg Abductor/Adductor
- 1 x Leg Extension
- 1 x Seated Leg Curl

- Free weights ranging from 1kg to 25kgs
- Body Bars
- Power Plate Machine

