

## Cannon Falls Wellness Center Equipment

The Wellness Center has a variety of strength, cardio and other equipment. It also offers water massage.

### Strength equipment



The abdominal/bicep machine works core strength with multiple movement patterns to target upper, lower and oblique abdominal muscles. Bicep cables allow for full range of motion.



The chest/shoulder machine allows you to target several muscle groups with each workout and provides multiple shoulder and chest press options. It can be used while seated or standing.



The dual cable cross machine targets all muscles, allowing for any movement pattern.



The lat pull/high row machine targets the arms shoulders, back and stabilizer muscles to improve core strength and balance, and can be used while seated or standing. Many movement patterns are available.

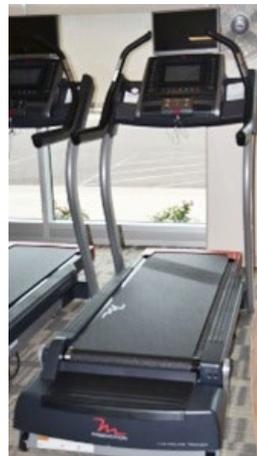
### Cardio equipment



The bike features built-in workouts and a TV.



The seated stepper features arm movements and 20 levels of resistance.



This treadmill can reach a 30% incline and 3% decline to optimize training. It includes built-in workouts and a TV.



This arm cycle machine has a removable chair so it can be used while sitting or standing.

## HydroMassage



HydroMassage combines massage, heat and whirlpool therapies to complement your exercise routine by providing relaxation and reduce muscle soreness. To use it, you remain fully clothed while powerful waves of heated water are directed upward toward your body. HydroMassage is available for members to use up to 15 minutes once daily. Packages for nonmembers are also available.

## Other equipment



Free weight dumbbell range from 1 to 50 pounds.



Stability balls, bosu balls, foam rollers and medicine balls are available.



Kettlebells in various weights are available to perform exercises that combine cardiovascular, strength and flexibility training.