

NEW

“Tactical Athlete” Workout Tools



The Tire Flip

The strength and aerobic benefits of tire training can enhance your performance in all sports. You can get a great workout by varying the distance you flip the tire. Tire training is one of the best total body strength and conditioning workouts that a person can do.

The Rings

Ring training helps build your upper body muscles. They are particularly good for the lats, abs, shoulders, triceps and forearms. When used properly, and regularly, ring training will carve an upper body better than almost any other means of training.



Sledgehammer Smash

The Sledgehammer Smash is a unique training type that works your arms, upper back and shoulders, abs, obliques, lower back as well as helps to stabilize your core. In addition to its physical benefits, it also works well toward stress relief.



Log Lifts

Instrumental in building great torso stability. It benefits the shoulders in very much the same way as bench pressing. It also works the torso, hips, triceps, biceps and traps. Log Lift training is good for adding full body power, stability, and strength.



Equipment available at the Fitness Center. Call 634-7779 for more information.