



Adapted Recreational Sports (ARS)

Adapted equipment available at the RPAC:

- Paramount cable cross
- Free motion - lift
- Free motion - cable cross
- Free motion - chest
- Free motion - lat pull
- Free motion - bicep
- Free motion - shoulder press
- Free motion - tricep
- Free motion - row any free weights (dumbbells, barbells, etc)
- Fixed curl bars
- Fixed barbells
- Cybex & Paramount smith machines (4)
- Medicine balls
- Paramount functional trainer (lateral & vertical)
- Cardio Ergometers (3) – staff to take off seat