Check out the Newest Equipment at the Rec. Center

Come try the new Functional Training Equipment at the Recreation Center. Most fitness equipment uses linear training, moving the body in a single plane. Fitness experts now recommend functional strength training to enhance coordination, muscular strength and endurance and ultimately help build a body better able to meet the challenges of sports and everyday movements.

Functional training focuses on exercising multiple muscles and joints together, emphasizing the core muscles as stabilizers. Contact Lynda Grady Schweich at lgrady@carleton.edu to schedule a time to work with a LifeStyles Trainer who can demonstrate the primary exercises utilizing the Functional Training Equipment.