

PLNU Facilities and Equipment

Please find information about our facilities on campus and what equipment we have available for staff and faculty use during the Academic and Summer semesters.

FIRST LEVEL OF AEROBIC AREA



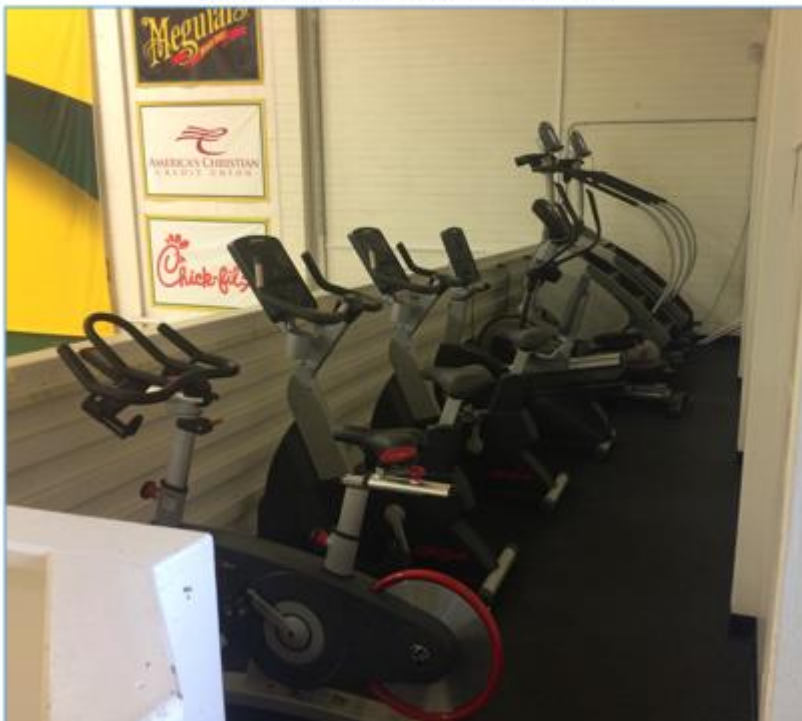
AVAILABLE EQUIPMENT

ONE TREADMILL

FOUR ELLIPTICAL MACHINES

ONE ROWING MACHINE

SECOND LEVEL OF AEROBIC AREA



AVAILABLE EQUIPMENT

ONE SPIN BIKE

TWO EXERCISE BIKES

ONE RECUMBENT EXERCISE BIKE

ONE ELLIPTICAL MACHINE

TWO STAIR CLIMBERS

THIRD LEVEL OF AEROBIC AREA



1. DUMBBELLS
2. FULL BODY ADJUSTABLE WEIGHT MACHINE
3. MEDICINE BALLS & RESISTANT BANDS (expanded below)
4. LEG PRESS MACHINE
5. TREADMILL
6. EXERCISE BALLS & SMALLER MEDICINE BALLS



THIRD LEVEL OF AEROBIC AREA



AVAILABLE EQUIPMENT

1. GYMNAS TIC MATS: THESE CAN BE MOVED AND UTILIZED FOR YOUR OWN PARTICULAR WORKOUT
2. OUTSIDE AREA: MANY STUDENTS TAKE THE MATS OUTSIDE SO THEY CAN WORKOUT WHILE OVERLOOKING THE OCEAN