

# Equipment Spotlight: Free Motion

In the back right corner of the Fitness Room there is an amazing line of equipment called Free Motion. The circuit contains machines that will give the user a challenging full body workout.

These machines all use cables which eliminates the fixed plane of motion you see with most strength machines. Because there is not a set plane of motion the exercise becomes more difficult but more importantly more beneficial. However, the design of the equipment makes it extremely simple to use as there are no adjustments that need to be made.

This equipment often gets overlooked by many of our members, however as far as strength machines go they are my personal favorite.

If you would like help getting started on the Free Motion strength line here at the AFC come by and ask me or a Fitness Specialist for help. We'd be more than happy.

Patrick Flynn  
Fitness Director