

Equipment to Consider

Category	Examples/Requirements
Cardiovascular Equipment	Equipment should be commercial grade
	Treadmills
	Stair climbers
	Stationary cycles
	Upper body ergo meters
	Cross-country ski machines
	Rowers
Strength Training Equipment	Equipment should be commercial grade
	Individual variable resistance equipment for:
	Plates or pulleys
	Free standing, single standing units, complete training stations
	For use with all major muscle groups:
	Shoulders
	Chest
	Biceps
	Triceps
	Abdominal
	Upper, lower back
	Quadriceps



Category	Examples/Requirements
Free Weight Equipment	Upright bench
	Flat and incline benches with bars and plates
	Dumbbells ranging from 3-80 pounds
	One small, medium, and large lifting belt
	Smith machine (alternative to a squat rack)
	Dip/pull-up station (or assisted dip/pull-up station)
Exercise Class Equipment	Individual mats for stretching and toning exercises
	Dumbbells ranging from 3-20 pounds
	Elastic bands or surgical tubing for strength exercises
	Benches or steps
	Bosu balance
	Rebounders
	Spinning cycles
	Fitballs



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VA/VHA Employee Health Promotion Disease Prevention Guidebook, July 2011