Not All Exercises Are Created Equal

To stay ahead of the current fitness trends and safety recommendations within our field, we constantly analyze all aspects of our business. This includes programming, exercise equipment and qualifications of staff, to name a few. Leading authorities in our field such as the American Council on Exercise (ACE) and American College of Sports Medicine (ACSM) release data and position papers as well as commonly held beliefs on a variety of topics every year. For the past few years, general consensus among professionals in this field has been mounting to show why certain pieces of exercise equipment may cause more harm than good and therefore should be used with caution or avoided if possible. Our fitness professionals of personal trainers, exercise physiologists and fitness instructors agree on a number of these statements.

Within our centers we have a few pieces of equipment that have become the subject of these discussions. These machines include the Standing Multi-hip, Seated Hip Adduction, Seated Hip Abduction and Seated 90 degree Pectoral Fly, all of which are located at the Meadowmont facility. This list also includes the Standing Calf Raise which is located at both facilities.

Each of these pieces has been identified to potentially pose a higher safety risk than benefit for different reasons and safer, more effective alternative exercises can replace them. In addition to the safety concerns, the machines at Meadowmont are all part of a line of equipment which is no longer supported by Life Fitness. This means that parts can no longer be purchased to repair them.

We recognize that these machines are used frequently by members and changing workouts may be difficult at first, but we encourage members to take this opportunity to refresh your routines and incorporate new, safer exercises into your strength program.

In preparation for this change, new Fitness Clinics such as “Glute Camp” have been created to replace exercises that utilized muscles previously worked with the multi-hip and hip adductor/abductor machines. Fitness Instructors can also recommend alternative machines, exercises, or clinics that will assist members in finding new ways to strengthen muscle groups previously worked with the removed machines. Personal trainers can also provide suggestions and alternatives for all members who work with them to find suitable and more effective exercises as well.