

OSU Recreation & Physical Activity Center

RPAC NAVIGATOR

A comprehensive guide for navigating the RPAC facility



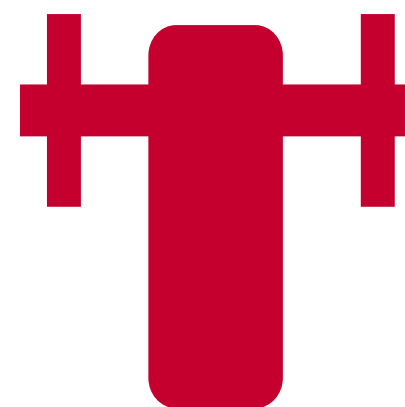
This is a student-created guide for newcomers navigating the RPAC facility at Ohio State University.

This guide is divided by floor and features color-coded icons for equipment.

CARDIO



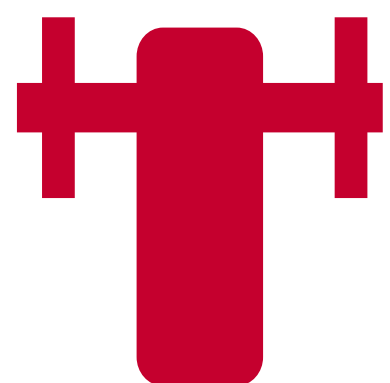
FREE WEIGHTS



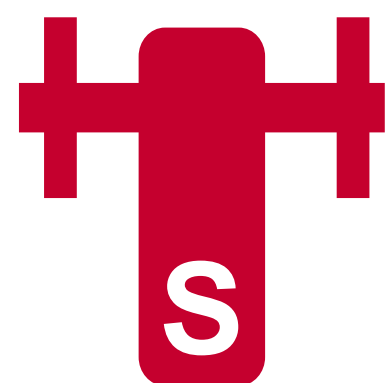
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MACHINES

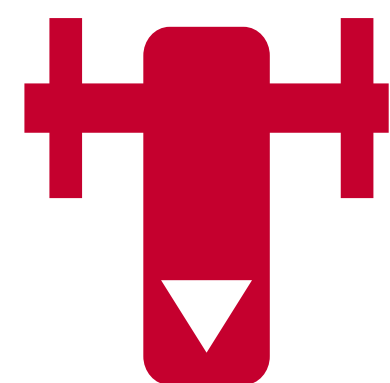




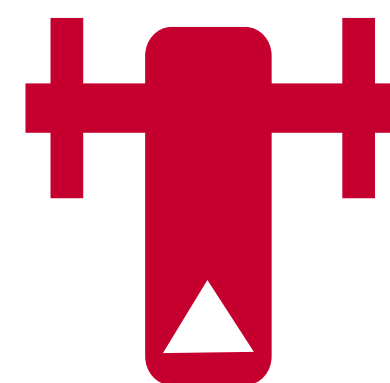
Bench Press



Shoulder Press



Decline Press



Incline Press



Adjustable Bench



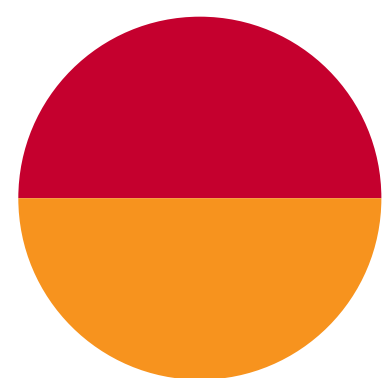
Special Bench



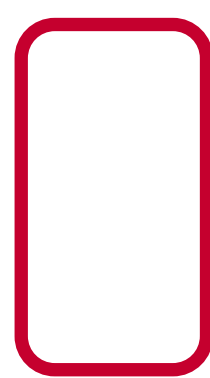
Max Rack



Squat Rack



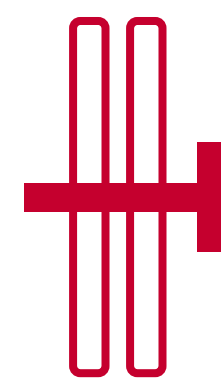
Machines that require plates



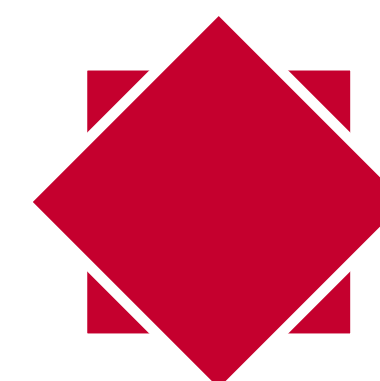
Floor Mats



Plate Rack



Wall-Mounted Mats



Specialized Equipment



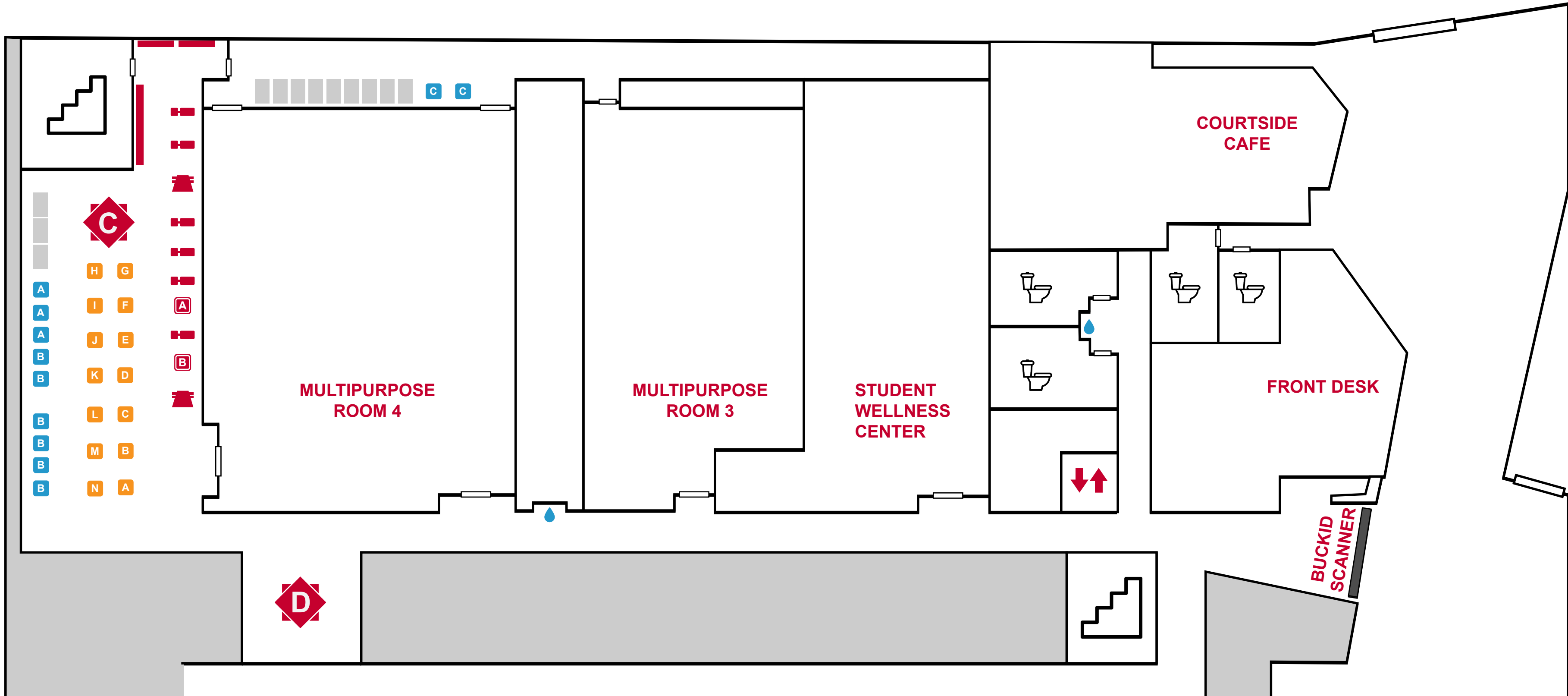
Barbell Rack



Smith Machine

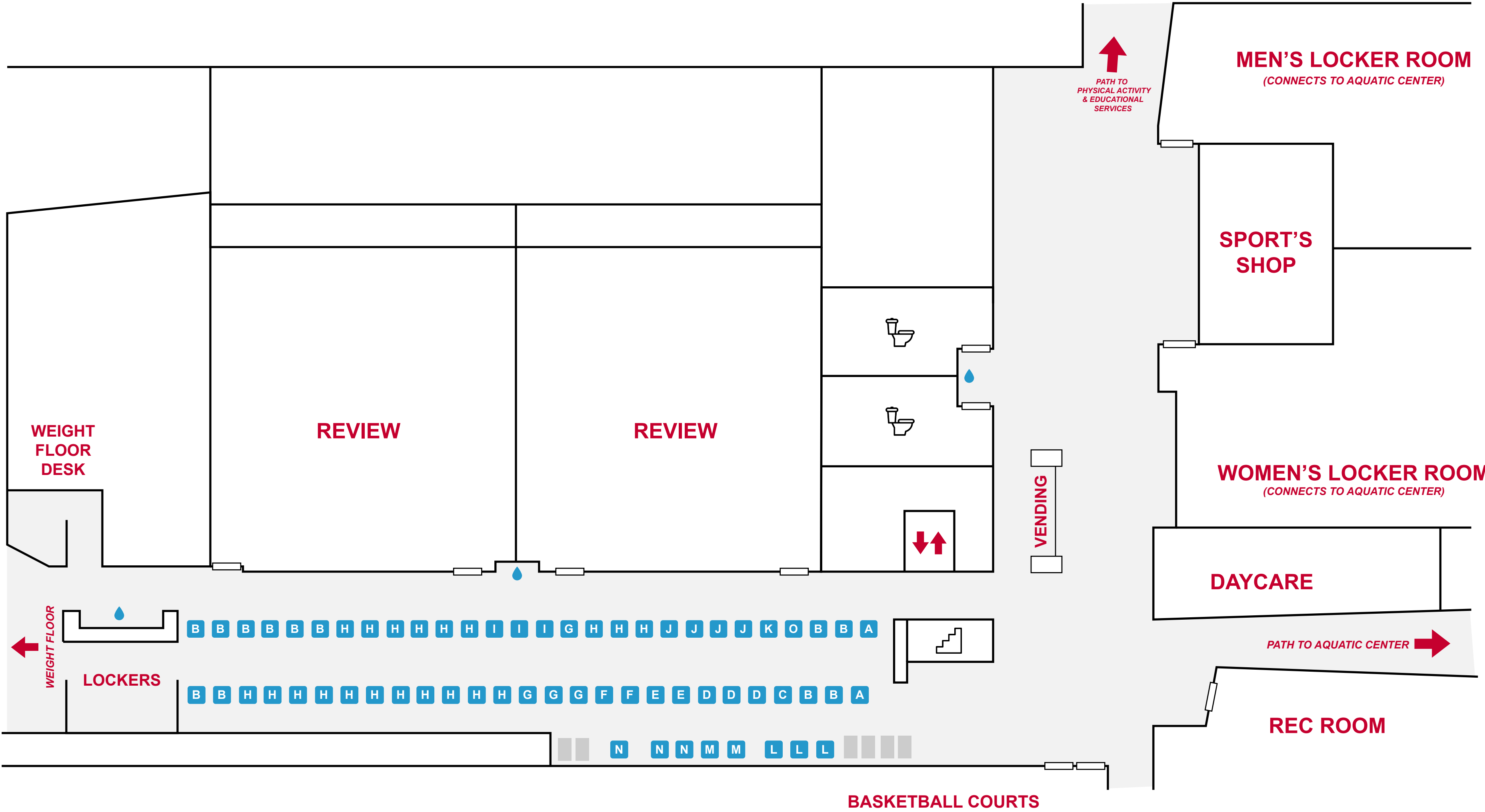


PowerLifting Station



- A** Precor Elliptical
- B** Woodway Treadmill
- C** Concept-2 Rower
- A** Back Ext. Bench
- B** Decline Bench
- C** Synergy 360 Station
- D** Multi-Cable Station
- A** Bicep Curl
- B** Tricep Press
- C** Abduction / Adduction
- D** Leg Extension
- E** Leg Curl
- F** Glute Press
- G** Leg Press
- H** Ab Crunch
- I** Chest Press
- J** Pec Fly / Rear Delt
- K** Shoulder Press
- L** Back Extension
- M** Back Row
- N** Lat Pulldown





-  **BARBELL RACK**
-  **ADJUSTABLE BENCH**
-  **DUMBBELL RACK**
-  **EXERCISE MATS**
-  **WATER FOUNTAIN**

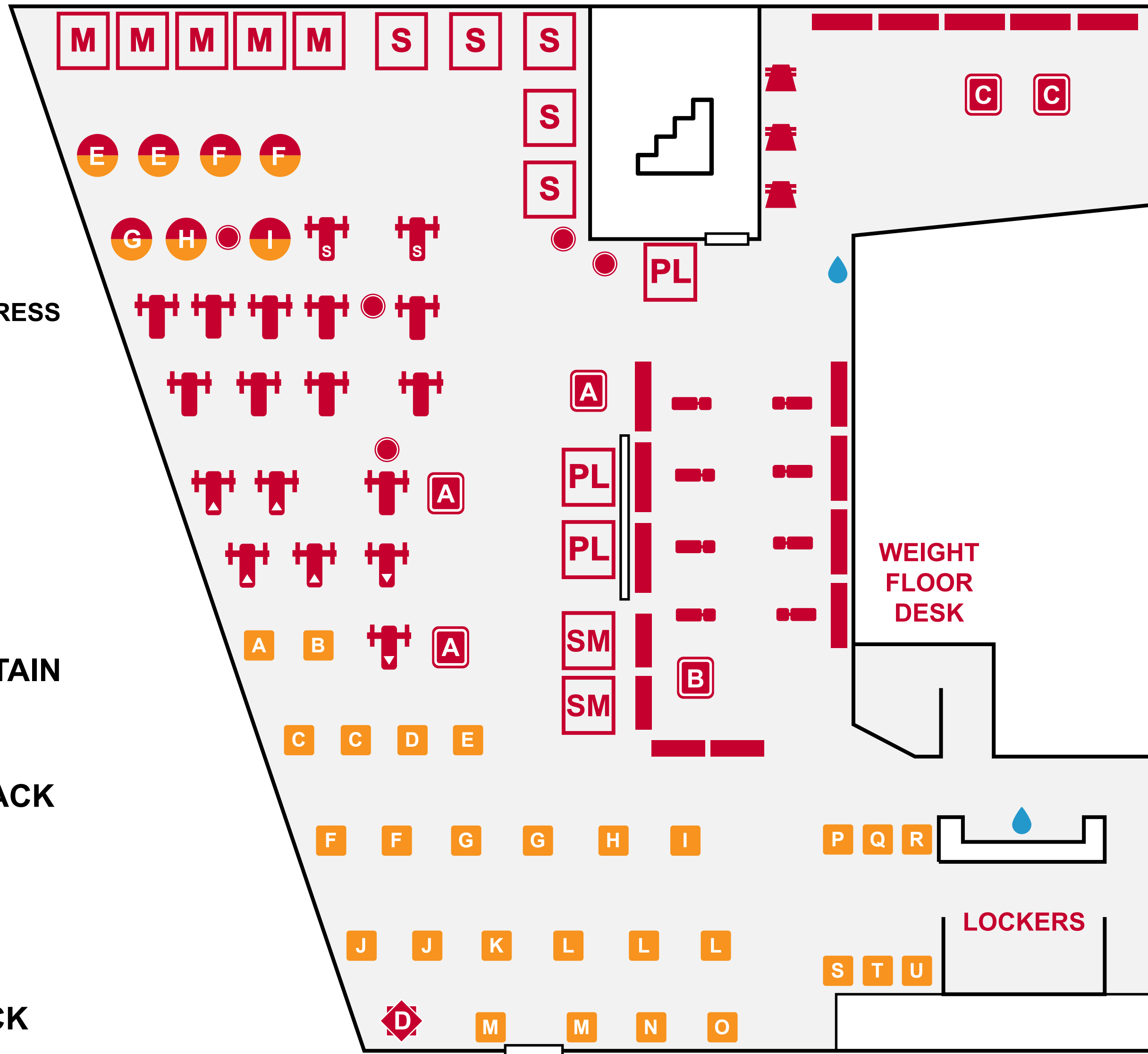


- A** Technogym Arm Crank
- B** Precor Elliptical
- C** True Alpine Runner
- D** Matrix Treadmill
- E** Intenza Stair Stepper
- F** Matrix Stair Stepper
- G** Precor AMT
- H** Woodway Treadmill
- I** Cybex Arc Trainer
- J** Octane Arc REVIEW
- K** Octane Lateral Trainer
- L** Life Cycle Bike
- M** Stages Spin Bike
- N** LC Recumbent Bike
- O** REVIEW

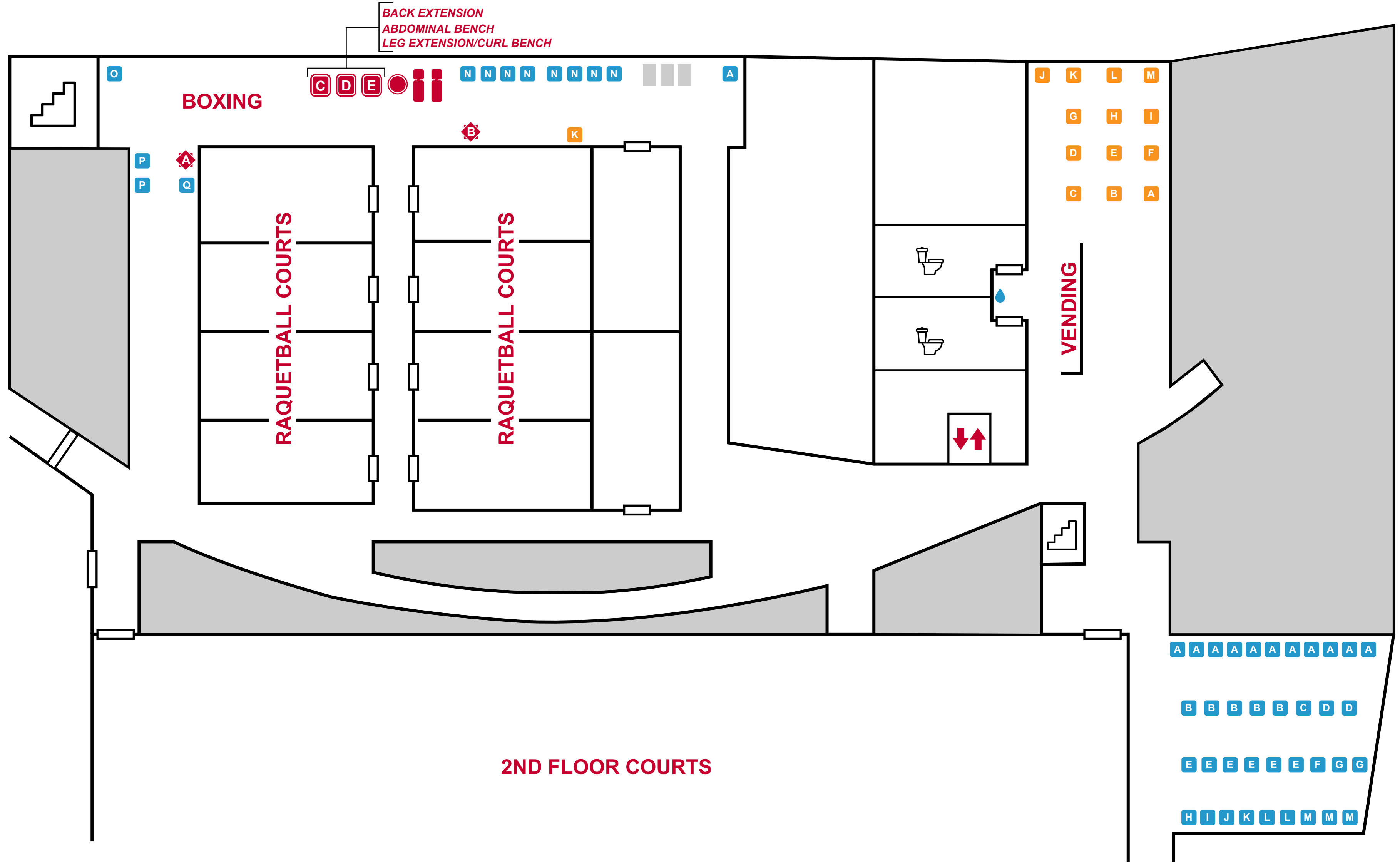
EXERCISE MATS
 WATER FOUNTAIN

- E** HACK SQUAT
- F** LEG PRESS
- G** LAT PULLDOWN
- H** LATERAL INCLINE PRESS
- I** SEATED SHRUG

-  **WATER FOUNTAIN**
-  **DUMBBELL RACK**
-  **PLATE RACK**
-  **BARBELL RACK**



- A** PREACHER CURL BENCH
- B** BACK EXTENSION BENCH
- C** BACK EXTENSION BENCH
- D** LF CABLE CROSSOVER
- A** CYBEX BICEP CURL
- B** CYBEX ARM CURL
- C** CYBEX OVERHEAD PRESS
- D** CYBEX CHEST PRESS
- E** NAUTILUS TRICEP PRESS
- F** NAUTILUS PULL-UP/DIP STATION
- G** NAUTILUS PEC FLY
- H** CYBEX ROW
- I** CYBEX BACK EXTENSION
- J** CYBEX LEG PRESS
- K** CYBEX PRONE LEG CURL
- L** CYBEX LAT PULL DOWN
- M** CYBEX LEG EXTENSION
- N** NAUTILUS SEATED LEG CURL
- O** CYBEX HIP ABDUCTION
- P** NAUTILUS TOTAL DELTS
- Q** NAUTILUS CHEST & SHOULDER
- R** NAUTILUS ARM CURL & AB CRUNCH
- S** NAUTILUS LAT STATION
- T** NAUTILUS LIFT & PULL
- U** NAUTILUS TOTAL LEGS



- A PRECOR ELIPTICAL
- B MATRIX TREADMILL
- C OCTANE LATERAL TRAINER
- D PRECOR AMT
- E WOODWAY TREADMILL
- F SPORTS ART TREADMILL
- G SPORTS ART ELIPTICAL
- H TECHNOGYM ARM CRANK
- I NUSTEP RECUMBENT BIKE
- J STARTRAC SPIN BIKE
- K SCHWIN SPIN BIKE
- L LC RECUMBENT BIKE
- M SPORTS ART BIKE
- N CYBEX ARC TRAINER
- O MATRIX X-DRIVE TREADMILL
- P CONCEPT 2 ROWER
- Q STAIR MASTER SPIN BIKE

- A CYBEX CHEST PRESS
- B CYBEX CRUNCH
- C CYBEX ARM EXTENSION
- D CYBEX LATERAL RAISE
- E CYBEX ARM CURL
- F CYBEX OBLIQUE
- G CYBEX GLUTE
- H CYBEX PRONE LEG CURL
- I CYBEX ROW
- J CYBEX CALF PRESS
- K JACOB'S LADDER

- A SMALL CROSSOVER STATION
- B LF CABLE CROSSOVER

EXERCISE MATS
 WATER FOUNTAIN
 PLATE RACK



- A** Concept 2 Rower
- B** Life Cycle Bike
- C** LC Recumbent Bike

 WATER FOUNTAIN