

All Inclusive equipment Riverton and Cannington Leisureplex Gyms

The gym should be a place for people of all abilities to get fit and stay healthy. At each City of Canning Leisureplex, we strive to make that belief a reality by ensuring the layout, equipment and facilities are state of the art and include a range of inclusive equipment, which individuals of all ability levels are able to enjoy.

Cannington and Riverton Leisureplex have installed all-inclusive machines that provide a quick seat removal option to allow for easy wheelchair access:

Strength

- Shoulder Press
- Chest Press
- Seated/Low Row



These machines are IFI-certified Inclusive machines that have been designed specifically for users with sensory, cognitive or physical disabilities.

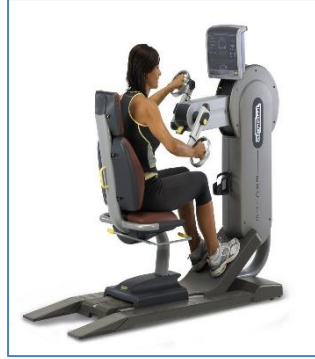
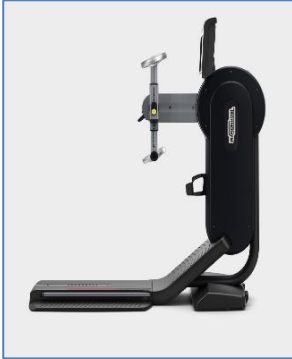
A “Kinesis” cable based machine is at both centres and provides resistance across three planes of movement. Certified as medical and rehabilitation equipment, Kinesis is ideal for users who have rehabilitative needs or limited mobility as it offers a broad range of medically approved exercises and routines. These machines are wheelchair accessible and enable the user to achieve a multi-directional range of movement with resistance applied.



Cardio

The “Excite Top” upper body ergometer, or hand bike, located at both facilities, can be used seated, standing or by removing the seat completely to allow for direct wheelchair access.

Excite Top is built to engage the core, back and shoulder muscles to achieve total body stabilization and increase calorie consumption during a workout.



Exclusive to the Cannington Leisureplex Gym is the MotoMed – MOTOLIFE machine.

MOTOLIFE is designed for lower and upper limbs active (with muscle power), passive and assisted (with motor support) movement of sitting persons. The typical user is a person with reduced mobility due to incidence, surgery or pathologies limiting the movement in general. The device is intended for use for the following purposes:

- Improve perception.
- Avoid muscle debilitation
- Reinforce re-existing muscles
- Pain reduction
- Muscle tone rehabilitation
- Preserve and improve mobility
- Activate or stabilise circulation
- Increase resistance
- Improve cognitive ability
- Improve symmetry



The new all-inclusive equipment at the Cannington Leisureplex Gym was installed during the recent refurbishment project (May 2020) and were purchased with the assistance of the Federal Government’s Stronger Communities Grant.

Ref: D20/81711