

Cybex Machine Weights

Name: _____

Machine	Seat Info	Date:			Date:			Date:			Date:			Date:			Date:					
		Pull Number	Reps	Sets	Wt.	Reps	Sets	Wt.	Reps	Sets	Wt.	Reps	Sets	Wt.	Reps	Sets	Wt.	Reps	Sets	Wt.		
Legs																						
Leg Press																						
Glute Press																						
Leg Extension																						
Seated Leg Curl																						
Lying Leg Curl																						
Multi Hip																						
Hip Adduction																						
Hip Abduction																						
Rotary Calf																						
Seated Calf Press																						
<i>Back</i>																						
Pullover																						
Lat Pulldown																						
Pulldown																						
Back Extension																						
Low Row/Pull																						
<i>Chest</i>																						
Chest Press																						
Incline Press																						
Chest Fly																						
<i>Shoulders</i>																						
Overhead Press																						
Lateral Raise																						
Shoulder Rotation																						
<i>Abdominals</i>																						
Ab Crunch																						
Roman Chair																						
Rotary Torso																						
<i>Arms</i>																						
Arm Curl																						
Arm Extension																						
Tricep Dip/Press																						
<i>Other</i>																						
Cable Column																						
Wrist/Forearm																						
Multi Neck																						
Graviron																						

Notes: