

## **Cybex Machine Use**

### **Legs**

Leg Press- Feet are placed on a platform and legs move from bent to straight out.

Glute Press- In a prone position, a foot pedal is moved upward one leg a time.

Leg Extension- In a seated position, legs move from a bent position to straight out.

Seated Leg Curl- In a seated position, legs move from straight out to a bent position.

Lying Leg Curl- In a prone position, legs move from straight out to a bent position.

Multi Hip- Leg pad is adjusted to perform a variety of upper leg exercises.

Hip Adduction- In a seated position, place pad between thighs and move inward.

Hip Abduction- In a seated position, place pad outside of thighs and moved outward.

Rotary Calf- In an incline seat, place feet on the foot bar and push using your feet.

Seated Calf Press- Place leg pad on thighs and push up using your feet.

### **Back**

Pullover- Press foot bar down to release the upper bar. Pull bar down toward midsection.

Lat Pulldown- Grab upper bar and pull towards torso.

Pulldown- Grab fixed arm handles and pull down.

Back Extension- While in a seated position fasten seat belt and lean back.

Low Row/Pull- In a seated position, grab handles in front and pull towards you.

### **Chest**

Chest Press- In a seated position, grab handles at your side and push forward.

Incline Chest Press- Press foot bar to move handles. Grab handles and push forward.

Chest Fly- Grab handing arm handles and move from resting position to out in front.

### **Shoulders**

Overhead Press- Grab handles and press upward.

Lateral Raise- Grab handles and place arms on pads, move arms upward.

Shoulder Rotation- Place elbow on pads and grab handle to perform several exercises.

### **Arms**

Arm Curl- In a seated position grab handles moving arms from straight to a bent position.

Arm Extension- In a seated position grab handles moving arms from a bent to straight position.

Triceps/Dip Press- In a seated position fasten seat belt. Grab handles and press down.

### **Additional**

Cable Column- Grab handles at top or bottom to perform multiple exercises.

Wrist/Forearm- Place arm on pad and move wrist.

Multi Neck- Place head in padding to perform multiple exercises.

Gravitrone- Place knees on pads and grab handles to perform Triceps dips or Pull-ups.

*Note: When using this equipment make sure the seat is properly adjusted and the appropriate weight is being used. If you have questions concerning the usage of this equipment ask the Weight Room Attendant on duty. This sheet is meant to serve as general use information, not to design a workout program.*