

How to use the Cybex Strength Training Equipment

LOWER BODY

How to Adjust the Machines

All machine adjustments are identified by a yellow knob or lever on the machine. Yellow knobs can be used to adjust seat heights or ankle/thigh pads. Levers located by seats can be used to adjust back pads for range of motion. (*Hint: range of motion can be defined as when you can do the exercise properly without weight stack hitting between repetitions*)

The leg curl and leg extensions have a yellow dial to indicate where the knee is lined up as the axis of rotation. The back pad will need to be adjusted to be in the proper position.

LOWER BODY - HOW TO

Leg Extension

[video](#)



Seated Leg Curl

[video](#)



Leg Press

[video](#)



Glute

[video](#)



Hip AB/AD

[video](#)



**How to use the
Cybex Strength Training
Equipment**

UPPER BODY

UPPER BODY HOW TO

Chest Press

[video](#)



Row

[video](#)



Lateral Raise

[video](#)



Overhead Press

[video](#)



Fly/Rear Delt

[video](#)



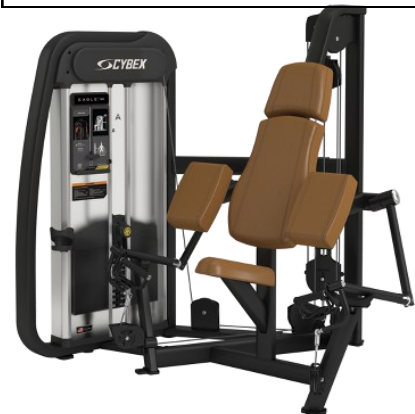
Arm Extension

[video](#)



Arm Curl

[video](#)



**How to use the
Cybex Strength Training
Equipment**

TRUNK and TORSO

TRUNK and TORSO HOW TO

Abdominal

[video](#)



Torso Rotation

[video](#)



Back Extension

[video](#)

