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