

# Cybex Weight Machine Manual

*Note:* Machine adjustments are indicated by a yellow knob or lever.

Feel free to ask our staff for guidance.

# Lower Body



**Leg Press** - Adjust the back rest to a comfortable position. Place feet on the foot rest and position them shoulder width apart. Finally, adjust your seat so that knees are bent at a 90-degree angle and feet are resting flat on the foot rest. Push through your heels until your legs are straight, then return to the starting position.



**Leg Extension** - Adjust the back pad so that knees line up with the pivot point that is highlighted in yellow. Adjust the range so that knees are comfortably bent. Raise the shin pad and apply pressure. Grasp the handles and push into the shin pad until your legs are straight.



**Seated Leg Curl** - Adjust the back pad so that knees are in line with the pivot point that is highlighted in yellow. Adjust the leg pad so it is comfortably under your legs. Lower thigh pad so it rests gently on your thighs. Adjust the range to a comfortable level. Pressing into the leg pad, bend your knees then return to the starting position.



**Hip Abduction** - Adjust range of motion to a comfortable level. Pressing your knees against the pad, push your legs out to the side.



**Hip Adduction** - Adjust range of motion to a comfortable level. Pressing your knees against the pad, swing your legs in.



**Glute** - Adjust stomach pad to a comfortable level. Rest your non-exercising knee and your forearms on the pads. Place your foot of the exercising leg on the foot bar. Push the foot bar back as far as comfortable.



**Standing Calf Raise** - Adjust the shoulder pads depending on your height. Place the balls of your feet on the curved platform and stand up straight. Drop your heels down toward the ground and then press up as if standing on your tiptoes.

# Upper Body



**Chest Press** - Adjust seat height so the handles are aligned at mid chest. Adjust the back pad to a comfortable position. Grasp the handles with your palms facing forward and your elbows slightly below the shoulders. Push forward until your arms are straight.



**Overhead Press** - Adjust your seat so that your hands are just above your shoulders. Grasp the handles with your palms facing forward and push over head until your arms are straight.



**Pulldown** - Adjust the thigh pad to a comfortable position. Grasp the handles with palms facing forward and sit down with your thighs underneath the pad. Pull down as far as comfortable.



**Row** - Adjust seat height so handles are in line with your shoulders. Adjust the chest pad so you can comfortably reach with a slight stretch. Grasp the handles and pull back as far as comfortable.



**Fly/Rear Delt** - Adjust seat height so arms are at or below shoulder height. Adjust the range depending on the exercise. For chest fly, sit facing forward and grasp the handles keeping arms straight. Pull your arms forward. For the rear delt exercise, sit facing the machine. Start with arms in front of you and swing them out to the side.



**Lateral Raise** - Adjust seat for optimal range of motion. Place arms under pads and swing up as far as comfortable.



**Chin Dip** - Adjust weight based on how much assistance you need. More weight = easier; less weight = harder.



**Arm Curl** - Sit down, grasp the handles and rest your elbows against the pads. Pull your hands toward your shoulders and return to the starting position.



**Arm Extension** - Sit down, grasp the handles and bring your elbows down against the pads. Push the handles down until your arms are straight and return to the starting position.

# Mid-Section



**Abdominal** - Adjust Foot bar so that your thighs are parallel to the floor and your hips are against the pad. Lean back as far as comfortable and grasp the handles with straight arms. Bending from the trunk, push forward as far as comfortable.



**Back Extension** - Start with the back pad in an upright position and sit with your hips against it. Adjust the foot bar so that your thighs are parallel to the floor. Reach forward grasping the handles. Pushing into the foot bar pull back as far as comfortable.



**Torso Rotation** - Adjust the seat height so the chest pads are positioned by the upper chest. Place your feet on the foot rests. Keeping your upper body stationary, swing your knees to the side as far as comfortable.