Cybex Leg Press

Lie on the sled. Place your head on the head rest and slide up so your shoulders are touching the shoulder pads. Place your feet hip distance apart on the foot platform. The middle part of the feet should be over the middle strip on the platform. Use the sled adjustment to find a position where your knees make a 90° angle as shown above.

Use the pin to select a weight on the weight stack. Lift your toes inside of your shoes to shift the weight back onto your heels. Exhale as you press through your heels and straighten your legs. Do not lock your knees. Inhale as you slowly release the weight back to the starting position.
Cybex Prone Leg Curl

Hamstrings

Adjust the optional range limiter if needed. Lie face down on the machine. Your knees should be in line with the red pivot point. You will feel your knee caps hanging off of the thigh rest. Place your ankles under the ankle pad. Rest your elbows on the elbow pad and hold the handles.

Select a weight on the weight stack. Use the optional 2.5 pound increments if needed. Exhale as you bend your knees to lift the weight. Inhale and slowly lower the weight back to the starting position.
Sit on the seat with your back against the back rest. Place your hands on the handlebars so they are level with the midline of your chest. Use the seat adjustment to raise or lower the seat if needed. Notice the double weight stack that allows for smaller weight increments.

Cross your ankles to keep your lower back close to the back rest. Exhale and press the handles away from you. Keep your elbows straight but not locked. Inhale and slowly return the weight to the starting position.
Latissimus Dorsi

Select weight. Sit on the seat and place your chest against the chest pad. Adjust the chest pad fore/aft position so your fingertips can barely touch the handlebars when your chest is against the pad. Grasp the handlebars as shown.

Biceps

Exhale and pull the handlebars toward your torso. Pause briefly and squeeze your shoulder blades together at the peak of the contraction. Inhale and slowly return the weight back to the starting position.
Sit on the machine with your back against the back rest. Place your feet behind the foot pads. Select weight on weight stack. Grasp handles and rest head against head rest.

Exhale and bend from the middle of your torso to crunch forward. Think about bringing your rib cage to ward your pelvis. Try to relax your arms. Inhale as you release back to the starting position.