Cybex Rotary Torso

Obliques

Select weight. Notice the large dial underneath the seat. Turn the dial to the “zero” setting to enter and exit the machine. Adjust the seat height so the pads rest against your upper chest. Press your thighs against the leg pads. Turn the dial under into the fifth hole on the right hand side.

Sit up tall and press your chest against the chest pads. Exhale and rotate to the left. Try to relax your arms and move only from your abdominal muscles. Inhale and slowly return back to the starting position. When you have completed the set, turn the dial under the seat to the fifth hole on the left hand side. Repeat the exercise while rotating to the right.