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.
Trotter Leg Extension

Use the handle on the range limiter to move the ankle pads away from the machine. Sit on the seat with your back against the back rest. Use the handle on the range limiter to place the ankle pads flush against your lower shins as shown. Use the adjustment setting under the ankle pads to raise or lower the ankle pads if needed.

Adjust the back rest so your knees are in line with the red pivot point. Choose a weight on the weight stack. Lightly grasp the handles on the sides of the seat. Exhale as you extend your knees. Inhale as you slowly return 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.
LifeFitness Calf Raise

Calves - Gastrocnemius

Sit on the seat with your back against the back rest. Adjust the back rest fore/aft position so your knees are straight but not locked. Place the balls of your feet on the foot platform.

Press the foot platform away from you using the balls of your feet. Contract your calf muscles at the peak of the motion. Slowly release back to the starting position. Be careful not to overstretched the arches of your feet as you release the weight. Keep your knees straight but not locked throughout the motion.
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.
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. 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.
Med-X Shoulder Press

Deltoids (Shoulders)

Sit on the seat with your back against the back rest. Adjust the seat height so the handlebars are in line with your shoulders. Tuck your tailbone under slightly and cross your ankles to minimize the curve of your lower back. Select weight.

Triceps

Exhale and press the handlebars over your shoulders. Straighten but do not lock your elbows. Inhale and slowly return the handlebars back to their starting position. Notice that the double weight stack allows for small adjustments in weight increments.
Cybex Arm Curl

Select weight. Sit on the machine with your chest against the chest pad. Adjust the seat height so your arms are in alignment with the arm pads. Adjust the chest pad fore/aft position so your elbows are in alignment with the red pivot point.

Grasp the handles and turn your palms slightly inward. Alternatively, turn your palms facing upward or toward each other for variation. Exhale and lift the handlebars. Inhale and slowly release the handlebars back to their starting position.
Cable Triceps Extension

- Place hands on handlebars so they are in level with the midline of the chest. Use the seat adjustment to raise or lower the seat if needed.
- Cross ankles to keep the lower back close to the back rest.

- Exhale and press forward to extend the triceps. Keep the elbows straight but not locked.
- Inhale and slowly lower the weight to the starting position.
Hoist Roc-It (Abdominal Machine)

Rectus Abdominus

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 bring your rib cage to ward your pelvis. Try to relax your arms. Inhale as you release back to the starting position.