Med-X Chest Press

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.
Med-X Back Row

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 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.

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 Tricep 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.