RecPlex
Equipment Orientation

University of Dayton Campus Recreation

A GUIDE TO SAFETY AND PROPER EQUIPMENT USE IN THE FITNESS CENTER

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Disclaimer

This manual has been designed and edited to the best of the creator’s and editors’ knowledge to promote safety and proper technique while using the equipment in the Fitness Center. Please note, however, that the University of Dayton Department of Campus Recreation accepts no liabilities for personal injuries, accidents, or illnesses resulting from the implementation of these instructions. These instructions are to be utilized at your own risk.
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Basic Principles of Exercise
General Program Recommendations

Warm-Up
10 minutes of a warm up such as walking, jogging, or low intensity movements that simulate movements to be used in activity. Use dynamic stretching (involving motion) instead of static stretching (stationary stretching) prior to exercise. Dynamic stretching includes movements such as high knees, arm circles, walking lunges, etc.

Strength Training (2-3 times/week)
A minimum of two 20-minute sessions per week that include exercises for all the major muscle groups (upper body, lower body, and core). Lifting weights is the most effective way to increase strength, whether with free weights or the variety of machines offered. A standard session should include 4-6 different exercises with 2-3 sets of 8-15 repetitions. Rest for 30 seconds between each set.

Cardiorespiratory Endurance (3-5 times/week)
A minimum of three 20-minute bouts of continuous aerobic (activity requiring oxygen) rhythmic exercise each week. However, it is recommended to have 20-60 minutes of cardio 3-5 days a week. Popular aerobic activities include brisk walking, jogging, running, swimming, stair stepper, and cycling.

Flexibility
10-12 minutes of daily stretching exercises performed slowly, without a bouncing motion. This can be included with dynamic stretching after a warm-up or static stretching following a cool down. Proper stretching can decrease soreness and the likelihood of injury. Perform each stretch for 15 to 30 seconds with 2 to 4 repetitions.

Cool Down
5-10 minutes of low-intensity exercise, such as walking, combined with static stretching (hold each stretch 15-30 seconds, 2-4 times each).

Exercise Safety
Expect soreness when starting a new exercise program. However, listen to your body and stop if you feel ill, pain, or unable to breathe. At the height of your cardio workout, you should be sweating and breathing hard (enough to answer a question, but not so comfortable as to hold a conversation). Also, distinguish between muscle/joint pain (sharp and uncomfortable during movement) and muscle fatigue (feeling the “burn”). Muscle/joint pain may be an indication to stop activity.
Safety
Essential Safety Tips

- If you encounter any dangers in the Fitness Center, or a machine that is not working properly, please notify the Fitness Attendant.

- Be aware of others and your surroundings.

- Always return equipment once you are finished using it.

- No open toed shoes are allowed in the Fitness Center. Athletic, closed toed shoes only.

- Drink water before, during, and after exercise in order to avoid dehydration.

- If you are feeling ill, lightheaded, short of breath, are experiencing extreme pain, or injure yourself, discontinue activity immediately and alert a Fitness Center supervisor.

- Never hold your breath, or lock your joints while lifting.
For proper use of all machines in the Fitness Center, refer to the specified section in this manual.

While using the treadmills attach the red emergency stop clip to your shirt.

Proper use of the Cybex weight machines can be found in this manual and the instructions located on the machine.

Be sure to make proper adjustments for your body type and size by utilizing the yellow knobs and levers on Cybex weight machines.

If you have questions concerning equipment ask a Fitness Center Attendant.

Always re-rack equipment when you are finished to prevent others from tripping. This includes free weights, barbells, medicine balls, etc.

Use a spotter when available.

When attempting a lift that you are unfamiliar with ask for a spotter, or begin with a lighter weight.

Perform Olympic lifts in the squat cages with the safety bars in place.

Do not forget to breathe while lifting.

Use weight belts for proper support while lifting.

Always use weight collars.
Weight Collars

- Weight collars must be used at all times, with or without a spotter.

- Squeeze the end of the springs of the weight collar, and slide snuggly against the weight plates on both sides to hold them in place.
Weight Belt

- Weight belts are available at the Fitness Center desk in multiple sizes (Sm, Med, Lg).
- Weight belts offer additional back support while lifting, and help maintain proper form.
- Weight belts are specifically recommended for ground-based, structural exercises that place stress on the lower back. These exercises include maximal or near maximal loads such as squats or standing shoulder presses.
- Make sure the belt is tight, and secure around the waist.
Dip belts can safely add resistance or increase the difficulty of dips or pull-ups.

- Position belt just above hips.
- Pull the chain through the opposing D-ring.
- Loop the chain through the desired weight.
- Securely hook on the other D-ring.
Both the Manta Ray and the Squat Shoulder Pad provide support while using the barbell during squats by removing uncomfortable stress on the shoulders.

Position the Manta Ray or Squat Shoulder Pad on the center of the bar where the shoulders will support the weight throughout exercise.
Olympic Lifts
Smith Machine: Squat
Primary Muscles: Quadriceps, Gluteus Maximus, Hamstrings

Spotting
- Set safety catches at the bottom of the lift motion by clipping them onto the hooks.
- Weight collars are not required for this machine.

Starting Position
- Set the bar at a level just below the height of the lifter’s shoulders
- Adjust the weight.
- Draw shoulder blades down and slightly together to provide a stable base for the bar.
- Adjust feet to a comfortable, stable position about shoulder width apart.
- Start with chin lifted, or eyes fixed on a spot, so that the chest does not fall. Tighten abs to support a small arch in the lower back.

Exercise
- Squat down until legs are at 90 degrees or more for proper back support.
- Hips should come back as if sitting in a chair so that the knees do not go past the toes.
- Straighten legs to return to starting position, but do not lock knees.
- Utilize the mirrors to ensure proper form.
Back Squat
With a Spotter
Primary Muscles: Quadriceps, Gluteus Maximus, Hamstrings

Spotting
- The spotter should stand with arms near the lifter’s chest, or under the arm pits to help raise the lifter’s chest if he or she starts to fall. Spotter should lower with the lifter throughout exercise.

Starting Position
- Set the bar at a level just below the shoulders.
- Adjust the weight, then attach the collars and neck pad.
- Draw shoulder blades down and slightly together to provide a stable base for the bar.
- Take a few steps back and adjust feet to a comfortable, stable position about shoulder width apart.
- Spotter should enter into position.
- Start with chin lifted, or eyes fixed on a spot, so that the chest does not fall. Tighten abs to support small arch in lower back.

Exercise
- Squat down until legs are at 90 degrees or more.
- Hips should come back as if sitting in a chair so that the knees do not go past the toes.
- Straighten legs to return to starting position, but do not lock knees.
- Utilize the mirrors to ensure proper form.
Cybex: Squat
(No spotters)
Primary Muscles: Quadriceps, Gluteus Maximus, Hamstrings

Spotting
- Position the safety bars on each side of the cage so they can catch the bar at the bottom of the squat if necessary.

Starting Position
- Position the bar so it rests just below shoulder height.
- Adjust the weight, and position weight collars on each side.
- Draw shoulders blades down and slightly together to provide a stable base for the bar.
- Lift the bar then take a few steps back and adjust feet to a comfortable, stable position.
- Start with chin lifted or eyes fixed on a spot so that the chest does not fall. Tighten abs to support a small arch in the lower back.

Exercise
- Squat down until legs are at 90 degrees or more.
- Hips should come back as if sitting in a chair so that the knees do not go past the toes.
- Straighten legs to return to starting position, but do not lock knees.
- Utilize the mirrors to ensure proper form.
Smith Machine: Lunge

Primary Muscles: Quadriceps

Spotting

- Set safety catches at the bottom of the lift motion by clipping them onto the hooks.
- Weight collars are not required for this machine.

Starting Position

- Set the bar at a level just below the height of the lifter’s shoulders
- Adjust the weight.
- Draw shoulder blades down and slightly together to provide a stable base for the bar.
- Start in the standing lunge position with one leg in front of the bar. The other foot should remain behind the bar with the heel remaining off the floor throughout the lunge.
- Chin should remain parallel to the ground so that the chest does not collapse.
- Engage the abs in order to support back.

Exercise

- Lunge down pushing the body weight through the heel or center of the front foot. The back foot is only used to stabilize.
- Stop when the front leg reaches 90° or sooner. Do not allow the knee to travel past the toes. Adjust the back foot so that it forms a 90° angle at the bottom of the lunge.
- Return to starting position, but do not lock knees.
- Utilize the mirrors to ensure proper form.
Dead Lift
Primary Muscles: Gluteus Maximus, Hamstrings, Erector Spinae

Spotting
- A spotter is not typically used for this exercise.

Starting Position
- Start with the weight resting on the floor. Add plates if needed and weight collar.
- Position feet in a comfortable, stable position. Bend at the knees, but do not allow knees to go beyond the toes.
- Grip the bar “palms down”, or for an alternate grip use one palm up and one palm down.
- Squeeze shoulder blades slightly together.

Exercise
- Inhale and push the weight through the center or heel of the foot.
- Keep chin up, chest lifted, and abs tight to support your back.
- Exhale as you come up to straighten legs, but do not lock knees. Squeeze shoulder blades together.
- Slowly lower the bar, while bending knees, and return to starting position.
Romanian Dead Lift
Primary Muscles: Erector Spinae, Hamstrings, Gluteus Maximus

Spotting
- A spotter is not typically used for this exercise.

Starting Position
- Load weights along with weight collars.
- Grasp the bar with palms facing the body. Shoulders should be down and slightly back.
- Stand in a vertical position without locking knees.
- Position feet shoulder width apart in a stable position, and push weight through center or heel of foot.
- Keep chin up, chest lifted, and abs tight to support the back.

Exercise
- Allow the bar to travel in a vertical downward motion as it is lowered to the floor. Stop with the bar just below the knees, or at a point where posture is compromised.
- Knees should be slightly bent, but do not go beyond the toes. Allow hips to come back as the bar is lowered.
- Feet remain in contact with the floor.
- Slowly return to starting position, but do not lock knees.
Cybex Squat Cage: Bench

Spotting

- Position the safety bars on each side of the cage so they can catch the bar at the bottom of the bench if necessary.

Starting Position

- Position the bench so that the eyes are slightly behind the bar.
- Load weights and position weight collars.
- Grasp the bar slightly wider than shoulder width apart so that full range of motion can be achieved.

Exercise

- Lower the bar vertically until it touches the chest approximately at the midline.
- Elbows will move slightly away from the body.
- Keep wrists straight and above the elbow.
- Head, shoulders, hips, and buttocks, should remain in contact with the bench. Feet should remain on the ground.
- Excessive arching of the back may lead to injury.
- Push the bar up to starting position, but do not lock elbows.
Smith Machine: Bench

Spotting
- Set safety catches at the bottom of the lift motion by clipping them onto the hooks.
- Weight collars are not required for this machine.

Starting Position
- Position the bench so that the eyes are slightly behind the bar.
- Load weights.
- Grasp the bar slightly wider than shoulder width apart so that full range of motion can be achieved.

Exercise
- Lower the bar until it touches the chest, approximately at the midline.
- Elbows will move slightly away from the body.
- Keep wrists straight, and above the elbows.
- Head, shoulders, hips, and buttocks should remain in contact with the bench. Feet should remain on the ground.
- Excessive arching of the back may lead to injury.
- Push the bar up to starting position, but do not lock elbows.
Flat Bench
Primary Muscles: Pectoralis Major, Triceps, Anterior Deltoid

Spotting
- Spotter should have hands ready to catch the bar at any time by having one palm up and one down, or both palms up.
- Spotter should bend at the hips if necessary, and not at the spine.
- Spotter should assist moving the bar away from and returning to the horns.

Starting Position
- Load weight with collars.
- Lifter’s eyes should be directly under the bar.
- Grasp the bar slightly wider than shoulder width apart so that full range of motion can be achieved.

Exercise
- Lower the bar vertically until it touches the chest approximately at the midline.
- Elbows will move slightly away from the body.
- Wrists should remain straight and about the elbow.
- Head, shoulders, hips, and buttocks should remain in contact with the bench. Excessive arching of the back may cause injury.
- Feet should remain on the ground.
- Push the bar up to the starting position, but do not lock elbows.
Incline Bench
Primary Muscles: Pectoralis Major, Triceps, Anterior Deltoids

Spotting
- Spotter should have hands ready to catch the bar at any time by having one palm up and one down, or both palms up.
- Spotter should bend at the hips if necessary, and not at the spine.
- Spotter should assist moving the bar away from and returning to the horns.

Starting Position
- Adjust the seat so that the lifter’s forehead is directly under the bar.
- Position the bar at the set of horns that allow the lifter to remove the bar while in resting position. Load weight with weight collars.

Exercise
- Inhale as the bar is lowered towards the upper chest. Wrists should remain straight and in line with the elbows.
- Head, shoulders, lower back, and buttocks should remain in contact with the bench. Excessive arching of the back may cause injury.
- Feet should remain on the ground.
- Exhale as you push the bar to starting position.
Decline Bench
Primary Muscles: Pectoralis Major, Triceps

Spotting
- Spotter should have hands ready to catch the bar at any time by having one palm up and one down, or both palms up.
- Spotter should bend at the hips if necessary, and not at the spine.
- Spotter should assist moving the bar away from and returning to the horns.

Starting Position
- Adjust the bench so that the lifter’s eyes are slightly behind the bar, towards the spotter.
- Position the bar in the set of horns that allow the lifter to remove the bar from resting position. Load weight with collars.
- Grasp the bar slightly wider than shoulder width apart so that full range of motion can be achieved.

Exercise
- Lower the bar to the chest, slightly below the middle of the chest.
- Wrists should remain straight and in line with elbows.
- Head, shoulders, hips, and buttocks should remain in contact with the bench. Excessive arching of the back may cause injury.
- Push the bar up to the starting position, but do not lock elbows.
- Feet will be supported by the foot bars.
Military Front Press
Primary Muscles: Pectoralis Major, Triceps

Spotting
- If spotter is unavailable place safety bars to allow full range of motion.
- If spotter is available, they should have hands ready to catch the bar at any time by having one palm up and one down, or both palms up.
- Spotter should bend at the hips if necessary, and not at the spine.
- Spotter should assist moving the bar away from and returning to the horns.

Starting Position
- Position the bar at the set of horns that allow the lifter to remove the bar while in resting position. Load weight with collars.
- Grasp the bar slightly wider than shoulder width apart so that full range of motion can be achieved.
- Grasp bar with palms facing away from the body.

Exercise
- Unrack bar and lower barbell in front of face towards the collar bone.
- Keep shoulders back, chest out, and abs tight.
- Look directly forward or slightly upward.
- Push bar to starting position, with arms fully extended, but do not lock elbows.
Chest Exercises
Chest Press
Primary Muscles: Pectoralis Major, Anterior Deltoid

Adjustments
- Select proper resistance.
- Pull the yellow knob to adjust the seat so handles align with mid-chest.
- Pull the yellow lever to adjust the back of the seat. Your shoulders should be slightly higher than the handles.

Starting Position
- Grasp handles with hands in front of elbows.
- Position elbows out to side, level with handles.
- Pinch shoulder blades back and together.

Exercise
- Exhale and push handles straight out, but do not lock elbows.
- Inhale as you return to starting position.
- For advanced press: push out and inward at the same time.
Chest Press
Primary Muscles: Pectoralis Major, Anterior Deltoid

Adjustments
- Select proper resistance.
- Pull the yellow knob below the seat allowing mid-chest to align with handles.
- Pull the other yellow knob to adjust the handles so wrists are horizontal with the elbows.
- For Wheelchair Accessibility: Pull up yellow pin and swing seat out until pin locks.

Starting Position
- Grasp handles with hands in front of elbows.
- Position elbows out to side, level with handles.
- Pinch shoulder blades back and together.

Exercise
- Exhale and push handles straight out, but do not lock elbows.
- Inhale as you return to starting position.
Incline Press
Primary Muscles: Pectoralis Major, Anterior Deltoid

Adjustments
- Select proper resistance.
- Position seat so handles are in line with the top of the chest.

Starting Position
- Grasp handles with hands in front of elbows.
- Adjust handles so that the wrists are in line with the elbows and the elbows are at shoulder height.

Exercise
- Exhale and push handles out and up, but do not lock elbows.
  - For advanced press bring handles in towards center.
- Inhale as you return to starting position.
Dumbbell Bench Press
Primary Muscles: Pectoralis Major, Triceps

Spotting
- The spotter should provide support as close to the dumbbells as possible preferably at the wrist throughout the entire exercise.

Starting Position
- Grasp dumbbells with palms facing away from the body in a straight-arm position.
- Head, hips, shoulders, back and buttocks should be in contact with the bench.
- Feet should be flat on the floor.

Exercise
- Lower dumbbells towards the chest until dumbbells are in line with the middle of the chest.
- Elbows will move away from the body, but should stay under the wrist.
- Wrist should remain straight during exercise.
- Head, hips, shoulders, buttocks and back will remain in contact with the bench, while feet remain flat on the floor. Excessive arching of the back can cause injury.
- Push upward and return to starting straight-arm position. Do not lock elbows at the top of the lift.
Dumbbell Fly
Primary Muscles: Pectoralis Major, Deltoids

Spotting
- The spotter should provide support as close to the dumbbells as possible preferably at the wrist throughout the entire exercise.
- The spotter should bend at the hips and not the waist if necessary.
- The spotter may need to help the lifter raise and set down the dumbbells.

Starting Position
- Start with arms overhead, palms facing each other.
- Back should be straight and supported by the bench, with abs tight for support.

Exercise
- Move arms away from midline of the body, allowing the elbows to form an arch with a slight bend at the elbow.
- Stop the motion when elbows are even with shoulders.
- Slowly return to starting position squeezing the chest muscles at the top of the lift. Do not allow weights to touch.

NOTE: This exercise can be done on a flat or incline bench.
Chest Crossover: Peg Fly
Primary Muscles: Pectoralis Major, Anterior Deltoids

Spotting
- A spotter is typically not used with this machine.
- A spotter could provide assistance at the wrist as the lifter completes the exercise.

Starting Position
- Adjust the cables high and even with equal amounts of weight on each side.
- Palms face the body as you grip the handles.
- Start with elbows slightly bent and even with the shoulders.
- Wrists should be straight.

Exercise
- Exhale as you draw the handles down and in. Cross at the wrist, and alternate top hand each rep or set.
- Lead with the wrists by keeping the wrists in front of the elbows.
- Pause for a second and return to starting position. Do not let shoulders raise up towards the ears.

NOTE: Bending more at the waist stresses the upper chest muscles, and less bend at the waist stresses the lower chest muscles.
Assisted Dip
Primary Muscles: Triceps, Pectoralis Major, Anterior Deltoid

Adjustments

- Select proper resistance. This machine has a counter balance weight stack. The less weight you have, the harder the exercise.
- Adjust hand grips to either wide or narrow position.

Starting Position

- Full extension at elbow and knee joint (do not lock joints).
- Look forward.

Exercise

- Lower until elbows are flexed at 90°, and are in line with shoulders.
- Knees remain in starting position.
- Slowly return elbows to starting position.
Fly
Primary Muscles: Pectoralis Major

Adjustments

- Select proper resistance.
- Position handles out towards the side of the body.
- Adjust seat height allowing elbows to be positioned slightly below the shoulders and forearm parallel with the floor.
- Note: The Fly and Rear Delt exercises are both performed on this machine.

Starting Position

- Grasp vertical handles allowing a slight bend at the elbow joint. Do not lock elbows.
- Rest feet on foot rest.

Exercise

- Exhale as you bring handles towards center.
- Maintain a stable elbow, and keep head in neutral position throughout exercise.
- Inhale as you slowly return to starting position.
Rear Delt
Primary Muscles: Posterior Deltoid

Adjustments
- Select proper resistance.
- Position handles in line with the center of the body.
- Adjust seat height allowing elbows to be positioned slightly below the shoulders and forearm parallel with the floor.
- Note: The Fly and Rear Delt exercises are both performed on this machine.

Starting Position
- Grasp vertical handles allowing a slight bend at the elbow joint. Do not lock elbows.
- Rest feet on foot rest.

Exercise
- Exhale as you bring handles out towards the sides of the body.
- Maintain a stable elbow, and keep head in neutral position throughout exercise.
- Inhale as you slowly return to starting position.
Functional Chest Press

Adjustments

- Adjust bench to either the supine, incline, or decline position.
- Position handles based on your height.
- Load weight plates.

Starting Position

- Shoulders, head, and back should be in contact with the bench.
- Grasp handles. Arms should be perpendicular to the floor. Adjust handles if position is uncomfortable.

Exercise

- Exhale and extend arms.
- Inhale and return to starting position.
Back Exercises
Back Extension
Primary Muscles: Erector Spinae

Adjustments
- Select proper resistance.
- Position foot rest to allow a slight bend at the knee joint.
- Adjust back pad to allow full range of motion.

Starting Position
- Place shoulder blades against upper back pad while keeping spine straight.
- Fold arms across the chest.
- Position feet on the foot bar.

Exercise
- Exhale as you lean backwards through the lower back.
- Allow back to arch over lower back pad.
- Inhale as you slowly return to starting position.
Back Extension: 45°
Primary Muscles: Erector Spinae, Gluteus Maximus

Adjustments
- Adjust height of upper leg pad so that the pad hits right below the waist, on upper thigh.

Starting Position
- Feet should be resting against foot platform.
- Calves resting on calf pad.
- Cross arms across chest.
- Keep knees slightly bent during exercise.

Exercise
- Engage lower back and lift upper body until the entire body is in a straight line (180°).
- Do not go past this position to avoid hyperextension of the back.
- Keep head in neutral position during the movement.
- Keep arms crossed, and use handles if needed for balance.
- Slowly lower to starting position.
Incline Pull

Primary Muscles: Latissimus Dorsi, Teres Major, Biceps, Triceps

Adjustments

- Select proper resistance.
- Adjust seat height so handles can be reach, and feet rest flat on the floor.
- Position chest pad so chest can remain out and up.

Starting Position

- Grasp handle bars.
- Position chest up and out.

Exercise

- Exhale as you pinch shoulder blades down and back.
- Bring elbows to the side of the body.
- For advanced exercise: Move handles out to the sides.
- Inhale as you slowly return to starting position
Lat Pulldown
(Wide or Narrow Grip)
Primary Muscles: Latissimus Dorsi, Teres Major & Rhomboids

Adjustments
- Select proper resistance.
- Adjust knee pad so that knees are flexed at approximately 90° and supported.

Starting Position (Wide Grip)
- Grasp outer handgrips

Starting Position (Narrow Grip)
- Grasp inner handgrips so that hands face inwards

Exercise
- Exhale and pull down until the bar is slightly below the chin.
- Focus on keeping the back straight without leaning backwards.
- Keep feet rested on the foot bars throughout the entire exercise
- Inhale and slowly return to starting position.
Lat Pulldown
(Wide Grip)
Primary Muscles: Latissimus Dorsi, Teres Major & Rhomboids

Adjustments
- Select proper resistance.
- Adjust knee pad so that knees are flexed at approximately 90° and supported.
- For Wheelchair Accessibility: Pull up yellow pin and swing seat out until pin locks.

Starting Position
- Grasp the bar slightly wider than shoulder width.

Exercise
- Exhale and pull down until the bar is slightly below the chin.
- Focus on keeping the back straight without leaning backwards.
- Keep feet flat on the floor throughout the entire exercise
- Inhale and slowly return to starting position.
Straight-Arm Lat Pulldown

Primary Muscles: Latissimus Dorsi, Triceps, Teres Major

Adjustments

- Use straight bar attachment for this exercise.
- Adjust pulley so that it is near the top of the machine.
- Select proper resistance.

Starting Position

- Use a staggered foot stance to properly balance.
- Grip the bar with palms shoulder-width apart and facing down.
- Bar should be at face level in starting position.

Exercise

- Keep a slight bend at the elbow joint.
- Back should remain motionless and abdominals contracted throughout exercise.
- Exhale as you pull the bar down to touch the upper thigh.
- Inhale as you slowly return to starting position.
Wide Grip Pull-Up

Primary Muscles: Latissimus Dorsi, Brachialis, Brachioradialis

Spotting

- A spotter is not traditionally used with this machine, but the counter weight bar can be used.

Starting Position

- Grasp wide handgrips.
- Start with full flexion of the shoulders.

Exercise

- Pull yourself up until elbows are slightly lower than shoulders.
- Elbows should be pointing to the side.
- Hold position for one second.
- Slowly lower yourself to starting position.
- Keep looking forward throughout exercise.

NOTE: This machine has a counter balance weight stack. The less weight you have, the harder the exercise, and the more weight you have, the easier the exercise.
Narrow Grip Pull-Up

Primary Muscles: Latissimus Dorsi, Brachialis, Brachioradialis

Spotting
- A spotter is not traditionally used with this machine, but the counter weight bar can be used.

Starting Position
- Grasp narrow handgrips.
- Start with full flexion of the shoulders.

Exercise
- Pull yourself up until chin is in line with your hands, elbow pointing forward.
- Hold position for one second.
- Slowly lower yourself to starting position.
- Keep looking forward throughout exercise.

NOTE: This machine has a counter balance weight stack. The less weight you have, the harder the exercise, and the more weight you have, the easier the exercise.
Chin-Up
Primary Muscles: Latissimus Dorsi, Brachialis, Brachioradialis
T-Bar Row
Primary Muscles: Trapezius & Rhomboids, Rear Deltoids

Spotting
- A spotter is not traditionally used with this machine, but can provide assistance by helping lift the T-Bar.

Starting Position
- Chest should be supported on the pad with feet on the platform. Do not lock the knee joint.
- Grip either set of handles and move bar from starting catch to the center.
- Start with weight forward.

Exercise
- Exhale and pull bar towards the body so that the elbows come back. Squeeze shoulder blades and pause for one second.
- Keep neck in neutral alignment.
- Inhale as you return to starting position.

Note: Inner handles provide greater focus on the biceps.
Seated Row
Primary Muscles: Posterior deltoids, Rhomboids, Trapezius, Latissimus Dorsi, Erector Spinae

Spotting
- A spotter is not typically used with this machine.

Starting Position
- Select proper resistance.
- Position feet on platforms, pushing the body weight through the center of the foot.
- Scoot hips back far enough to still maintain a slight bend in the knee.
- Start with shoulders slightly down and shoulder blades anchored together while holding the grip.

Exercise
- Exhale as you pull the grip towards the abdominals by squeezing the shoulder blades together tightly.
- Allow elbows to travel close to the body, slightly past the rib cage.
- Maintain a tall posture with abdominals tight.
- Inhale as you return to starting position.
Cybex Row
Primary Muscles: Latissimus Dorsi, Teres Major Biceps, Middle Trapezius

Adjustments
- Select proper resistance.
- Adjust seat height so chest is supported by pad, handles are at shoulder height and knees flexed approximately 90°
- Adjust chest pad so weight does not slam while in starting position.

Starting Position
- Position feet on platform.
- Rest chest against chest pad.

Exercise
- Exhale and pull back, squeezing shoulder blades together.
- Keep elbows close to body and bring slightly behind shoulders.
- Inhale and slowly return to starting position.
- Extend elbows and shoulder blades forward until you feel a slight stretch.
Cybex Row

Vertical Grip: Latissimus Dorsi
Horizontal Grip: Posterior Deltoid

Adjustments

- Select proper resistance.
- Adjust seat height so chest is supported by pad, and knees flexed approximately 90°
- Adjust chest pad so weight does not slam while in starting position.
- 🚶 For Wheelchair Accessibility: Pull up yellow pin and swing seat out until pin locks.

Starting Position

- Position feet on platform.
- Rest chest against chest pad.
- Grasp either vertical or horizontal grip.

Exercise

- Exhale and pull back, squeezing shoulder blades together.
- Keep elbows close to body and bring slightly behind shoulders.
- Inhale and slowly return to starting position.
- Extend elbows and shoulder blades forward until you feel a slight stretch.
Shoulder Exercises
Overhead Dumbbell Press
Primary Muscles: Deltoids, Trapezius

Spotting
- Spotter should provide support as close to the dumbbells as possible, preferably at the wrist throughout exercise.
- Spotter may need to help lift and set down dumbbells.

Starting Position
- Grab dumbbells with palms facing away from the body.
- Push dumbbells up and together while exhaling. Do not lock elbows.
- Back should be straight with abs tight for support.

Exercise
- Slowly inhale as you lower arms, stopping when elbows are flexed at 90°.
- Wrists should be straight and aligned over elbows.
- Feet should remain flat on the floor.
- Exhale as you return to starting position.
Overhead Press
Primary Muscle: Deltoids

Adjustments
- Select proper resistance.
- Adjust seat height so handgrips are slightly under the chin and feet are flat on the floor.

Starting Position
- Elbows will be slightly below the shoulder, and in-line with the wrists.
- Wrists should be straight.
- Knees will be flexed approximately 90°.

Exercise
- Exhale as you push up on hand grips until full shoulder flexion is achieved.
- Do not lock elbows.
- Inhale as you lower bar back to starting position.
- Keep feet on the floor during exercise.
Dumbbell Front Raise
Primary Muscles: Anterior/Middle Deltoids

Starting Position
- Stand in a stable position.
- Grasp dumbbells with palms facing towards the body.
- Start with arms straight down and hands in front of thighs.

Exercise
- Exhale and raise arms directly in front of body, keep arms straight with a slight bend at the elbow.
- Raise dumbbells until they are slightly above the shoulders. Keep hands shoulder length apart.
- Inhale as you return to starting position while maintaining control.
- Head should remain in neutral position throughout exercise.
Dumbbell Lateral Raise
Primary Muscles: Deltoids, Trapezius

Starting Position

☐ Stand in a stable position with feet shoulder width apart.
☐ Grasp dumbbells with palms facing towards the body.
☐ Arms straight down and hands on side of thighs.

Exercise

☐ Exhale and raise arms directly to the side of the body, keeping arms straight with a slight bend in the elbows.
☐ Avoid hyperextension of the elbows.
☐ Lift dumbbells away from the body until they are about shoulder level or slightly above.
☐ Inhale as you return to starting position while maintaining control.
☐ Head should remain in neutral position throughout exercise.
Lat Raise
Primary Muscles: Deltoids, Trapezius

Adjustments
- Adjust knee pad so shoulders align with designated line on the machine.
- Adjust chest pad to allow a slight forward tilt.
- Select proper resistance.

Starting Position
- Kneel down with chest resting on pad.
- Grasp handles on the side of the body.

Exercise
- Exhale as you raise the handles to shoulder height.
- Inhale as you return to starting position.
Upright Row
Primary Muscles: Deltoids, Trapezius

Starting Position
- Stand with feet shoulder width apart.
- Grip the barbell or dumbbells with palms facing towards the body, shoulder width apart.
- The barbell or dumbbells will rest on your thighs.

Exercise
- Pull the barbell or dumbbells upward close to your body until it reaches just below your chin.
- Raise your elbows slightly higher than your shoulders.
- Slowly return to starting position, avoiding any jerky movements.
Arm Exercises
Arm Curl
Primary Muscles: Biceps Brachii, Brachialis

Adjustments

- Select proper resistance.
- Adjust seat height so triceps rest on arm pad.
- For Wheelchair Accessibility: Pull up yellow pin and swing seat out until pin locks.

Starting Position

- Position feet flat on floor with knees flexed approximately 90°.
- Head should remain in neutral position.
- Grasp handles with palms facing upward and elbows slightly bent.

Exercise

- Elbows should remain on pad during lift.
- Exhale as you pull handles towards your face.
- Keep wrists straight. Forearms should be vertical at top of movement.
- Inhale as you slowly return to starting position.
Arm Curl
Primary Muscles: Biceps Brachii, Brachialis

Adjustments
- Select proper resistance.
- Adjust seat height so triceps rest on arm pad.
- Adjust abdominal support.

Starting Position
- Position feet flat on floor with knees flexed approximately 90°.
- Head should remain in neutral position.
- Grasp handles with palms facing upward and elbows slightly bent.

Exercise
- Elbows should remain on pad during lift.
- Exhale as you pull handles towards your face.
- Keep wrists straight. Forearms should be vertical at top of movement.
- Inhale as you slowly return to starting position.
Bicep Curl

Primary Muscles: Biceps Brachii, Brachialis

Spotting

- Spotter stands facing the individual
- Spotter lifts dumbbells by placing his/her hands outside of the lifter's hands, and slowly help the lifter finish the repetition, or through the “sticking point” only.

Starting Position

- Stand with feet in a comfortable, stable position shoulder width apart.
- Start with palms facing up and elbows at the side.
- Keep head in neutral position.

Exercise

- Exhale as you curl the dumbbells towards the body, keeping the elbows in the same position, and close to the body.
- Focus on achieving full range of motion.
- Keep back straight and do not rock shoulders back (stand against wall for support if needed).
- Inhale and slowly lower the dumbbells back to starting position, keeping back straight.
- Focus on getting full extension at bottom of exercise, but maintain a small bend in the elbow to avoid hyperextension.
Barbell Bicep Curl
Primary Muscles: Biceps Brachii, Brachialis

Spotting
- Spotter stands facing the individual
- Spotter can lift barbell by placing his/her hands outside of the lifter’s hands, and slowly help the lifter finish the repetition, or through the “sticking point” only.

Starting Position
- Stand with feet in a comfortable, stable position shoulder width apart.
- Start with palms facing up and elbows at the side.
- Keep head in neutral position.

Exercise
- Exhale as your curl the bar towards the body, keeping the elbows in the same position, and close to the body.
- Focus on achieving full range of motion.
- Keep back straight and do not rock shoulders back (stand against wall for support if needed).
- Inhale and slowly lower the bar back to starting position, keeping back straight.
- Focus on getting full extension at bottom of exercise but maintain a small bend in the elbow to avoid hyperextension.
Preacher Curl
Primary Muscles: Biceps Brachii, Brachialis & Brachioradialis

Spotting
- Spotter will stand facing the lifter, and will be available to lift the bar during repetition if necessary.
- Spotter should follow the bar as it is lowered and raised, but should not touch the bar unless help is needed.
- Alternate or palms up spotting grip is appropriate for this exercise.

Starting Position
- Adjust seat height so that elbows rest just below the middle of the support pad.
- Place back of upper arms against the incline support pad.
- Grip bar with palm of hands facing up.
- Bend elbows slightly at the start of the lift.

Exercise
- Flex elbows to curl the bar towards you.
- Raise the bar at a moderate pace until forearms are vertical or almost vertical.
- Feet remain in contact with the floor during exercise.
- While in control, slowly lower the bar back to starting position.
- Avoid hyperextension of the elbow joint at starting position by topping while elbows are slightly bent.
Arm Extension
Primary Muscles: Triceps

Adjustments
- Select proper resistance.
- Adjust seat height so triceps rest on arm pad and are parallel to the floor.

Starting Position
- Position feet flat on floor with knees approximately 90°.
- Head should remain in neutral position.
- Grasp handles with palms facing inward.

Exercise
- Elbows should remain on pad during lift and wrists straight.
- Leading with wrists, push with force down into elbows.
- Exhale as you push away from the body until full extension.
- At full extension, wrist should be in line with elbows.
- Inhale as you slowly return to starting position.
Lying Triceps Extension
Primary Muscles: Triceps

Spotting
- Spotter should stand with a split stance, and have hands ready to catch the dumbbells, or bar, at any time. When spotting with a bar have one palm up and one palm down.

Starting Position
- Grasp dumbbells with palms facing inward, or a bar with palms facing away from your face.
- Fully extend your arms upward above chest.
- Head, back, hips and buttocks remain in contact with the bench. Feet remain in contact with the floor.

Exercise
- Bend at the elbows, keeping elbows close together or narrow.
- Inhale as you lower dumbbells towards forehead stopping just before reaching the forehead.
- Exhale as you raise the weight, under control, back to starting position, keeping elbows in close to the body.
Tricep Extension
Primary Muscles: Triceps

Spotting
- A spotter is not traditionally used with this machine, but could provide assistance by placing hands on the grip and aiding in downward phase of exercise.

Starting Position
- Grab end of the rope just above rubber knobs with palms facing inward.
- Position feet shoulder width apart, do not lock knees.
- Keep back straight and core engaged.
- Bring elbows to the side of the body, and flexed slightly less than a 90° angle.

Exercise
- Squeeze the back of the arm and exhale as you push rope downwards.
- As arms straighten, palms move from facing in to facing the floor.
- Pause with arms straight for one second and inhale as you return to starting angle.
Dip (Bodyweight)

Primary Muscles: Triceps, Pectoralis Major, Anterior Deltoids

Spotting
- Spotter can provide assistance by grasping ankles or waist.
- Note: If individual is using a lot of weight, spotting at the waist is recommended.

Starting Position
- Use side steps to climb into starting position.
- Find a comfortable grip and start with arms straight, but elbows not locked.
- Cross ankles and bend knees if using a spotter.

Exercise
- Bend the elbows and lean slightly forward. Stop the motion when arms form a 90° angle.
- Make sure elbows stay the same distance apart throughout exercise. Keep elbows narrow instead of letting them travel to the side as you dip.
- Keep a neutral head/neck position.
- Use steps to exit dip rack.
Assisted Dip
Primary Muscles: Triceps, Pectoralis Major, Anterior Deltoid

Spotting
- A spotter is not traditionally used with this machine.

Starting Position
- Adjust hand grips (wide or narrow), based on body size, in order to maintain correct alignment throughout exercise.
- Select resistance using yellow pin.
- Use side steps to climb into starting position.
- Find a comfortable grip and start with arms extended, but elbows not locked.
- Place feet on assistance bar.
- Keep head in neutral position looking forward.

Exercise
- Lower yourself until elbows are flexed at 90°, and are in line with shoulders.
- Slowly return to starting position.

Note: This machine as a counter balance weight stack. The less weight you have, the harder the exercise, and the more weight you have the easier the exercise.
Paramount Functional Trainer

- This machine has multiple adjustments that provide the user with a variation of exercises.
- Please see equipment for description of exercises and correct machine adjustments.
Core Exercises
Captain’s Chair: Bent Knee

Primary muscles: Rectus Abdominus, Hip Flexors, Obliques (if a twisting motion occurs)

Spotting
- A spotter is not traditionally used for this exercise but may help prevent swinging.

Starting Position
- Use side pegs to climb into the starting position.
- Grasp handles, and rest elbows on pads.
- Keep a neutral head/neck position.
- Allow feet to hang down.

Exercise
- Pull knees up until upper legs are parallel with the ground, pause for one second to feel the contraction.
- Avoid swinging up or back down to the starting position.
- Slowly lower legs to starting position.
- Use the pegs to exit.
Captain’s Chair: Straight Leg
Primary Muscles: Rectus Abdominus, Hip Flexors

Spotting
- A spotter is not traditionally used for this exercise but may help prevent swinging.

Starting Position
- Use side pegs to climb into the starting position.
- Grasp handles, and rest elbows on pads.
- Keep a neutral head/neck position.
- Allow feet to hang down.

Exercise
- Keeping the legs straight, raise until a 90° angle is formed by the hip joint.
- Avoid swinging up or back down to the starting position.
- Slowly lower legs to starting position.
- Use the pegs to exit.
Abdominal Crunch
Primary Muscles: Rectus Abdominus

Adjustments
- Select proper resistance.
- Adjust foot rest to allow a slight bend in the knee.

Starting Position
- Position feet on foot rest, back against the back pad, and hold handles with elbows extended, but not locked.

Exercise
- Using your abs, not your upper body, crunch forward.
- Exhale as you move forward.
- Inhale as you return to starting position.
Decline Ab Bench
Primary Muscles: Rectus Abdominus

Adjustments
- Position leg pads to allow knees to comfortably rest on pad with hips intact with the bench.

Starting Position
- Lock lower body in the leg pads.
- Place hands next to ears.
- Lower down to starting position with your shoulders barely touching the bench.

Exercise
- Using your abs, not your upper body, crunch up.
- Exhale as you move forward.
- Inhale as you return to starting position.

Note: Bringing the elbow to the opposite knee will work the obliques.
Lower Body Exercises
Calf Raise Machine
Primary Muscles: Gastrocnemius, Soleus

Adjustments
- Add desired weight.

Starting Position
- Position feet so ball of the foot is on the bottom of the foot bar.
- Adjust knee bar so it sits on top of the thigh just behind the knee.

Exercise
- To remove the starting catch, press up on toes to raise the heel and turn the starting catch to the left with the yellow knob.
- Continue exercise by dropping heel towards the floor and pressing up to toes to raise the heel.
- To return to starting position, raise heel and move safety catch back into place with the yellow knob.
Plate Loaded Squat Press

Adjustments
- Load weight plates.

Starting Position
- Position feet in the middle of the platform shoulder width apart.
- Grasp handles, and rest head.

Exercise
- Push through heels as you exhale, and extend legs. Do not lock knees.
- Remove starting catch with black lever under the seat while legs are extended.
- Keep back flat against back pad.
- Inhale and bend knees to return to starting position.
- At the end of the set extend legs fully, pull up on the starting catch lever, and slowly bend knees.
Plate Loaded Leg Press
Primary Muscles: Quadriceps, Gluteus Maximus, Hamstrings

Adjustments
- Load weight plates.

Starting Position
- Adjust head rest and shoulder pad to allow knees to be at 90°.
- Position feet in the middle of the platform shoulder width apart.
- Grasp handles, shoulders should be snug with shoulder pad, and rest head.

Exercise
- Push through heels as you exhale, and extend legs. Do not lock knees.
- Starting catch will drop out of place.
- Keep back flat against back pad.
- Inhale and bend knees to return to starting position.
- At the end of the set extend legs fully, pull up on the starting catch lever, and slowly bend knees.
Leg Press
Primary Muscles: Quadriceps, Gluteus Maximus, Hamstrings

Adjustments
- Select proper resistance.
- Adjust platform distance so knees are flexed approximately 90°.
- Adjust back pad for full range of motion.

Starting Position
- Position feet in the middle of the platform shoulder width apart.
- Grasp handles, and rest head.

Exercise
- Push through heels as you exhale, and extend legs. Do not lock knees.
- Keep back flat against back pad.
- Inhale and bend knees to return to starting position.
- As you move towards platform do not let knees go past toes.
Seated Leg Curl
Primary Muscles: Hamstrings, Gastrocnemius

Adjustments
- Select proper resistance.
- Adjust back and leg pad so ankles rest on top of leg pad.

Starting Position
- Position ankles on top of leg pad, and rest back with head in neutral position.
- Adjust thigh pad so thighs are held tightly in place.

Exercise
- Exhale as you contract hamstrings.
- Inhale as you slowly return to starting position.
- Do not let weights drop too quickly.
Stability Ball Leg Curl
Primary Muscles: Hamstrings, Gastrocnemius

Starting Position
- Position back on the floor with ankles resting on the stability ball.
- Place arms to the side for additional stability throughout exercise.
- Raise hips while keeping shoulder blades intact with the floor.

Exercise
- Exhale as you contract hamstrings, and roll stability ball in towards you.
- Inhale as you slowly return to starting position.
- Advanced Leg Curl: Place one leg on stability ball while keeping the other leg extended in the air.
Leg Extension
Primary Muscles: Quadriceps

Adjustments
- Select proper resistance.
- Adjust back pad so knees line up with yellow axis of rotation.
- Adjust foot pad so it hits right above the ankle at the shins.

Starting Position
- Make sure knees are lined up with yellow axis of rotation.
- Feet should be hip width apart, and parallel to the floor.

Exercise
- Exhale and extend legs to full extension.
- Keep head in neutral position.
- Inhale and slowly lower legs back to starting position. Keep feet from going past knees.
- Do not let weights drop too fast.
Dumbbell Lunge
Primary Muscles: Quadriceps, Gluteus Maximus

Spotting
- A spotter may or may not be needed for this exercise.
- A spotter can be used for additional balance or support.

Starting Position
- Stand with dumbbells at side, feet shoulder width apart.
- Beginners can do this exercise without weights or beside a wall for balance.

Exercise
- Step forward far enough to ensure your knees do not pass your toes while descending.
- Keep chest up, look forward and create a 90° angle with front leg while exhaling.
- Back knee should not hit the ground.
- Inhale as you press through your front foot to return to starting position.
Standing Split Lunge
Primary Muscles: Quadriceps, Gluteus Maximus

Spotting
- A spotter may or may not be needed for this exercise.
- A spotter can be used for additional balance or support.

Starting Position
- Start with a staggered stance with feet facing forward. Weights should be held at the side.
- Legs should be far enough apart to ensure knees do not pass toes throughout exercise.
- Beginners can do this exercise without weights or beside a wall for balance.

Exercise
- Keep chest up, look forward and lunge until front knee is at a 90° angle.
- Back knee should not hit the ground.
- Inhale as you press through your front foot to return to starting position.
Hip Adduction: Inner Thigh
Primary Muscles: Hip Adductors, Gracilis

Adjustments

- Select proper resistance.
- Adjust leg pads with yellow knob so that you are starting in a wide position.
- Note: The Hip Adduction and Abduction exercises are both performed on this machine.

Starting Position

- Place feet on foot rests so that knees are flexed approximately 90°.

Exercise

- Squeeze knees together leading with the knee.
- Movement should be towards the midline of the body.
- Keep abs engaged throughout exercise.
- Return slowly to starting position.
- Once finished, release yellow knob and move legs inwards until you are comfortably able to exit the machine.
Hip Abduction: Outer Thigh
Primary Muscles: Gluteus Medius/Maximus, Hip Abductors

Adjustments
- Select proper resistance.
- Adjust leg pads with yellow knob so that you are starting in a narrow position.
- Note: The Hip Adduction and Abduction exercises are both performed on this machine.

Starting Position
- Place feet on foot rests so that knees are flexed approximately 90°.

Exercise
- Push knees apart leading with the knee.
- Movement should be away from the midline of the body.
- Keep abs engaged throughout exercise.
- Return slowly to starting position.
- Once finished, release yellow knob and move legs outward until you are comfortably able to exit the machine.
Glute Machine
Primary Muscles: Gluteus Maximus

Adjustments
- Select desired resistance.
- Adjust hip pad so body weight is supported, and back relatively flat.

Starting Position
- Grasp handles with elbows about 90°.
- Position one knee on the knee rest, and the other foot against the black bar.

Exercise
- Lift leg with buttocks, moving the bar upwards one leg at a time.
- Lift leg until knee is in line with hip, or back starts to arch excessively.
- Slowly return to starting position.
Cardiovascular Equipment
Arc Trainer

- Step onto Arc Trainer while holding onto side handles for support.
- Begin by moving legs forward.
- Once screen turns on select “Quick Start”.
- Either select a specific program, or change the resistance and incline to increase difficulty.
- To exit machine, select the “Stop” button, allow legs to slow down, and come to a stop.
- Use side handles to exit once machine comes to a complete stop.
Step onto Elliptical while holding side handles for support.

Begin by moving legs forward.

Once screen turns on select “Quick Start”.

Either select a specific program, or change the resistance and crossramp to increase difficulty.

To exit machine, allow legs to slow down and come to a stop.

Use side handles to exit once machine comes to a complete stop.
Rowing Machine

- Adjust resistance by shifting the lever.
- Sit down on seat, and adjust foot rest to the proper length.
- Place heel in back support, and secure feet with the provided strap.
- Grab handle and push through your legs followed by pulling with your upper body.
- Return to starting position by leading with the upper body followed by the lower body.
Step on to stair climber while holding side bars for support.

Begin climbing, and select quick start.

Change level accordingly.

To exit machine, select the “Stop” button, allow legs to slow down and come to a stop.

Use side handles to exit once machine comes to a complete stop.
Recumbent Stationary Bike

- Adjust seat distance to allow for a slight bend at the knee when leg is fully extended.
- Strap feet snuggly to the pedals if straps are available.
- Handle bars can be adjusted with the red button if desired.
- Begin peddling and select quick start.
- Change level of difficulty accordingly.
- To exit machine select the stop button if available, and allow feet to slow down to a complete stop.
Upright Stationary Bike

- Adjust seat height to allow for a slight bend at the knee when leg is fully extended.
- Strap feet snuggly to the pedals if straps are available.
- Begin peddling and select quick start.
- Change level of difficulty accordingly.
- To exit machine select the stop button if available, and allow feet to slow down to a complete stop.
SciFit Upper Body Ergometer

- Adjust seat distance and arm cranks with yellow knob to allow for a slight bend at the elbow when arm is fully extended.
- Arms should be able to cycle comfortably without too much strain on the shoulders.
- Rest feet on the foot rests.
- Begin cycling arms and select start once screen turns on.
- Change level of difficulty accordingly, or select a specific program.
- To exit machine allow arms to come to a complete stop.
Treadmill

- Step onto treadmill while holding onto side handles for support.
- Attach the red emergency stop clip to your shirt to prevent injury and stop machine upon falling.
- Choose quick start and begin walking.
- Change the speed and resistance accordingly.
- To exit machine bring down the speed to a slow walking pace. Then select the stop button.
- Once treadmill belt has come to a complete stop exit machine while holding onto side handles for support.
Additional Resources
Further Resources

- American College of Sports Medicine
  http://www.acsm.org/

- University of Dayton Campus Recreation
  http://campus.udayton.edu/~recsport/

- MyPyramid
  http://www.mypyramid.gov/

- 411Fit
  https://411fit.uncc.edu/

- BodyBuilding.com
  http://www.bodybuilding.com/

- ExRx.com
  http://www.exrx.net/
Principles in this book were taken from the following sources:

1. American College of Sports Medicine
2. BodyBuilding.com
   http://www.bodybuilding.com/fun/betteru50.htm
3. Frederic Delavier, Strength Training Anatomy
4. Muscle and Fitness Training Notebook
5. Musculature Anatomy Chart,
   http://www.totalphysiqueonline.com
6. NSCA’s Essentials of Personal Training

This equipment manual was adapted from:
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