

CLYBEX[®]

greater
performance
greater
results

BROUGHT TO YOU BY:



innovation

BEHIND EVERY

workout

It's the evolution of superior technology and a passion for fitness—a goal of CYBEX to meet the needs of fitness enthusiasts and professionals through function, performance and results. Every CYBEX concept, design and manufacturing method is backed by exhaustive research in human biomechanics and decades of heritage in sports medicine and fitness R&D—because innovation and technology cannot do it alone. CYBEX Eagle is the premier line of strength training equipment that brings each user a new world of possibilities for their best performance ever.

G R E A T E R
performance
G R E A T E R
results

Technology. Function. Performance. Results. One follows the other from every machine's design and manufacture to each client's individualized use. It's the theme behind the development of the entire Eagle line. For example, our Dual Axis Technology helps you achieve greater results by maximizing the load on the muscle, with less stress on the joint.

From expanding your training possibilities and accommodating a wider client population to increasing efficiency, member retention and profitability — the Eagle strength line will reshape what you believe fitness equipment can do. If your members demand superior results, you need CYBEX Eagle. To experience Eagle in motion, visit www.cybexinternational.com.

CYBEX® CHEST PRESS



LEVEL:

Beginner/Intermediate

MUSCLES WORKED:

Chest (pectoralis major, anterior deltoid, triceps)

SET-UP:

Adjust seat up or down so that the handles line up with the middle of chest. Adjust seat back so that the handles are slightly in front of chest.

MOVEMENT:

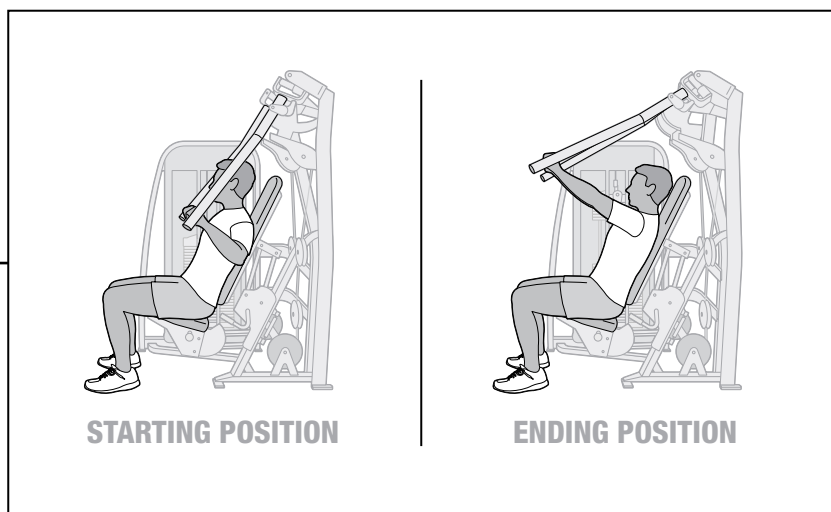
Using chest and triceps muscles to straighten arms, push handles away from chest without locking elbows. Pause, and then slowly return to starting position.

TIPS:

- Keep elbows down to minimize shoulder involvement.

GENERAL TIPS:

- Contract abdominals to aid in stabilization.
- Keep back in neutral (do not round or arch).
- Exhale as weight rises, inhale as weight lowers.



CYBEX[®] INCLINE PRESS



LEVEL:

Beginner/Intermediate

MUSCLES WORKED:

Chest (pectoralis major, anterior deltoid, triceps)

SET-UP:

Adjust seat up or down so that the handles line up with the middle of the chest. Adjust seat back so that the handles are slightly in front of chest.

MOVEMENT:

Using chest and triceps muscles to straighten arms, push handles away from chest without locking elbows. Pause, and then slowly return to starting position.

TIP:

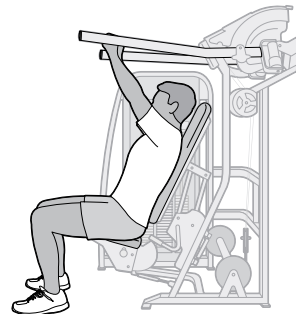
- Keep elbows down to minimize shoulder involvement.

GENERAL TIPS:

- Contract abdominals to aid in stabilization.
- Keep back in neutral (do not round or arch).
- Exhale as weight rises, inhale as weight lowers.



STARTING POSITION



ENDING POSITION

CYBEX[®] FLY/REAR DELT



LEVEL:

Beginner/Intermediate

MUSCLES WORKED:

Fly- Chest and shoulders (pectoralis major, anterior deltoid, biceps)

Rear Delt- Back and shoulders (posterior deltoid, rhomboid, triceps, lower trapezius)

SET-UP:

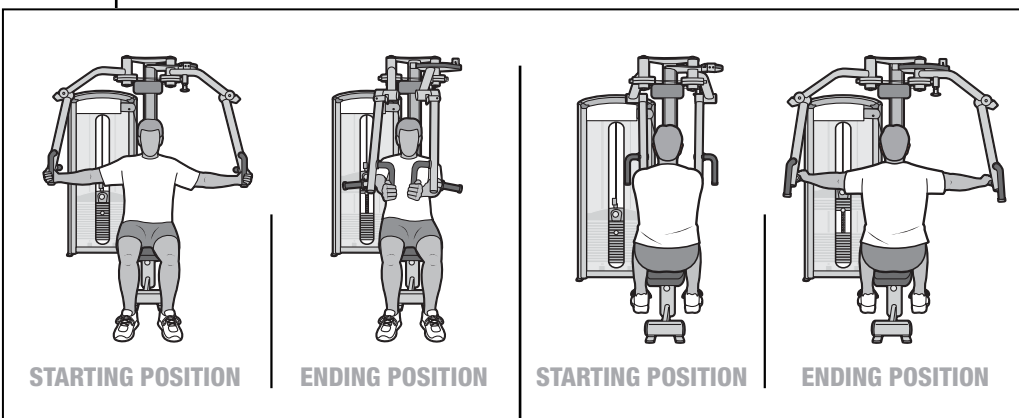
Fly- Facing out of machine adjust seat so hands are at mid-chest level. Use curved handle to perform fly.

Rear Delt- Facing the machine; adjust the seat so hands are at mid-chest level. Use straight handle for rear delt exercise.

MOVEMENT:

Fly- Keep elbows slightly below shoulder level and maintain a bend in the arms. Use chest and biceps to bring hands forward to meet in front of body. Pause, and return to starting position.

Rear Delt- Keep elbows slightly below shoulder level, and maintain a slight bend in the arms. Use rear of shoulders and triceps to bring handle outward until elbows are even with shoulders. Pause, and return to starting position.



GENERAL TIPS:

- Contract abdominals to aid in stabilization.
- Keep back in neutral (do not round or arch).
- Exhale as weight rises, inhale as weight lowers.

CYBEX® EAGLE ROW



LEVEL:

Beginner/Intermediate

MUSCLES WORKED:

Back and shoulders (lattissimus dorsi, teres major, biceps, middle trapezius, rear deltoid, and rhomboid)

SET-UP:

Face into the machine and adjust the seat so that the arms are parallel to the floor. Adjust chest pad so that you must reach slightly to grasp handles.

MOVEMENT:

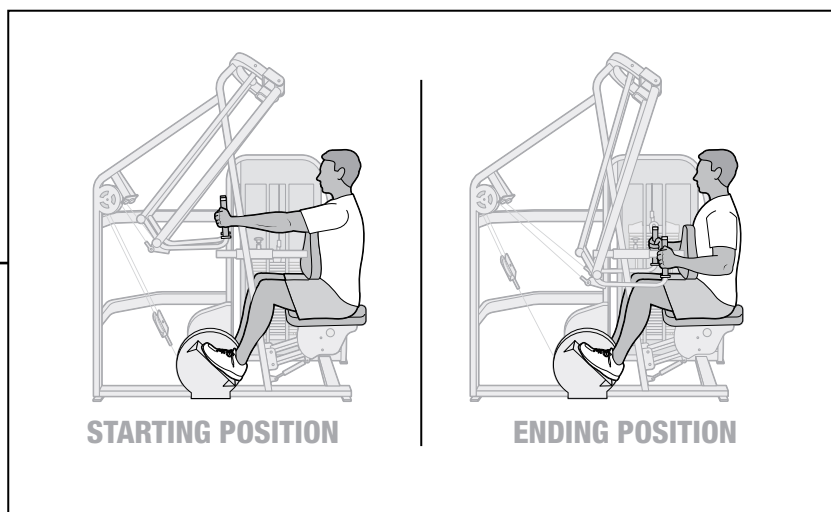
Keeping chest against the pad, contract back muscles and pull hands back, keeping elbows close to sides. Continue to contract and pull until hands are slightly in front of the body. Pause slightly and return to starting position.

TIPS:

- Keep upper body erect throughout exercise.
- Do not lean back to complete rep. Keep chest and shoulders down.

GENERAL TIPS:

- Contract abdominals to aid in stabilization.
- Keep back in neutral (do not round or arch).
- Exhale as weight rises, inhale as weight lowers.



CYBEX LAT PULL DOWN



LEVEL:

Beginner/Intermediate

MUSCLES WORKED:

Back (lattissimus dorsi, teres major, bicep, lower trapezius, and rhomboid)

SET-UP:

Face into the machine. Adjust seat so that you must stretch slightly to grasp handles.

MOVEMENT:

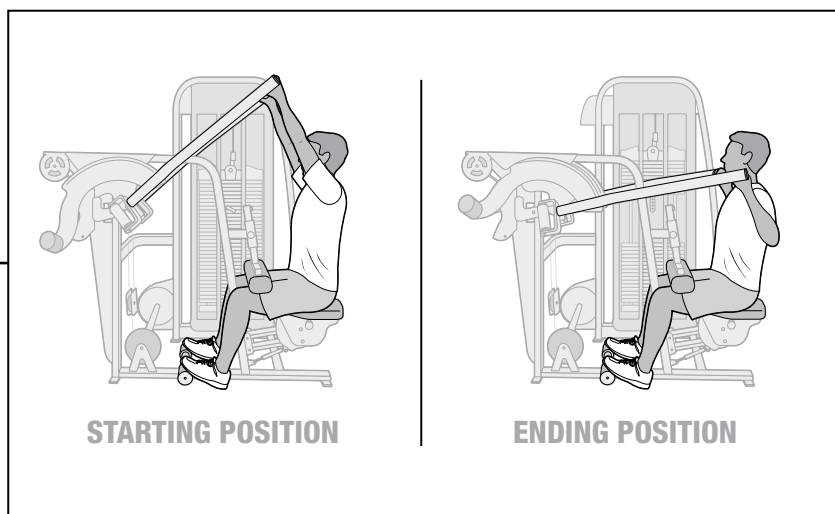
Lift chest and bring shoulder blades together as you pull down on handles. Continue to pull handles until they come down to about shoulder level. Pause slightly and return to starting position.

TIPS:

- Keep body erect-do not bend upper body over to try to complete rep.
- Keep chest up and shoulders down.

GENERAL TIPS:

- Contract abdominals to aid in stabilization.
- Keep back in neutral (do not round or arch).
- Exhale as weight rises, inhale as weight lowers.



CYBEX OVERHEAD PRESS



LEVEL:

Beginner/Intermediate

MUSCLES WORKED:

Back, shoulders, back of arm (lattissimus dorsi, teres major, biceps, middle trapezius, rear deltoid, and rhomboid)

SET-UP:

Face into the machine and adjust the seat so that the arms are parallel to the floor. Adjust chest pad so that you must reach slightly to grasp handles.

MOVEMENT:

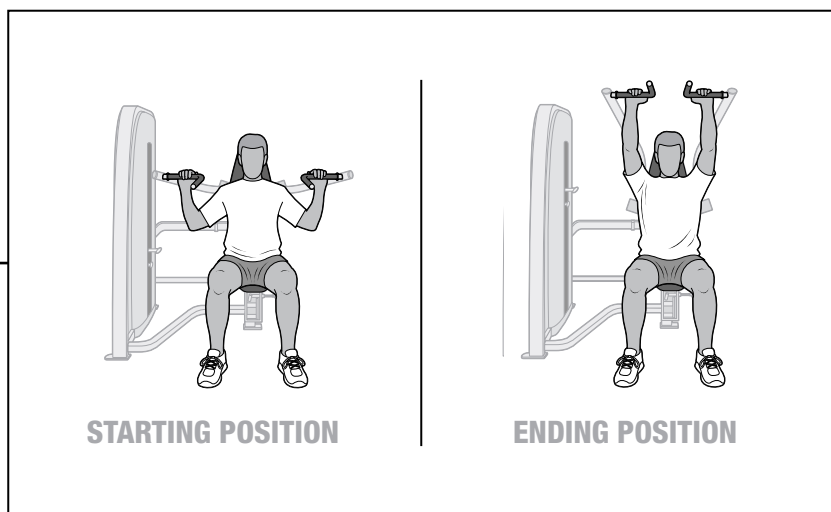
Keeping chest against the pad, contract back muscles and pull hands back, keeping elbows close to sides. Continue to contract and pull until hands are slightly in front of the body. Pause slightly and return to starting position.

TIP:

- Keep shoulders down—do not let them round.

GENERAL TIPS:

- Contract abdominals to aid in stabilization.
- Keep back in neutral (do not round or arch).
- Exhale as weight rises, inhale as weight lowers.



CYBEX® LATERAL RAISE



LEVEL:

Beginner/Intermediate

MUSCLES WORKED:

Shoulders (medial deltoids)

SET-UP:

Face into the machine with seat adjusted so that the shoulders are even with the rotational points on the machine.

MOVEMENT:

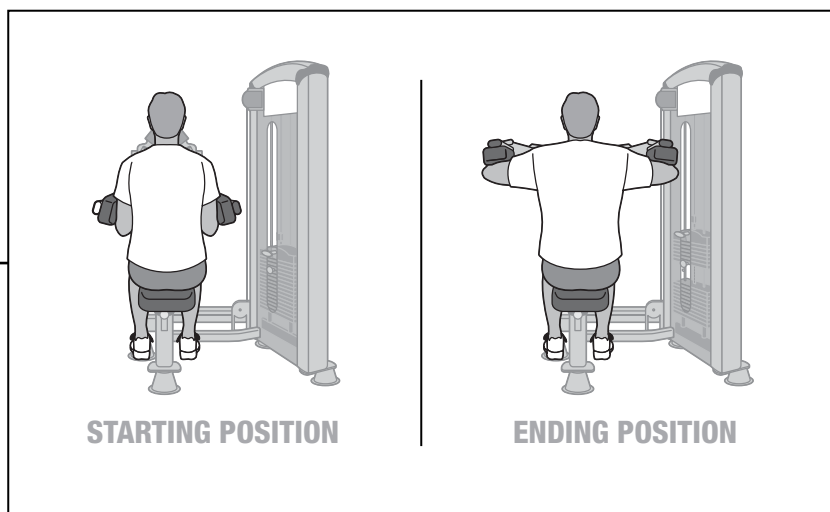
Grasp handles, putting forearms against the pads. Pull handle back until elbows are even with the sides. Keep the upper body erect and lift handles to the side until the upper arms are parallel to the ground. Pause slightly then slowly return to starting position.

TIP:

- Keep shoulders down—do not let them come up around your ears.

GENERAL TIPS:

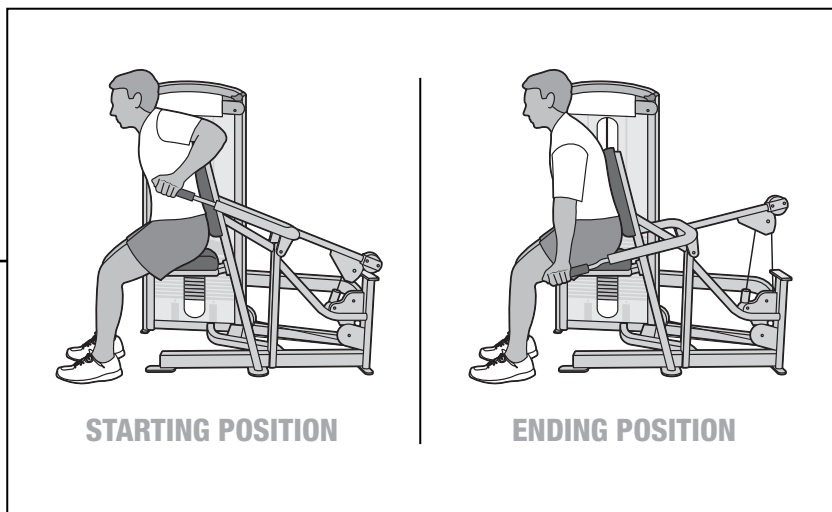
- Contract abdominals to aid in stabilization.
- Keep back in neutral (do not round or arch).
- Exhale as weight rises, inhale as weight lowers.



CYBEX® TRICEPS PRESS



weight adjustment



STARTING POSITION

ENDING POSITION

LEVEL:

Beginner/Intermediate

MUSCLES WORKED:

Back of arm (triceps, anterior deltoid, pectoralis major)

SET-UP:

Facing out, set handles for either narrow or wide grip, depending on body composition. Adjust seat so that the elbows are back and slightly below shoulders.

MOVEMENT:

Keeping elbows pointed back and shoulders down, extend arms until straight down. Pause, and return slowly to starting position.

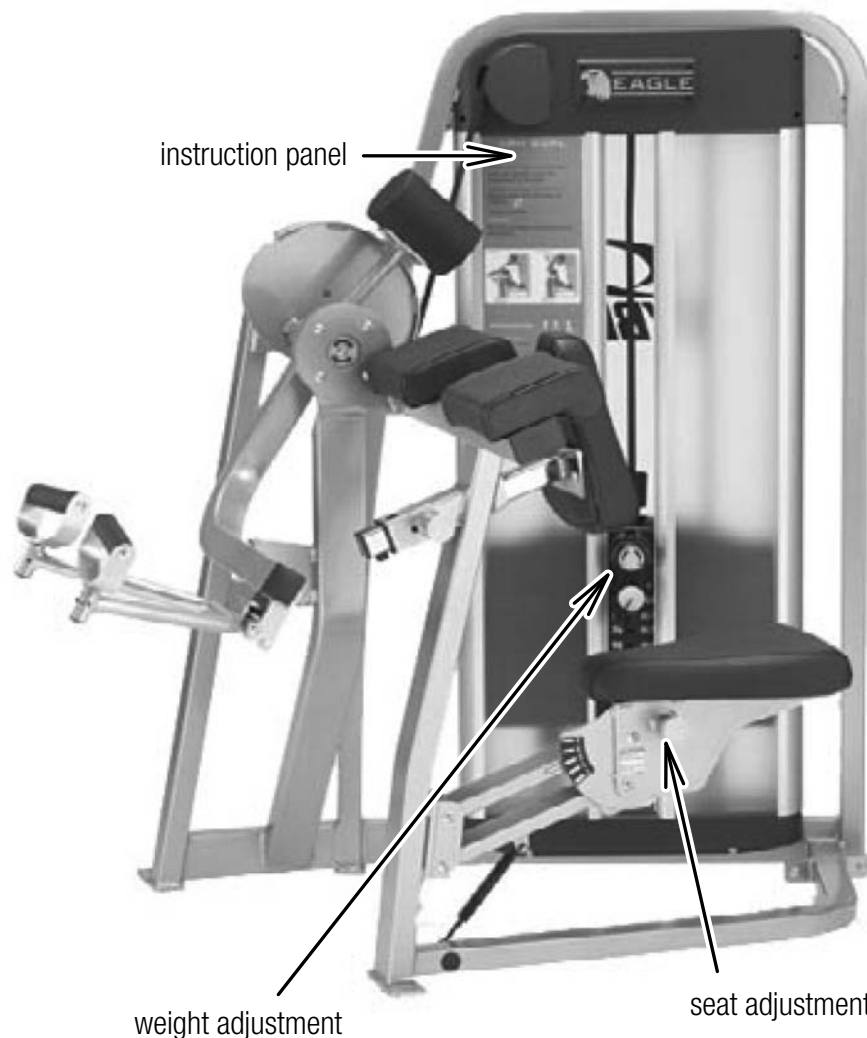
TIPS:

- Keep shoulders down by slightly contracting chest muscles.
- Try to avoid moving shoulders during exercise.

GENERAL TIPS:

- Contract abdominals to aid in stabilization.
- Keep back in neutral (do not round or arch).
- Exhale as weight rises, inhale as weight lowers.

CYBEX[®] ARM CURL



LEVEL:

Beginner/Intermediate

MUSCLES WORKED:

Front of arm (biceps brachii, brachialis, and brachioradialis)

SET-UP:

Facing into the machine, adjust seat so that the back of the arms rest on pad at an angle equal to the angle of the pads. Set chest pad so that elbow is in line with rotational point on machine.

MOVEMENT:

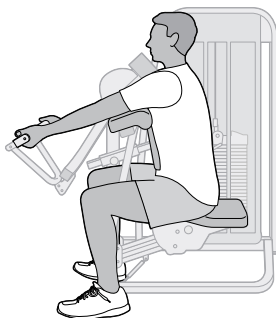
With an underhand grip, curl handle toward you until forearm is approximately perpendicular to pad. Pause, then lower slowly, leaving a slight bend in elbow.

TIP:

- If you are beginner do not straighten arms out on downward portion of rep, as this could cause pain in the elbow.
- As you become more conditioned to the exercise, you may take the bend out little by little.

GENERAL TIPS:

- Contract abdominals to aid in stabilization.
- Keep back in neutral (do not round or arch).
- Exhale as weight rises, inhale as weight lowers.



STARTING POSITION



ENDING POSITION

CYBEX[®] LEG PRESS



LEVEL:

Beginner/Intermediate

MUSCLES WORKED:

Legs and glutes (quadriceps, gluteus maximus, and hamstrings)

SET-UP:

First, set seat back to desired number. Number three is a neutral setting that uses all muscle groups equally. Putting the seat back to a 1 or 2 will use primarily quadriceps. Put the seat to a 4 or 5 to focus on glutes and hamstrings. Set foot plate to put legs at right angle.

MOVEMENT:

Extend leg, pushing through heels, until leg is straight but not locked. Pause, and then slowly return to starting position.

TIPS:

- Do not lock knees during exercise.
- Bring knees back only to right angle, as bending knees too deeply can cause the back to arch.

GENERAL TIPS:

- Contract abdominals to aid in stabilization.
- Keep back in neutral (do not round or arch).
- Exhale as weight rises, inhale as weight lowers.



STARTING POSITION



ENDING POSITION

CYBEX® GLUTE



LEVEL:

Beginner/Intermediate

MUSCLES WORKED:

Glutes and legs (Gluteus maximus, hamstrings, quadriceps, and adductors)

SET-UP:

Set abdominal pad to comfortable height. Set foot bar to desired length. Place lower leg and forearms on pads and grasp handles. Place opposite foot on foot bar.

MOVEMENT:

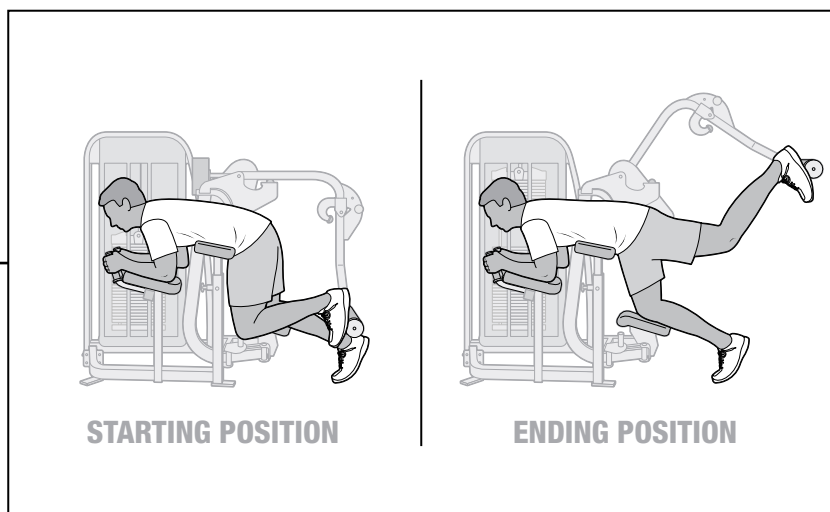
Grasping handles firmly, press out and up with leg while keeping in touch with the abdominal pad the whole time. When desired number of repetitions has been reached, change lower leg pad to opposite side, and work other leg.

TIPS:

- Try not to twist body to complete rep.
- Maintain stable lower back position.

GENERAL TIPS:

- Contract abdominals to aid in stabilization.
- Keep back in neutral (do not round or arch).
- Exhale as weight rises, inhale as weight lowers.



CYBEX SEATED LEG CURL



LEVEL:

Beginner/Intermediate

MUSCLES WORKED:

Back of legs (hamstrings)

SET-UP:

To set seat back, align knee with machine's axis of rotation (yellow circle by the left knee). Put leg pad comfortably behind ankle. Set start position to comfortable height (slight stretch to back of leg). Place thigh pad on top of legs for stability.

MOVEMENT:

Grasp handles firmly. Contract hamstrings to bend knees, and bring heels underneath you in an arc, until shins are perpendicular to the ground. Pause, and then slowly return to starting position.

TIPS:

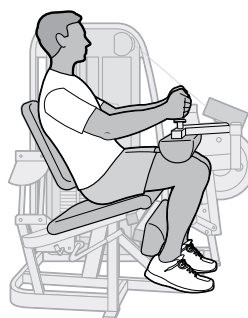
- Focus only on hamstrings.
- Try not to contract calves or to lift thigh off seat.

GENERAL TIPS:

- Contract abdominals to aid in stabilization.
- Keep back in neutral (do not round or arch).
- Exhale as weight rises, inhale as weight lowers.



STARTING POSITION



ENDING POSITION

CYBEX® LEG EXTENSION



LEVEL:

Beginner/Intermediate

MUSCLES WORKED:

Front of legs (quadriceps)

SET-UP:

To set seat back, align knee with machine's axis of rotation (yellow circle by right knee). Adjust shin pad to comfortable position on front of leg. Adjust start position.

MOVEMENT:

With thighs in parallel position, grasp hands firmly. Straighten legs as far as possible. Pause, and return slowly to starting position.

TIPS:

- Do not lift buttocks off seat to try to complete rep.
- A lower weight may make your legs work harder.

GENERAL TIPS:

- Contract abdominals to aid in stabilization.
- Keep back in neutral (do not round or arch).
- Exhale as weight rises, inhale as weight lowers.



STARTING POSITION



ENDING POSITION

CYBEX SEATED CALF RAISE



LEVEL:

Beginner/Intermediate

MUSCLES WORKED:

Calf (gastrocnemius, soleus)

SET-UP:

Position feet shoulder width apart and parallel with balls of feet in middle of platform. Adjust seat to allow a slight bend in knees.

MOVEMENT:

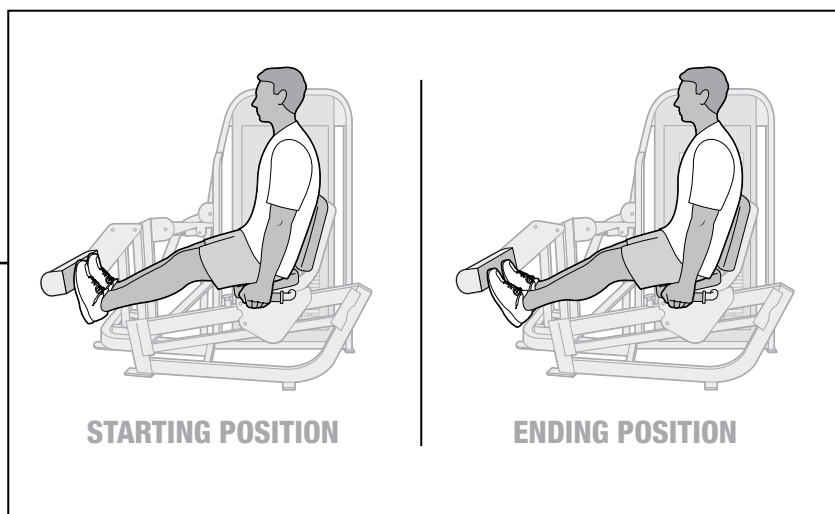
Press foot plate forward, leaving knees slightly bent. Press forward through balls of feet (stand on your toes). Pause, slightly then slowly lower heels to slightly stretched position. Repeat.

TIP:

- Do not lock knees.

GENERAL TIPS:

- Contract abdominals to aid in stabilization.
- Keep back in neutral (do not round or arch).
- Exhale as weight rises, inhale as weight lowers.



CYBEX® ABDOMINAL

instruction panel



weight adjustment

seat adjustment

LEVEL:

Beginner/ Intermediate

MUSCLES WORKED:

Stomach (rectus abdominus, internal and external oblique)

SET-UP:

While seated, place one foot on foot bar. Lift adjustment handle and extend leg until thigh is parallel to ground. Release handle.

MOVEMENT:

With both feet on foot bar, press hips against back pad. Grasp handles, and extend arms holding elbows straight. Extend back as far as is comfortable. Using abdominal muscles come to erect position. Pause, and slowly return to starting position.

TIP:

- You do not need to bend too far forward, as this works primarily the hip flexors rather than the abs.

GENERAL TIPS:

- Contract abdominals to aid in stabilization.
- Keep back in neutral (do not round or arch).
- Exhale as weight rises, inhale as weight lowers.



STARTING POSITION



ENDING POSITION

CYBEX® HIP ABDUCTION/ADDUCTION



LEVEL:

Beginner/Intermediate

MUSCLES WORKED:

Abduction- outer thighs (gluteus maximus, gluteus medius, piriformis, and tensor fasciae latae)

Adduction- inner thighs (adductor magnus, adductor longus, adductor brevis, pectineus)

SET-UP:

Abduction- Adjust back pad to desired position. Put feet on foot rest and knee pads to outside of knees. Pull release knob to move knees together

Adduction- Adjust back to desired position. Put feet on footrest and knee pads to inside of knees. Pull release knob to move knee pads to as wide a starting position as possible.

MOVEMENT:

Abduction- Grasp handles and bring the knees away from center. Pause and slowly return to starting position.

Adduction- Grasp handles and bring knees to center. Pause, and slowly return to starting position.

TIP:

- Keep torso still—do not press back or hips into pad to try to work heavier.

GENERAL TIPS:

- Contract abdominals to aid in stabilization.
- Keep back in neutral (do not round or arch).
- Exhale as weight rises, inhale as weight lowers.

