

STRENGTH TRAINING EQUIPMENT	ADJUSTMENTS								
Cybox Eagle Circuit	Seat Back: ROM:								
1. Leg Extension									
2. Glute Machine	Chest Pad: Foot Bar:								
3. Lying Leg Curl	ROM: Leg Bar:								
4. Abd/Adductor	Seat Back: Leg Width:								
5. Leg Press	Seat Back: Platform:								
6. Seated Leg Curl	ROM: Leg Pad: Seat Back:								
7. Lat Pull Down	Seat Height: Lap Pad:								
8. Seated Row	Chest Pad: Seat Height:								
9. Chest Fly	Seat Height: Bar Width:								
10. Overhead Press	Seat Height:								
11. Chest Press	Seat Back: Seat Height:								
12. Tricep Ext.	Seat Height:								
13. Bicep Curl	Chest Pad: Seat Height:								
14. Abdominal	Leg Bar:								
Gravitron-Pull Up									
Gravitron-Dips									
Smith Machine									
CARDIO EQUIPMENT	PROGRAM/LEVEL INCLINE/DECLINE								