

# Adaptive Strength Equipment Guide

## Cybex Total Access Cable Column

### Functions:

- Independent cables for separate limb usage and free range of motion
- Multi-function exerciser offering a wide variety of exercises for all users



### Adjustments:

- Simple pin adjustable weight stack
- Resistance range: 5-305lbs. (single stack)

### Special Features:

- Multi-direction swivel cables allows users to exercise in various directions and planes
- Large stability handles
- Large instruction font and pictures for the visually impaired
- Compliant with Americans with Disabilities Act for wheelchair accessibility

### Manufacturer Limitations:

- None specified
- Equipment must be used according with manufacturer guidelines and in conjunction with the appropriate and approved attachments.

# Cybex Total Access Chest Press

## Functions:

- Seated chest press machine



## Muscles Worked:

- Primary: Pectoralis Major
- Secondary: Anterior Deltoids, Triceps

## Adjustments:

- Simple pin adjustable weight stack
- Resistance range: 5-305lbs. (single stack)

## Special Features:

- Multi-grip handles for increased comfort and usage options
- Large instruction font and pictures for the visually impaired
- Compliant with Americans with Disabilities Act for wheelchair accessibility

## Manufacturer Limitations:

- None specified
- Equipment must be used according with manufacturer guidelines and in conjunction with the appropriate and approved attachments.

## Cybex Total Access Overhead Press

### Functions:

- Seated chest press machine
- Multi-grip handles for increased comfort and usage options



### Muscles Worked:

- Primary: Deltoids
- Secondary: Pectoralis Major, Triceps

### Adjustments:

- Simple pin adjustable weight stack
- Resistance range: 5-205lbs. (single stack)

### Special Features:

- Multi-grip handles for increased comfort and usage options
- Large instruction font and pictures for the visually impaired
- Compliant with Americans with Disabilities Act for wheelchair accessibility

### Manufacturer Limitations:

- None specified
- Equipment must be used according with manufacturer guidelines and in conjunction with the appropriate and approved attachments.

## Cybex Total Access Pulldown

### Functions:

- Seated lat pulldown machine



### Muscles Worked:

- Primary: Latissimus Dorsi
- Secondary: Trapezius, Rhomboids, Biceps Brachii

### Adjustments:

- Simple pin adjustable weight stack
- Resistance range: 5-305lbs. (single stack)

### Special Features:

- Bar handle height adjustment
- Adjustable knee restraint
- Instructions at seat height
- Large instruction font and pictures for the visually impaired
- Compliant with Americans with Disabilities Act for wheelchair accessibility

### Manufacturer Limitations:

- None specified
- Equipment must be used according with manufacturer guidelines and in conjunction with the appropriate and approved attachments.

## Cybex Total Access Row/Rear Delt

### Functions:

- Seated row/rear delt machine



### Muscles Worked:

- Primary: Trapezius, Rhomboids, Rear Deltoids
- Secondary: Latissimus Dorsi, Biceps Brachii

### Adjustments:

- Simple pin adjustable weight stack
- Resistance range: 5-305lbs. (single stack)

### Special Features:

- Handle position choice
- Reversible chest pad
- Large seat base
- Top mounted input arm
- Large instruction font and pictures for the visually impaired
- Compliant with Americans with Disabilities Act for wheelchair accessibility

### Manufacturer Limitations:

- None specified
- Equipment must be used according with manufacturer guidelines and in conjunction with the appropriate and approved attachments.

# Cybex Bravo

## Functions:

- Multi-use cable selectorized unit
- Independent cables for separate limb usage and free range of motion
- Multi-grip Chin/Pull-up handles



## Adjustments:

- 10 height positions, 9 circular positions
- Cables rotate internally and externally
- Stabilization pad adjustable from various heights and distances from machine
- Simple pin adjustable weight stack
- Resistance range: 5-170lbs. (per stack)

## Special Features:

- Stabilization pad
- Multi-direction swivel action on cables



## Manufacturer Limitations:

- None specified
- Equipment must be used according with manufacturer guidelines and in conjunction with the appropriate and approved attachments.

## StarTrac Impact Dual Pulley

### Functions:

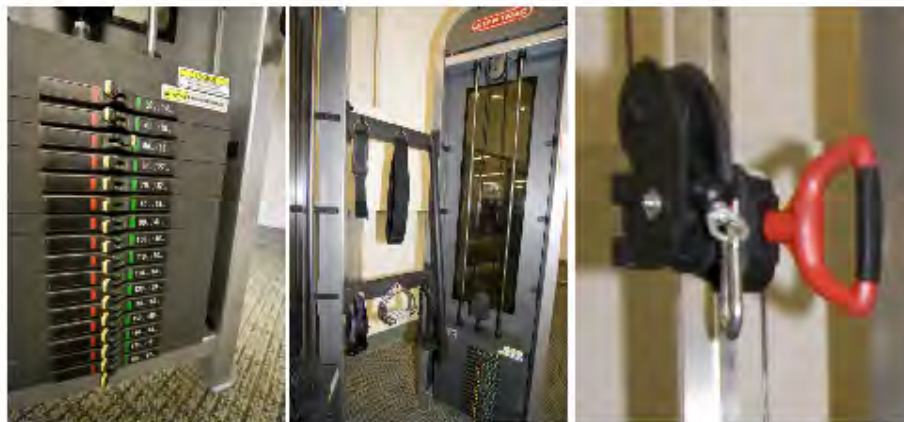
- Multi-use cable selectorized unit
- Independent cables for separate limb usage and free range of motion
- Multi-grip Chin/Pull-up handles

### Adjustments:

- 18 height positions
- Cables rotate internally and externally
- Simple switch lock adjustable weight stack
- Resistance range: 30-180lbs. (per stack)

### Special Features:

- Multi-direction swivel action on cables
- Easy to adjust handles—simple pull design



### Manufacturer Limitations:

- None specified
- Equipment must be used according with manufacturer guidelines and in conjunction with the appropriate and approved attachments.

# FreeMotion Dual Cable

## Functions:

- Multi-use cable selectorized unit
- Independent rotating arms for separate limb usage and free range of motion



## Special Features:

- Multi-direction swivel action on cables
- Arms are counterbalanced for weightless adjustment
- Compliant with Americans with Disabilities Act for wheelchair accessibility



## Adjustments:

- 12 vertical adjustments
- 9 horizontal adjustments
- Simple pin adjustable weight stack
- Resistance range: 3-80lbs. (per stack)

## Manufacturer Limitations:

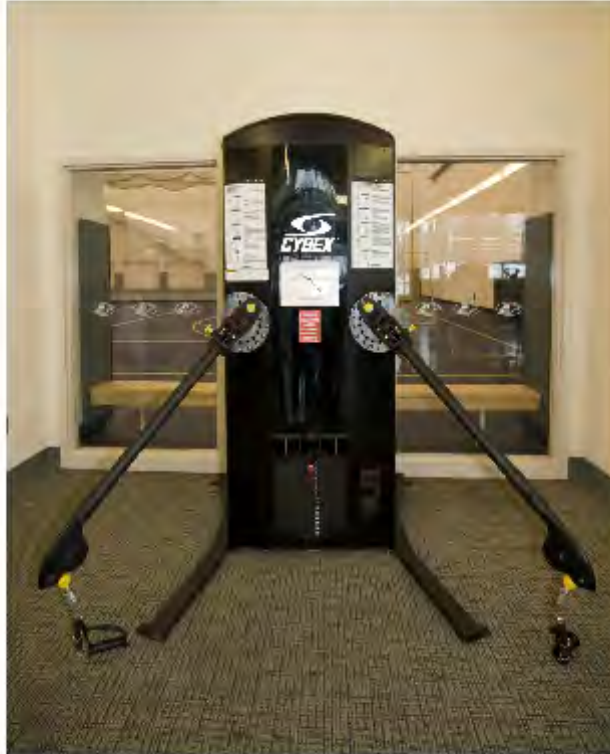
- None specified
- Equipment must be used according with manufacturer guidelines and in conjunction with the appropriate and approved attachments.



# Cybex FT 360

## Functions:

- Multi-use cable selectorized unit
- Independent cables for separate limb usage and free range of motion



## Special Features:

- Multi-direction swivel action on cables

## Adjustments:

- 360 degree arm range of motion
- Simple pin adjustable weight stack
- Resistance range: 10-150lbs. (single stack)

## Manufacturer Limitations:

- None specified
- Equipment must be used according with manufacturer guidelines and in conjunction with the appropriate and approved attachments.

# Cybex FT 360

## Functions:

- Multi-use cable selectorized unit
- Independent cables for separate limb usage and free range of motion



## Special Features:

- Multi-direction swivel action on cables

## Adjustments:

- 360 degree arm range of motion
- Simple pin adjustable weight stack
- Resistance range: 10-150lbs. (single stack)

## Manufacturer Limitations:

- None specified
- Equipment must be used according with manufacturer guidelines and in conjunction with the appropriate and approved attachments.

## FreeMotion Chest Press

### Functions:

- Seated or standing chest press machine
- Independent cables for separate limb usage and free range of motion



### Adjustments:

- Simple pin adjustable weight stack
- Resistance range: 5-200lbs. (single stack)

### Special Features:

- Multi-direction swivel cables allows users to exercise on both sides of the seat
- Compliant with Americans with Disabilities Act for wheelchair accessibility

### Manufacturer Limitations:

- None specified
- Equipment must be used according with manufacturer guidelines and in conjunction with the appropriate and approved attachments.

## FreeMotion Shoulder Press

### Functions:

- Seated or standing shoulder press machine
- Independent cables for separate limb usage and free range of motion



### Adjustments:

- Simple pin adjustable weight stack
- Resistance range: 5-150lbs. (single stack)

### Special Features:

- Multi-direction swivel cables allows users to exercise on both sides of the seat
- Compliant with Americans with Disabilities Act for wheelchair accessibility

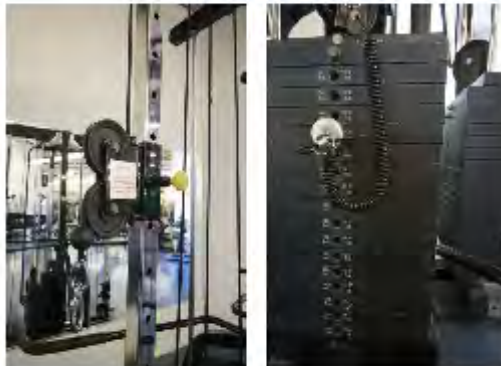
### Manufacturer Limitations:

- None specified
- Equipment must be used according with manufacturer guidelines and in conjunction with the appropriate and approved attachments.

## Magnum 6-sided Cable Crossover

### Functions:

- Multi-use cable selectorized unit
- Seated Row and Pulldown stations
- Multiple high and low cable stations



### Adjustments:

- Simple pin adjustable weight stacks
- Resistance range: 12-288lbs. (varied per stack)
- Adjustable cable pulley height

### Special Features:

- Support arms for standing or seated support

### Manufacturer Limitations:

- None specified
- Equipment must be used according with manufacturer guidelines and in conjunction with the appropriate and approved attachments.

## Accessories

### Medicine Balls:

- Various weights/sizes
- Select units have handles



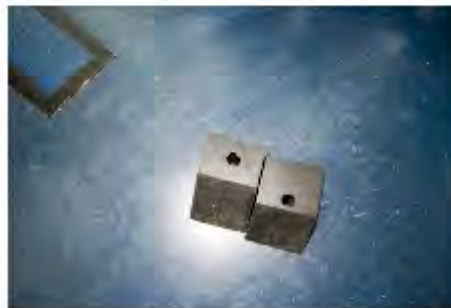
### Cable Attachments:

- Various straps (wrist, waist, ankle)
- Various single-grip handles
- Various two-handed handles
- Various short and long bars, some bent, some straight



### Chair Stoppers:

- Prevents wheelchairs from excessive forward or backward motion during exercises



### Manufacturer Limitations:

- None specified