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 to 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