

Aquatic and Fitness Center Equipment Orientation Table

#	Name	Muscles	Adjustment Points	Adjustments	Start Point	End Point	Form Notes	
1	Freemotion Epic	Leg Press	Quadriceps, Glutes (+ Hamstrings)	1) Backrest, 2) Foot Plate	Seated with feet against footplate, knees should be bent slightly less than 90 degrees	Legs bent at 90 degrees, feet flat, pushing the footplate by driving the weight through the heels	Legs fully extended forward or to point of comfort, without locking knees	Knees should not be above the toe height when the knee is bent at 90 degrees, back and bottom should stay comfortably in contact with the pads
2	Freemotion Epic	Hip Adduction/ Abduction	Adductors, Side Glutes/Abductors	1) Thigh Pads, 2) Leg Assembly	Seated with knees bent 90 degrees, feet placed comfortably on the footrests	Adduction: Knees almost touching, pads outside leg, pushing outward with thighs	Adduction: Knees a comfortable distance apart	Use full range of motion without straining muscles, back and bottom should stay comfortably in contact with the pads
						Abduction: Knees a comfortable distance apart, pads on the inside of the leg, pushing in with thighs	Abduction: Knees almost touching	
3	Freemotion Epic	Leg Curl	Hamstrings	1) Backrest, 2) Thigh Pads, 3) Ankle Pads, 4) Leg Assembly/Rotation Point	Seated with knees lined up with rotation point, ankle pads behind achilles tendons	Legs fully extended forward or to point of comfort, without locking knees, pushing down with the back of the leg	Legs bent at 90 degrees	Back and bottom should stay comfortably in contact with the pads
4	Freemotion Epic	Leg Extension	Quadriceps	1) Backrest, 2) Ankle Pads, 3) Leg Assembly/Rotation Point	Seated with knees lined up with rotation point, ankle pads in front of ankle joint	Legs bent at 90 degrees, pushing forward with the front of the lower half of your legs	Legs fully extended forward or to point of comfort, without locking knees	Back and bottom should stay comfortably in contact with the pads
5	Freemotion Epic	Abdominal	Abs	1) Seat	Seated with hips in line with rotation point	Back in contact with backrest, gripping the handles, arms relaxed, bending with the core	Torso hinged forward, with chest close to legs to point of comfort	Lower back should stay comfortably in contact with backrest
6	Freemotion Epic	Chest	Pecs	1) Seat	Seated with handles in line with upper chest	Back in contact with backrest, grip handles with arms bent, wrists straight and in line with the elbows, pushing handles forward	Arms fully extended forward or to point of comfort, without locking elbows	Elbows should not go behind shoulders between reps, back and bottom should stay comfortably in contact with the backrest
7	Freemotion Epic	Fly/Rear Delt	Pecs, Posterior Delts	1) Seat, 2) Arm Assembly	Seated with handles in line with shoulders	Fly: Back to tower, arms extended to sides forming a "T", grip vertical handles, in preparation to push the handles together	Fly: Arms extended forward, handles almost touching (similar to hugging a large barrel)	When arms are extended to the sides, the elbows should be slightly in front of the shoulders and the wrists should be straight
						Rear Delt: Facing tower, arms extended forward, grip horizontal handles, pulling handles apart	Rear delt: Arms extended to the sides until you form a "T"	

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8	Freemotion Epic	Lat/High Row	Lats, Traps, Erector Spinae	1) Thigh Pads	Seated with thighs under pads	Lat: Arms a comfortable width apart, grip handles with palms facing forward, pulling handles down	Lat: Handles in line with shoulders, elbows close to sides	Stand to grip handles, then lower to seated position, sliding thighs under pads, relaxing the shoulders
					High Row: Arms a comfortable width apart, grip handles with palms facing each other, pulling handles down	High Row: Handles in line with chest, elbows close to sides		
9	Freemotion Epic	Shoulder	Deltoids	1) Seat	Seated with handles 3 to 5 inches above the shoulders	Grip handles with palms facing out (standard) or facing each other (neutral), pushing handles up	Arms extended upward, without locking elbows	Keep wrists straight, do not completely lower handles between reps as this may over stretch the deltoids
10	Freemotion Epic	Bicep	Biceps	1) Seat	Seated with elbows in line with the rotation point	With elbows shoulder-width apart, grip handles with arms extended almost 180 degrees, pulling handles up	Arms bent until bicep touches forearm, hands close to shoulders	Keep wrists straight, do not completely lower handles between reps as this may over-extend the arms
11	Freemotion Epic	Tricep	Triceps	1) Backrest, 2) Seat	Seated with elbows in line with the rotation point	With elbows shoulder-width apart, grip handles with bicep touching forearm, pushing handles down	Arms extended almost 180 degrees	Keep wrists straight, arms should form a 90 degree angle at the beginning of the exercise
28	Freemotion Epic	Dip/Chin	Lats (+ Triceps)		If not using weight assistance bar, fold it toward tower	Chin/Pull Up: Arms a comfortable width apart, grip upper handles, pulling body up and bending at elbows	Chin/Pull Up: Body elevated with handles in line with shoulders, elbows close to sides	Position arms before stepping from platform onto weight assistance bar, relax your shoulders during the pull up
						Dip: Arms extended downward at sides, grip lower handles, lowering body and bending at the elbows	Dip: Body lowered, arms bent to 90 degrees, elbows close to sides	