

RAC 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 |
| 3 | Freemotion Epic | Prone Leg Curl | Hamstrings | 1) Ankle Pads | Lying face down, ankle pads behind achilles tendons, elbows on front pads, gripping handles | Legs fully extended or to point of comfort, without locking knees, pulling up with feet | Legs bent at 90 degrees | Torso should stay comfortable in contact with body pad, head, neck, and shoulders neutral |
| 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 | 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 | |
| 6 | Freemotion Epic | Calf Extension | Calves | 1) Seat | Seated with balls of feet on footplate, feet hip width apart | Legs extended with knees slightly bent, pushing toes forward | Ankles extended, toes pointing forward | Knees should not move, all motion should take place at the ankle joint |
| 8 | 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 |
| 9 | Freemotion Epic | Back Extension | Erector Spinae | 1) Back Pad, 2) Footplate | Seated with knees bent 90 degrees | Torso bent forward with chest close to thighs, pushing backward from core | Torso leaning back with spine in a neutral position, shoulders and hips in line with each other | Head and neck should stay neutral without dropping back |
| 12 | Freemotion Epic | Chest | Pectorals | 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 |

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| 13 | Freemotion Epic | Seated Row | Lats, Rhomboids | 1) Seat, 2) Chest Pad | Seated with knees bent 90 degrees facing handles | Chest in contact with pad, back straight, arms extended forward, grip handles, pulling handles toward body | Arms bent at 90 degrees with elbows close to body | Stand to grip handles then lower body to assume the starting position, or lean to grip one handle at a time |
| 14 | Freemotion Epic | Fly/Rear Delt | Pectorals, Posterior Deltoids | 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" | | |
| 15 | 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 | |
| 16 | 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 |
| 17 | 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 |

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| 18 | 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 elbows | Dip: Body lowered, arms bent to 90 degrees, elbows close to sides | |