

NEW STRENGTH EQUIPMENT AT THE WELLNESS CENTER

1. THE OLD STRENGTH EQUIPMENT

The strength equipment machines at the Wellness Center had exceeded their life expectancy of 7 years, and it had become difficult to obtain repair parts. Most importantly, they were not up to 2015 standards for strength equipment and needed to be replaced.

2. THE PROCESS OF SELECTING NEW STRENGTH EQUIPMENT

For the past three years, the POA Recreation Manager (Holly Bryant) and members of the Recreation Advisory Committee have been visiting other fitness centers inspecting and actually working out on various brands of strength equipment. We inquired about price and maintenance records. There was much discussion about staying within budget while providing the best mixture of strength machines to provide maximum workout effectiveness for our membership. We also sought to purchase machines which would provide an added safety factor for our age group membership.

3. THE MACHINES WE PURCHASED

The Cybex Eagle NX Machines now on the exercise floor are “state of the art” 2015 equipment. Most importantly, they functionally strengthen and target the individual muscle/muscle groups by providing full muscle activation throughout the range of motion. Less weight will be required to achieve an effective workout. The new Cybex machines are also more protective of joints and spinal column and should last a minimum of 10 years.

4. LEARNING TO USE THE NEW MACHINES

The Wellness Center Staff, our four personal trainers and members of the Recreation Advisory Committee can assist you in learning how to use the new machines. If you have any questions, please inquire at the front desk and they will provide assistance.

We ask for your patience while learning the Cybex machines and will assist you in mastering their operation. We can guarantee you will get a better workout.

5. HOW TO HELP YOURSELF IN LEARNING TO OPERATE THE CYBEX MACHINES

- A) You may download the app to your cell phone which demonstrates the operation and adjustments for each machine. (You may do the same on your computer by googling Cybex Eagle NX).
- B) You may send an email to Cybex to obtain the adjustments to the Functional Trainer (which performs 20 pulley exercises) by inserting your height. Cybex will respond with the machine settings for all 20 exercises.
- C) You may also go on the Cybex website to see actual demonstrations of the 20 separate exercises that can be performed on the Functional Trainer (pulley machine).

Downloading the Cybex Eagle NX app on your Android or Apple Smartphone

Android Smartphones

- 1) Go to the playstore
- 2) Search for Cybex Eagle NX (free download)

Apple Smartphones

- 1) Go to the app store
- 2) Search for Cybex Eagle NX (free download)

When it's downloaded, open the app and you can select Choose Equipment or Scan QR code.

Instructions for Personalized Bravo Workout

- 1) Go to www.cybexintl.com
- 2) Scroll down, choose "Bravo Pro"
- 3) Choose "Apps and Workouts" from the left side bar
- 4) Choose "Bravo Setup Guide" (may have to do this twice)
- 5) Fill in name and height (in inches) and click "Train Me"
- 6) This will bring you to your customized workout.