

## Standard operating procedure Cybex VR3 Exercise machines

### Introduction

Do not use these machines unless you have been trained and are competent to do so

This procedure is in addition to the manufacturer's operating manuals.

Read the risk assessment before starting work.

These documents are kept in the folder alongside the machine and on the laboratory safety website.

### Cybex resistance training machines

These machines enable various forms of resistance exercise.

### Pre operation inspection

- Check the condition of the machine for damage or misuse, report any concerns to the laboratory technician
- Check the machine operates smoothly through its complete range of motion
- Check the weight selection pin is present and undamaged
- Make sure the machine is designed to perform the exercise you want
- Check the area around the machine for debris or objects with sharp edges for example furniture

### Precautions

- Ask participant to remove all jewellery
- Check that the participant's clothes are not restrictive, likely to get caught on the machine or trap a limb during machine operation
- Have the participant operate the full motion of the machine unloaded and check that no body part can be trapped between the moving parts
- The participant should warm up before the exercise session with appropriate stretches and a period of low load exercise on the machine
- Make any adjustments to the machine seat height, reach etc with the machine unloaded and unoccupied
- Keep fingers away from the weight stack, belt and rollers during operation

### Basic operation

- Follow the manufacturer's instructions for use shown prominently on each machine
- With the machine unloaded insert the weight selection pin completely to select the desired weight
- The participant should warm down after the exercise session with appropriate stretches and a period of low load exercise on the machine

### After use

- Clean the machine and surrounding area including the floor with detergent solution and a damp cloth or 70pc ethanol and tissue

- If samples of body fluids have been taken during the session then pay close attention to cleaning up to reduce the risk of spreading infectious diseases
- Put everything away including any furniture you may have moved to help with sample taking etc

## Training and supervision

Supervisors/line managers should inform users of the risks from the use of the Cybex resistance machines.

Supervisors/line managers should ensure that controls are in place and working and that they are used correctly.

All those using the Cybex resistance machines should be trained and supervised appropriately.

## First Aid

If a minor injury occurs report to a first aider if able to do so. There is a list of first aiders on the laboratory door. There is a first aid box in the nutrition lab 3b142b.

## In case of emergency

Such as a more serious injury. Follow the emergency procedures displayed by the telephone.

## Waste

Put all clinical waste which includes anything contaminated with bodily fluids in the bins with the yellow bags. The clinical waste bin should be emptied if more than 2/3 full. Use the bins with black bags for all other waste such as drinks containers.

## Arm Curl

### Intended Use

The intended commercial use of this machine is to aid exercise and improve general physical fitness.

### Instructions

 Read and understand all instructions and warnings prior to using this machine in the Safety section of the Owner's Manual.

All adjustment points on the machine have yellow handles or knobs.

### Set Up

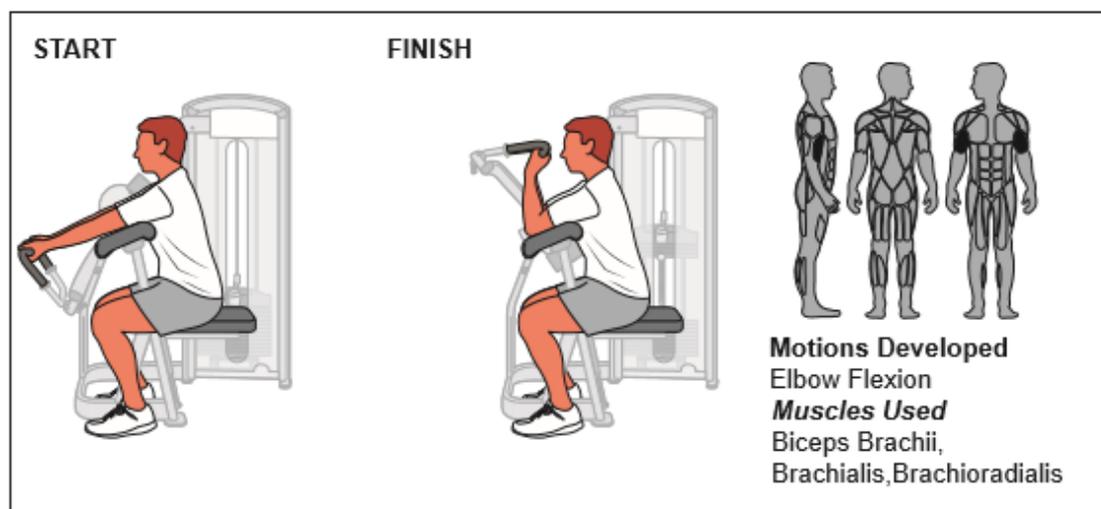
1. Adjust seat height so that your arms are straight and supported by the pad.
2. Align elbows with axis of rotation 
3. Grasp handles.

### Movement

1. Pull the handles up towards your shoulders.

 **CAUTION:** *Use only in manner depicted*  
*To avoid serious injury, use equipment only as describe in placards located on each machine.*

### Arm Curl



## Chest Press

### Intended Use

The intended commercial use of this machine is to aid exercise and improve general physical fitness.

### Instructions

 Read and understand all instructions and warnings prior to using this machine in the Safety section of the Owner's Manual.

All adjustment points on the machine have yellow handles or knobs.

#### Set Up

1. Adjust seat bottom and back so that handles are at mid-chest.
2. Select hand position that allows hands to finish in front of the shoulders.

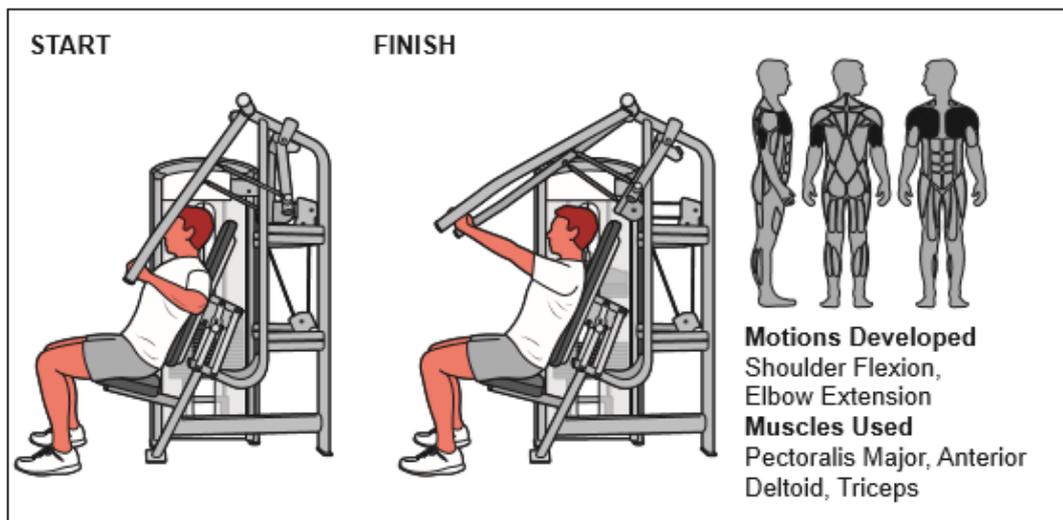
#### Movement

1. Push handles forward until your arms are fully straightened

 **CAUTION:** Use only in manner depicted

To avoid serious injury, use equipment only as describe in placards located on each machine.

### CHEST PRESS



## Lat pull

# Exercise

### **Intended Use**

The intended commercial use of this machine is to aid exercise and improve general physical fitness.

### **Instructions**

 Read and understand all instructions and warnings prior to using this machine in the Safety section of the Owner's Manual.

All adjustment points on the machine have yellow handles or knobs.

### **Set Up**

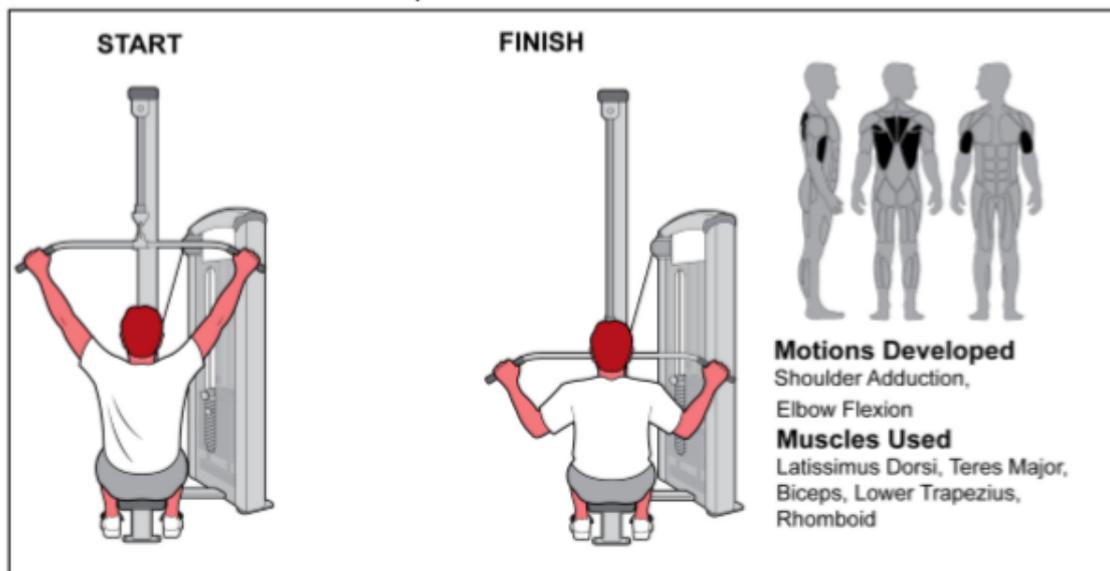
1. Adjust thigh pad for stabilization during exercise.
2. Grasp bar and sit with thighs under pads.

### **Movement**

Pull bar down until elbows are by your sides and hands are approximately level with shoulders.

### **⚠ CAUTION**

Use only in manner depicted. To avoid serious injury, use equipment only as describe in placards located on each machine.



### **Lat Pull**

## Leg extension

### Intended Use

The intended commercial use of this machine is to aid exercise and improve general physical fitness.

### Instructions

 Read and understand all instructions and warnings prior to using this machine in the Safety section of the Owner's Manual.

All adjustment points on the machine have yellow handles or knobs.

#### Set Up

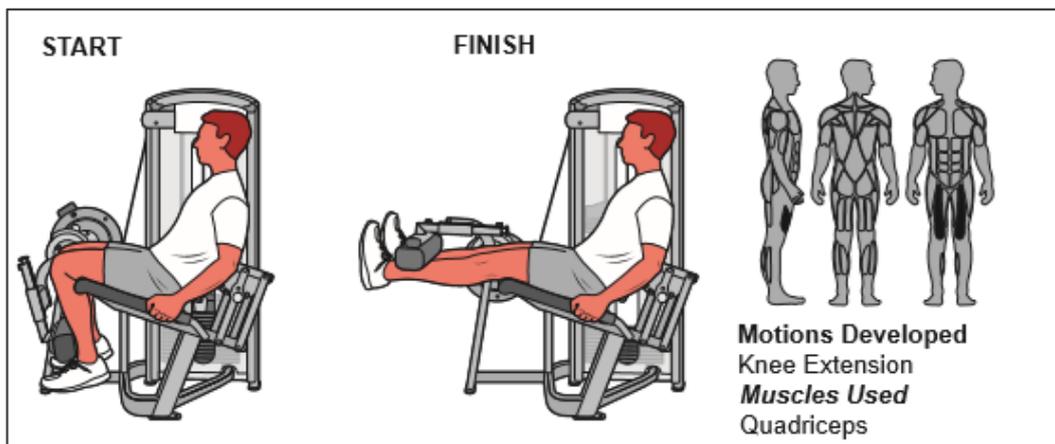
1. Adjust back pad so that when seated, your knees align with the machine's axis of rotation. 
2. Comfortably position shin pad and apply light pressure.
3. Grip handles and stabilize body.

#### Movement

1. Push forward and up against the pad until your legs are straight in front of you.

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To avoid serious injury, use equipment only as describe in placards located on each machine.

#### Leg Extension



## Leg press

# Exercise

### Intended Use

The intended commercial use of this machine is to aid exercise and improve general physical fitness.

### Instructions

 Read and understand all instructions and warnings prior to using this machine in the Safety section of the Owner's Manual.

All adjustment points on the machine have yellow handles or knobs.

#### Set Up

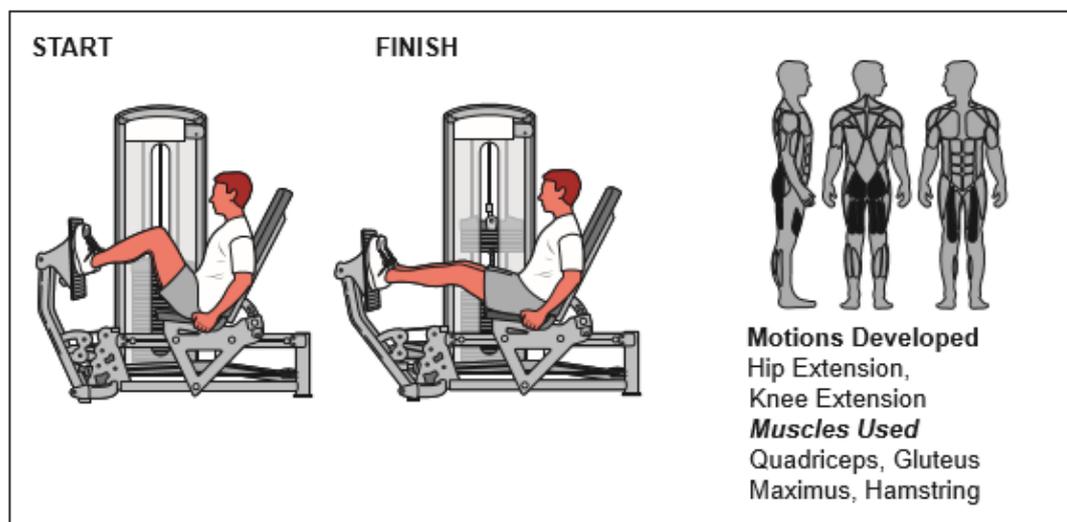
1. Adjust back pad to desired angle.
2. Adjust seat position to desired start position of about 90 degrees at the knees.
3. Position feet on foot plate shoulder width and toes pointed slightly outward.

#### Movement

1. Push into the foot plate until legs are fully extended.

 **CAUTION:** Use only in manner depicted  
To avoid serious injury, use equipment only as describe in placards located on each machine.

### Leg Press



## Seated leg curl

### Intended Use

The intended commercial use of this machine is to aid exercise and improve general physical fitness.

### Instructions

 Read and understand all instructions and warnings prior to using this machine in the Safety section of the Owner's Manual.

All adjustment points on the machine have yellow handles or knobs.

#### Set Up

1. Adjust back pad so that when seated, your knees align with the machine's axis of rotation. 
2. Adjust leg pad comfortably behind the ankles..
3. Lower thigh pad to a snug position.
4. Grip handles and stabilize body.

#### Movement

1. Pull down and back against the pad until your feet are below the seat.

 **CAUTION:** *Use only in manner depicted*  
*To avoid serious injury, use equipment only as describe in placards located on each machine.*

#### Seated Leg Curl

