

YMCA machine settings

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1- Hip Abductor - (push out)
Wt - 90

2- Hip Abductor - (push in)
Wt - 80

3- Seated Leg Curl - (push dn)
Wt - 70 Seat - 6

4- Leg Extension - (push up)
Wt - 60 Seat - 6

6- Leg Press
Wt - 100 Seat 7

12- Seated Row
WT - 70 Seat 5

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