



# How-To: EGYM-Devices

**Betriebssportverein BASF Coatings Münster e.V.**

Telefon: +49 2501 14 - 5750

Mail: [betriebssportverein@basf.com](mailto:betriebssportverein@basf.com)

# How-To: Leg press



## Preparation:

- Lean against the seat cushion with your back straight
- Place feet slightly turned outwards and hip-width apart on footplate
- Always place feet on the lower edge of the plate
- Hold on to side handles for more stability
- **Start position:** Adjust footplate with knees bent at 90°.
- **End position:** knees slightly bent to maintain continuous tension in thighs
- **Caution!** Never stretch legs completely

**Betriebssportverein BASF Coatings Münster e.V.**

Telefon: +49 2501 14 - 5750

Mail: [betriebssportverein@basf.com](mailto:betriebssportverein@basf.com)

## Leg press:

Start position:



End position:



# How-To: Lat pull-down



## Preparation:

- Establish a stable sitting position with an upright back
- Slide all the way to the front of the cushion
- Manually secure the cushion on the thighs
- **Start position:** elbows extended, shoulder blades fixed and pulled downwards
- **End position:** arms pulled down to the maximum, without compensation
- Move forearms parallel to the body

**Betriebssportverein BASF Coatings Münster e.V.**

Telefon: +49 2501 14 - 5750

Mail: [betriebssportverein@basf.com](mailto:betriebssportverein@basf.com)

## Lat pull-down:

Start position:



End position:



# How-To: Seated row



## Preparation:

- Place the chest on the chest pad with an upright body
- Place buttocks slightly behind shoulder axis Adjust seat with forearms parallel to the floor (varies depending on grip use)
- **Start position:** upper body upright and arms extended
- **End position:** straight upper body, shoulders pulled back and arms fully extended. Arms in line with the pad surface
- The lower grips are more suitable for beginners, the upper grips for advanced users

**Betriebssportverein BASF Coatings Münster e.V.**

Telefon: +49 2501 14 - 5750

Mail: [betriebssportverein@basf.com](mailto:betriebssportverein@basf.com)

Seated row:

Start position:



End position:



# How-To: Chest press



## Preparation:

- Adjust seat height so that upper handles are between chest and shoulder
- **Start position:** handles reach chest, without compensation
- **End position:** shoulders pulled back and elbows in slightly bent position
- During the exercise, arms are pushed forward against the resistance
- Shoulder blades exert pressure on the pad

**Betriebssportverein BASF Coatings Münster e.V.**

Telefon: +49 2501 14 - 5750

Mail: [betriebssportverein@basf.com](mailto:betriebssportverein@basf.com)



## Chest press:

Start position:



End position:



# How-To: Leg extension



## Preparation:

- Establish a stable sitting position
- Back & pelvis rest on the backrest
- Hold on to side handles for more stability
- Adjust backrest to position machine pivot point at knee joint level
- Resistance pad placed just above upper ankle joint (distal tibia)
- **Start position:** Knee joints in maximum flexion, or just above 90°
- Caution! At 90° the kneecap contact pressure is highest
- **End position:** Maximum extension of the knee joint (controlled muscle movement in end position)
- Keep toes lifted

**Betriebssportverein BASF Coatings Münster e.V.**

Telefon: +49 2501 14 - 5750

Mail: [betriebssportverein@basf.com](mailto:betriebssportverein@basf.com)

## Leg extension:

Start position:



End position:



# How-To: Leg curl



## Preparation:

- Establish stable sitting position - with buttocks firmly against the backrest
- Keep abdominal tension
- Adjust the backrest of the seat until the center of the knee joint is in line with the axis of rotation of the machine.
- Lower roll at the level of the Achilles tendon-calf connection
- **Start position:** slightly bent knee joint
- **End position:** bend knee joint as far as possible Fix thigh roll manually only when start and end position are set
- Hold lateral handles for stabilization
- Keep legs parallel and lift toes

**Betriebssportverein BASF Coatings Münster e.V.**

Telefon: +49 2501 14 - 5750

Mail: [betriebssportverein@basf.com](mailto:betriebssportverein@basf.com)

## Leg curl:

Start position:



End position:



# How-To: Abdominal trainer



## Preparation:

- Establish a stable sitting position
- Place feet on rungs with thighs parallel to the floor
- Do not tuck the feet in between the rungs
- Chest roll at the level of the head of the upper arm
- **Start position:** body in neutral spine position
- Arms stretched out to the sides, hands next to the body, thumbs rotated outwards
- **End position:** Results from maximum bending and rolling forward

**Betriebssportverein BASF Coatings Münster e.V.**

Telefon: +49 2501 14 - 5750

Mail: [betriebssportverein@basf.com](mailto:betriebssportverein@basf.com)

Abdominal trainer:

Start position:



End position:



# How-To: Back extension



## Vorbereitung:

- Establish stable sitting position, buttocks completely backwards
- Sternum lifted
- Pelvis tilted forward
- Feet centered on footplate, knees slightly bent
- Back roll to the center of the shoulder blades
- Arms stretched out to the sides, hands next to the body, thumbs rotated outwards
- **Start position:** Maximum forward bend of the upper body with straight back
- **End position:** Complete extension all the way to the backrest , without compensation Upper body upright - pressure against backrest cushion with straight back

**Betriebssportverein BASF Coatings Münster e.V.**

Telefon: +49 2501 14 - 5750

Mail: [betriebssportverein@basf.com](mailto:betriebssportverein@basf.com)



## Back extension:

Start position:



End position:

