



Illinois Valley YMCA: Instructional and Demonstration Videos of the Machines that we have at our facility

In order to view a particular video in the Media Player, use the arrows in the BROWSE section to select from the variety of machines we offer at our facility. Below is a list of machines that we offer.

Not all of our machines in the Wellness Center have videos that correlate with them on this Media Player at this time.

Hammer Strength Plate Loaded

Iso-Lateral Bench Press	Iso-Lateral Decline Press
Iso-Lateral Front Pulldown	Iso-Lateral Horizontal Bench Press
Iso-Lateral Incline Press	Iso-Lateral Rowing
Iso-Lateral Shoulder Press	Gripper
Seated Biceps	Seated/Standing Shrug
Iso-Lateral Leg Curl	Iso-Lateral Leg Extension
Iso Lateral Leg Press	Leg Press
Linear Leg Press	Seated Calf Raise

Hammer Strength MTS

Iso-Lateral Biceps Curl	Iso-Lateral Triceps Extension
Iso-Lateral Chest Press	Iso-Lateral Incline Press
Iso-Lateral Decline Press	Iso-Lateral High Row
Iso-Lateral Pulldown	Iso-Lateral Shoulder Press
Iso-Lateral Leg Extension	(V)- Squat
Abdominal Crunch	

Hammer Strength Bench/Rack

Smith Machine

Hammer Strength Ground Base

Jammer

Squat/Lunge

Signature Series Strength

Chest Press

Triceps Press

Row/Rear Delt

Biceps Curl

Pulldown

Fly

Seated Leg Curl

Leg Extension

Seated Leg Press

Glute

Signature Series Cable Motion

Pulldown

Row

Shoulder Press

Dual Adjustable Pulley

Cable Column

Pro2 Series

Lateral Raise

Assisted Chin/Dip

Hip Adduction

Hip Abduction

Horizontal Calf

Leg Curl