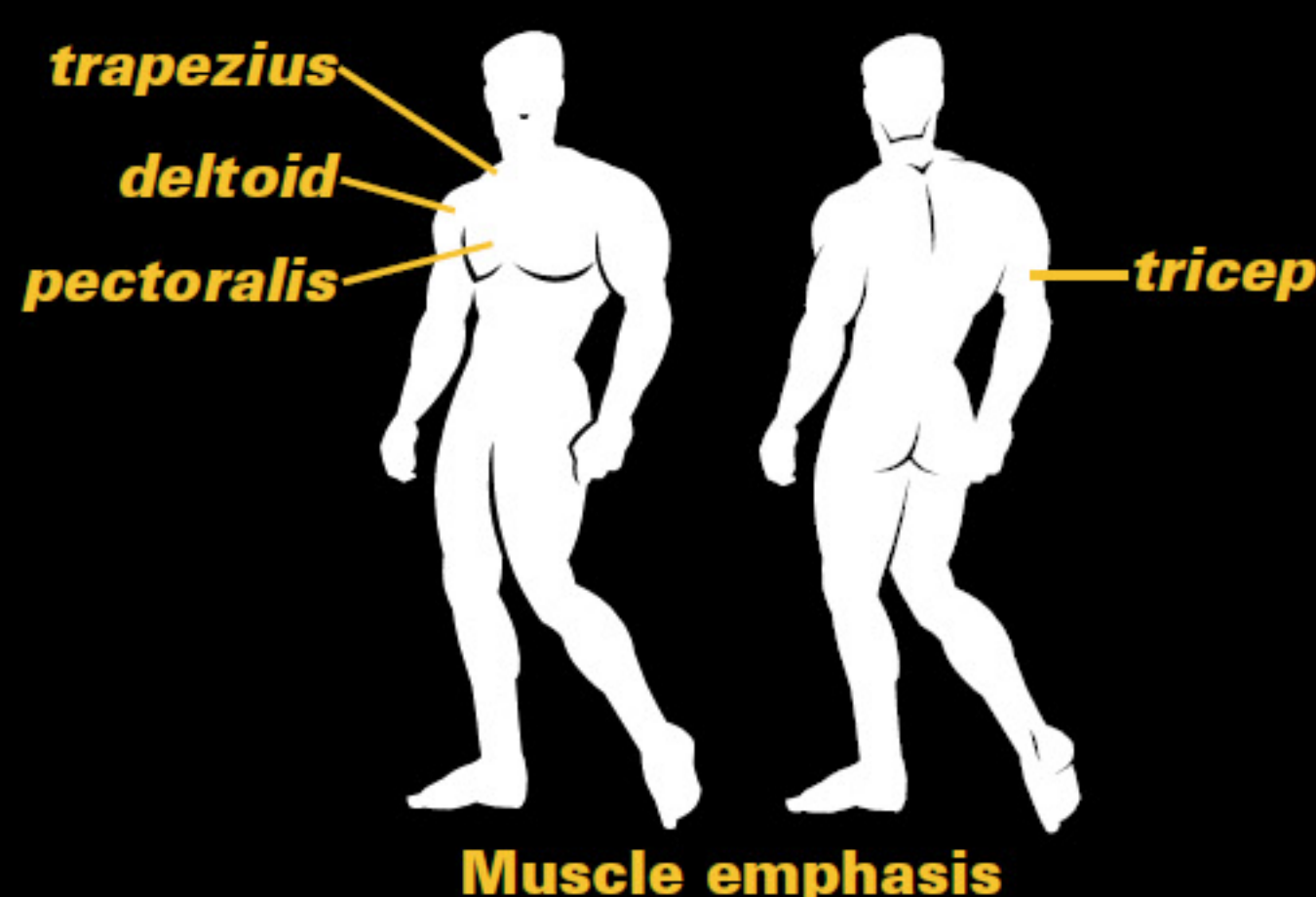


# Chest, Shoulders & Triceps

## STRAIGHT PRESS



1. Select desired weight.
2. Adjust seat so the press handles are at mid-chest level.
3. Exhale while pushing the press handles out to a full extension.
4. Inhale while returning to the start position in a slow and controlled manner.



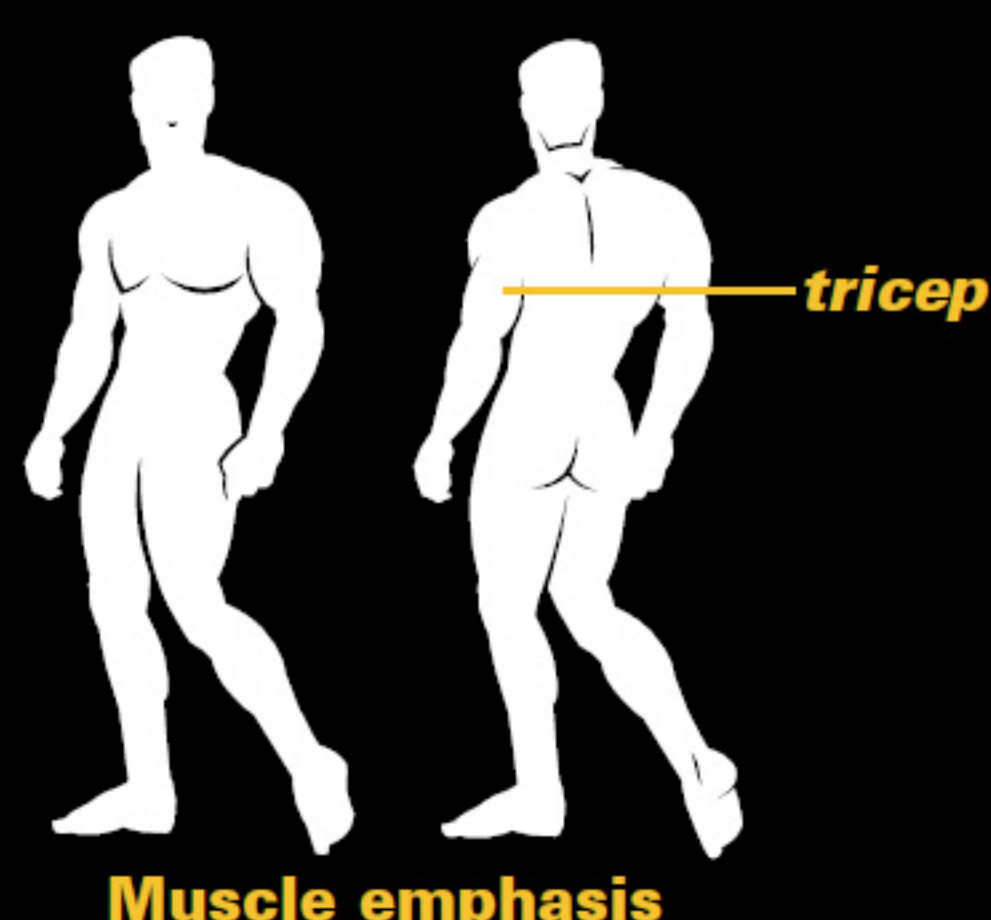
Always consult a physician or exercise professional before starting this or any exercise program

## Back of Arms (triceps)

### TRICEP EXTENSION



1. Select desired weight.
2. Adjust seat height to the desired position.
3. While in the seated position reach back and grasp the tricep strap, positioning it behind your head.
4. With your lower back firmly against the back pad, exhale while pushing the strap over your head and away from your body to a full extension.
5. Inhale while returning to the start position in a slow and controlled manner.



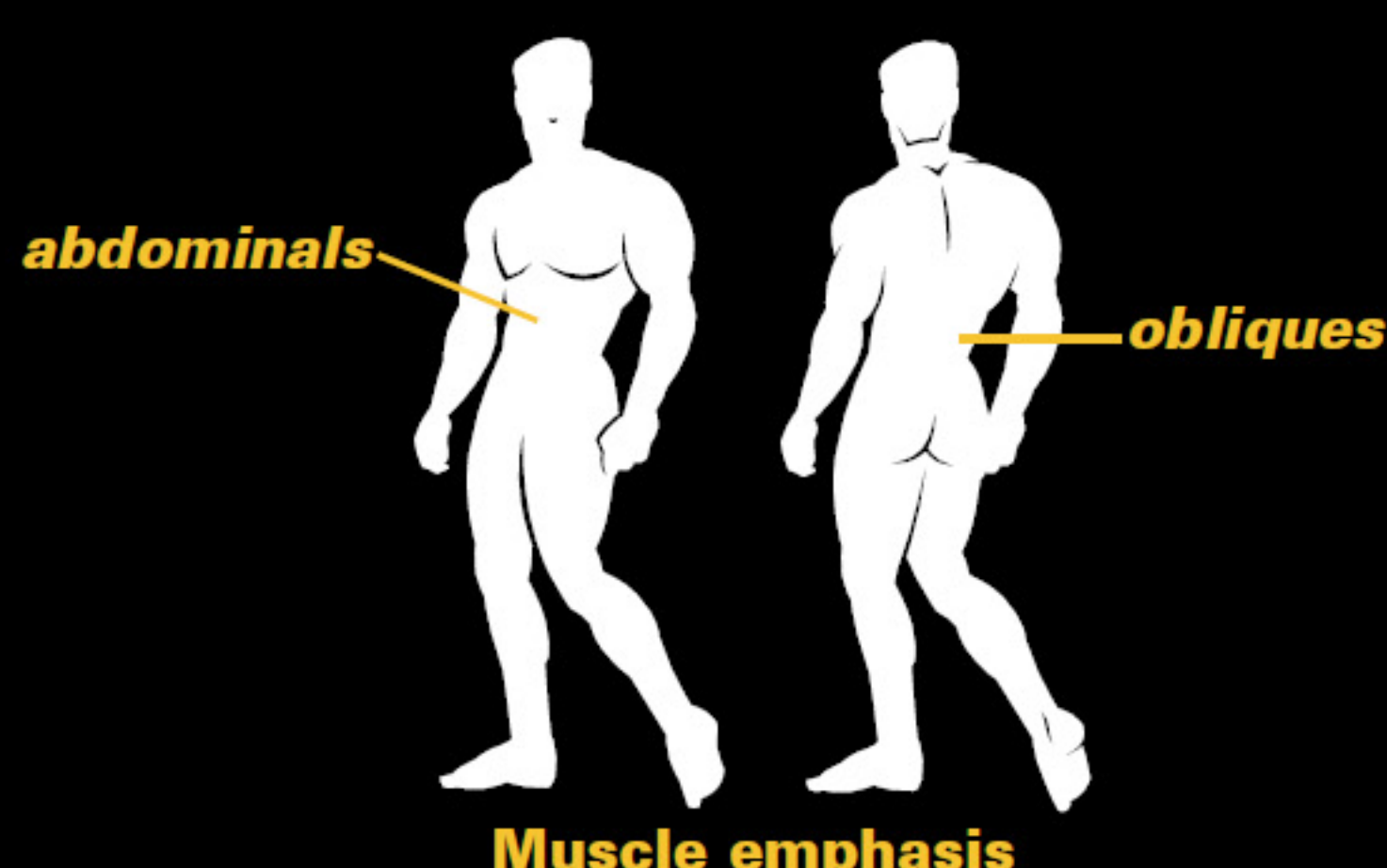
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## Mid Section (abdominals)

### ABDOMINAL CRUNCH



1. Select desired weight.
2. Adjust seat height to the desired position.
3. While in the seated position reach back and grasp the strap, positioning it behind your neck.
4. With your lower back firmly against the back pad, exhale while driving your elbows downward towards your hips.
5. Inhale while returning to the start position in a slow and controlled manner.



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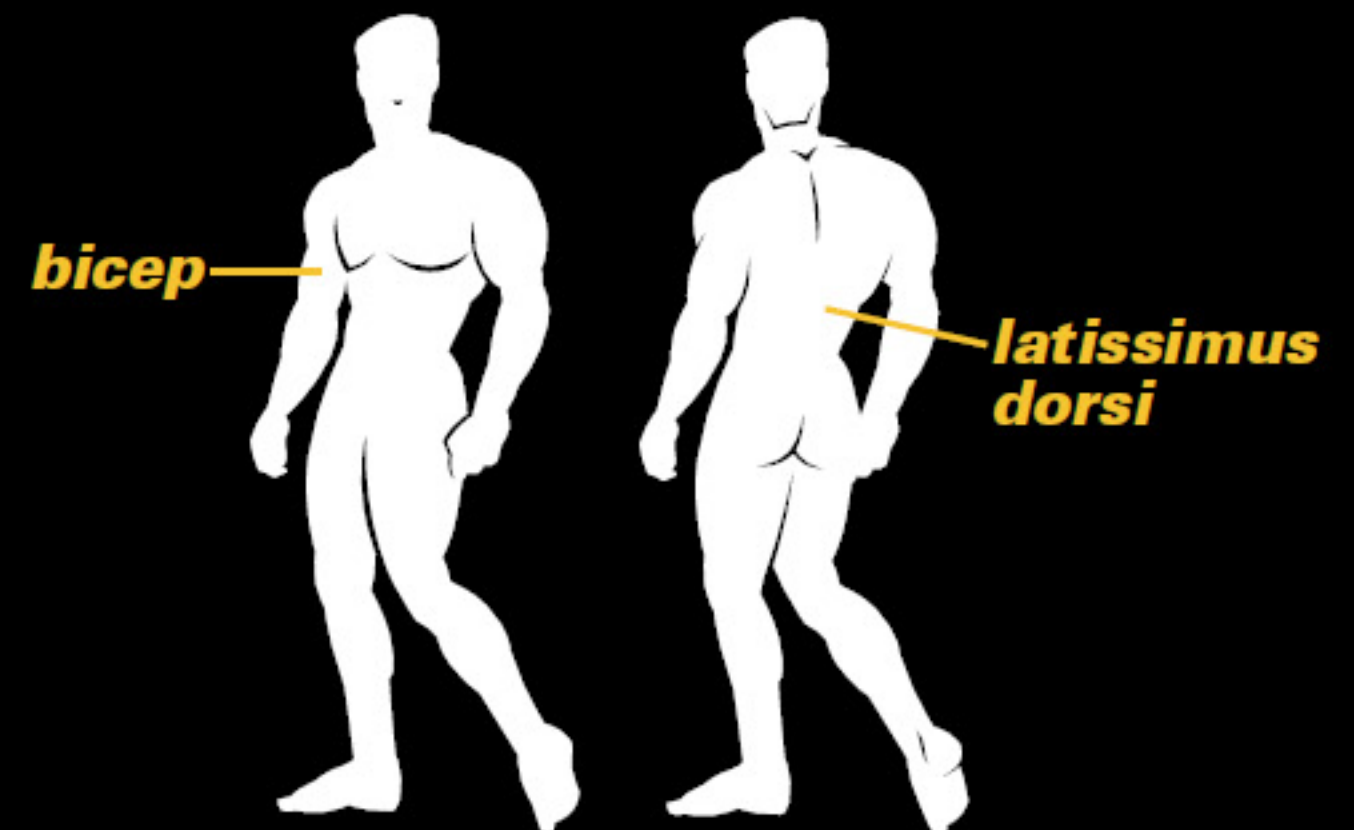


# Arms & Back (latissimus dorsi)

## LAT PULL



1. Select desired weight.
2. Adjust seat pad to the desired position.
3. Grasp the lat pull handles.
4. Secure your body by positioning your knees within the thigh hold down pads.
5. Exhale while pulling the lat pull handles towards your upper chest.
6. Inhale while returning to the start position in a slow and controlled manner.



Muscle emphasis

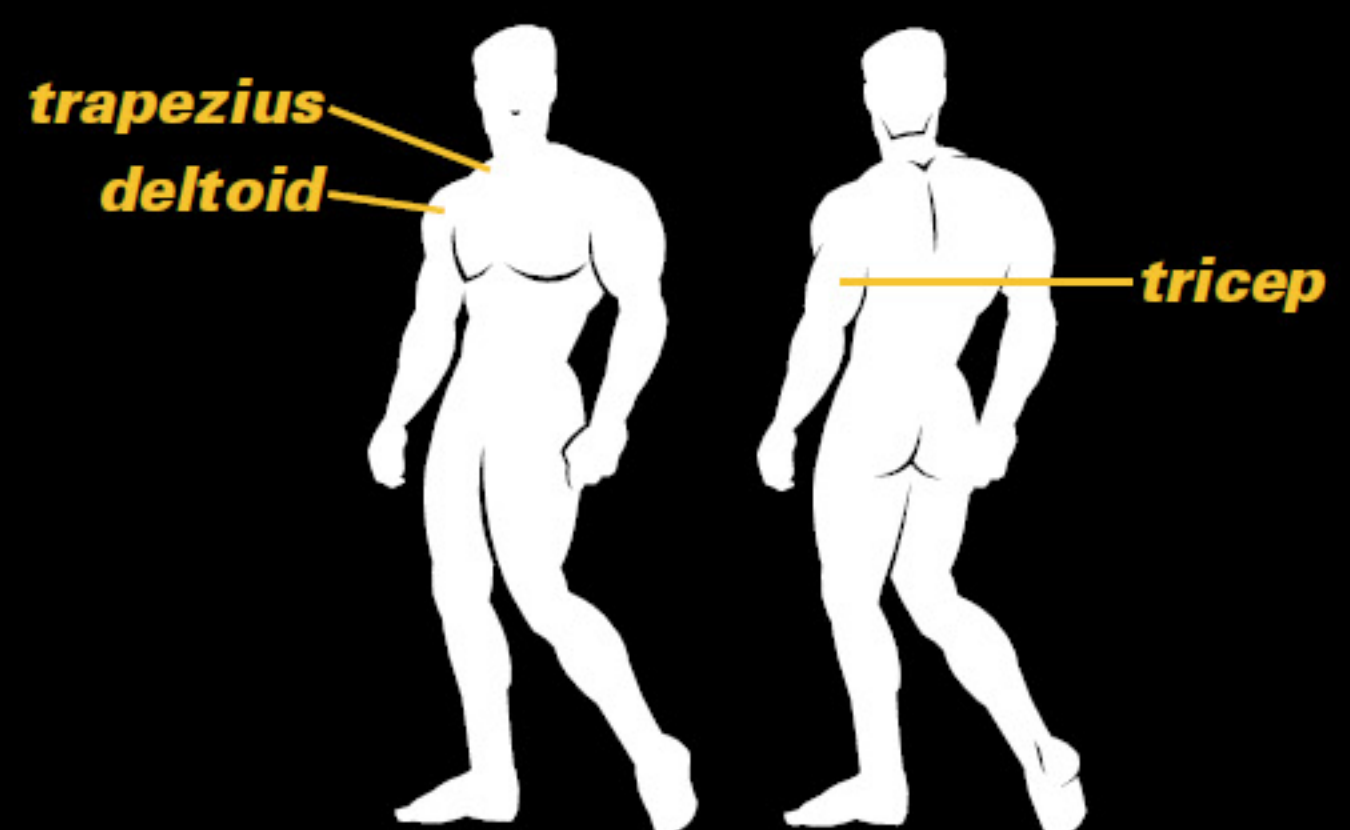
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# Arms & Shoulders (deltoids)

## SHOULDER PRESS



1. Select desired weight.
2. Adjust seat so the press handles are at shoulder level.
3. Exhale while pushing the press handles overhead to a full extension.
4. Inhale while returning to the start position in a slow and controlled manner.



Muscle emphasis

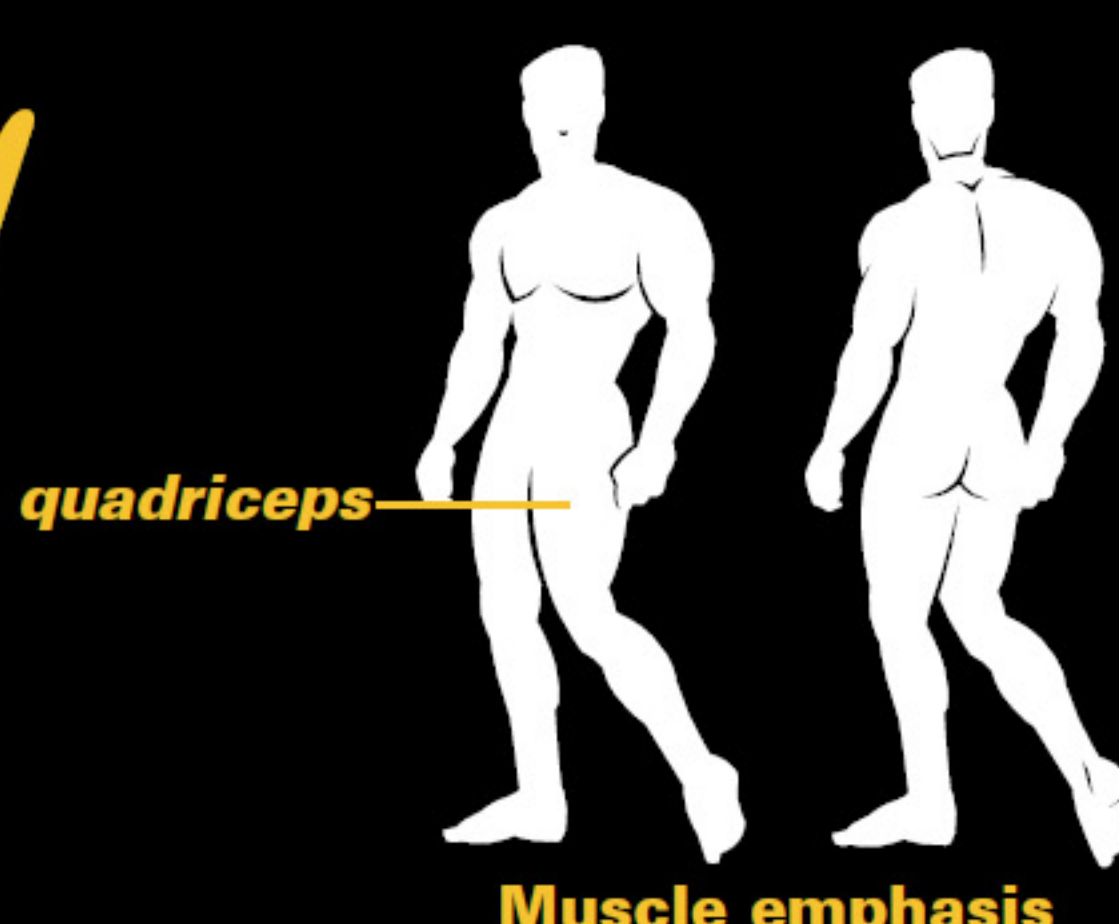
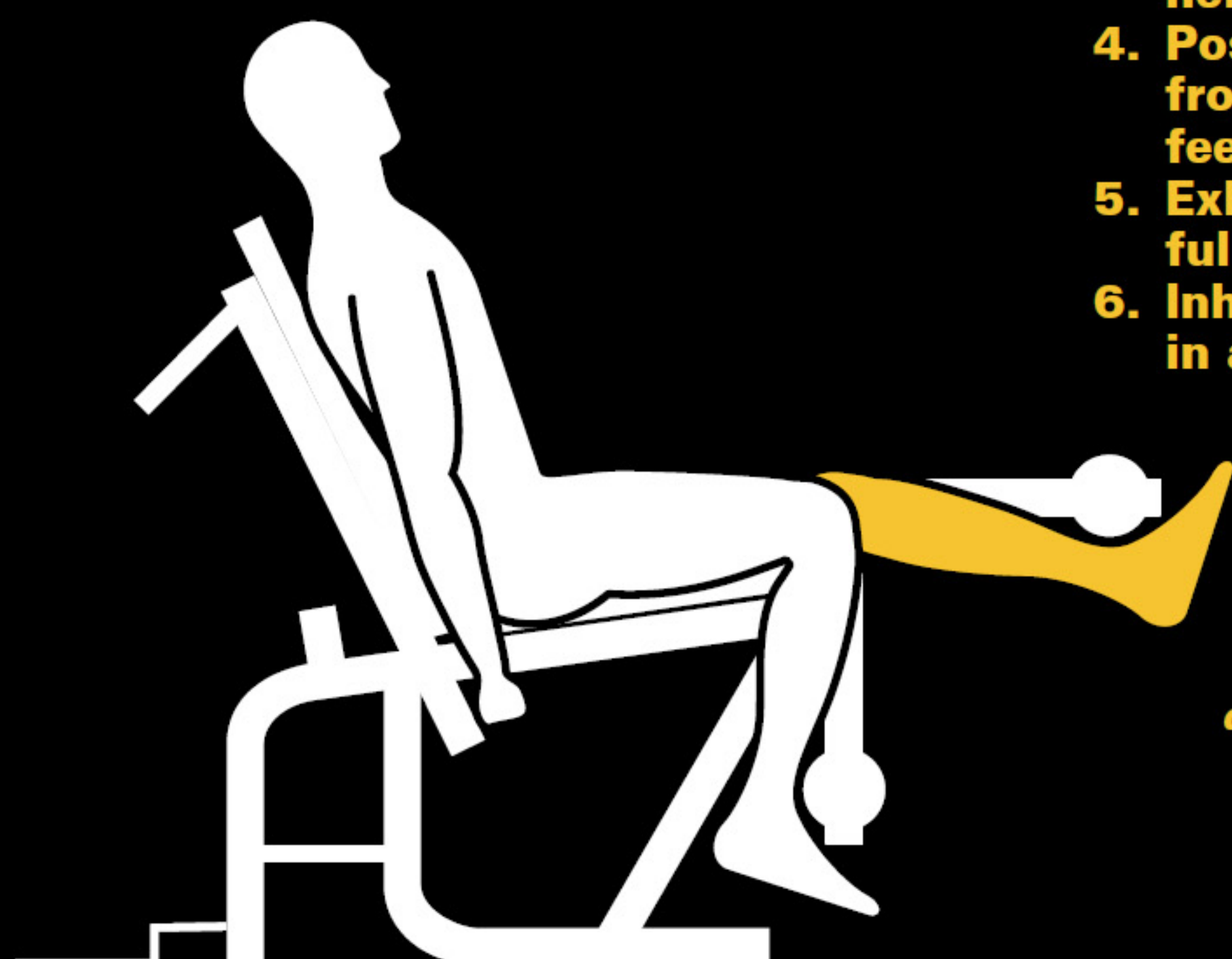
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## Front of Legs (quadriceps)

### LEG EXTENSION

1. Select desired weight.
2. Adjust seat back pad to the inclined position.
3. While seated, adjust lower rollers to ankle height.
4. Position the back of your knees against the front of the lower seat pad and top of your feet behind the lower roller pads.
5. Exhale while extending your legs out to a full extension.
6. Inhale while returning to the start position in a slow and controlled manner.



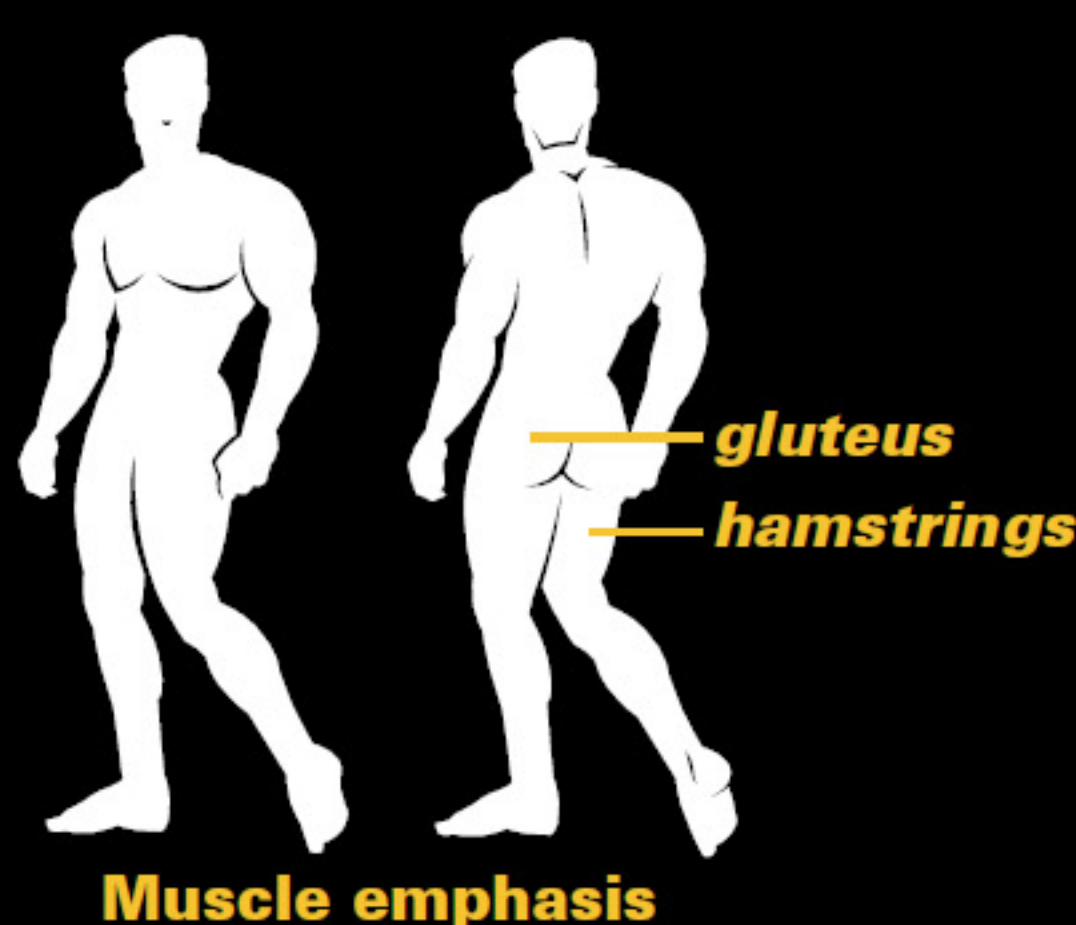
Muscle emphasis

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## Glutes, Back of Legs (hamstrings)

### LEG CURL

1. Select desired weight.
2. Adjust seat back pad to the declined position.
3. Lie with your body facing down against the seat pads.
4. Position your knees slightly beyond the front of the lower seat pad and the backs of your ankles under the upper roller pads.
5. Exhale while bringing your legs towards your buttocks to a full contraction.
6. Inhale while returning to the start position in a slow and controlled manner.



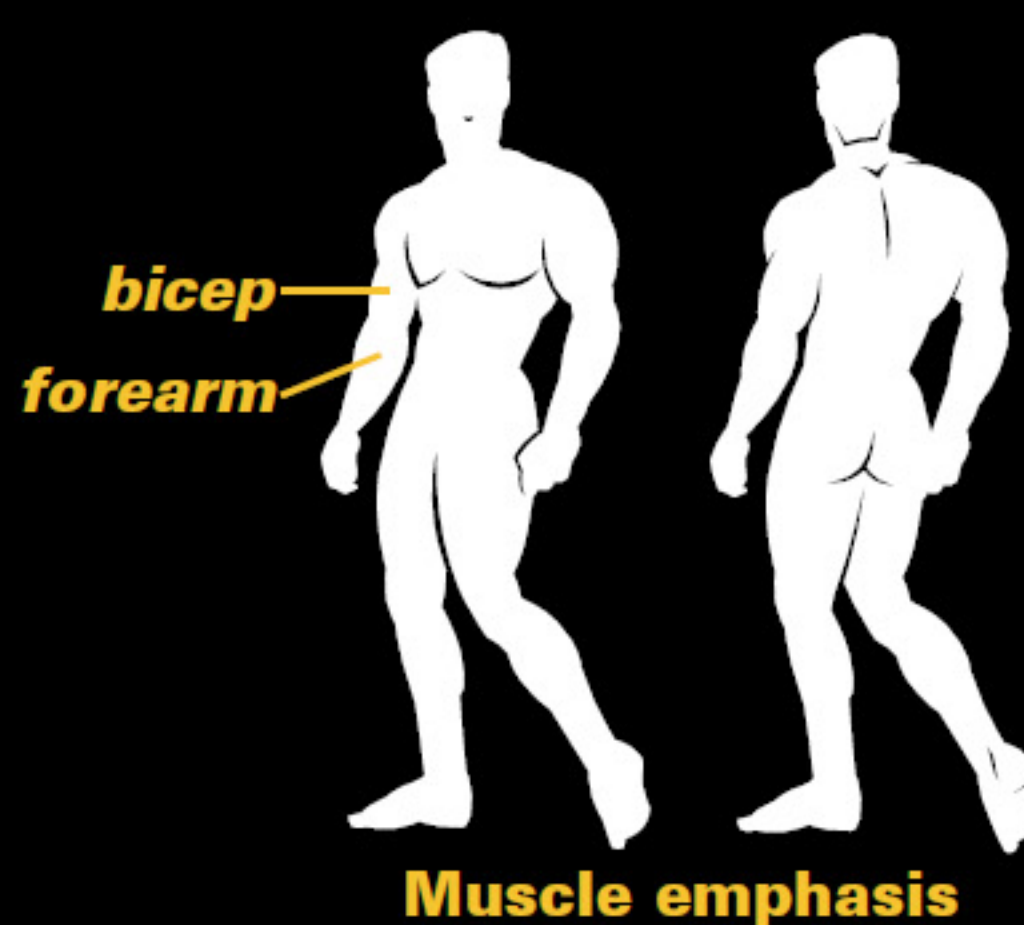
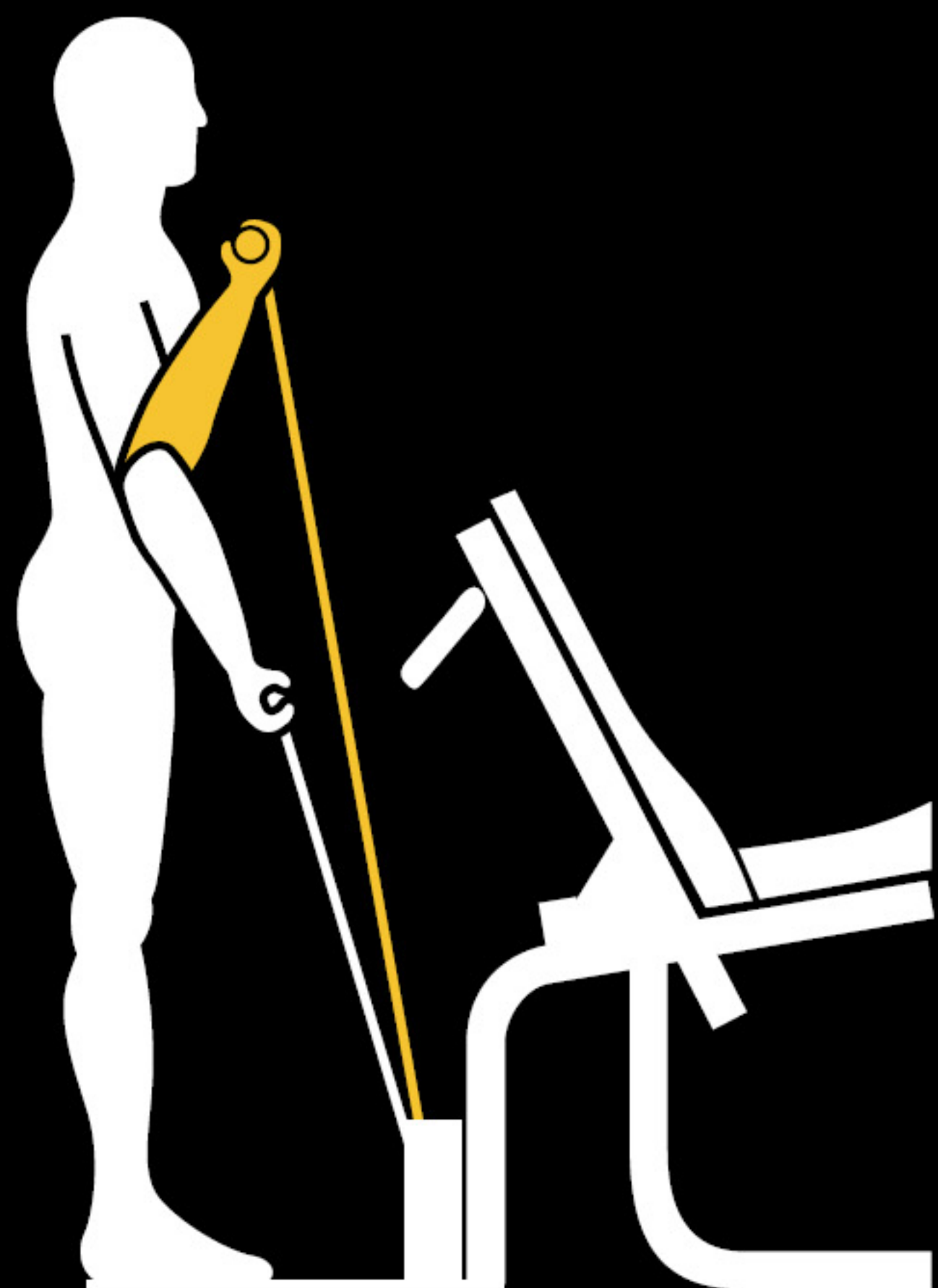
Muscle emphasis

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## Front of Arms (biceps)

### BICEP CURL

1. Select desired weight.
2. Stand facing the machine with both feet positioned securely on the foot platform.
3. Grasp the straight bar with palms facing up and slowly curl the bar upwards to your chest.
4. Inhale while returning to the start position in a slow and controlled manner.



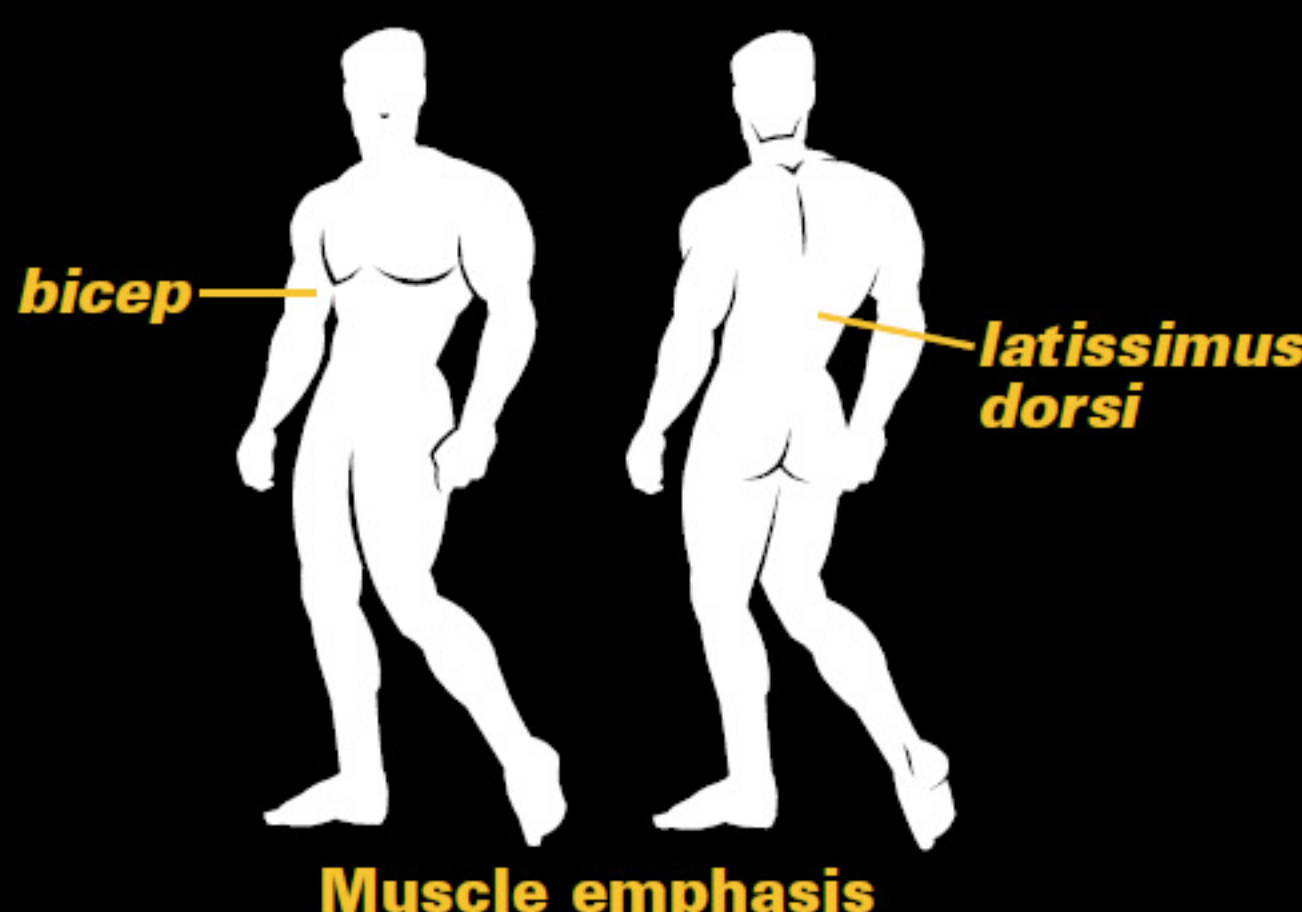
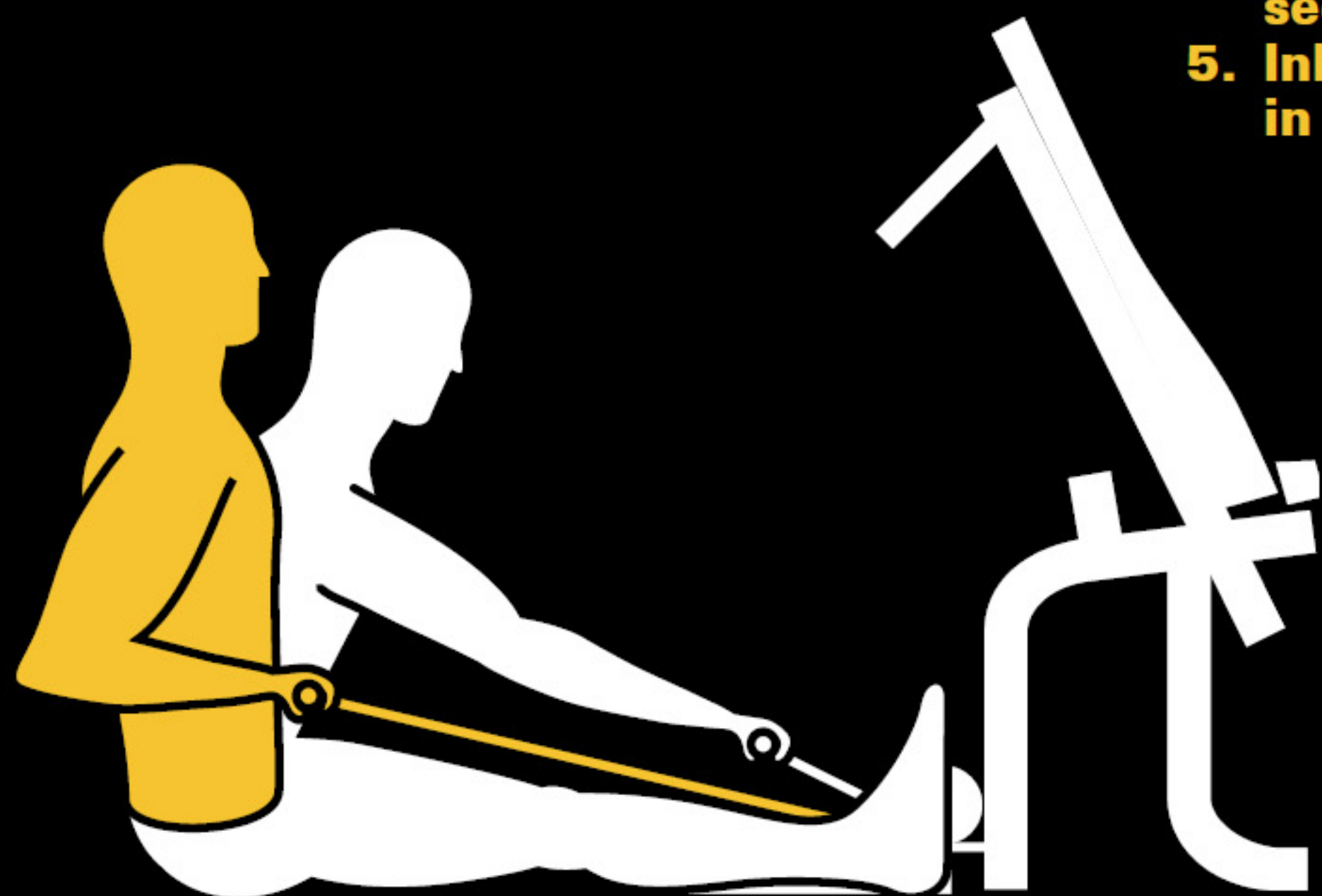
Muscle emphasis

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## Arms & Back (teres major)

### SEATED ROW

1. Select desired weight.
2. Sit on floor with feet placed securely against low pulley attachment tube.
3. With torso slightly bent, reach forward grasping row handle with palms facing down.
4. Exhale while pulling handle toward mid-section.
5. Inhale while returning to the start position in a slow and controlled manner.



Muscle emphasis

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