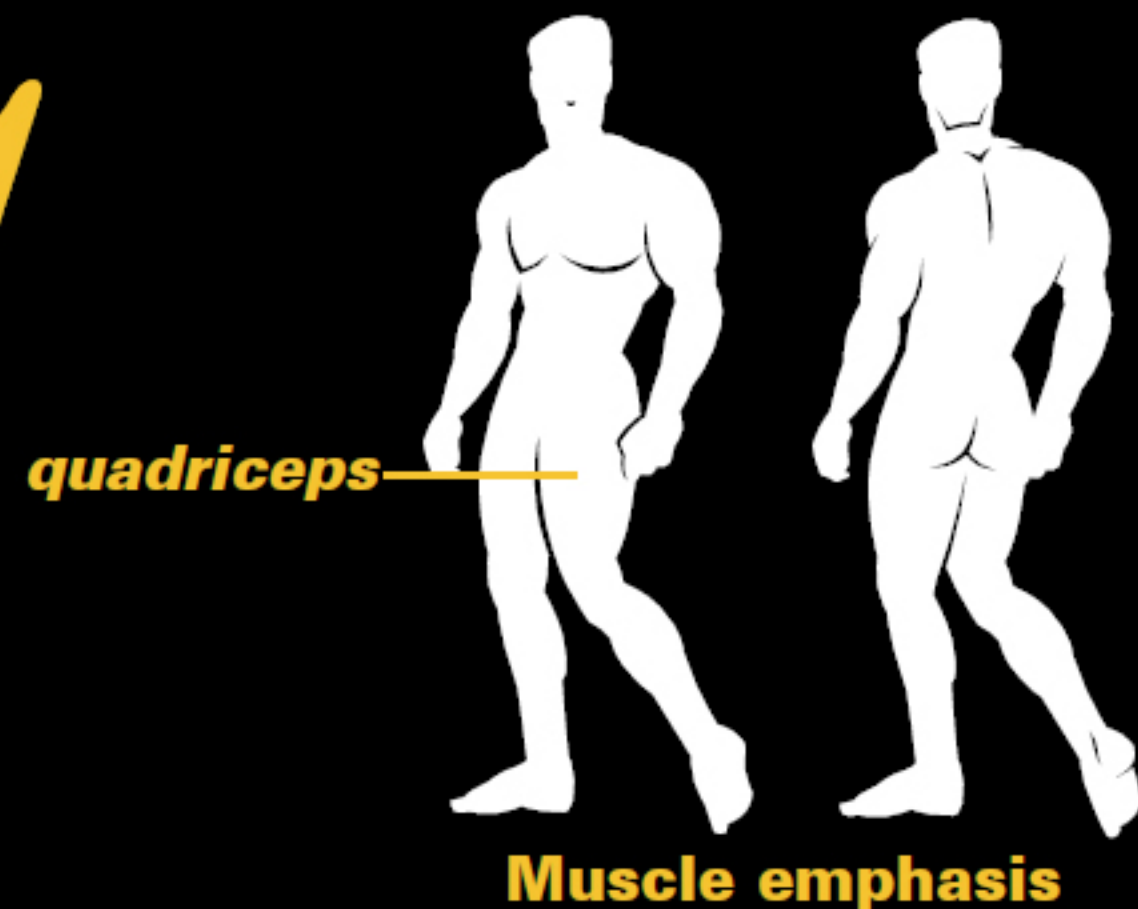


Front of Legs (quadriceps)

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.

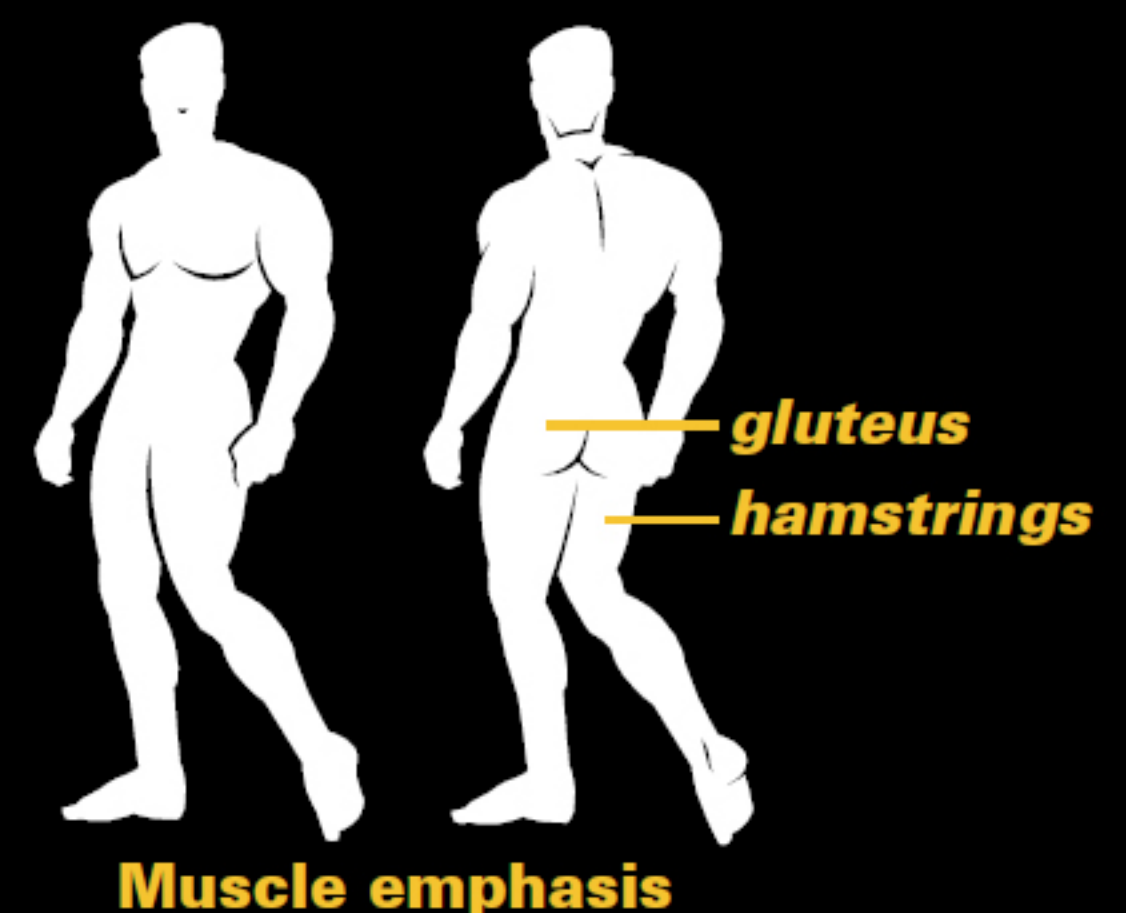


Always consult a physician or exercise professional before starting this or any exercise program

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.



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

Front of Arms (biceps)

BICEP CURL



1. Select the desired weight.
2. Stand facing the machine.
3. Grasp the handles or 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

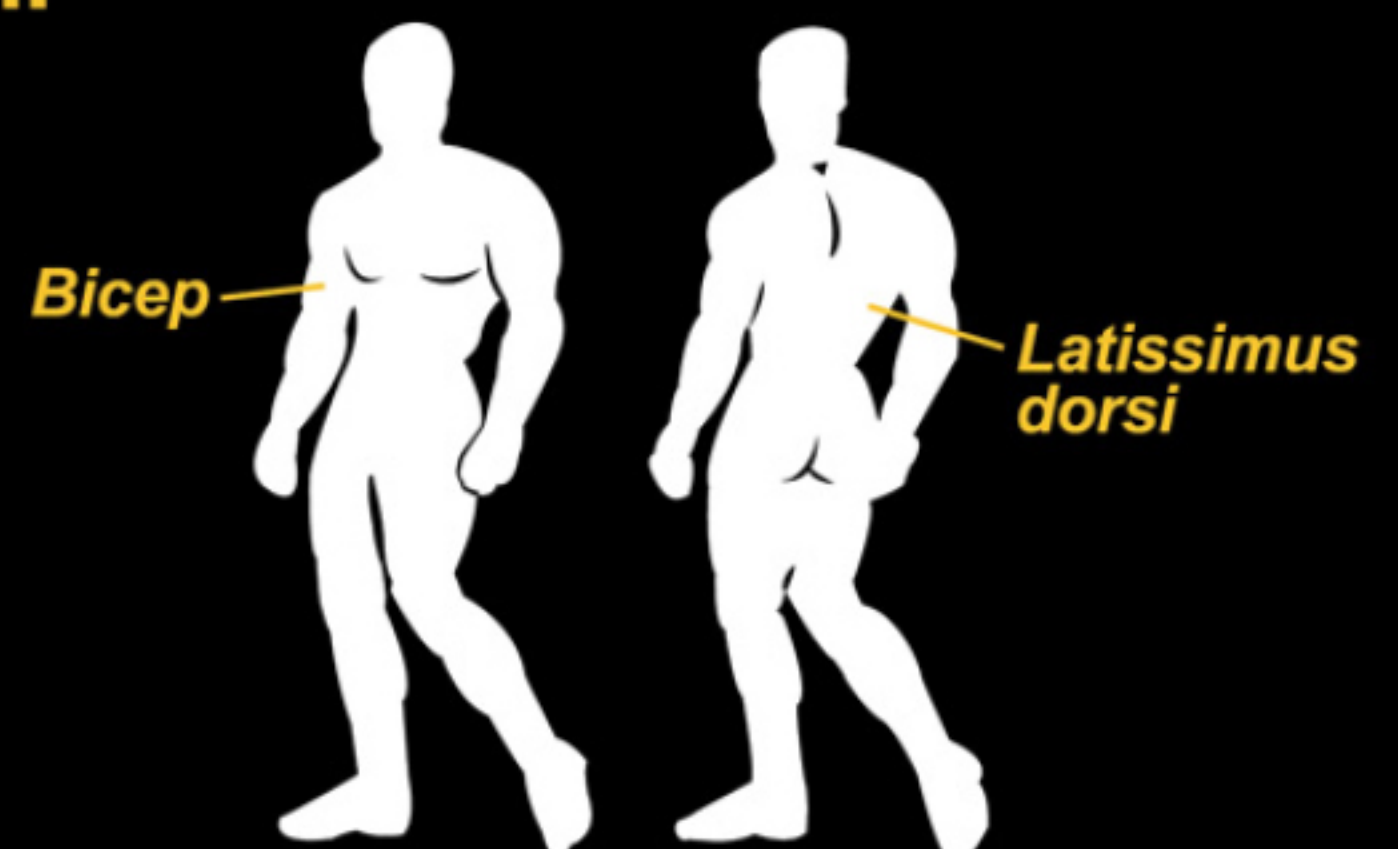
Always consult a physician or exercise professional before starting this or any exercise program

Arms & Back (teres major)

SEATED ROW



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



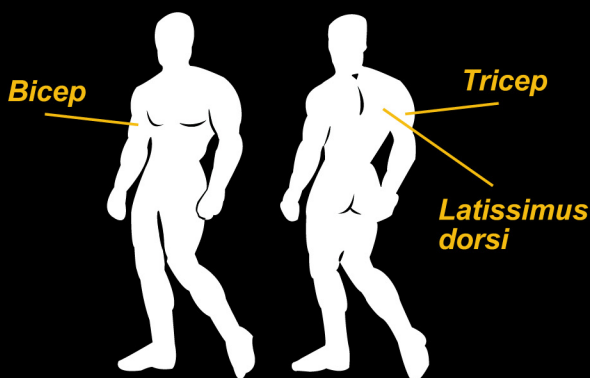
Muscle Emphasis

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

Arms & Back

LAT PULLDOWN

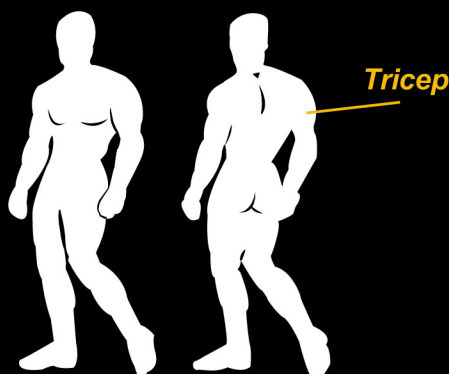
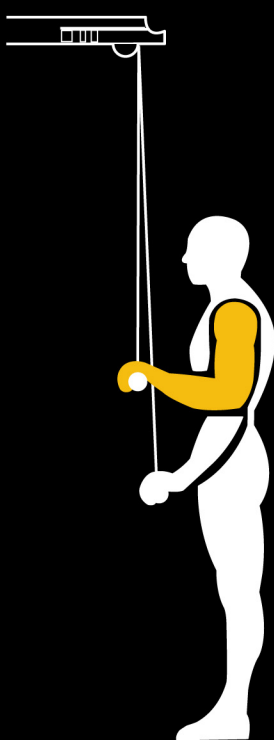
1. Adjust the arm/thigh pad so it rests against your thighs when seated.
2. Select the desired weight.
3. Grip the lat bar.
4. Once seated, slide your knees under the arm/thigh pad.
5. Exhale while pulling the bar down towards your upper chest.
6. Inhale while returning to the starting position in a slow and controlled manner.



Muscle Emphasis

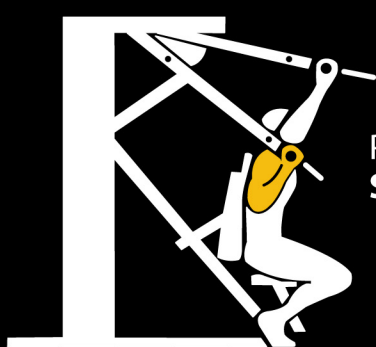
TRICEP PUSHDOWN

1. Stand in a position straddling the seat pad, allowing you to easily reach the lat bar,
2. Select the desired weight.
3. Grasp the lat bar with a palms-down grip, shoulder width apart.
4. Exhale while extending the bar downward completing a full extension.
5. Inhale while returning to the starting position in a slow and controlled manner.

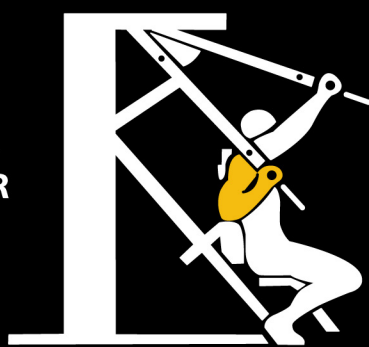


Muscle Emphasis

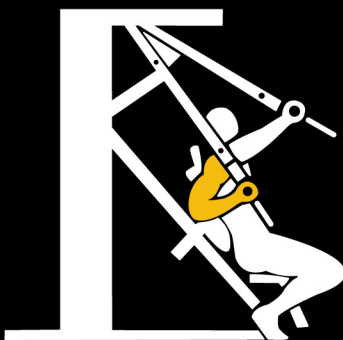
Chest, Shoulders & Triceps



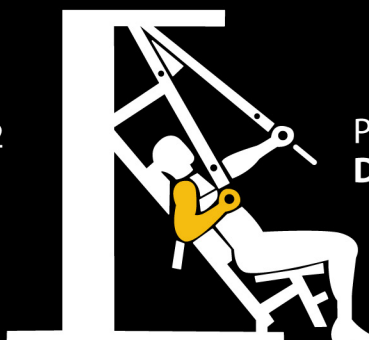
POSITION 4
SHOULDER



POSITION 3
INCLINE



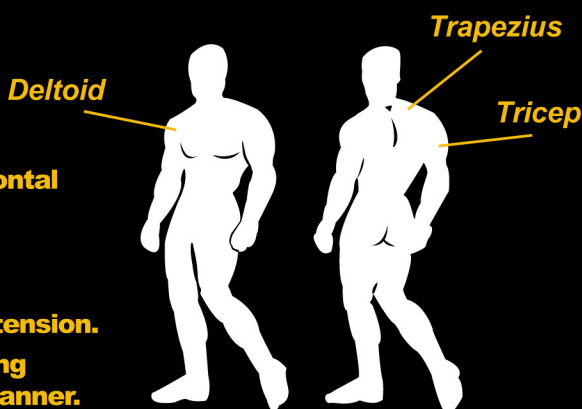
POSITION 2
CHEST



POSITION 1
DECLINE

For the desired press position, match the numbers on the press arm to the corresponding numbers on the seat back

1. Adjust seat so that the lower horizontal handle of the press arm is at mid chest level.
2. Select the desired weight.
3. Exhale while pushing out to full extension.
4. Inhale while returning to the starting position in a slow and controlled manner.



Muscle Emphasis