

# **BOWFLEX<sup>®</sup>** **MOTIVATOR<sup>®</sup>**

**FOR ALL MOTIVATOR MODELS**



**Strength  
Training  
Systems**

## Owner's Manual & Fitness Guide

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**BOWFLEX<sup>®</sup>**  
**FITNESS**

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# Getting To Know Your Machine

CONGRATULATIONS on your commitment to fitness! By choosing Bowflex® to be your partner in your quest for fitness, you've chosen a machine that can deliver on its promises!

The resistance and aerobic training that can be performed on the Bowflex® Home Gym is unmatched by any other single piece of home fitness equipment available. You have definitely made the right decision!

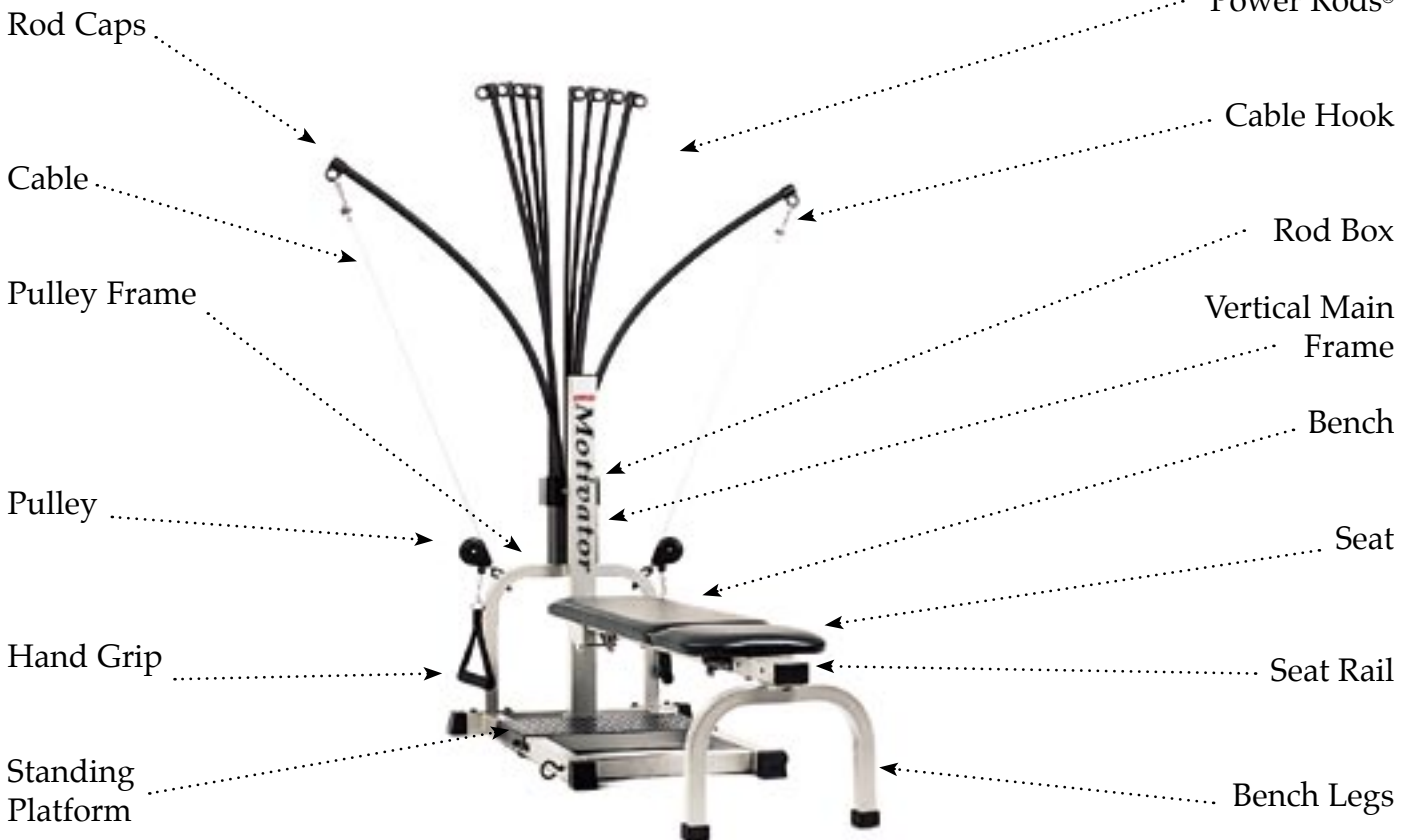
In this owner's manual you will find detailed information on a wide variety of exercises, and workout programs.

before attempting to use your Bowflex® Home Gym. It is important that you understand how to properly perform each exercise before you attempt to perform the exercise with the Power Rod® Resistance attached to the cables.

With all of the fitness choices available today, we understand that choosing a piece of equipment can be very confusing. Everyone at Nautilus, Inc. would like to thank you for your trust and your confidence in our product. Bowflex® Home Gym is as good as we say it is, and you're just about to prove it to yourself.

Again, thank you for choosing Bowflex®.

Please take your time to read through the entire manual



**THE BOWFLEX® MOTIVATOR®**

# Using Your Machine

## Power Rod® Resistance

Power Rod® units are made from a special composite material. Your rods are sheathed with a protective black rubber coating. Each rod is marked with its weight rating on the "Rod Cap".



### Adjusting And Understanding The Resistance

The standard Bowflex comes with 210 pounds of resistance (one pair of 5 pound rods, two pair of 10 pound rods, one pair of 30 pound rods, and one pair of 50 pound rods).

If you upgraded to a 310 or 410 pound capacity you will have an additional one or two pair of 50 pound Power Rod® units, respectively.

### Hooking The Power Rod® To The Cables

You may use one rod or several rods in combination, to create the desired resistance level. To hook multiple rods up to one cable, simply bend the furthest forward rod toward the cable and place the cable hook through the rod cap. Now you can hook up the next furthest back rod.



Hooking up the most forward rod prevents rods from being crossed over the top of one another.



### When You Are Not Using Your Bowflex®

Disconnect the cables from the Power Rod® units when you are not using your Bowflex®.

Use the rod binding strap included with your machine to bind all the rods together at the top. You can also place your cables and grips through the strap to keep them out of the way.



**To Order Additional Sets Of 50 lb Power Rod® Units Please Call 1-800-269-3539**

# Using Your Machine

## The Workout Bench

Your Bowflex® Home Gym has three different bench positions. To adjust the bench simply remove the bench seat pin and move bench to the desired position. Replace the pin and threaded knob when finished.



Position 1



Position 2



Position 3



## Mounting The Incline Bench

Sit on bench and reach back, one arm at a time, grasping hand grips KEEPING HANDS DOWN AND PALMS UP. Curl your hands up towards the front of your shoulders AND turn your wrists so that your palms now face away from you. The cables will now be over your elbow.



## The Standing Platform

Your Bowflex® Home Gym has three standing platform positions available. Simply lift platform off machine to adjust positions. Platform locks in place when slots on platform sides fit over pre-placed pegs or J-hooks.

# Using Your Machine

**Ankle Cuff:** The ankle cuff fits snugly around your ankle and secures with a standard “hook & loop” set up. Attach the cable snap to the D-Ring on the cuff.

**Folding & Moving Your Bowflex® Home Gym:** Folding and moving your Bowflex® Home Gym is easy. Follow the simple steps below to fold your Bowflex® Home Gym.

- 1) Unscrew the threaded knob from the top of the seat rail (near the label).
- 2) Lift bench up.
- 3) Secure bench by inserting threaded knob into bottom hole of bench bracket.



## Maintenance & Care Of

**Your Bowflex® Home Gym:** Your Bowflex® Home Gym requires very little maintenance. To keep your Bowflex® Home Gym in top condition check all fasteners and Rod Caps before each workout and tighten as needed.

Clean the bench with a non abrasive cleaner after each use. This will keep it looking new. Any non abrasive household cleaner or soap works well. Many automotive interior cleaners make surfaces too “slick” and should not be used.

If you have any questions regarding maintenance please call our customer service department at 1-800-269-3539.

## Optional Equipment

Nautilus, Inc. is constantly working to provide you with the latest innovation and information to help you reach your goals.

## The Bowflex® Home Gym Leg Extension / Leg Curl Attachment

This attachment is designed to add more effectiveness to all exercise routines where “leg work” is required.



### Safety

- Before using the attachment make sure that all fasteners are in place and tightened.
- Make sure that the attachment’s cables are securely fastened to the regular Bowflex cables.
- Always use the supplied pin to secure the attachment to your Bowflex.

## The Bowflex® Home Gym Lat Pulldown Attachment.

This attachment enhances several “Back” exercises and Triceps exercises.



### Safety

- Before using the attachment make sure that all fasteners are in place and tightened.
- Make sure that the attachment’s cables are securely fastened to the regular Bowflex® Home Gym cables.
- Always use the “Bar Holders” to support the lat pulldown bar or remove the bar when not in use.

# WARNING!

**Before beginning any exercise program consult your physician or health care professional. Only he or she can determine the exercise program that is appropriate for your particular age and condition. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the exercise and consult your physician.**

## **For Your Safety Please Follow These Instructions**

Keep your body weight on the machine, bench, or standing platform while exercising.

When using the Bowflex® Home Gym for standing leg exercises, always grasp the Power Rod® units for stability.

Keep out of the path of the Power Rod® units when exercising and make certain that observers also stand clear of the Bowflex® Home Gym when the Power Rod® units are in use.

Never move or adjust the bench while sitting or lying on the bench. Never stand on the bench.

Before exercising, make sure that the seat adjustment lock is securely fastened and the bench is firmly in place.

Inspect your machine before each workout. Periodically check all fasteners to make sure none have loosened with use. Tighten if necessary.

When hooking up Power Rod® units do not stand directly looking over the top of the rods. Stand off to the side while attaching rods.

Never attempt to exercise with more resistance than you are physically able to handle.

Keep cables and Power Rod® units bound with the rod binding strap when the Bowflex® Home Gym is not in use.

# Defining Your Goals

Your body will do what you train it to do. That's why it's important to define your goals and focus on those goals. Here are some fitness components that will help you define your goals and choose your fitness program.

**Muscle Strength** is the maximum force that you can exert against resistance at one time. Your muscle strength comes into play when you pick up a heavy bag of groceries or lift a small child. It is developed when a localized muscle is worked both positively (concentric) and negatively (eccentric) at a resistance - great enough so you can perform only five to eight repetitions of the exercise before the muscle fails. Each set of repetitions is followed by a rest interval that typically runs three times longer than the set. Later, between exercise sessions, the muscle overcompensates for the stress and usually increases in both strength and size.

**Muscle Endurance** is the ability to perform repeated contractions. It comes into play when you cross-country ski or work on your feet all day. Endurance training addresses the slow twitch, endurance muscle fibers, which depend on oxygen for energy. To develop muscle endurance, use low resistance and high repetitions - about 15-20 repetitions in each set, three sets to each exercise, working the muscle only to fatigue.

**Muscle Power** is the combination of strength and speed of the muscular contraction. This is often misinterpreted as a) being directly associated with certain skill or sport and/or b) meaning that you must move fast. Load is actually a more important factor than speed when attempting to improve power. When training to achieve muscular power, pick a resistance that fatigues you in the 3-5 repetition range. When performing these reps, it is more important to think of contracting the muscles faster rather than attempting to move faster. Performing sport simulation exercises usually results in a deterioration of the motor pattern or skill. The biomechanically sound method of improving power in your sport is to train

for power using the correct joint movements, as described in this manual. Then practice the skill associated with your sport, learning to apply this newly achieved power.

**Body Composition** is the ratio of fat weight (fat) to lean weight (muscles, bones and tissue). As you age, the ratio shifts. The fat weight increases and the lean weight decreases. Training for muscle strength will generally increase muscle size and aerobic conditioning will help burn extra calories. Performing these two forms of exercise, either at different times or together, will create the greatest changes in body fat weight.

**Balanced Strength** and alignment are the result of equal strength developed in all parts of the body. It comes into play in your standing and sitting posture, and in your ability to perform just about any activity safely and effectively. An over-development of the back will round the shoulders; weak or stretched abdominals can cause lower back pain. You want a balance of muscle strength in front and back. In addition, you need a balance of strength between your middle, lower, and upper body.

**Flexibility** is the ability of a muscle or group of muscles to move the joint through a full range of motion. Flexibility comes into play when you execute an overhand serve or stretch for the top shelf in the kitchen. It is a cooperative movement of opposite muscle groups. When a muscle contracts, its opposite muscle group must relax for the action to occur. Increased flexibility means an increased range of motion, made possibly by this simultaneous contracting and relaxing. Good flexibility is important in protecting the body from injury and can be achieved through the balanced strength training programs that are included in this manual.



**Cardiovascular Endurance** is the ability of the heart and lungs to supply oxygen and nutrients to exercising muscles over an extended period of time. It comes into play when you jog a mile or ride a bike. It is a critical component of overall fitness and health. Any exercise program must be supplemented with cardiovascular training, such as rowing on the Bowflex® Home Gym.

## Reaching Your Goals

To reach your goals you must follow a consistent, well designed program that provides balanced development to all parts of the body and includes both aerobic and strength exercise. Only then will you meet your goals safely and efficiently.

The workout routines found in this manual are professionally designed and written to target specific fitness goals. Should you not find one specific program to your liking, you can design your own, based on sound information and the principles found in this manual.

## Designing Your Own Program

You may want to design your own personal program specifically geared to your goals and lifestyle. Designing a program is easy, as long as you follow these guidelines.

**Understand fitness and its components:** Improperly designed programs can be dangerous. Take some time to review this manual as well as other fitness guides.

**Know your current fitness level:** Before you start any fitness program you should consult a physician who will help you determine your current abilities.

**Identify your goals:** Goals are critical to choosing and designing an exercise program that fits and enhances your lifestyle, but so is

strategy. It's important not to rush the process and try to accomplish too much too soon. That will lead to setbacks and discouragement. Instead, set a series of smaller achievable goals.

**Select complementary exercises:** Be sure to pair exercises that address compound joint movements and single joint movements. In addition, select exercises that address complimentary muscle groups.

**Put first things first:** During each session work those muscle groups that need the most training, first.

**Remember your cardiovascular component:** Any fitness program must contain a cardiovascular fitness component to be complete. So complement your resistance training with aerobic exercise such as walking, running, bicycling or rowing.

**Training variables:** When designing your own program there are several variables that, when mixed properly, will equal the right fitness formula for you. In order to find out the best formula you must experiment with several combinations of variables.

The variables are as follows.

- **Training Frequency:** The number of times you train per week. We recommend daily activity but not daily training of the same muscle group.
- **Training Intensity:** The amount of resistance used during your repetition.
- **Training Volume:** The number of repetitions and sets performed.
- **Rest intervals:** The time you rest between sets and the time you rest between workouts.

Once you've established a base of fitness, follow these basic principles.

- **Isolate muscle groups:** Focus work on specific muscle groups.
- **Progressive Loading:** The gradual systematic increase of repetitions, resistance and exercise period.

## Working Out

A workout begins in your mind's eye. With concentration and visualization you can approach your workout with a positive, constructive attitude. A good pre-workout mental routine is to sit and relax, so that you can focus on what you are about to do and think about achieving your end goal.

## Warming Up

We recommend that you warm up by doing light stretching and performing light exercises on the Bowflex® Home Gym.

## Breathing

The most important part of breathing during exercise is, quite simply, that you do it. Breathing in or out during the actual performance is not dependent upon the direction of air flow relative to exertion. It is, in fact, a mechanical process that changes the position of your spine as your rib cage moves. Here are some tips for breathing:

- 1) Be cautious when you are concentrating or exerting effort. This is when you will probably hold your breath. **DO NOT** hold your breath. Do not exaggerate breathing. Depth of inhalation and exhalation should be natural for the situation.
- 2) Allow breathing to occur, naturally, don't force it.

## Performing Your Routine

The workout portion of your fitness routine is the series of exercises devoted to your particular goals. Remember, make sure to have fun!

## Cool Down

An essential part of the exercise routine is the cool down. Gradually reduce the level of exercise intensity so that blood does not accumulate in one muscle group, but continues to circulate at a decreasing rate. Remember to gradually move yourself into a relaxed state.

# The Workouts

## 20 MINUTE BETTER BODY WORKOUT

FREQUENCY: 3 DAYS PER WEEK (M-W-F) TIME: ABOUT 20 MINUTES

Start by performing one set of each exercise. Warm up with a light resistance that you can perform easily for 5-10 reps without fatiguing. Focus on practicing and learning your technique before increasing the resistance. Then move to a more challenging resistance that you can perform no less than 10 reps and no more than 15 reps without your form deteriorating. As you become stronger, you can advance to two sets for each exercise. Complete all sets of each exercise before moving on to the next one. Rest 30 to 45 seconds between sets. Move slowly on each rep. Use a pace that would allow you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down and work to fatigue during each set.

Body Part	Exercise	Sets	Reps
Chest	Bench Press	1-2	10-15
Back	Seated Lat Rows	1-2	10-15
Shoulders	Rear Deltoid Rows	1-2	10-15
Arms	Biceps Curl	1-2	10-15
	Lying Triceps Extension	1-2	10-15
Legs	Lying Leg Extension	1-2	10-15
	Lying (Prone) Leg Curl	1-2	10-15
Trunk	Functional Low Back Extension	1-2	10-15
	Resisted Abdominal Crunch	1-2	10-15

## ADVANCED GENERAL CONDITIONING

FREQUENCY: 4 DAYS PER WEEK (M-T-Th-F) TIME: ABOUT 35-45 MINUTES

When you are proficient in performing the exercise techniques of the above routine and are no longer realizing results, or have become just plain bored, it is time to change your program. You can increase your training with this "split system" routine that works opposing muscle groups on different days. To do this, you'll increase your resistance when you can perform 12 reps perfectly, and you'll increase your volume by performing more sets and more exercises. Move slowly on each rep. Use a pace that would allow you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down and work to fatigue during each set.

Day 1 & 3

Body Part	Exercise	Sets	Reps
Chest	Bench Press	1-3	10-12
Shoulders	Seated Shoulder Press	1-3	10-12
Arms	Lying Triceps Extension	1-3	10-12
	French Press	1-3	10-12
Legs	Lying Leg Extension	1-3	10-12
	Lying (Prone) Leg Curl	1-3	10-12

Day 2 & 4

Body Part	Exercise	Sets	Reps
Back	Seated Lat Rows	1-3	10-12
	Lying Lat Pulldowns	1-3	10-12
Shoulders	Rear Deltoid Row	1-3	10-12
Arms	Standing Biceps Curl	1-3	10-12
	Reverse Curl	1-3	10-12
Trunk	Functional Low Back Extension	1-3	10-12
	Resisted Abdominal Crunch	1-3	10-12

# The Workouts

## 20 MINUTE UPPER/LOWER BODY

FREQUENCY: 4 DAYS PER WEEK (M-T-Th-F) TIME: ABOUT 20 MINUTES

This program provides you with a quick and effective workout that combines muscle conditioning with some cardiovascular benefits. Do this routine when you are limited in time or just want a variation to your normal routine. Perform this program training 2 days, resting 1 to 2. Perform all exercises to near failure, stopping at the point that your technique starts to deteriorate. Rest only 20-30 seconds between sets. As you get stronger, increase the number of sets you perform. Move slowly on each rep. Use a pace that would allow you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down.

### DAY 1 & 3

Body Part	Exercise	Sets	Reps
Chest	Bench Press	1-3	12-15
Back	Seated Lat Rows	1-3	12-15
Shoulders	Rear Deltoid Rows	1-3	12-15
Arms	Biceps Curl	1-3	12-15
	French Press	1-3	12-15

### DAY 2 & 4

Body Part	Exercise	Sets	Reps
Legs	Lying Leg Extension	1-3	12-15
	Leg Curl	1-3	12-15
	Standing Hip Extension	1-3	12-15
	Standing Hip Abduction	1-3	12-15
Trunk	Functional Low Back Extension	1-3	10-12
	Resisted Abdominal Crunch	1-3	10-12

# The Workouts

## BODY BUILDING

FREQUENCY: 3 DAYS ON, 1 DAY OFF TIME: ABOUT 45-60 MINUTES

Body building requires focused concentration and dedication to training, as well as proper eating habits. Train each muscle group to failure before moving on to the next exercise. Do not neglect any muscle group. If needed, include an aerobic activity to increase your caloric expenditure and help to reduce your body fat levels to achieve a defined muscular look. Rest 30-60 seconds between each set and exercise. Focus on proper form. *Tighten* the muscle before you move, *squeeze* the muscle as you move, *cramp* the muscle at the point of full contraction, and *resist* the movement as you lower the weight. Move slowly on each rep. Use a pace that would allow you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down and work to fatigue during each set.

### DAY 1

Body Part	Exercise	Sets	Reps
Chest	Bench Press	2-4	8-12
	One Arm Seated Fly	2-4	8-12
Shoulders	Seated Shoulder Press	2-4	8-12
	Rear Deltoid Row	2-4	8-12
	Lateral Shoulder Raise	2-4	8-12
	Shoulder Shrug	2-4	8-12

### DAY 2

Body Part	Exercise	Sets	Reps
Back	Seated Lat Row	2-4	8-12
	Lying Lat Pulldowns	2-4	8-12
Arms	Standing Biceps Curl	2-4	8-12
	Standing Reverse Curl	2-4	8-12
	Lying Triceps Extension	2-4	8-12
	French Press	2-4	8-12

### DAY 3

Body Part	Exercise	Sets	Reps
Legs	Squat	2-4	8-12
	Lying Leg Extension	2-4	8-12
	Standing Hip Extension	2-4	8-12
	Leg Curl	2-4	12-15
Trunk	Functional Low Back Extensions	2-4	8-12
	Resisted Abdominal Crunch	2-4	8-12
	Resisted Oblique Crunch	2-4	8-12

# The Workouts

## CIRCUIT TRAINING - ANAEROBIC/CARDIOVASCULAR

FREQUENCY: 2-3 TIMES PER WEEK    TIME: ABOUT 20-45 MINUTES

Circuit training is a great way to achieve the benefits of strength training *and* cardiovascular training in one quick, challenging routine. The idea is to move quickly from exercise to exercise, taking only as much rest between sets as it takes to set up the next exercise (less than 20 seconds). One circuit equals one set of each exercise. Initially, start with completing one round of Circuit 1. Then add an additional round of the same circuit. Once you reach three rounds of Circuit 1, add one round of Circuit 2. Add additional rounds of Circuit 2 as your fitness level increases. Repeat process with Circuit 3. Do not let your heart rate exceed 220 minus your resting heart rate. Perform each rep of each exercise slowly and with perfect technique. Count three seconds up and three seconds down.

### Circuit 1

Body Part	Exercise	Reps
Chest	Bench Press	8-12
Legs	Squat	8-12
Back	Seated Lat Row	8-12
Legs	Leg Curl	8-12
Trunk	Resisted Abdominal Crunch	8-12

### Circuit 2

Body Part	Exercise	Reps
Shoulders	Seated Shoulder Press	8-12
Legs	Lying Leg Extensions	8-12
Back	Lying Lat Pulldowns	8-12
Trunk	Functional Low Back Extensions	8-12
Arms	Standing Biceps Curl	8-12

### Circuit 3

Body Part	Exercise	Reps
Shoulders	Rear Deltoid Rows	8-12
Arms	Lying Triceps Extensions	8-12
Legs	Lying (Prone) Leg Curls	8-12
Trunk	Resisted Oblique Crunch	8-12

# The Workouts

## TRUE AEROBIC CIRCUIT TRAINING

FREQUENCY: 2-3 TIMES PER WEEK    TIME: ABOUT 20-60 MINUTES

Circuit training is a great way to achieve the benefits of strength training *and* cardiovascular training in one quick, challenging routine. By returning to an aerobic exercise between each set you are increasing your aerobic capacity, endurance and burning fat as energy. The idea is to move quickly from exercise to exercise, taking only as much rest between sets as it takes to set up the next exercise (less than 20 seconds). One circuit equals one set of each exercise. Initially, start with completing one round of Circuit 1. Then add an additional round of the same circuit. Once you reach three rounds of Circuit 1, add one round of Circuit 2. Add additional rounds of Circuit 2 as your fitness level increases. Do not let your heart rate exceed 220 minus your resting heart rate. Perform each rep of each exercise slowly and with perfect technique. Count three seconds up and three seconds down.

Any type of aerobic exercise can be used for this routine. Some examples are: jumping jacks, jogging in place or stair climbing.

### Circuit 1

Body Part	Exercise	Reps
Chest	Bench Press	8-12
Aerobic Exercise	30 - 60 Seconds	
Legs	Squat	8-12
Aerobic Exercise	30 - 60 Seconds	
Back	Seated Lat Rows	8-12
Aerobic Exercise	30 - 60 Seconds	
Legs	Leg Curl	8-12
Aerobic Exercise	30 - 60 Seconds	
Trunk	Resisted Abdominal Crunch	8-12
Aerobic Exercise	30 - 60 Seconds	

### Circuit 2

Body Part	Exercise	Reps
Shoulders	Seated Shoulder Press	8-12
Aerobic Exercise	30 - 60 Seconds	
Legs	Lying Leg Extension	8-12
Aerobic Exercise	30 - 60 Seconds	
Back	Lying Lat Pulldowns	8-12
Aerobic Exercise	30 - 60 Seconds	
Trunk	Functional Low Back Extension	8-12
Aerobic Exercise	30 - 60 Seconds	
Arms	Standing Biceps Curl	8-12

# The Workouts

## STRENGTH TRAINING

FREQUENCY: 3 DAYS PER WEEK (M-W-F)    TIME: ABOUT 45-60 MINUTES

This program is designed to emphasize overall strength development. This is an advanced routine to be used only after you have progressed from the advanced general conditioning routine and only after you have perfected your exercise techniques. Work each set to near exhaustion. If you can perform more than 5 to 8 reps, you should increase your resistance 5 lbs and decrease your reps to 5. Rest 60 - 120 seconds between each set and exercise. Focus on proper form. *Tighten* the muscle before you move, *squeeze* the muscle as you move, *cramp* the muscle at the point of full contraction, and *resist* the movement as you lower the weight. Move slowly on each rep. Use a pace that would allow you to stop the movement instantly at any point in the rep. Count two seconds up and four seconds down and work to fatigue during each set.

Day 1

Body Part	Exercise	Sets	Reps
Chest	Bench Press	2-4	5-8
	One Arm Seated Fly	2-4	5-8
Shoulders	Seated Shoulder Press	2-4	5-8
	Rear Deltoid Rows	2-4	5-8
	Shoulder Shrug	2-4	5-8

Day 2

Body Part	Exercise	Sets	Reps
Back	Seated Lat Row	2-4	5-8
	Lying Lat Pulldowns	2-4	5-8
Arms	Standing Biceps Curl	2-4	5-8
	Standing Reverse Curl	2-4	5-8
	Seated Triceps Extension	2-4	5-8
	Lying Triceps Pushdown	2-4	5-8

Day 3

Body Part	Exercise	Sets	Reps
Legs	Squat	2-4	5-8
	Lying Leg Extension	2-4	5-8
	Leg Curl	2-4	5-8
Trunk	Functional Low Back Extension	2-4	8-12
	Resisted Abdominal Crunch	2-4	5-8



# Chest Exercises

## BENCH PRESS - Shoulder Horizontal Adduction (and elbow extension)

**Muscles worked:** This exercise emphasizes the chest muscles (pectoralis major), also involving the front shoulder muscles (anterior deltoid, a portion of the middle deltoid) and the triceps, which are located on the back of the upper arm.

### Starting position:

- Seated in the 45 degree position, reach straight behind your body, grasp the handles, and bend your elbows until your hands are near your chest and your palms are facing towards the floor.
- Keeping knees bent and feet flat on the floor, lay your head back against the bench and straighten your arms to the front.
- Be sure that your arms are directly "in line" with the cables, palms facing down and wrists straight.
- Raise your chest and "pinch" your shoulder blades together. Maintain a very slight, comfortable, arch in your lower back.

### Motion:

- Slowly move your elbows outward, simultaneously bending your arms, keeping the forearms in line with the cables at all times.
- Stop when your upper arms are straight out to the sides, level with your shoulders.
- Then, slowly press forward, moving the hands toward the center, and return to the starting position with arms straight to the front at shoulder width and in line with the cables. Keep your chest muscles tightened during the entire motion.

### Key points:

- Maintain a 90 degree angle between the upper arms and the torso throughout the exercise.
- Limit and control the range of motion so that your elbows do not travel behind your shoulders.
- Keep shoulder blades "pinched" together and maintain good spinal alignment.



START



FINISH

## CHEST FLY - Shoulder Horizontal Adduction (elbow stabilized)

**Muscles worked:** This exercise emphasizes the chest muscles (pectoralis major), also involving the front shoulder muscles (anterior deltoid).

### Starting position:

- Seated in the 45 degree position, reach straight behind your body, grasp the handles, and bend your elbows until your hands are near your chest and your palms are facing towards the floor.
- Keeping knees bent and feet flat on the floor, lay your head back against the bench and straighten your arms to the front.
- Be sure that your arms are directly "in line" with the cables, palms facing down and wrists straight.
- Raise your chest and "pinch" your shoulder blades together. Maintain a very slight, comfortable, arch in your lower back.

### Motion:

- Slowly move your arms outward, maintaining the elbow in a slightly bent position throughout the movement.
- Stop when your upper arms are straight out to the sides, level with the shoulders.
- Slowly return to starting position keeping your chest muscles tightened during the entire motion.

### Key points:

- Maintain a 90 degree angle between the upper arms and the torso throughout the exercise.
- Limit and control the range of motion so that your elbows do not travel behind your shoulders.
- Keep shoulder blades "pinched" together and maintain good spinal alignment.



START



FINISH

# Chest Exercises

## DECLINE BENCH PRESS - Shoulder Horizontal Adduction (and elbow extension)

**Muscles worked:** This exercise emphasizes the chest muscles (pectoralis major), especially the lower portion. It also involves the front shoulder muscles (anterior deltoid, a portion of the middle deltoid) and the triceps, which are located on the back of the upper arm.

### Starting position:

- Seated in the 45 degree position, reach straight behind your body, grasp the handles with an overhand grip, then bend your elbows until your hands are near your chest and your palms are facing towards the floor.
- Make sure cables travel underneath your arms, not over your arms.
- Keeping knees bent and feet flat on the floor, lay your head back against the bench and straighten your arms to the front.
- Be sure that your arms are directly "in line" with the cables, palms facing down and wrists straight.
- Raise your chest and "pinch" your shoulder blades together. Maintain a very slight, comfortable, arch in your lower back.
- Lower arms 10 degrees (5-6 inches) from than the standard bench press position.

### Motion:

- Slowly move your elbows outward, simultaneously bending your arms, keeping the forearms in line with the cables at all times.
- Stop when your upper arms are straight out to the sides, 10 degrees below your shoulders.
- Then, slowly press forward, moving the hands towards the center, and return to the starting position with arms straight to the front at shoulder width and in line with the cables. Keep your chest muscles tightened during the entire motion.

### Key points:

- Maintain a 90 degree angle between the upper arms and the torso at the bottom of the motion and slightly less than 90 degrees at the top of the motion.
- Limit and control the range of motion so that your elbows do not travel behind your shoulders.
- Keep shoulder blades "pinched" together and maintain good spinal alignment.



START



FINISH

## ONE ARM SEATED FLY - Horizontal Adduction (elbow stabilized)

**Muscles worked:** This exercise emphasizes the chest muscles (pectoralis major), also involving the front shoulder muscles (anterior deltoid).

### Starting position:

- Sit on the bench with one side toward the power rods. Maintain good spinal alignment.
- Grasp the handle nearest you.
- Distance yourself on the bench to eliminate slack in the cable while the arm is straight out to the side with a slight bend in the elbow.
- Pinch your shoulder blades together and hold.

### Action:

- Slowly draw your arm toward the front, maintaining the elbow and shoulder blade positions.
- Stop when the arm is directly in front of the shoulder.
- Slowly return to the starting position without relaxing and keeping the arm approximately 90 degrees from the trunk.

### Key points:

- Control the motion during the entire exercise. **DO NOT USE MOMENTUM.**
- Do not rotate the spine to get additional range of motion.
- Stop when the arm is directly in front or directly out to the side.



START



FINISH

# Chest Exercises

## INCLINE BENCH PRESS - Shoulder Horizontal Adduction (and elbow extension)

**Muscles worked:** This exercise emphasizes the chest muscles (pectoralis major), especially the upper portion. It also involves the front shoulder muscles (anterior deltoid, a portion of the middle deltoid) and the triceps, which are located on the back of the upper arm.

### Starting position:

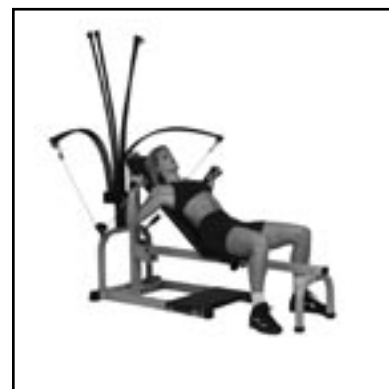
- Seated in the 45 degree position, reach straight behind your body, grasp the handles, and bend your elbows until your hands are near your chest and your palms are facing towards the floor.
- Keeping knees bent and feet flat on the floor, lay your head back against the bench and straighten your arms to the front.
- From this position, raise your arms 10-15 degrees (6-8 inches) above the regular bench press position.
- Be sure that your arms are directly "inline" with the cables, palms facing down and wrists straight. If the cables are "above" the arms, too much elevation was introduced.
- Raise your chest and "pinch" your shoulder blades together. Maintain a very slight, comfortable, arch in your lower back.

### Motion:

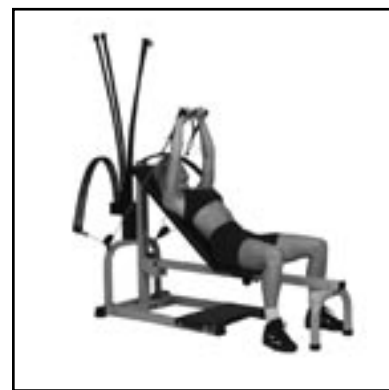
- Slowly move your elbows outward, simultaneously bending your arms, keeping the forearms in line with the cables at all times.
- Stop when your upper arms are straight out to the sides, 10 degrees above your shoulders.
- Then, slowly press forward, moving the hands towards the center, and return to the starting position with arms straight to the front at shoulder width and in line with the cables. Keep your chest muscles tightened during the entire motion.

### Key points:

- The upper arms will be 90 degrees from the sides of your torso at the bottom of the movement and slightly more than 90 degrees from the front of your torso at the top.
- Limit and control the range of motion so that your elbows do not travel behind your shoulders.
- Keep shoulder blades "pinched" together and maintain good spinal alignment.



START



FINISH

## LYING SHOULDER PULLOVER - Shoulder Extension (elbow stabilized)

**Muscles worked:** This exercise emphasizes the upper back (the latissimus dorsi, teres major, and rear deltoid muscles). It also involves the chest (the pectoralis major muscles). The triceps muscles, located on the back of the upper arms, are involved in maintaining the elbow position and also help with shoulder motion.

### Starting position:

- With the bench flat, lie on your back with your head toward the power rods. Position yourself far enough down the bench to allow the arms to extend overhead without hitting the power rods. Keep the knees bent and feet flat on the floor.
- Extend the arms overhead and grasp the handles with your palms facing the ceiling.
- Tighten your abdominals to stabilize your spine while maintaining a very slight arch in the lower back.

### Action:

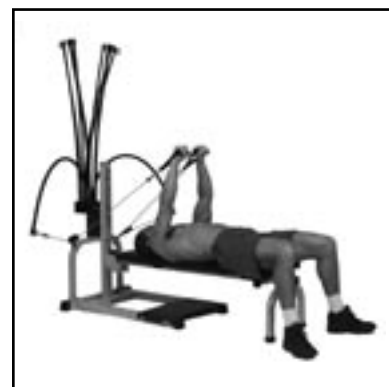
- Move your hands in an arc upward and then down towards your legs.
- Keep your shoulder blades on the bench and slide them towards your hips as you move your arms.
- End the motion with your arms by your sides, pressing your shoulder blades down, completely tightening your lats.
- Control the return to the starting position by slowly moving the arms back overhead and releasing the shoulder blades.

### Key points:

- Do not lose spinal alignment. Relax your neck, keep your chest lifted, abs tight and maintain a very slight arch in your lower back.
- Keep the lats tightened throughout the entire motion.
- Release your shoulder blades at the end of each rep and initiate each new rep by depressing your shoulder blades.



START



FINISH

# Shoulder Exercises



START



FINISH

## REAR DELTOID ROWS - Shoulder Horizontal Abduction (and elbow flexion)

**Muscles worked:** This exercise emphasizes the back portion of the shoulder muscles ( the rear deltsoids, as well as the rear portion of the middle deltsoids).

### Starting position:

- Sit on the bench facing the power rods, knees bent and your feet on the platform.
- Cross the handles and grasp them with your palms facing down and arms straight (right hand on left handle and vice versa).
- Sit up straight and then bend over slightly from the hips (not the spine) until arms are in front of body at a 90 degree angle to your torso.
- Lift your chest and pinch your shoulder blades together.

### Action:

- Allowing your arms to bend as you go, move your elbows outward and backwards keeping a 90 degree angle between your upper arms and the sides of your torso.
- Your forearms always point in the direction of the cables.
- Move until your elbows are slightly behind your shoulders, then slowly reverse the motion keeping the rear shoulder muscles tightened during the entire motion.

### Key points:

- Maintain a 90 degree angle between your upper arms and the sides of your torso during the exercise.
- Keep shoulder blades "pinched" together and maintain good spinal alignment during the entire exercise.
- To work one arm at a time, place non-working hand on top of the bench for additional stabilization.



START



FINISH

## LATERAL SHOULDER RAISE - Shoulder Abduction (elbow stabilized)

**Muscles worked** - This exercise emphasizes the side shoulder muscles (middle deltsoids), the top muscle of the rotator cuff (supraspinatus) and the upper trapezius muscles.

### Starting position:

- Remove the bench and stand on the platform straddling the rail and facing the power rods.
- Grasp the handles with palms facing towards each other.
- Attain good spinal posture and bend forward slightly at the hip (15 to 20 degrees) by keeping your spine straight and sticking your rear end out. Do not bend at your waist.
- Let your arms hang directly in line with the cables.
- Elevate your shoulders very slightly toward the back of your head.

### Action:

- Raise your arms directly out to the sides to almost shoulder level.
- Keep the side of your arm/elbow facing out/up throughout the movement.
- Slowly bring your arms into the starting position without relaxing.

### Key points:

- DO NOT swing the arms upward or move the trunk during the motion.

# Shoulder Exercises

## SEATED SHOULDER PRESS - Shoulder Adduction (and elbow extension)

**Muscles worked:** This exercise emphasizes the front portion of the shoulder muscles (front deltoids as well as the front part of the middle deltoids), the upper back muscles (upper trapezius), and the triceps muscles located on the backs of the upper arms.

### Starting position:

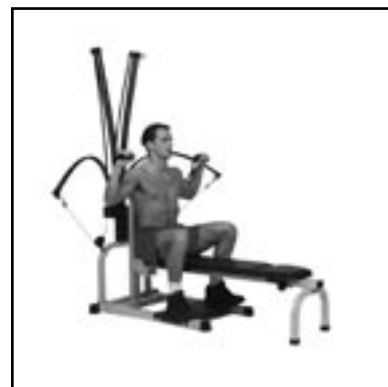
- Sit on the bench facing away from the power rods, knees bent and feet flat on the floor.
- Keep your chest up, abdominals tight and maintain a very slight arch in your lower back.
- Grasp handles with palms facing away from the machine.
- Raise handles to just above shoulder level, keeping palms facing forward.

### Action:

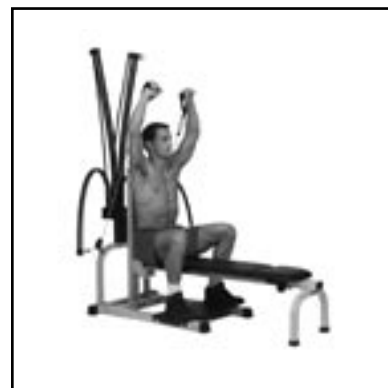
- Straighten arms overhead, focusing on moving your elbows up and inward toward your head.
- Slowly return to starting position keeping tension in the front shoulder muscles.

### Key points:

- Keep the abdominals tight throughout the entire motion and maintain good spinal alignment.
- Do not let the arch increase in the lower back while pressing up.



START



FINISH

## FRONT SHOULDER RAISE - Shoulder Flexion (elbow stabilized)

**Muscles worked:** This exercise emphasizes the front portion of the shoulder muscles (front deltoids as well as the front part of the middle deltoids).

### Starting position:

- Sit on the bench facing away from the power rods, knees bent and feet flat on the floor.
- Keep your chest up, abdominals tight and maintain a slight arch in your lower back.
- Grasp handles with your palms facing towards the machine and arms straight at your sides.

### Action:

- The arms may be moved alternately, or together.
- Keeping your arms straight, move them forward then upward to shoulder height.
- Slowly return the arms beside the torso and repeat.

### Key points:

- Keep the chest lifted and the abdominals tightened throughout the entire motion and maintain good spinal alignment.
- Do not increase the arch in your lower back while lifting your arms.



START



FINISH

# Shoulder Exercises

## SHOULDER EXTENSION (elbows stabilized)

**Muscles worked:** This exercise emphasizes your upper back (the latissimus dorsi, teres major and rear deltoid muscles), as well as the muscles between your shoulder blades (middle trapezius and rhomboid muscles). The triceps muscles, located on the back of the upper arms, are worked throughout the entire motion as they try to prevent the elbows from bending.

### Starting position:

- With the bench flat, sit facing the power rods, knees bent, and feet flat on the floor.
- Grasp the handles with your palms facing towards the floor.
- Tighten your trunk muscles to stabilize your spine while maintaining a very slight arch in the lower back.

### Action:

- Initiate the movement by “pinching” your shoulder blades together.
- Continue the movement by moving your hands in an arc downward and backward towards your hips.
- Slowly return to the starting position.

### Key points:

- Do not lose spinal alignment - keep chest lifted.
- Keep the lats tightened throughout the entire motion.
- Release your shoulder blades at the end of each rep and initiate each new rep by retracting your shoulder blades.



START



FINISH

## SHOULDER SHRUG - Scapular Elevation

**Muscles worked:** The primary muscles emphasized are the upper trapezius and associated smaller muscles of the region.

### Starting position:

- Stand on the platform facing the power rods. Reach down and grasp the handles with the palms facing each other or facing backward, whichever is more comfortable.
- Let your arms hang extending in the direction of the pulleys.

### Action:

- Raise your shoulders towards the back of your head, making sure your neck/head position does not move.
- Slowly reverse the motion, keeping the upper trapezius muscles tight during the entire motion.

### Key points:

- Do not bend the neck backwards or forwards while raising the shoulders.
- Do not slouch upon lowering the shoulders.
- Keep the spine in good alignment throughout the entire motion.
- Make sure both shoulders raise evenly.
- For a variation, bend forward slightly from the hips, not the spine.



START



FINISH

# Shoulder Exercises

## SCAPULAR PROTRACTION (elbows stabilized)

**Muscles worked:** This exercise emphasizes the serratus anterior muscles, the muscles that can be seen on the side of the rib cage, and are involved in pushing movements when the arms are kept straight and the scapula are allowed to move forward.

### Starting position:

- Seated in the 45 degree position, reach straight behind your body, grasp the handles, and bend your elbows until your hands are near your chest and your palms are facing towards the floor.
- Keeping knees bent and feet flat on the floor, lay your head back against the bench and straighten your arms to the front.
- Be sure that your arms are directly “in line” with the cables, palms facing down and wrists straight.
- Raise your chest and “pinch” your shoulder blades together. Maintain a very slight, comfortable, arch in your lower back.

### Action:

- Keeping your arms straight and pointing the same direction of the cables, slowly move your shoulder blades forward off the bench, as if shoving your arms straight ahead.
- Slowly return to the starting position.

### Key points:

- Maintain a 90 degree angle between upper arms and your torso throughout the exercise.
- Keep your elbows straight.
- Do not slouch forward in the upper spine to further the motion. Maintain a very slight arch in your lower back at all times.



START



FINISH

## SCAPULAR DEPRESSION

**Muscles worked:** This exercise develops your lower trapezius muscles, which are stabilizing and moving your shoulder blades. This motion of scapula depression is very important in posture as well as when using the arms to raise from a chair, and it is also involved in overhead pulling exercises.

### Starting position:

- With the bench flat, lie on your back with your head toward the power rods, knees bent, and feet flat on the floor.
- Grasp the handles and bring your arms along side your trunk.
- Tighten your trunk muscles to stabilize your spine while maintaining a very slight arch in the lower back.

### Action:

- Keeping the arms straight, slide your shoulder blades towards your hips.
- When shoulder blades are fully depressed, slowly return to the starting position.

### Key points:

- Do not lose spinal alignment, keep your chest lifted.



START



FINISH

# Shoulder Exercises

## LYING FRONT SHOULDER RAISE - Shoulder Flexion (elbow stabilized)

**Muscles worked:** This exercise emphasizes the front portion of the shoulder muscles (front deltoids as well as the front part of the middle deltoids).

### Starting position:

- Sit on the bench facing the power rods, knees bent and feet flat on the platform.
- Grasp the handles, with your arms straight and your palms facing down. Lie back completely so that your head is supported by the bench.
- Keep your chest up, abdominals tight and maintain a slight arch in your lower back.

### Action:

- You may move your arms alternately or together.
- Keeping them straight, move your arms in an arc upwards and then directly over your shoulders.
- Slowly return to the starting position, arms by your sides.

### Key points:

- Keep the chest lifted and the abdominals tightened throughout the entire motion. Maintain good spinal alignment.
- Do not increase the arch in your lower back while lifting your arms.



START



FINISH



# Back Exercises

## LYING LAT PULLDOWNS - Modified

**Muscles worked:** This exercise emphasizes the latissimus dorsi, teres major and rear deltoid which make up the large pulling muscles of your upper back and eliminates the biceps from the movement.

### Starting position:

- Lie on your back on the bench, head toward the power rods. Your buttocks will eventually be off the end of the bench.
- Slip your arms through the handles and slide the cuff just past your elbows and tighten cuffs.
- Grasp the cable with your palms facing inward and slide your body down along the bench far enough that your arms are fully extended, knees bent and feet flat on the floor.
- Tighten your abdominals to stabilize your spine while maintaining a very slight arch in the lower back.

### Action:

- Initiate the movement by pulling your shoulder blades down towards your bottom and then immediately start slowly pulling your elbows down towards your hips and then inward to the side of your body.
- Slowly return to the starting position, allowing your arms and shoulder blades to move back up towards the power rods without relaxing.

### Key points:

- Do not lose spinal alignment.
- Keep the lats tightened throughout the entire motion.
- Release your shoulder blades at the end of each rep and initiate each new rep by depressing your shoulder blades.



START



FINISH

## FUNCTIONAL LOW BACK EXTENSION - Seated (with hip extension)

**Muscles worked:** This exercise emphasizes the muscles in your lower back (erector spinae and deep spinal muscles) that are necessary for providing stabilization and protection for the spine. The lower back muscles are challenged isometrically just like they should be used when lifting and carrying in daily life. The gluteus maximus and the hamstrings are also strengthened at the hip.

### Starting position:

- Sit on the bench facing the power rods.
- Grab handles and slide them over your forearms near your elbows.
- Place heels on the end of the platform, bend the knees comfortably, cross your arms in front of your chest and pull handles tightly to your chest.
- Sit up straight, lift your chest, tighten your trunk muscles and maintain a slight arch in your lower back.
- Pinch your shoulder blades together slightly.
- Lean forward from the hips slightly letting out some of the tension in the cables.

### Action:

- Keeping your chest lifted, move your entire torso backwards as a unit by pivoting at the hips.
- Slowly return to the starting position without slouching or changing spinal alignment.

### Key points:

- Keep your chest lifted and a very slight arch in your lower back at all times.
- Move from the hips only, not your waist. Do not increase or decrease the arch in your lower back during the movement.



START



FINISH

# Back Exercises



START



FINISH

## WIDE PULLDOWNS with the Lat Tower - Shoulder Adduction (with elbow flexion)

**Muscles worked:** This exercise emphasizes the latissimus dorsi, teres major and rear deltoid which make up the large pulling muscles of your upper back. It also involves the muscles on the front of your upper arms (the biceps group) which are responsible for bending your elbows.

### Starting position:

- To determine the appropriate grip width for you, hold your arms straight out to the sides at shoulder height. Bend your elbows approximately 90 degrees. Your hands should be no wider than your elbows. (for some individuals slightly less than elbow width is more comfortable)
- Facing the power rods, grasp the bar at a width determined above, then sit on the bench.
- Position your thighs directly under the pulleys and sit upright with your arms extending upward. NOTE: You may position your hips directly under the pulleys but then you must lean back slightly from hips (not the waist).
- Maintain good spinal alignment, chest lifted, abs tight and maintain a very slight arch in your lower back.

### Action:

- Initiate the movement by pulling your shoulder blades down and together while simultaneously drawing your elbows downward to the sides, and then inward, towards your trunk.
- The bar may not touch your chest but, at the end of the motion, your arms should be drawn near your sides (although they may not be touching your sides), your shoulder blades should be fully depressed toward your hips and your forearms must be upward in line with the direction of the cables (not forward).
- Slowly return to the starting position allowing your arms and shoulder blades to move fully upward, without relaxing the muscles.

### Key points:

- Do not lose spinal alignment.
- Keep the lats tightened throughout the entire motion.



START



FINISH

## NARROW PULLDOWNS with the Lat Tower - Shoulder Extension (with elbow flexion)

**Muscles worked:** This exercise emphasizes the latissimus dorsi, teres major and rear deltoid which make up the large pulling muscles of your upper back. It also involves the muscles on the front of your upper arms (the biceps group) which are responsible for bending your elbows.

### Starting position:

- Attach a single handle to each cable.
- Facing the power rods, grasp the handles with the corresponding hand, palms facing each other, and sit on the bench.
- Position your thighs directly under the pulleys and sit upright with your arms extending upward. NOTE: You may position your hips directly under the pulleys but then you must lean back slightly from hips (not the waist).
- Maintain good spinal alignment, chest lifted, abs tight and maintain a very slight arch in your lower back.

### Action:

- Keeping your hands shoulder width, initiate the movement by pulling your shoulder blades down and together while simultaneously drawing your elbows downward to the front, and then inward, towards the sides of your body.
- At the end of the motion, your arms should be drawn near your sides (although may not be touching your sides), your shoulder blades should be fully depressed towards your hips and your forearms must be upward in line with the direction of the cables (not forward).
- Slowly return to the starting position allowing your arms and shoulder blades to move upward fully, without relaxing the muscles.

### Key points:

- Do not lose spinal alignment.
- Keep the lats tightened throughout the entire motion.

# Back Exercises

## LYING SHOULDER FLY - Shoulder Adduction

**Muscles worked:** This exercise emphasizes the latissimus dorsi, teres major and rear deltoid which make up the large pulling muscles of your upper back, as well as involving your biceps which are located on the front of your upper arms.

### Starting position:

- Lie on your back, head toward the power rods.
- Grasp the handles and straighten the arms out to the sides with your palms facing away from the pulleys, knees bent, and feet flat on the floor.
- Tighten your abdominals to stabilize your spine while maintaining a very slight arch in the lower back.

### Action:

- Initiate the movement by pulling your shoulder blades down towards your bottom and then immediately start pulling your arms inward towards the sides of your body with a slow controlled motion.
- Slowly return to the starting position, allowing your arms and shoulder blades to move back up / out toward the power rods without relaxing.

### Key points:

- Do not lose spinal alignment.
- Keep the lats tightened throughout the entire motion.
- Release your shoulder blades at the end of each rep and initiate each new rep by depressing your shoulder blades.



START



FINISH

## REVERSE GRIP PULLDOWNS with the Lat Tower - Shoulder Extension (with elbow flexion)

**Muscles worked:** This exercise emphasizes the latissimus dorsi, teres major and rear deltoid which make up the large pulling muscles of your upper back. It also involves the muscles on the front of your upper arms (the biceps group) which are responsible for bending your elbows.

### Starting position:

- Facing the power rods, grasp the bar with an underhand grip, at a width determined above. Then sit on the bench.
- Position your thighs directly under the pulleys and sit upright with your arms extending upward. NOTE: You may position your hips directly under the pulleys but then you must lean back slightly from hips (not the waist).
- Maintain good spinal alignment, chest lifted, abs tight and maintain a very slight arch in your lower back.

### Action:

- Initiate the movement by pulling your shoulder blades down and together while simultaneously drawing your elbows downward to the sides, and then inward, towards your body.
- At the end of the motion, your arms should be drawn near your sides (although may not be touching your sides), your shoulder blades should be fully depressed towards your hips and your forearms must be upward in line with the direction of the cables (not forward).
- Slowly return to the starting position allowing your arms and shoulder blades to move fully upward, without relaxing the muscles.

### Key points:

- Do not lose spinal alignment.
- Keep the lats tightened throughout the entire motion.



START



FINISH

# Back Exercises



START



FINISH

## SEATED LAT ROWS - Shoulder Extension (and elbow flexion)

**Muscles worked:** This exercise emphasizes the latissimus dorsi, teres major and rear deltoid muscles which make up the large pulling muscles of your upper back. The biceps muscles on the front of the upper arm are also involved in this movement.

### Starting position:

- Sit on the bench facing the power rods.
- Grab handles with palms facing each other.
- Place heels on the end of the platform, bend the knees comfortably.
- Sit up straight with your spine in good alignment.

### Action:

- Initiate the movement by pinching your shoulder blades together.
- Pull the upper arms downward and backward, brushing past the sides of the body while keeping the forearms pointing in the direction of the cable.
- Slowly return to the starting position.

### Key points:

- Do not bend your torso forward at any point.
- Do not lose spinal alignment - keep chest lifted.
- Release your shoulder blades at the end of each rep and initiate each new rep by pinching your shoulder blades.



START



FINISH

## ONE ARM SEATED LAT ROWS - Shoulder Extension (with elbow flexion)

**Muscles worked:** This exercise emphasizes the latissimus dorsi, teres major and rear deltoid muscles which make up the large pulling muscles of your upper back. The biceps muscles on the front of the upper arm are also involved in this movement.

### Starting position:

- Sit on the bench facing the power rods and grasp one handle.
- Place heels on the end of the platform, bend the knees comfortably, and allow your arm to bend slightly.
- Sit up straight with your spine in good alignment.
- Rest your non-involved hand on your hip, thigh or the bench to help stabilize the spine and to eliminate trunk rotation.

### Action:

- Initiate the movement by pinching your shoulder blade.
- Pull the upper arm down and back, brushing past the side of your body while keeping the forearm pointing in the direction of the cable.
- Slowly return to the starting position.

### Key points:

- Do not bend your torso forward.
- Do not lose spinal alignment - keep chest lifted.
- Keep the lats tightened throughout the entire motion.
- Release your shoulder blade at the end of each rep and initiate each new rep by retracting your shoulder blades.

# Back Exercises

## STIFF-ARM PULLDOWN with Lat Tower - Shoulder Extension (elbow stabilized)

**Muscles worked:** This exercise emphasizes your upper back (the latissimus dorsi, teres major and rear deltoid muscles), as well as the muscles between the lower part of your shoulder blades (lower trapezius muscles). The triceps muscles, located on the back of the upper arms, will also be involved.

### Starting position:

- Remove (or straddle) the bench and stand facing the power rods.
- Grasp the lat bar with your palms down.
- Step back slightly. This may have to be adjusted on the first rep to insure that there is enough movement in the cable to complete the range of motion.
- Bend over slightly from your hips (not the waist), lift your chest and tighten your abdominals to stabilize your spine while maintaining a very slight arch in the lower back.

### Action:

- Initiate the movement by “lowering” your shoulder blades down and together.
- Keeping your arms straight, continue by slowly moving your hands in an arc downward and then in toward your legs.
- Slowly return to the starting position without relaxing your muscles.

### Key points:

- Do not lose spinal alignment - keep chest lifted.
- Keep the lats tightened throughout the entire motion.
- Release your shoulder blades at the end of each rep and initiate each new rep by depressing (lowering) your shoulder blades.
- Keep your elbows nearly straight (not locked) throughout the entire exercise.



START



FINISH

## SCAPULAR RETRACTION

**Muscles worked:** This exercise develops the muscles between your shoulder blades (middle trapezius and rhomboids), that pull your shoulder blades together and are essential to good posture.

### Starting position:

- Sit on the bench facing the power rods.
- Grab handles with palms facing each other.
- Place heels on the end of the platform, bend hips and knees comfortably, arms straight.
- Lift your chest, sit up straight with your spine in good alignment and tighten your trunk muscles.

### Action:

- Keeping your arms straight, slowly pinch your shoulder blades together.
- When your shoulder blades are fully retracted, slowly return to the starting position.

### Key points:

- Do not bend your torso forward.
- Do not lose spinal alignment - keep chest lifted.
- Do not pull with your arm muscles.



START



FINISH

# Arm Exercises

## TRICEPS PUSHDOWN with Lat Tower - Elbow Extension

**Muscles worked:** This exercise emphasizes the triceps muscles located on the backs of the upper arms. These muscles are responsible for straightening your arm and assist in any upper body pushing or pressing motion.

### Starting position:

- Remove (or straddle) the bench and stand facing the power rods.
- Grasp the lat bar at shoulder width, with your palms down. NOTE: This exercise can also be performed with the single handles, moving simultaneously or one arm at a time.
- Adjust your distance from the pulleys (one to two feet in front of you). This may need to be altered after attempting the first rep.
- Bring your arms down to your sides, elbows straight.
- Bend over slightly from your hips, so that your shoulders are directly over your hands. Lift your chest and tighten your abdominals to stabilize your spine while maintaining a very slight arch in the lower back.

### Action:

- Keeping your upper arms stationary and your elbows next to the sides of your torso, slowly allow your elbows to bend, moving your hands in an arcing motion away from your legs and upward.
- Stop at approximately 90 degrees.
- Thinking about tightening the triceps, slowly reverse the arcing motion and straighten your arms fully.

### Key points:

- Keep your upper arms motionless.
- Keep wrists straight.
- Tighten the triceps throughout the exercise and control the motion on the way up.
- Maintain good posture by keeping your chest lifted, abs tight and maintain a very slight arch in your lower back.



START



FINISH

## SINGLE ARM PUSHDOWN with Lat Tower - Elbow Extension

**Muscles worked:** This exercise emphasizes the triceps muscles located on the backs of the upper arms. These muscles are responsible for straightening your arm and assist in any upper body pushing or pressing motion.

### Starting position:

- Remove (or straddle) the bench and stand facing the power rods.
- Attach hand grips to the lat tower in place of the bar.
- Grasp the hand grip, with your palms up.
- Adjust your distance from the pulleys (one to two feet in front of you). This may need to be altered after attempting the first rep.
- Bring your arms down to your sides, elbows straight.
- Bend over slightly from your hips, so that your shoulders are directly over your hands. Lift your chest and tighten your abdominals to stabilize your spine while maintaining a very slight arch in the lower back.

### Action:

- Keeping your upper arms stationary and your elbows next to the sides of your torso, slowly allow your elbows to bend, moving your hands in an arcing motion away from your legs and upward.
- Stop at approximately 90 degrees.
- Thinking about tightening the triceps, slowly reverse the arcing motion and straighten your arm fully.

### Key points:

- Keep your upper arm motionless.
- Keep wrist straight.
- Tighten the triceps throughout the exercise and control the motion on the way up.
- Maintain good posture by keeping your chest lifted, abs tight and maintain a very slight arch in your lower back.



START



FINISH

# Arm Exercises

## FRENCH PRESS - Elbow Extension Overhead

**Muscles worked:** This exercise emphasizes the triceps muscles located on the backs of the upper arms.

### Starting position:

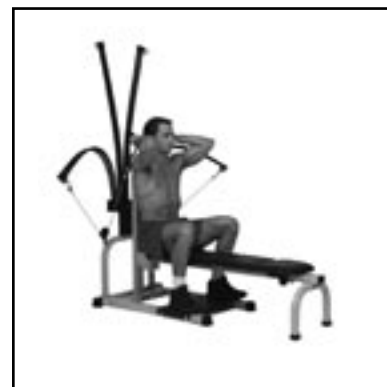
- Sit on the bench facing away from the power rods. Bend the knees and place your feet flat on the floor.
- Reach behind and grasp one or both of the handles, palms facing each other.
- Draw your arms up until your elbows are comfortably overhead (different for everyone) and your hands are pointed to the ceiling.
- Tighten your trunk muscles and maintain a very slight arch in your lower back.

### Action:

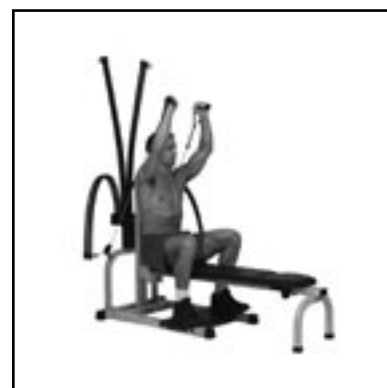
- Keeping your upper arm stationary, bend your elbows allowing your hands to move downward in an arcing motion.
- Stop your motion at approximately 90 degrees and then slowly reverse your arcing motion until your elbow is straight.

### Key points:

- Keep your upper arm motionless.
- Keep wrists straight.
- Tighten the triceps throughout the exercise and control the motion on the way down.
- Keep your chest lifted, abs tight and maintain a very slight arch in your lower back.



START



FINISH

## LYING TRICEPS EXTENSION - Elbow Extension

**Muscles worked:** This exercise emphasizes the triceps muscles located on the backs of the upper arms.

### Starting position:

- Lie on your back with your head toward the power rods, knees bent and your feet flat on the floor.
- Reach overhead and grasp the handles, palms facing towards the ceiling.
- Straighten your arms and bring them down directly beside your body.
- Raise your chest and "pinch" your shoulder blades together. Maintain a very slight arch in your lower back.

### Action:

- Keeping your upper arms stationary and by your side, bend your elbows, moving your hands in an arcing motion towards your chest.
- Stop your motion at approximately 90 degrees, then slowly reverse your arcing motion until your elbows are fully straight.

### Key points:

- Keep your upper arms motionless.
- Keep wrists straight.
- Tighten the triceps throughout the exercise and control the motion on the way down.



START



FINISH

# Arm Exercises

## CROSS TRICEPS EXTENSION

**Muscles worked:** This exercise develops the triceps muscle located on the back of the upper arm.

### Starting position:

- Seated in the 45 degree position, reach straight behind your body, grasp a handle, and bend your elbow until your hand is near your chest and your palms are facing towards the floor.
- Keeping knees bent and feet flat on the floor, lay your head back against the bench and straighten your arm to the front.
- Then, reaching slightly across mid-line, grasp the handle, palm down, with the opposite arm.
- With your free hand lightly grasp the back of your arm near your elbow, to give yourself a reference point to help stabilize the working arm.
- Raise your chest and “pinch” your shoulder blades together. Maintain a very slight arch in your lower back.



START



FINISH

### Action:

- Keeping your upper arm stationary, bend your elbow, moving your hand in an arcing motion across your chest.
- Stop your motion at approximately 90 degrees, then slowly reverse the arcing motion until your elbow is straight.

### Key points:

- Keep your upper arm motionless.
- Keep wrist straight.
- Tighten your triceps throughout the exercise and control the motion on the way down.



START



FINISH

## TRICEPS KICKBACK

**Muscles worked:** This exercise emphasizes the triceps muscles located on the backs of the upper arm.

### Starting position:

- Straddle the bench facing the power rods, bend forward at the hips (not the waist) until the torso is parallel to the bench, keeping your chest lifted and maintaining a very slight arch in your lower back.
- Support yourself with one arm on the bench and grasp a handle with your free hand, palm facing inward.
- Draw your elbow back so that the upper arm is beside the body, parallel to the bench, and the elbow is bent approximately 90 degrees.

### Action:

- Straighten elbow while keeping your upper arm completely still.
- When arm is completely straight, slowly return to the starting position.

### Key points:

- Maintain spinal alignment.
- Keep your arm at your side and your wrist straight throughout entire motion.
- Tighten the triceps throughout the exercise and control the motion.



# Arm Exercises

## SEATED TRICEPS EXTENSION - Elbow Extension

**Muscles worked:** This exercise emphasizes the triceps muscles located on the back of the upper arms.

### Starting position:

- Seated in the 45 degree position, reach straight behind your body, grasp the handles, and bend your elbows until your hands are near your chest and your palms are facing towards the floor.
- Keeping knees bent and feet flat on the floor, lay your head back against the bench and straighten your arms to the front.
- Be sure that your arms are directly "in line" with the cables, palms facing down and wrists straight.
- Raise your chest and "pinch" your shoulder blades together. Maintain a very slight, comfortable, arch in your lower back.

### Action:

- Keeping your upper arms stationary, slowly bend your elbows allowing your hands to move in an arcing motion towards your head.
- Stop when the elbows are approximately 90 degrees.
- Slowly reverse your arcing motion until your elbows are straight.

### Key points:

- Keep your upper arms/shoulders motionless.
- Keep wrists straight.
- Tighten the triceps throughout the exercise and control the motion on the way down.



START



FINISH

## STANDING BICEPS CURL - Elbow Flexion (in supination)

**Muscles worked:** This exercise emphasizes and develops the biceps muscles which are located on the front of your upper arms and are primarily responsible for bending your elbows.

### Starting position:

- Remove the bench and stand on the platform, straddle the rail, facing the power rods.
- Bend down and grasp the handles with your palms facing forward.
- Stand with your upper arms by your sides (although not "smashed" against them). Lift your chest, tighten your abdominals and maintain a very slight arch in your lower back.

### Action:

- Curl handles forward, then upward, and then in towards your shoulders while keeping your elbows at your sides and your upper arms completely still.
- Slowly lower to the starting position by performing the same arcing motion.

### Key points:

- Keep elbows at your sides.
- Keep wrists straight.
- Keep your trunk muscles tight and maintain a very slight arch in your lower back.



START



FINISH

# Arm Exercises

## SEATED BICEPS CURL - Flexion (in supination)

**Muscles worked:** This exercise emphasizes the biceps muscles which are located on the front of your upper arms and are primarily responsible for bending your elbows.

### Seated position:

- Sit facing the power rods, knees bent with one foot on the bench and one on the floor.
- Grasp the handle and rest the back of your upper arm, not your elbow, on the elevated knee.
- Maintain correct spinal alignment.

### Action:

- Curl the forearm toward the upper arm, keeping your upper arm completely still.
- Slowly return to the starting position without relaxing the biceps.

### Key points:

- Do not rock the upper body while bending your elbow.
- Keep wrist straight.
- Keep your chest lifted, trunk muscles tight and maintain a very slight arch in your lower back.



START



FINISH

## CONCENTRATION BICEPS CURL - Elbow Flexion (in supination)

**Muscles worked:** This exercise emphasizes the biceps muscles which are located on the front of your upper arms and are primarily responsible for bending your elbows.

### Starting position:

- Stand, one foot on the platform, one foot on the floor, and one side towards the power rods.
- With the hand closest to the power rods, grasp the handle.
- Keeping your back straight, bend at the hips and knees, until your trunk is parallel to the floor. Place the uninvolved hand on the thigh to help stabilize.
- Straighten your elbow and point your arm towards the floor.

### Action:

- Curl handle away from the cable, then upward toward the shoulder while keeping the upper arm completely motionless and your elbow pointing directly toward the floor at all times.
- Slowly return to the starting position performing the same arc of motion.

### Key points:

- Keep the elbow pointing toward the floor at all times.
- Keep wrist straight.
- Bend at the hips, not at the waist.
- Keep your back straight, chest up and maintain a very slight arch in your lower back.



START



FINISH

# Arm Exercises

## SEATED WRIST EXTENSION

**Muscles works:** This exercise develops the back and top parts of your forearms and is critical in helping to prevent injuries like tennis elbow.

### Starting position:

- Sit facing the power rods with your knees bent and feet flat on the bench.
- Grasp the handles with your palms facing down and rest your mid-forearms on your upper legs with the elbows flared out to the sides.
- Be sure to sit far enough backwards on the bench to maintain tension throughout the exercise.
- Raise your chest, tighten your trunk muscles and maintain a very slight arch in your lower back.

### Action:

- Slowly curl the back of your fists towards the forearms.
- Slowly return to the starting position.

### Key points:

- Move slowly and keep tension in the back of the forearms at all times.
- You can perform this exercise one arm at a time to make it easier to focus and isolate the back of your forearms, or you can perform it with both arms simultaneously to save time.



START



FINISH

## STANDING WRIST CURL

**Muscles worked:** This exercise emphasizes the front part of your forearms as well as increasing the strength of your grip. It also isometrically challenges your biceps muscles, located on the front part of your upper arms.

### Starting position:

- Remove the bench and stand on the platform facing the power rods.
- Bend down and grasp the handles with your palms facing forward.
- Stand with your upper arms and elbows by your sides.
- Lift your chest, tighten your trunk muscles and maintain a very slight arch in your lower back.
- Bend your arms 90 degrees, palms up, and hold that position throughout the entire exercise.

### Action:

- Slowly curl your fists towards the front of your forearms.
- Keeping your forearms still, slowly let your fists return to the starting position.

### Key points:

- Move slowly and keep tension in the front of the forearm at all times.
- Do not increase or decrease the bend in your arms, perform the entire motion at your wrist.
- Do not rock your body. Keep your chest lifted, abs tight and maintain a slight arch in your lower back.



START



FINISH

# Arm Exercises



START



FINISH

## REVERSE CURL - Elbow Flexion (in pronation)

**Muscles worked:** This exercise emphasizes the deep arm muscle (brachialis) while involving the front forearm muscle (brachioradialis) and the biceps as well.

### Starting position:

- Remove the bench and stand on the platform facing the power rods.
- Bend down and grasp the handles with your palms facing backward.
- Stand with your arms by your sides.
- Lift your chest, tighten your abdominals and maintain a very slight arch in your lower back.

### Action:

- Keeping the palms facing down, slowly curl the handles forward, then upward, then in towards your shoulders while keeping your elbows at your sides and your upper arms completely still.
- Slowly lower to the starting position.

### Key points:

- Keep elbows at your sides.
- Keep wrists straight.
- Keep your trunk muscles tight and maintain a very slight arch in your lower back.



START



FINISH

## SEATED WRIST CURL - Wrist Flexion

**Muscles worked:** This exercise develops the front part of your forearms as well as increasing the grip strength.

### Starting position:

- Sit facing the power rods with your knees bent and feet flat on the bench.
- Grasp the handles with your palms facing up and rest your forearms on your thighs, allowing the wrists to bend above the knees.
- Raise your chest, tighten your trunk muscles and maintain a very slight arch in your lower back.

### Action:

- Slowly curl your fists towards the front of your forearms.
- Slowly return to the starting position without relaxing the wrists.

### Key points:

- Move slowly and keep tension in the front of the forearms at all times.
- You can perform this exercise one arm at a time to make it easier to focus and isolate the front of your forearms, or you can perform it with both arms simultaneously to save time.

# Arm Exercises

## STANDING WRIST EXTENSION

**Muscles worked:** This exercise emphasizes the back and top parts of your forearms. It also isometrically challenges your deep biceps muscles (brachialis), located on the front part of your upper arms.

### Starting position:

- Remove the bench and stand on the platform facing the power rods.
- Bend down and grasp the handles with your palms facing backwards.
- Stand with your upper arms by your sides.
- Lift your chest, tighten your trunk muscles and maintain a very slight arch in your lower back.
- Bend your elbows 90 degrees hold that elbow position throughout the entire exercise.

### Action:

- Slowly curl the backs of your fists towards the forearms.
- Keeping your forearms still, slowly return to the starting position.

### Key points:

- Move slowly and never relax the wrist.
- Do not increase or decrease the bend in your elbow, perform the entire motion at your wrist.
- Do not rock your body. Keep your chest lifted, abs tight and maintain a slight arch in your lower back.



START



FINISH

# Abdominal Exercises



START



FINISH

## REVERSE CRUNCH - Spinal Flexion

**Muscles worked:** This exercise works your entire abdominal area including your upper and lower front abs (rectus abdominus) and your side abs (obliques).

### Starting position:

- With the bench in the flat position, lie on your back with your head toward the power rods.
- Bend your knees fully.
- Bend at the hips based upon desired difficulty. Beginners should be fully bent, bringing the legs near the abs. As strength improves the legs can be positioned further away. DETERMINE THESE POSITIONS AND MAINTAIN THROUGHOUT THE EXERCISE.
- Reach overhead grasp either the bench, or the metal frame, with each hand.
- Relax your neck.

### Action:

- Tighten your abs and slowly curl your hips towards your rib cage. Move as far as you can without using your legs to get momentum and do not curl up onto your shoulder blades.
- Slowly reverse the motion returning to the starting position without relaxing.

### Key points:

- Tighten your abs before you move.
- Keep knees and hips stationary.
- Allow exhalation up and inhalation down without exaggerating breathing.
- Contract as far into the movement as possible. Lower under control. Keep abs tight during the entire motion.



START



FINISH

## ABDOMINAL CRUNCH - Spinal Flexion

**Muscles worked:** This exercise emphasizes the abdominal area including the upper and lower front abs (rectus abdominus) and the side abs (obliques).

### Starting position:

- Lie face up on the bench with your head near the power rods.
- Your lower back can start out flat or in a normal arch, knees and hips are bent and your feet are flat on the bench.
- Fold your arms across your chest.

### Action:

- Tighten your abs and curl only your torso, slowly moving your ribs towards your hips. Move as far as you can without moving the hips or neck.
- Slowly reverse the motion returning to the starting position, without relaxing.

### Key points:

- Allow exhalation up and inhalation down, don't exaggerate it.
- Do not lift your head/chin. Your head should follow the rib motion, not lead, allowing you to maintain normal neck posture.
- Tighten your abdominals throughout the entire exercise range of motion. Do not let your abs relax until the set is over.
- MOVING SLOWLY to eliminate momentum is critical.

# Abdominal Exercises

## SEATED (RESISTED) ABDOMINAL CRUNCH - Spinal Flexion

**Muscles worked:** This exercise emphasizes the abdominal area including the upper and lower front abs (rectus abdominus) and the side abs (obliques).

### Starting position:

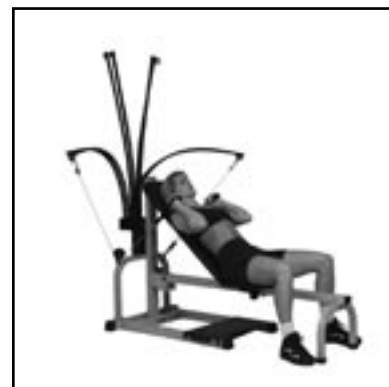
- While seated in the 45 degree position, grasp both handles drawing them over the shoulders and resting the handles on the chest/shoulders with your palms facing upward.
- Your lower back can start out flat or in a normal arch, knees and hips are bent and your feet are flat on the floor.

### Action:

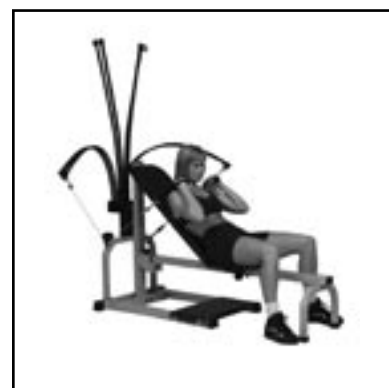
- Tighten your abs and curl only your torso, slowly moving your ribs towards your hips. Move as far as you can without moving the hips or neck. **THE LOWER BACK SHOULD NOT LOSE CONTACT WITH THE BENCH** when fully crunched.
- Slowly reverse the motion returning to the starting position, without relaxing.

### Key points:

- Allow exhalation up and inhalation down, don't exaggerate it.
- Do not lift your head / chin. Your head should follow the rib motion, not lead, allowing you to maintain normal neck posture.
- Tighten your abdominals throughout the entire exercise range of motion. Do not let your abs relax until the set is over.
- MOVING SLOWLY to eliminate momentum is critical.



START



FINISH

## SEATED (RESISTED) OBLIQUE ABDOMINAL CRUNCH - Spinal Flexion/Rotation

**Muscles worked:** This exercise emphasizes the external obliques on the resistance side and the internal obliques on the opposite side.

### Starting position:

- While seated in the 45 degree position, grasp one handle drawing it up and over one shoulder, resting the handle on your chest/shoulder with your palm facing upward.
- Your lower back can start out flat or in a normal arch, knees and hips are bent and your feet are flat on the floor.

### Action:

- Tighten your abs on one side of your body before you move, focusing on the area from the side of your ribs to the front of your pelvis on the same side.
- Slowly move diagonally, rotating and curling your torso, with the side of your ribs directed toward the front of your pelvis.
- Move as far as you can, moving the hips or moving the lower back from the bench.
- Slowly reverse the motion returning to the starting position without resting.

### Key points:

- Allow exhalation up and inhalation down, don't exaggerate it.
- Do not lift your head / chin. Your head should follow the rib motion, not lead, allowing you to maintain normal neck posture.
- Tighten your abdominals throughout the entire exercise range of motion. Do not let your abs relax until the set is over.
- MOVING SLOWLY to eliminate momentum is critical.



START



FINISH

# Abdominal Exercises

## TRUNK ROTATION

**Muscles worked:** This exercise involves most of the trunk muscles. It does not “spot reduce” or eliminate “love handles”. It should be noted that rotation is more limited in the spine than most people realize and should be performed with minimal resistance, and always in proper alignment.

### Starting position:

- Sitting sideways on the bench with one side facing the power rods, grasp the handle closest to you with both hands.
- Raise both arms up to shoulder level, centered in front of the middle chest.
- Keep elbows slightly bent.
- Lift your chest, pinch your shoulder blades together, tighten your abs and maintain a very slight arch in your lower back.

### Action:

- Tighten your entire abdominal area and slowly rotate your rib cage/arms away from the cables (30 - 40 degrees), as if you were rotating with a rod through the middle of your spine.
- Slowly return to the starting position.

### Key points:

- This is a high risk exercise that may cause injury if done incorrectly. Keep your chest lifted and always maintain your spine in good alignment with a very slight arch in your lower back.
- Keep your hands centered in front of the middle of your chest (sternum) and your shoulder blades “pinched” together. Insure that all of your motion occurs in the torso.
- Remember, more range of motion is not necessarily better, especially in this exercise. Move only as far as your muscles will take you. Try to eliminate uncontrolled momentum.
- Caution - Do not use heavy resistance for this exercise. Pick a weight that allows you to perform at least 12 - 15 reps.



START



FINISH



# Leg Exercises

## LEG EXTENSION with attachment

**Muscles worked:** This exercise emphasizes the muscles on the front of the upper thigh (quadriceps muscle group) which are responsible for straightening your leg against resistance. This powerful muscle group helps to provide stability for the knee joint and is essential for producing power in running, jumping and lifting activities.

### Starting position:

- Sit on the seat facing away from the power rods with your knees near the pivot point and the lower roller pads on your shins (see picture).
- Adjust your thighs to hip width pointing your knee caps straight to the front.
- Grasp the sides of the seat.
- Sit up straight with your chest lifted, abs tight and maintain a very slight arch in your lower back.

### Action:

- Tighten your quads and straighten your legs by moving your feet forward and then upward until your legs are completely straight and your kneecaps are pointing up towards the ceiling (not turned outward).
- Then slowly return to the starting position keeping tension in your quads during the entire movement.

### Key points:

- Use slow controlled motion. Do not "kick" into extension.
- Do not let your knees rotate outward during the exercise. Keep your kneecaps pointing up and straight forward.



START



FINISH

## LEG CURL with attachment

**Muscles worked:** This exercise emphasizes the hamstring muscle group (biceps femoris, semimembranosus, semitenonosus) on the back of the thigh.

### Starting position:

- With the bench attached to the seat of the leg unit, lie face down with your knees near the pivot point and ankles under the upper roller pads.
- Place your hands on the floor or grasp the rail or bench for stability.
- Tighten your abs to prevent spinal motion and very slightly lift your knees, placing the pressure on your thighs.

### Action:

- Slowly bend your knees, upward and then towards your hips without moving your spine and without your hips lifting from the bench.
- Keeping the hamstrings tight, slowly allow your legs to straighten and return near the starting position. Do not fully extend your legs.

### Key points:

- Make sure that you straighten your legs under control, do not allow your knees to hyperextend.
- Keep your chest lifted, abs tight and maintain a very slight arch in your lower back.



START



FINISH

# Leg Exercises

## SQUAT - with Lat Tower



START



FINISH

**Muscles worked:** This exercise strengthens and develops virtually all the muscles of your legs and buttocks area (gluteus maximus). Remember, there is no such thing as "spot reduction". Do not do this exercise if you believe it will remove fat from this area. Do it to strengthen and build these muscles.

### Starting position:

- Remove the bench.
- With cables attached but, not under resistance, move pulleys from lat tower to attachment eye located on the base of the machine. Hook up desired resistance.
- Attach lat pulldown bar to cables.
- Facing the power rods, stand on the platform with your feet about shoulder width apart.
- Squat down and place bar across your shoulders as pictured. You'll need to adjust the chain on the bar to make sure you have resistance at the start of the movement.
- Keep your spine in good posture, with your chest lifted, abs tight and maintain a very slight arch in your lower back.

### Action:

- Slowly rise to a standing position. Keep your knees slightly bent
- Then slowly return to the starting position. Do not allow your knees to exceed a 90 degree angle.

### Key points:

- Make sure you do not bend your waist or lower back.
- Keep your abs tight throughout the entire exercise.
- Keep your knees pointed straight out in front of you.
- Never step off the platform while under resistance.



START



FINISH

## LYING (PRONE) LEG CURL - Knee Flexion

**Muscles worked:** This exercise emphasizes the hamstring muscle group (biceps femoris, semimembranosus, semitenonosus) on the back of the thigh.

### Starting position:

- Seated on the flat bench, attach the cuff to the corresponding ankle.
- Turn and lie on your stomach with your head facing away from the power rods. The cables will cross. Keep your feet together and your hands flat on the floor helping to provide stability.
- Move forward to provide tension in the cables.
- Look toward the floor to keep your neck in good alignment and tighten your abdominals.
- Lift your knees slightly (less than a half inch) off of the bench by pressing your hips into the bench and hold them completely still.

### Action:

- Slowly bend your knees, moving your feet in an arc upward and then inward towards your buttocks.
- Then slowly allow your legs to straighten through the arc described, returning to the starting position without relaxing.

### Key points:

- Keep your upper leg motionless during the entire exercise.
- Keep your abs tight and do not lift your hips or excessively arch your back.

# Leg Exercises

## STANDING HIP EXTENSION (Knee flexed)

**Muscles worked:** This exercise strengthens and develops the muscles of your buttocks area (gluteus maximus). Remember, there is no such thing as “spot reduction”. Do not do this exercise if you believe it will remove fat from this area. Do it to strengthen and build these muscles.

### Starting position:

- Remove the bench.
- Facing the power rods, stand on the platform to one side of the rail.
- Secure the cuff around the ankle furthest from the rail. Keep this leg bent at approximately 90 degrees.
- Bend over 30-45 degrees from your hips (not your waist) and very slightly bend the knee of your support leg.
- Keep your spine in good posture, with your chest lifted and abs tight, maintain a very slight arch in your lower back.

### Action:

- Initiate the movement by tightening your glutes. Extend your hip by moving your entire leg backward.
- Slowly move your leg as far as you can, without allowing ANY movement to occur at your waist.
- Then slowly return to the starting position.

### Key points:

- Make sure all of your motion occurs at your hip, NOT your waist or lower back.
- Keep your abs tight throughout the entire exercise.
- Maintain exactly the same bend in the knee of your moving leg throughout the entire exercise.



START



FINISH

## LEG KICKBACK (Hip and knee extension)

**Muscles worked:** This exercise strengthens and develops the muscles of your buttocks area (gluteus maximus). Remember, there is no such thing as “spot reduction”. Do not do this exercise if you believe it will remove fat from this area. Do it to strengthen and build these muscles.

### Starting position:

- Remove the bench.
- Facing the power rods, stand on the platform to one side of the rail.
- Secure the cuff around the ankle furthest from the rail. Keep this leg bent at approximately 90 degrees.
- Bend over 30-45 degrees from your hips (not your waist) and very slightly bend the knee of your support leg.
- Keep your spine in good posture with your chest lifted and abs tight, maintain a very slight arch in your lower back.

### Action:

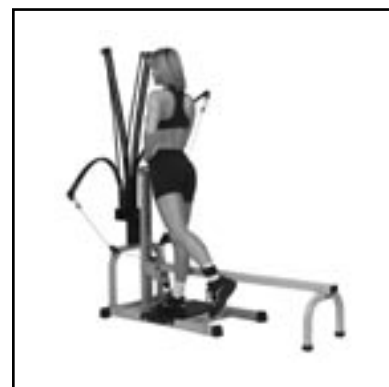
- Extend your entire leg backwards, straightening the knee.
- Slowly move your leg as far as you can, without allowing ANY movement to occur at your waist.
- Then slowly return to the starting position.

### Key points:

- Do not allow your waist, lower back or supportive hip to move.
- Keep your abs tight throughout the entire exercise.



START



FINISH

# Leg Exercises

## LYING LEG EXTENSION



START



FINISH

**Muscles worked:** This exercise allows you to strengthen and develop the front part of your upper thighs (quadriceps muscle groups), helping to increase your muscular stability at the knee joints.

### Starting position:

- Sit on the bench facing the power rods and attach the cuff to the corresponding ankle.
- Lie back on the bench so that your head is supported by the bench.
- Bend your working leg at the knee and bend your hip until your knee is pointing up, keeping your lower leg relaxed.
- Grasp your working thigh with both hands around the back of the knee.
- Place the uninvolved foot on the floor or bench, relax your neck, straighten your spine, lift your chest, tighten your abs and maintain a very slight arch in your lower back.

### Action:

- Slowly straighten your leg, moving only your knee/lower leg.
- Slowly return to the starting position without relaxing the quad.

### Key points:

- Keep your upper thigh motionless throughout the exercise.
- Keep your spine in good posture with your chest lifted, abs tight and a very slight arch in your lower back.



START



FINISH

## STANDING HIP ABDUCTION

**Muscles worked:** This exercise will not burn off fat from your hips or "outer thighs"! There is no exercise that will burn fat from a specific area. This exercise will, however, strengthen the muscles on the sides of your hips (gluteus medius), especially on the standing/support side. Use very light resistance and small range of motion on this exercise. Think of this exercise as a tool for challenging your ability to stabilize your hip on the supportive leg. There is virtually no other benefit.

### Starting position:

- Remove the bench, stand with one side near the power rods, and attach a handle /strap to the ankle furthest from the machine (outside leg).
- Stand up straight, lift your chest, tighten your abs and maintain a very slight arch in your lower back.
- Adjust your position so that there is some resistance in the cables.
- In the beginning, you may hold on to the power rods for added stability.

### Action:

- Slowly move the attached leg outward to the side away from the pulley (30-45 degrees), keeping your hips and spine perfectly still.
- Slowly return to the starting position without relaxing.

### Key points:

- Do not use this exercise for losing fat from your hips. It will not make your hips smaller. Use it to develop hip strength and stability.
- Use a very small range of motion. More is not better.
- Keep your spine straight and your hips level. Try not to raise your hips when raising your leg to the side.

# Leg Exercises

## SEATED HIP ADDUCTION

**Muscles worked:** This exercise will not burn off fat from your inner thighs or make them smaller! There is no exercise that will burn fat from a specific area. This exercise will, however, strengthen the muscles on the insides of your thighs (adductor muscle groups). It also works the muscles on the outside of your hip (gluteus medius) on the side that you are standing on. Use very light resistance and small range of motion on this exercise. Think of this exercise as a tool for challenging your ability to stabilize your hip and stand on one leg.

### Starting position:

- Sit one side near the power rods, and attach the cuff to the ankle nearest the machine (inside leg).
- Sit straight, lift your chest, tighten your abs and maintain a very slight arch in your lower back.
- Adjust your position away from the machine so that there is room to move the attached leg toward the pulley.
- In the beginning, you may hold on to the bench for added stability.

### Action:

- Slowly allow the attached leg to move outward towards the pulley (30-45 degrees), keeping your hips and spine perfectly still.
- Then slowly draw the leg back toward the support leg, returning to the starting position.

### Key points:

- Do not use this exercise for losing fat from your thighs. It will not make your thighs smaller. Use it to develop hip strength and stability.
- Do not cross the attached leg in front of the standing leg. Use a very small range of motion. More is not better.
- Keep your spine straight and your hips level. Try not to raise your hips when raising your leg to the side or drop the hip when return to the starting position.



START



FINISH

## STANDING HIP EXTENSION (Knee stabilized)

**Muscles worked:** This exercise strengthens and develops the muscles of your buttocks (gluteus maximus) and the hamstring muscle group (biceps femoris, semimembranosus, semitenonosus) on the back of the upper leg. Remember, there is no such thing as "spot reduction". Do not do this exercise with the belief that it will remove fat from this area. Do it to strengthen and build these muscles.

### Starting position:

- Remove the bench.
- Facing the power rods, stand on the platform to one side of the rail.
- Secure the cuff around the ankle furthest from the rail. Keep this leg straight but not locked at the knee.
- Bend over 30-45 degrees from your hips (not your waist) and very slightly bend the knee of your support leg.
- Keep your spine in good posture, with your chest lifted and abs tight, maintain a very slight arch in your lower back.

### Action:

- Initiate the movement by tightening your glutes. Extend your hip by moving your entire leg backwards, then slightly up.
- Slowly move your leg as far as you can, without allowing ANY movement to occur at your waist.
- Then slowly return to the starting position.

### Key points:

- Make sure all of your motion occurs at your hip, NOT your waist or lower back.
- Keep your abs tight throughout the entire exercise.
- Keep your working leg straight or very slightly bent.



START



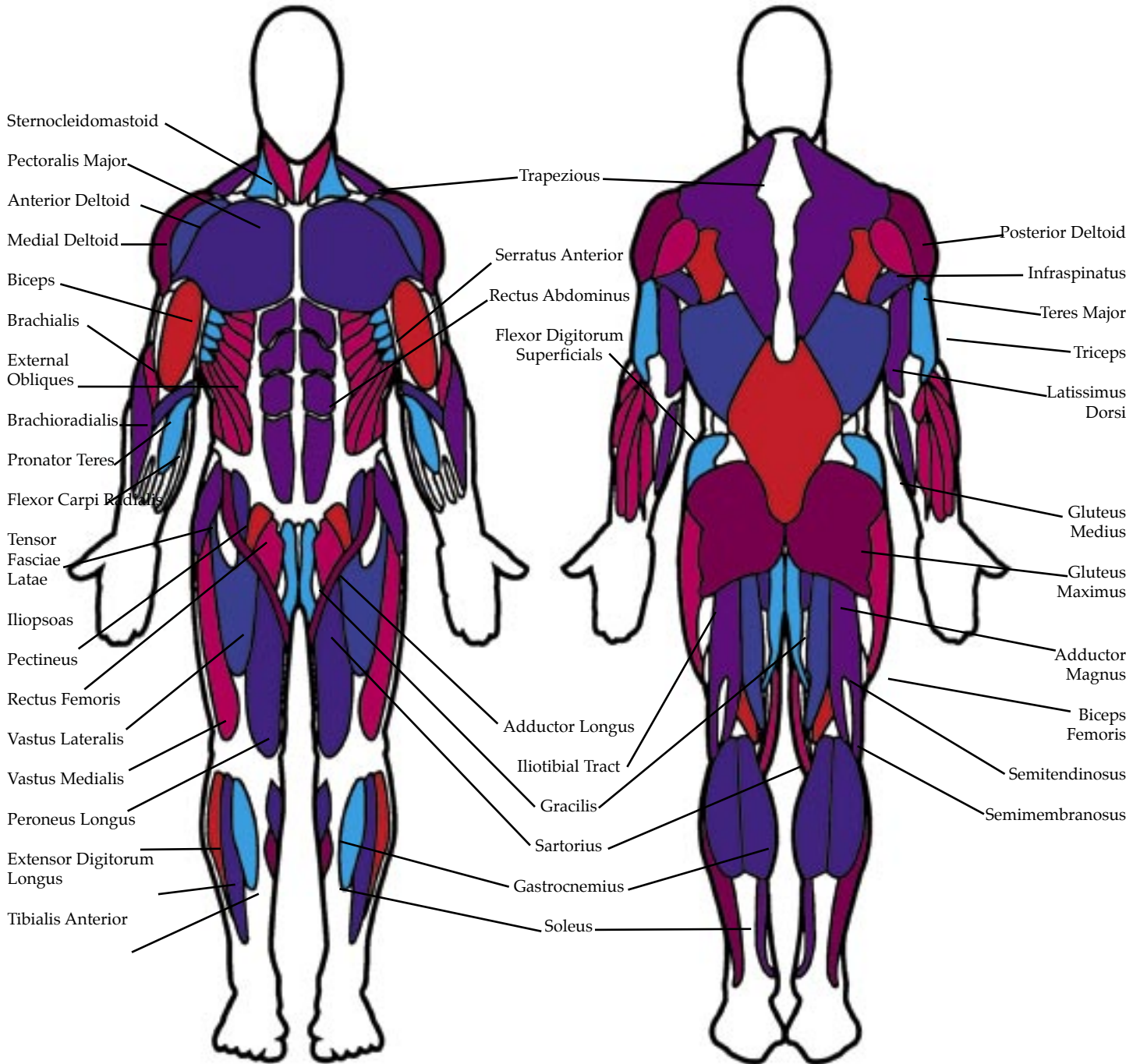
FINISH

# Exercise Log

Please feel free to make copies of this chart to continue your exercise log.

EXERCISE		DATE	DATE	DATE	DATE	DATE	DATE
<i>Bench Press</i>	Sets	2					
	Reps	10, 9					
	Resistance	120, 130					
	Sets						
	Reps						
	Resistance						
	Sets						
	Reps						
	Resistance						
	Sets						
	Reps						
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	Reps						
	Resistance						
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	Reps						
	Resistance						
	Sets						
	Reps						
	Resistance						

# Muscle Chart



This manual is written and designed by industry professionals. If you have any questions regarding your Bowflex® Home Gym or any instructions found in this manual please call 1-800-269-3539 for assistance.

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