auscore

FITNESS

ONLINE USER MANUAL

WARM-UP

It is important to warm-up (increased your core body temperature) before you begin any form of exercise. Warming-up has excellent physiological and psychological benefits. Professional athletes always complete a thorough warm-up and cool-down routine. Warming-up improves performance, minimises the risk of injury, increases blood flow to the training muscles and as a result, decrease muscle stiffness. In addition, warming-up also benefits your psychological preparation.

Warm-up exercises may consists of:

- A light jog
- Gradually increasing the intensity of your specific sport
- Skipping
- A light punch on the bag
- Star jumps
- Low Resistance band
- Punching bag

STRETCHING

Stretching is crucial to exercise and improves more than flexibility.

The benefits of stretching include:

- Reduced chance of injury
- Increased mental and physical relaxation Enhanced physical fitness
- Reduced muscle pain and tension

It is very important to stretch once you have warmed-up.
You should stretch your entire body every time you exercise, even the muscles you may not train that session.

Maintaining posture and alignment when performing stretches will maximize results.
Take deep breaths to help relax your mind and body.

ABDOMINALS

Decline Bench Leg Raise

Lay down on the Auscore bench and make sure your body is well balanced. Raise your arms above your head and place them securely on the bars. Keep your feet and legs together and make sure they are straight. Use your core to raise your legs slowly, pulling them up towards you until your body is in a right-angle position. Then, slowly decline your legs back to the bench. Repeat for desired reps.

ABDOMINALS

The Hanging Leg Raise

Hang from the Auscore bar with your legs straight and together. Tense your core and slowly raise your legs as high as possible to strengthen your lower abdominals. Slowly decline your legs back to the start position. Leg raises should be done slowly to maintain control and maximise results. Repeat for desired reps.

ABDOMINALS

Vertical Sit-Up

Lay on the Auscore bench and grip the bars with your feet. Keep your neck and body straight. Raise your upper body towards your feet so that your elbows touch your knees. Slowly return your upper body to the bench. Repeat for desired reps.
Remember maintain momentum throughout this exercise for maximum results.

ABDOMINALS

Back Supported Leg Raise

Once you are hanging from the bar, tense up your core and keep your legs straight and together. Slowly raise your legs as high as possible; this will strengthen your lower abdominals. Slowly decline your legs back to the start position. Leg raises should be done slowly to maximize results. Repeat for desired reps.

ABDOMINALS

Low Wood Chop Resistance Band:
Stand upright using the resistance band technique. Have your legs apart and feet pointing outwards. Grab the resistance band with both hands above your shoulder. Pull downwards on the opposite side to the shoulder you are using. Keep your arms straight and use resistance to enhance the momentum throughout the exercise. Repeat for desired reps. Repeat exercise on opposite side.

BACK

Wide Lat Pull-Down

Put the resistance band on the two rings in the middle of the top rails. Stand facing the rings with your palms forward and wider than shoulder width apart. Keep your back straight and your eyes forward. Pull the resistance bands down to your chest height, pause, and slowly go back to the start position. Repeat for desired reps.

BACK

Close Grip Lat Pull-Down

Put the resistance band on the two rings in the middle of the top rails. Stand facing the rings with your arms stretched out and palms facing each other. Pull down until your palms are just off your upper chest. Keep your elbows close to your body. Pause, and slowly return to the start position. Repeat for desired reps.

Wide Grip Pull-Up

Hang onto the pull-up bar with straight arms. Pull yourself up until your chin passes the bar. Pause, then slowly lower to the start position. Repeat for desired reps.
Pull-ups are the best strength training exercise as they force you to lift your entire body-weight. Other pull-up variations include; mixed grip pull-ups, thumbless grip pull-ups, towel pull-ups and horizontal pull-ups.

BACK

Close Grip Lat Pull-Up

This exercise is slightly different to the wide grip pull-up. Use an overhand grip and take your feet off the floor so that you are hanging. Slowly pull yourself up until your chin is above the bar. Pause, then slowly lower to the start position. Repeat for desired reps.

Chin Ups

Use an underhand grip and take your feet off the floor so that you are hanging. Slowly pull yourself up until your chin is above the bar. Pause, then slowly lower to the start position. Repeat for desired reps.

Close Grip Pull-Up from Side to Side

Hold your body weight off the ground with your palms facing each other. Pull yourself up, aim for your shoulders to reach your hands and stop just before they do. Pause, then slowly lower to the start position and begin again with other shoulder. Repeat for desired reps.

BACK

Hammer Pull-Ups

Hold your body weight off the ground with your palms facing each other. Pull yourself up, aim for your chest to reach your hands and stop just before it does. Pause, then slowly lower to the start position. Repeat for desired reps.

BACK

Straight Arm Lat Pull-down

Attach your resistance band to the top rail and hold it with one or both hands. Face the rings and use an overhand grip when holding onto the pulley. Keep your arms and body straight. Lower your arms down until they are by your sides.
Pause, then slowly raise to the start position. Repeat for desired reps.

Wide/Narrow Grip Laydown Pull-Up (High Inverted Row)

Lie flat on your back, grip the bar and hold it facing your chest. Hold your body straight and pull your chest towards the bar until it touches. To increase core strength and difficulty, raise one leg up while balancing on the other and alternate.

BACK

Standing Row (Both Arms or Single Arm)

Stand straight facing the rings and place the elastic as close to your mid-section as possible. Hold the elastic and pull both arms towards your sides. Keep your elbows close to your body and squeeze through your shoulder blades. Slowly release tension and resume to start position. Repeat for desired reps.

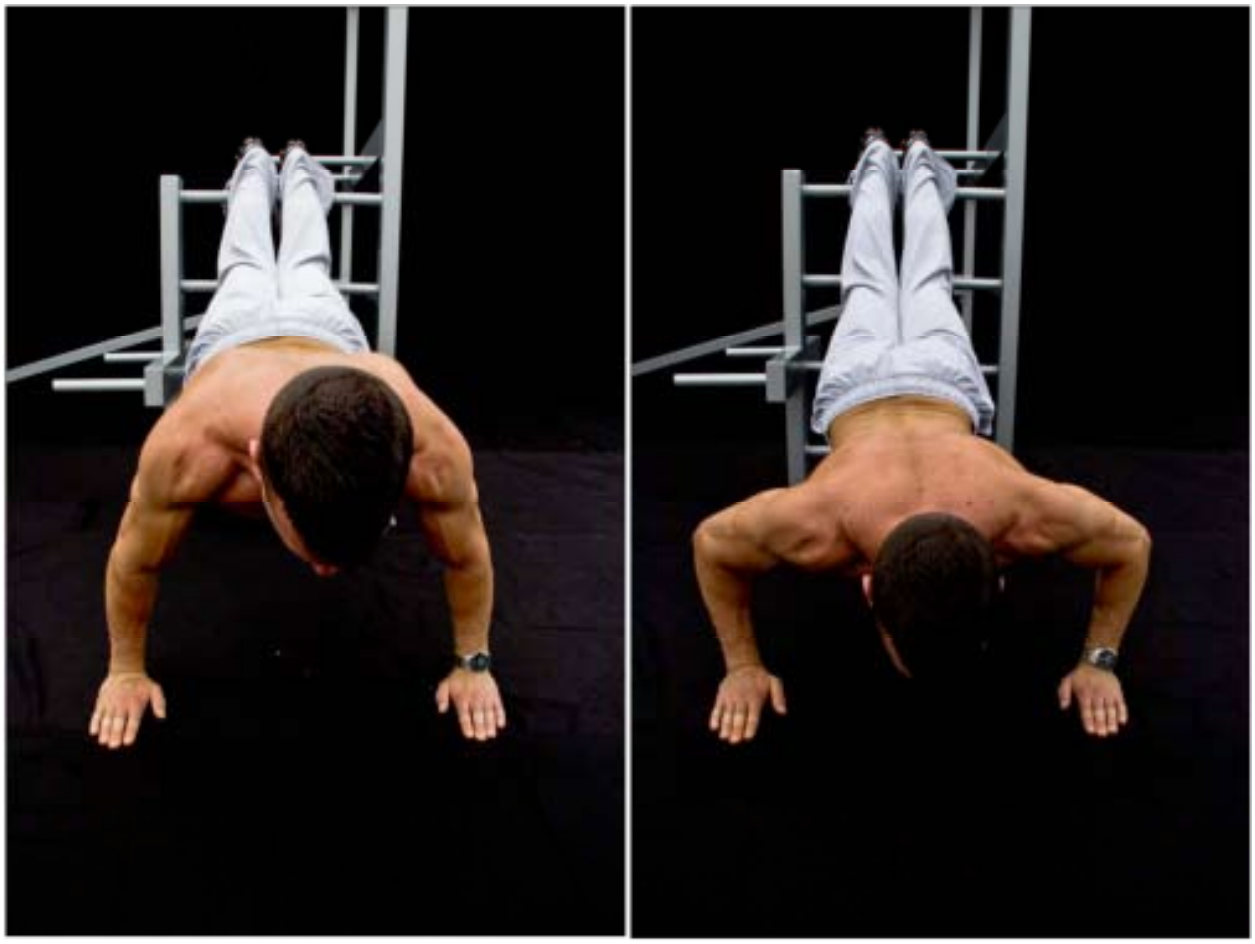
Crossover Standing Row While Using Both Arms Crossed Over.

Follow the Instructions on ‘Standing Row’.

CHEST

Decline Push-Up

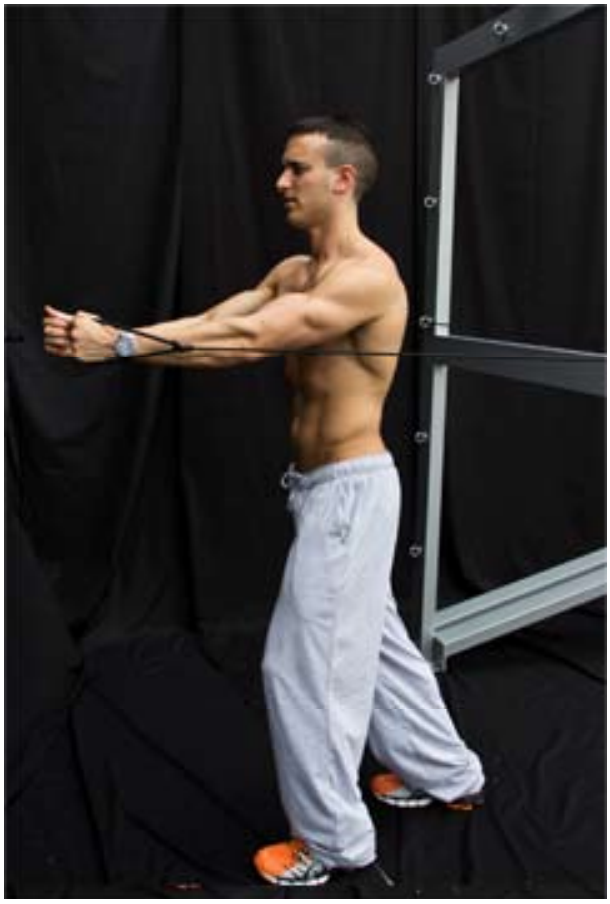
The Auscore provides different level bar options. Carefully place both feet on your desired bar. Make sure your arms are in a secure position (as pictured below) and slightly bent. Start to push your body up and down while keeping legs in a stable position.



CHEST

Mid-Chest Resistance (Flys)

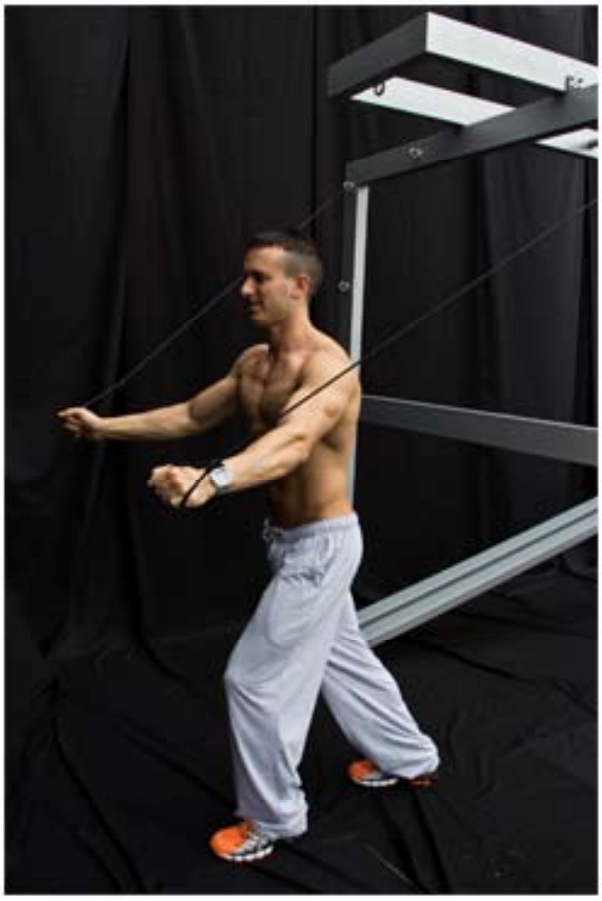
Stand in the centre of the resistance training with your back facing the Auscore. At shoulder length grab both sides of the pulley. Slowly pull towards the centre of your chest. Repeat as desired.



CHEST

Decline Resistance Band Flys

Stand at the centre of the resistance training with your back facing the Auscore. Keep one leg in front of the other for consistent grip. Maintain slightly bent elbows throughout the exercise. Using the pulley from the highest point possible, allow both your hands to slowly start pulling down and across each other. Maintain good balance and posture throughout the exercise. Repeat for desired reps.



CHEST

Resistance Band Crossovers – Standing in Straight Form.

Stand at the centre of the resistance training with your back facing the Auscore. Take one step forward with legs minimal distance apart and keep elbows and arms slightly bent throughout the exercise. Using the resistance band from the highest point possible, allow both your hands to slowly start pulling down and across each other. Maintain good balance and posture throughout the exercise. Repeat for desired reps.

CHEST

Incline Resistant Band Flys

Begin by placing the resistance bands in the rings close to your ankles on both sides. Have your back to the rings and maintain good balance and posture. Keep your arms straight and swing them wide and above your head. Pause at the top, then slowly lower to the start position. Repeat for desired reps.

SHOULDERS

Resistance Band Lateral Raise:

Stand facing the Auscore and keep your body in a straight position. Pull the resistance band from the lowest point possible and move it in an upward direction. Raise your hands to shoulder height, keep your elbows high and extend your arms forward as far as possible and hold. Then return to start position. Repeat for desired reps.

SHOULDERS

Resistance Band Reverse Fly Raise:
Stand at the centre of the resistance training with your back facing the Auscore. Use your left hand to pull the resistance band on the right and use your right hand to pull the resistance band on the left. Stand straight and keep both arms crossed in front of you. Slowly bend at the knees and bring your chest forward. Keep your head straight and your face forward. Lifting only at the shoulders, slowly uncross your arms and raise them in a circular motion to your sides until both arms are in alignment with the floor. Make sure elbows are kept slightly bent at all times. Compress your shoulder blades together and hold. Return to the start position. Repeat for desired reps.

One Arm Standing Shoulder Flys:
Stand at the centre of the resistance training with your side of the body facing the AusCore rings (similar to the Picture below). Use your hand to pull the closest resistance band to your ankle and raise your arm to shoulder height keeping your posture straight and strong. Repeat exercise on other arm. Repeat for desired reps

SHOULDERS

Resistance Band Reverse Fly Raise:

Stand at the centre of the resistance training with your back facing the Auscore. Use your left hand to pull the resistance band on the right and use your right hand to pull the resistance band on the left. Stand straight and keep both arms crossed in front of you. Slowly bend at the knees and bring your chest forward. Keep your head straight and your face forward. Lifting only at the shoulders, slowly uncross your arms and raise them in a circular motion to your sides until both arms are in alignment with the floor. Make sure elbows are kept slightly bent at all times. Compress your shoulder blades together and hold. Return to the start position. Repeat for desired reps.

One Arm Standing Shoulder Flys:

Stand at the centre of the resistance training with your side of the body facing the AusCore rings (similar to the Picture below). Use your hand to pull the closest resistance band to your ankle and raise your arm to shoulder height keeping your posture straight and strong. Repeat exercise on other arm. Repeat for desired reps

SHOULDERS

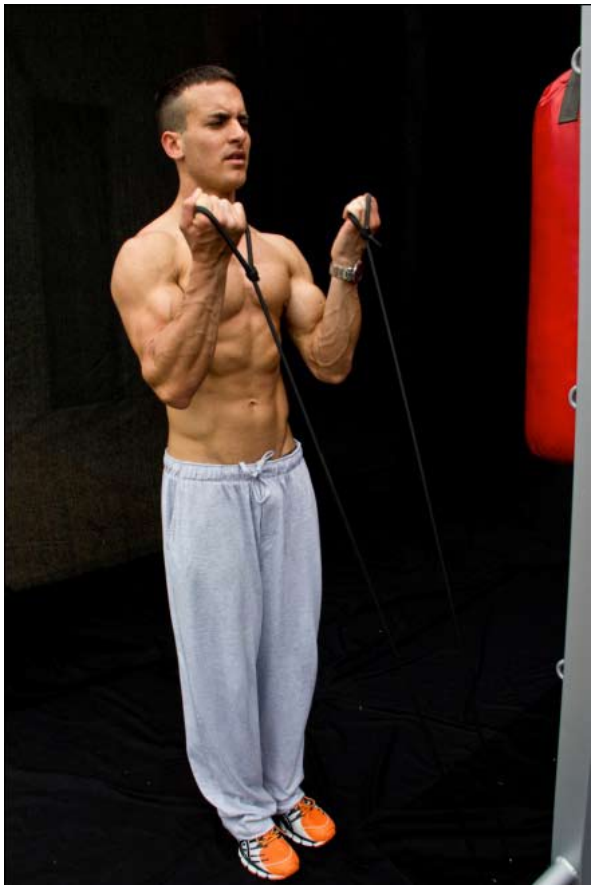
Shoulder Press

Stand at the centre of the resistance training with your body facing the Auscore. Bend your knees and keep your back straight. Pull the resistance bands from the shoulder in an upward direction and pause. Maintain good posture and balance throughout the movement and keep your arms straight. Return to original position. Repeat for desired reps.

BICEPS

Close Grip Curl

Stand facing the cable machine with your legs shoulder width apart and grasp the bar with your palms facing up and maintain your position with good posture and balance. Keep your elbows tucked in by your sides and slowly pull up as far as possible, pause, then slowly lower to start position. Repeat for desired reps.



BICEPS

Single Arm Curl

Stand facing the cable machine with your legs shoulder width apart, grasp the bar with your palm facing up and hold your position with good posture and balance. Keep your elbows tucked in by your sides and slowly pull up as far as possible squeezing your bicep, pause, then slowly lower to start position. Repeat for desired reps.

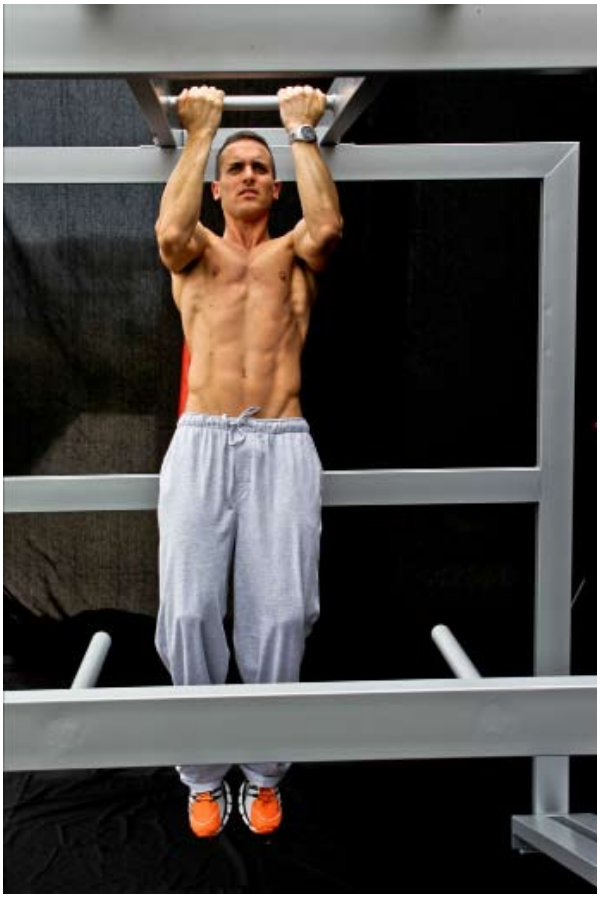
BICEPS

Hammer Curls

Ensure that you have a good start position with your palms facing each other.
Without moving your elbows, pivot your arms and raise your hands. Squeeze your bicep at the top of the movement, pause, then slower lower hands to the start position. Repeat for desired reps.

Reverse Close Grip Chin-Up

Use an overhand grip and take your feet off the floor so that you are hanging. Slowly pull yourself up until your chin is above the bar. Pause, then slowly lower yourself back down to the start position. Repeat for desired reps.



BICEPS

Hammer Pull-Up

Use the hammer grip with both palms facing each other and take your feet off the ground. Slowly pull yourself up until your chin is above the bar. Pause, then slowly lower yourself back down to the start position. Repeat for desired reps.

BICEPS

Bicep Wide Grip Curl

Stand facing the resistance band with good posture and balance with your palms facing away from you. Repeat the steps of the Close Grip Curl.

Single Arm Curl

Stand facing the resistance band with good posture and balance with your palms facing away from you. Without moving your elbow, raise your hand to desired height and squeeze your bicep at the top. Pause, then slowly lower back to the start position. Repeat for desired reps.

BICEPS

Single Arm Hammer Curl

Stand facing the resistance band with good posture and balance and your palms facing the inside of your body. Without moving your elbow, raise your hand to desired height and squeeze your bicep at the top. Pause, then slowly lower back to the start position. Repeat for desired reps.

TRICEPS

Standing Resistance Band Overhead Tricep Extension

Set up the exercise by placing your Australian Standard Exercise Elastic in the lowest exercise ring provided. Face away from the pulley and grab the exercise elastic behind your neck with your elbows together and parallel. Keep your feet shoulder width apart and slightly bent. Move only at your elbow joints and slowly push the rope straight up until your arms are fully extended. Pause, then slowly lower back to the start position. Repeat for desired reps.

TRICEPS

Extended Leg Dips

Place your hands on the bars with your palms down and facing inwards. Extend your feet to a comfortable position. Slowly dip down until your elbows are at the same height as your shoulders. Slowly push back up to the start position without locking your elbows. Repeat for desired reps.

TRICEPS

Single Arm Overhead

Face away from the AusCore in a balanced position with your resistance band at the top of the rail. Begin by putting your elbow against your ear. Pivot your hand at the elbow, straighten your arm and squeeze your tricep. Pause, then slowly lower to the start position. Repeat for desired reps.

TRICEPS

Double Arm Overhead

Face away from the Auscore in a balanced position with your resistance band at the top of the rail. Put your elbows against your ears. Pivot your hands at the elbow, straighten your arms and squeeze your triceps. Pause, then slowly lower to the start position. Repeat for desired reps.

TRICEPS

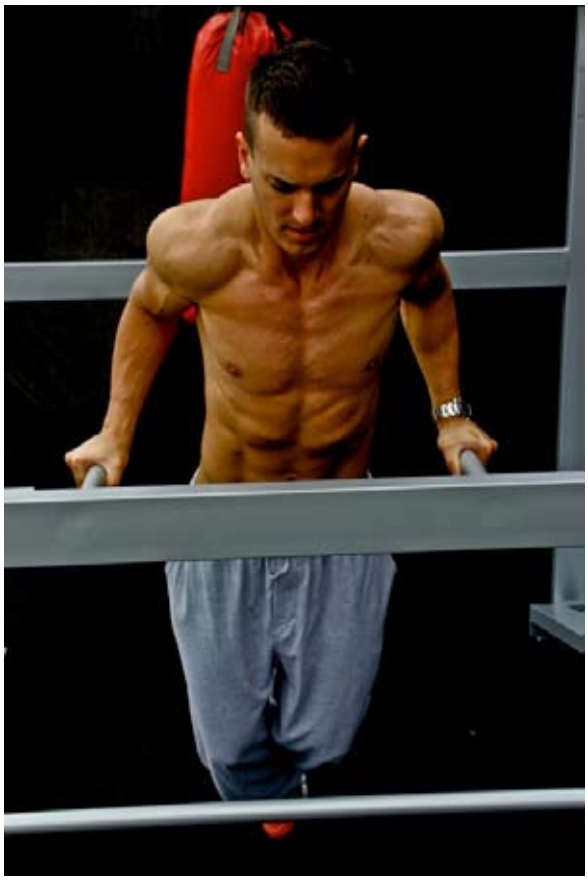
Supported Leg Dips

Place both hands on the Auscore bars located at the side of the sidebars. Place your feet on the opposite bars directly in front of you. Push your chest and shoulders forward and start to dip your body downwards until your elbows are in line with your shoulders. Slowly push your body back up to starting position while maintaining good posture and balance. Repeat for desired reps.

TRICEPS

Dips

Position your body at the centre bars of the Auscore. Place both hands on the bars and grip tightly. Leap up off the floor and put your weight on the bars. Keep your back straight and maintain a strong position. Keep your eyes looking straight ahead rather than down as you may lean your body forward. Lower your body into a downward dip and make sure your elbows are in line with your shoulders. Then, lift yourself back up without jarring your arms. Make sure your elbows are always slightly bent. Repeat for desired reps.



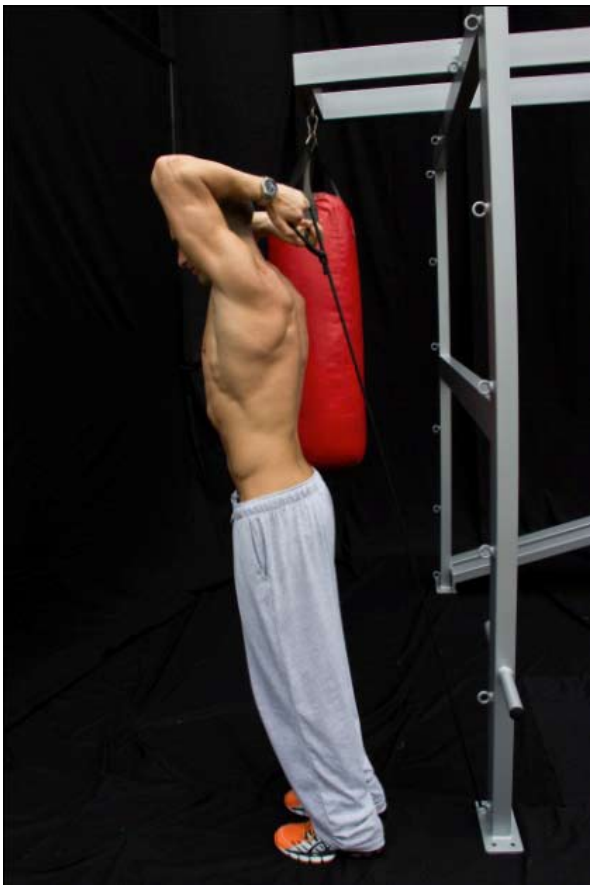
TRICEPS

Tricep Pull-Down

Place the resistance band in a ring above your head and stand up straight and balanced. Hold the band with both hands with your palms facing the floor at a right-angle. Without moving your elbows, keep your hands alongside your body and pull the resistance band down squeezing your triceps as much as possible. Pause, then slowly raise hands to the start position. Repeat for desired reps.

Overhead Raise

Face the rings and place the resistance band in Ring1 with both hands facing each other. Without moving your arms, raise your hands forward or backward all the way to the top and squeeze at the end. Pause, then slowly lower to the start position. Repeat for desired reps.



TRAPS

Upright Row

Place your resistance band in the bottom ring and hold with both arms just under shoulder width apart. Lift straight up and keep it as close to your body as possible. Pull the bar up to around chest height and raise your elbow up. Pause and slowly lower the bar back to the starting position, Repeat for desired reps.

Shrugs

Place the resistance band in the bottom ring. Grasp the resistance band with an overhand grip at shoulder width apart. Keep the bar close to your body and drop your shoulders down as far as possible. Slowly shrug your shoulders up as far as possible. Pause, then slowly lower the pulley to the start position. Repeat for desired reps.

GLUTE

Squats

Stand at the centre of the resistance training with your back facing the Auscore. Use both hands from the lowest point using the resistance band. Stand shoulder width apart and keep your knees behind your toes. Hold the resistance band in a half bicep curl position. Lower your body into squat position. Pull on the resistance band to add tension. Repeat for desired reps.

Lunge Squats

Standing at the centre of the resistance training with your back facing the Auscore. Use both hands holding the resistance band on the lower rings. Stand in a forward lunge position by stepping one foot forward. Bend both your knees and lower your front knee to the floor. (step forward with one leg and bend both your knees). Maintain balance and posture and keep your knees behind your toes. Keeping your core straight and your head up, slowly rise to start position. Repeat for desired reps.

Resistance Band Standing Kickback

Stand at one of the Auscore poles and place the resistance band around your ankle. Keep feet shoulder width apart. Hold onto the pole in front of you and slowly start to pull your leg out behind you until you reach maximum extension. Hold and slowly release your leg back to start position. Repeat for desired reps. Repeat on opposite side.

Side Glute Extension

Stand at one of the Auscore poles with the resistance band. Turn your body to the side of the pole and place the resistance band around the ankle furthest away from the pole. Keep your feet shoulder width apart. Start to push your leg out until you reach maximum extension and hold. Slowly release your leg back to start position.
Repeat for desired reps, Repeat on opposite side.

CALVES

Standing Calve Raise

Place both hands on the highest Auscore bar in front of you. Put both feet on the lowest bar and slowly raise your heels off the bar. Raise your heels off the bar as high as possible to get the maximum momentum for this exercise. Repeat for desired reps.

CALVES

Resistant Calve Raise

Stand tall and place the elastic through Ring 1 at the bottom of the Auscore or through Ring 2 for decreased resistance. Holding the elastic in both hands. Begin by raising your heels as high as you can go. Hold in this position and then push up and raise heels higher. Resume to start position without touching your heels on the ground and repeat for desired reps.

Resistance Single Calve Raise

Follow the same instructions for Resistant Calve Raise.

Stand tall and place the resistance band through Ring 1 at the bottom of the Auscore or the through Ring 2 for decreased resistance. Hold the resistance bands in both hands and begin by raising your heels as high as possible. Hold in this position and then push up and raise heels higher. Resume to start position without touching your heels on the ground. Repeat for desired reps.