


WORKOUT 1

CHEST
PECTORALS
SHOULDERS
ANTERIOR DELTOIDS



CHEST PRESS
Set Up: Adjust bench to the flat (horizontal) position. Lay face up on bench. Position your body so that pressing handles are at mid-chest level. Depress remote press arm handle, adjust to start position (90° angle between forearm and upper arm), and release.
Exercise:
1. Grasp horizontal press handles, keeping a 90° angle between forearm and upper arm (do not go beyond this angle); wrists, elbows and shoulders are in same plane.
2. Push press handles until arms are fully extended without locking out elbows. Do not bring hands together.
3. Slowly return to start position. Repeat.

BACK
LATISSIMUS DORSI
BICEPS




PULLDOWN
Set Up: Attach lat bar to the high pulley. Adjust seat so you can comfortably sit facing the gym with your thighs secured under the roller pads.
Exercise:
1. With your hands slightly wider than shoulder-width apart, grasp the lat bar with arms fully extended.
2. Pull the bar down, keeping hands, forearms and elbows in the same plane as the cable, until it is even with your upper chest.
3. Slowly return to start position, let the bar rise without locking out elbows. Repeat.

CHEST
PECTORALS
SHOULDERS
ANTERIOR DELTOID




CONVERGING CHEST PRESS
Set Up: Adjust bench to any position - decline, flat or selected incline angle (small seat pad is horizontal in decline and flat press positions, inclined for any incline angle). Depress remote press arm handle and adjust press arm to start position (90° angle between forearm and upper arm), and release. Wrists, elbows, and shoulders are in the same plane.
Exercise:
1. Pinch shoulder blades into back pad, lift the chest, and pull the abdominal muscles inward.
2. As you press outward, simultaneously bring hands together in a converging motion without locking out elbows. It is important to pull hands together throughout the pressing movement.
3. Slowly return to start position and repeat.

BICEPS



STANDING BICEPS CURL
Set Up: Attach lat bar or short straight bar to low pulley (chain may be added if more range is needed).
Exercise:
1. Stand facing the gym with balls of feet on the foot platform. Grasp the bar with palms facing up, hands shoulder-width apart.
2. Starting with arms fully extended (do not lock out elbow), curl the bar up toward chest, keeping wrists and torso straight and elbows stationary.
3. Slowly return to start position. Repeat.

TRICEPS




TRICEPS PRESS
Set Up: Attach lat bar or short straight bar to high pulley (chain may be added if more range is needed).
Exercise:
1. Stand facing the gym. Grasp the bar with palms facing down, hands shoulder-width apart.
2. Start with forearms at a 90° angle to your body. Keeping elbows at sides, press bar down until arms are fully extended.
3. Slowly return to start position. Repeat.

SHOULDERS
DELTOIDS



SHOULDER PRESS
Set Up: Adjust small seat pad to incline position. Adjust bench to shoulder press position (last position). Adjust press arm using the remote press arm adjustment handle to a comfortable shoulder press position. Sit facing away from gym. Press handles should now be slightly above shoulders.
Exercise:
1. Pinch shoulder blades into back pad, lift the chest, and pull the abdominal muscles inward.
2. Keeping your head in line with your back, press your hands upward without locking out elbows. Do not bring hands together.
3. Slowly return to start position. Repeat.

LOWER BODY
QUADRICEPS



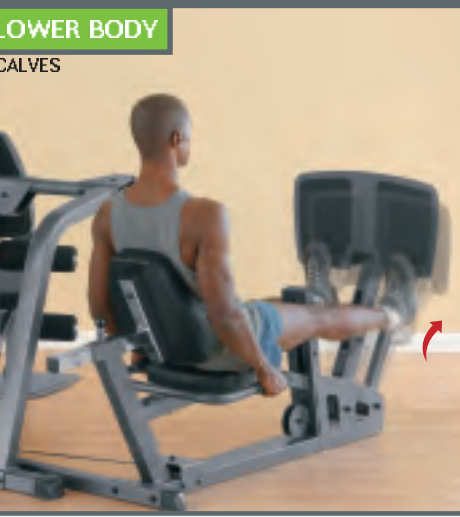
LEG EXTENSION
Set Up: Adjust the small seat pad to the incline position. Adjust the leg extension arm to the downward position. Sit with knees placed over the top roller pads and feet placed behind and under the lower roller pads. Make sure the axis of rotation of your knee aligns with the leg cut and extension pivot bolt.
Exercise:
1. Fully extend legs without locking out knees.
2. Slowly return to start position (60° angle from full extension). Repeat.

LOWER BODY
HAMSTRINGS




LEG CURL
Set Up: Adjust small seat to the horizontal position. Adjust leg extension arm into the outward position and back pad to the decline position. Lay down on bench in a prone position so bench roller pads are supporting just above the kneecaps. Ankles are hooked underneath the extended roller pads.
Exercise:
1. Slowly raise your feet as far as possible. Do not arch the back.
2. Slowly return to start position. Repeat.

LOWER BODY
CALVES



CALF RAISE (OPTIONAL)
Set Up: Sit with the balls of feet on bottom edge of leg press foot platform. Extend leg without locking out knees. Adjust back pad if more range is needed.
Exercise:
1. Slowly push balls of feet outward as far as possible.
2. Slowly lower heels beyond the edge of foot platform as far as possible. Repeat.

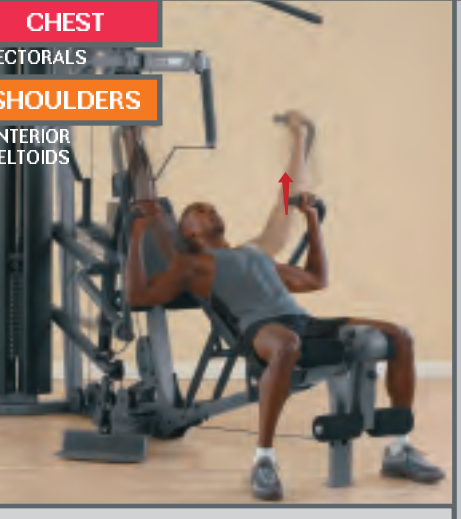
ABDOMINALS



ABDOMINAL CRUNCH
Set Up: Attach the ab/triceps strap to the mid pulley. Adjust bench to the horizontal position.
Exercise:
1. Sit facing away from the gym. Grasp the straps in each hand and bring your hands forward until the straps are on both sides of your neck.
2. Rest your hands on your upper chest just below your shoulders, palms facing inward.
3. Curl your body forward and down simultaneously.
4. Slowly return to start position. Repeat.


WORKOUT 2

CHEST
PECTORALS
SHOULDERS
ANTERIOR DELTOIDS



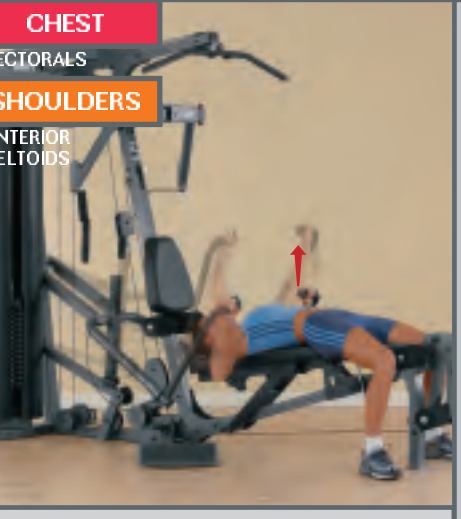
INCLINE CHEST PRESS
Set Up: Adjust small seat pad to incline position. Adjust bench to the desired incline press position. Sit facing away from the gym. Adjust press arm to desired start position (90° angle between forearm and upper arm).
Exercise:
1. Grasp horizontal press handles, keeping a 90° angle between forearm and upper arm (do not go beyond this angle); wrists, elbows and shoulders are in same plane.
2. Push press handles until arms are fully extended without locking the elbows. Do not bring hands together.
3. Slowly return to start position. Repeat.

BACK
LATISSIMUS DORSI
ERECTOR SPINAE




LOW ROW
Attach the short straight bar to the low pulley. Sit on the floor with your knees slightly bent and feet against the low row/call block.
Exercise:
1. Grasp the bar with palms facing down. Lean backward slightly (10°). Stabilize your torso by contracting your abdominal muscles, tilting your chest, and retracting your shoulder blades.
2. Pull the bar into your body, leading with your elbows. Finish when your hands are at abdominal level.
3. Slowly return to start position. Repeat.

CHEST
PECTORALS
SHOULDERS
ANTERIOR DELTOIDS



DECLINE CHEST PRESS traditional
Set Up: Adjust small seat pad to flat position. Adjust bench to the decline position. Lay face up on bench. Depress remote press arm handle, adjust to start position and release.
Exercise:
1. Grasp horizontal press handles, keeping a 90° angle between forearm and upper arm (do not go beyond this angle); wrists, elbows, and shoulders are in the same plane.
2. Push press handles until arms are fully extended without locking out elbows. Do not bring hands together.
3. Slowly return to start position. Repeat.

BICEPS
FOREARMS




REVERSE BICEPS CURL
Set Up: Attach short straight bar to low pulley (chain may be added if more range is needed).
Exercise:
1. Stand facing the gym with balls of feet on the foot platform. Grasp the bar with palms facing down, hands shoulder-width apart.
2. Starting with arms fully extended (do not lock out elbow), curl the bar up toward chest, keeping wrists and torso straight and elbows stationary.
3. Slowly return to start position. Repeat.

TRICEPS




OVERHEAD DUMBBELL TRICEPS EXTENSION
Set Up: Adjust bench to flat position. Grasp dumbbell handle by one end by cupping both hands around the head of the dumbbell. Sit on bench in upright position and place dumbbell behind your head with elbows pointing forward. Maintain a 90° angle between the upper arm and forearm.
Exercise:
1. While maintaining good posture, back straight and head up, extend dumbbell over your head as far as you can go without locking out elbows.
2. Slowly return to start position. Repeat.

SHOULDERS
DELTOIDS




LATERAL RAISE
Attach chain and ankle strap to low pulley.
Exercise:
1. Stand sideways to the gym. Knees are slightly bent and feet are shoulder-width apart. The foot closest to the low pulley is on the foot platform.
2. Grasp the strap with your outside hand and lift directly out to the side of your body, keeping the wrist straight and arm slightly arched.
3. Slowly return to start position. Repeat. After you complete one set, switch to the other side.

LOWER BODY
GLUTES, HAMSTRINGS




HIP EXTENSION
Set Up: Attach ankle strap to low pulley and then to your ankle (chain may be added if more range is needed).
Exercise:
1. Stand with the gym with weight balanced on supporting leg (leg with strap is directly in front of the low pulley).
2. Extend leg back in a smooth controlled motion. Keep leg and back straight with head up. Do not arch back.
3. Slowly return to start position. Repeat. After you complete one set, switch to the other side.

LOWER BODY
OUTER THIGH




HIP ABDUCTION
Set Up: Attach ankle strap to low pulley and then to your ankle (chain may be added if more range is needed).
Exercise:
1. Stand sideways to the gym with strapped outer leg angled slightly toward low pulley (body weight is balanced on stationary inner leg).
2. Extend leg out to side as far as possible, keeping hip stationary.
3. Slowly return to start position. Repeat. After you complete one set, switch to the other side.

LOWER BODY
INNER THIGH



HIP ADDUCTION
Set Up: Attach ankle strap to low pulley and then to your ankle (chain may be added if more range is needed). Adjust press arm outward for support.
Exercise:
1. Stand sideways to the gym with strapped inner leg angled slightly toward low pulley (body weight is balanced on stationary outer leg).
2. Draw leg in front of body as far as possible, keeping the hip stationary.
3. Slowly return to start position. Repeat. After you complete one set, switch to the other side.

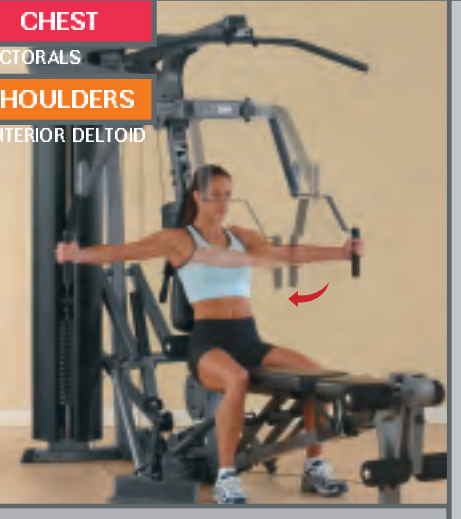
ABDOMINALS



ABDOMINAL CRUNCH
Set Up: Attach the ab/triceps strap to the mid pulley. Adjust bench to the horizontal position.
Exercise:
1. Sit facing away from the gym. Grasp the straps in each hand and bring your hands forward until the straps are on both sides of your neck.
2. Rest your hands on your upper chest just below your shoulders, palms facing inward.
3. Curl your body forward and down simultaneously.
4. Slowly return to start position. Repeat.

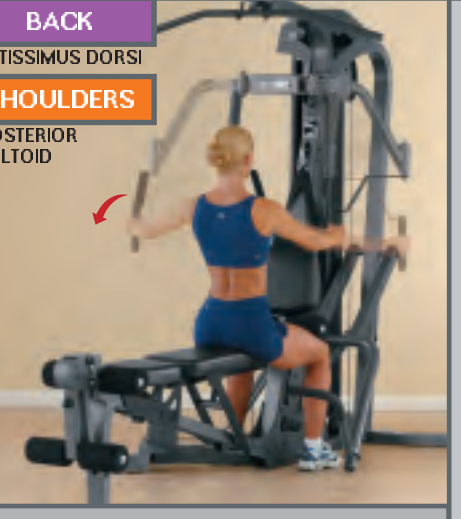
WORKOUT 3

CHEST
PECTORALS
SHOULDERS
ANTERIOR DELTOID



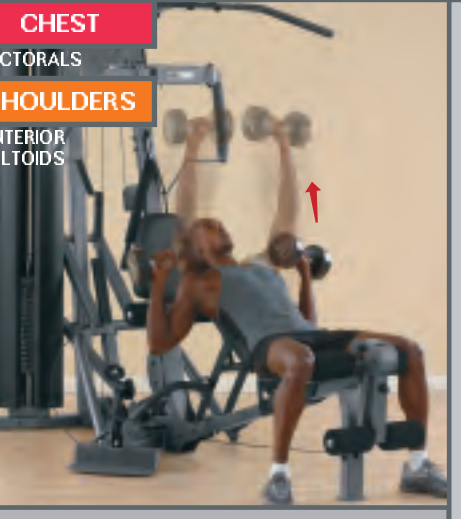
PEC FLY
Set Up: Adjust bench to horizontal position. Sit facing away from the gym.
Exercise:
1. Sit keeping your back pressed against the pad and shoulder blades retracted. Grasp handles so that your hands are at mid-chest level.
2. Extend your arms using a neutral (palms facing inward) grip, keeping hands slightly in front of your body, elbows up and slightly bent.
3. Bring your arms together in front of your chest.
4. Slowly return to start position. Repeat.

BACK
LATISSIMUS DORSI
SHOULDERS
POSTERIOR DELTOID



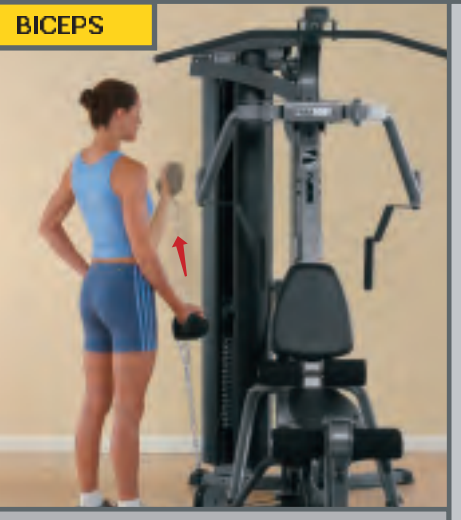
REAR DELTOID
Set Up: Adjust bench to horizontal position. Rotate pec fly handles as far backward as possible. Sit facing into gym with chest against back pad.
Exercise:
1. Grasp pec fly handles in a neutral (palms facing inward) grip. Keep elbows pointing outward. Head up.
2. Move hands slowly apart without bending at the elbows and maintaining a slight arc in the arms. Extended until hands are slightly in front of chest.
3. Slowly return to start position. Repeat.

CHEST
PECTORALS
SHOULDERS
ANTERIOR DELTOIDS



DUMBBELL PRESS
Set Up: Adjust bench to any position - decline, flat or selected incline angle (small seat pad is horizontal in decline and flat press positions, inclined for any incline angle). Adjust press arm to lowest position. Press handles can be locked under bench.
Exercise:
1. Grasp dumbbells and sit with your back against the bench. Pinch shoulder blades into pad, lift the chest, and pull the abdominal muscles inward.
2. Start with your hands just above chest level, assuming a 90° angle between your forearms and chest. Wrists, elbows, and shoulders are in the same plane. Press the dumbbells straight up while bringing your hands together until arms are fully extended without locking out elbows.
3. Slowly return to start position. Repeat.

BICEPS



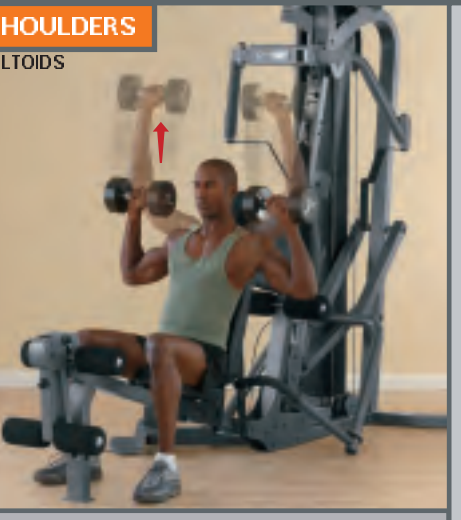
ONE ARM BICEPS CURL
Set Up: Attach ankle strap to low pulley (chain may be added if more range is needed).
Exercise:
1. Stand facing the gym with one foot on the foot platform. Grasp the ankle strap with one hand, palm facing up.
2. Starting with arm fully extended (do not lock out elbow), bring strap up toward chest, keeping wrist and torso straight.
3. Slowly return to start position. Repeat. After you complete one set, switch to the other side.

TRICEPS



ONE ARM TRICEPS EXTENSION
Set Up: Attach ankle strap to high pulley (chain may be added if more range is needed).
Exercise:
1. Stand facing the gym. Grasp the strap with one hand, palm facing up.
2. Start with forearms at a 90° angle to your body. Keeping elbow at side, press strap down until arm is fully extended.
3. Slowly return to start position. Repeat. After you complete one set, switch to the other side.

SHOULDERS
DELTOIDS



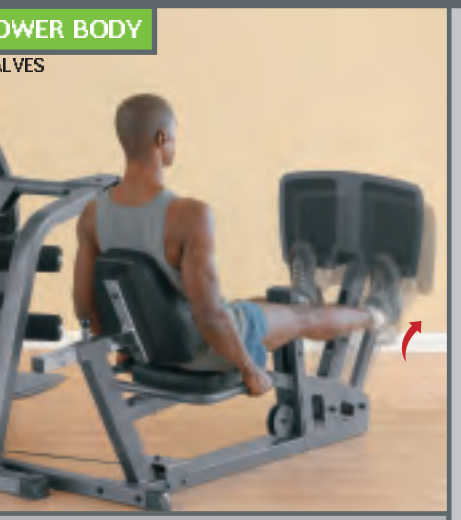
DUMBBELL SHOULDER PRESS
Set Up: Adjust small seat pad to incline position. Adjust bench to shoulder press position (last position). Adjust the remote press arm to the lowest position. Sit facing away from gym.
Exercise:
1. Start with dumbbells above the top of shoulders so there is a 90° angle between upper arms and forearms.
2. Pinch shoulder blades into back pad, lift the chest, and pull the abdominal muscles inward. Keeping your head up and your back against the back pad, press dumbbells upward without locking out elbows.
3. Slowly return to start position. Repeat.

LOWER BODY
QUADS, GLUTES




LEG PRESS (OPTIONAL ATTACHMENT)
LEG PRESS (OPTIONAL - MAY SUBSTITUTE LEG CURL/EXTENSION; SEE WORKOUT 1)
Set Up: Adjust leg press back pad so that your start position is a 90° angle between the thigh and lower leg. Sit, placing feet on foot platform so that the feet and lower legs form a 90° angle.
Exercise:
1. Grasp seat handles and slowly push legs away from foot platform. Do not lock out knees.
2. Slowly return to start position. Repeat.

LOWER BODY
CALVES



CALF RAISE (OPTIONAL ATTACHMENT)
Set Up: Sit with the balls of feet on bottom edge of leg press foot platform. Extend leg without locking out knees. Adjust back pad if more range is needed.
Exercise:
1. Slowly push balls of feet outward as far as possible.
2. Slowly lower heels beyond the edge of foot platform as far as possible. Repeat.

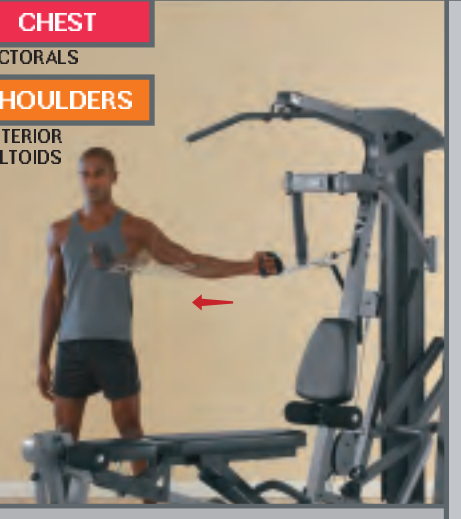
ABDOMINALS



ABDOMINAL CRUNCH
Set Up: Attach the ab/triceps strap to the mid pulley. Adjust bench to the horizontal position.
Exercise:
1. Sit facing away from the gym. Grasp the straps in each hand and bring your hands forward until the straps are on both sides of your neck.
2. Rest your hands on your upper chest just below your shoulders, palms facing inward.
3. Curl your body forward and down simultaneously.
4. Slowly return to start position. Repeat.


ADDITIONAL EXERCISES

CHEST
PECTORALS
SHOULDERS
ANTERIOR DELTOIDS




ONE ARM PEC FLY
Set Up: Attach ankle strap to mid pulley (chain may be added if more range is needed). Assume proper standing posture (back straight, knees slightly bent, shoulders back). Stand next to seat pad.
Exercise:
1. Grasp ankle strap with hand closest to mid pulley in a neutral grip. Hand should be at mid-chest level.
2. Keeping wrist straight and arm slightly arched, draw arm across the front of chest as far as you can without bending the elbow.
3. Slowly return to start position. Repeat. After you complete one set, switch to the other side.

BACK
LATISSIMUS DORSI
ERECTOR SPINAE



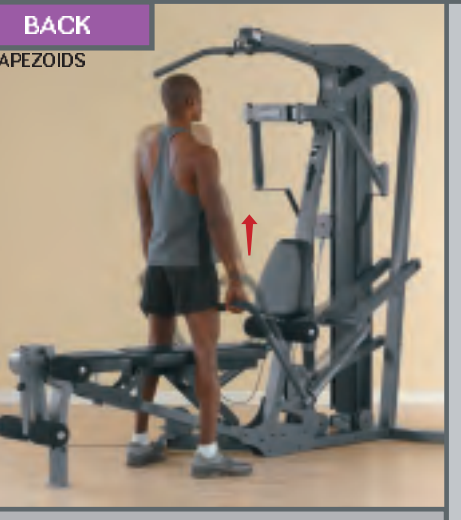
ONE ARM DUMBBELL ROW
Set Up: Adjust bench to the horizontal position.
Exercise:
1. Stabilize your upper body by placing one hand and knee on the bench. With the other hand, firmly grasp the dumbbell using a neutral (palm facing inward) grip.
2. Keeping your back flat and your upper body stationary, start with your arm extended downward.
3. Leading with your elbow, pull dumbbell up toward your chest until the back of your upper arm is parallel to the floor.
4. Slowly return to start position. Repeat. After you complete one set, switch to the other side.

BICEPS



INCLINE DUMBBELL CURL
Set Up: Adjust the small seat to the incline position. Adjust the bench to the desired incline position. Adjust press arm to lowest position.
Exercise:
1. Grasp dumbbells and sit with your back against the bench. Pinch shoulder blades into pad, lift the chest, and pull abdominal muscles inward.
2. Start with arms at your sides and slight bend in the elbows. Curl dumbbells together or alternating (one shoulder, with elbows remaining stationary). Keep upper body flat against the back pad.
3. Slowly return to start position. Repeat.

BACK
TRAPZOIDUS



SHRUG
Set Up: Adjust press arm so that press handles are just above the bench.
Exercise:
1. Face the gym, assuming your proper standing posture (back straight, knees slightly bent and shoulders back) facing the gym.
2. Hold press handles with both hands using an overhead grip. Arms should be slightly forward, in front of your shoulders.
3. Curl your shoulders towards your ears.
4. Slowly return to the start position. Repeat.

TOTAL BODY WORKOUTS (shown above)
The workouts defined above are suggested routines. To vary your workout, be sure to choose at least one exercise in each of the major muscle groups. To work your entire body, complete 1-2 sets of each exercise every other day, three days a week.

THREE-DAY SPLIT WORKOUTS
If you are advanced and ready for a challenge, consider a Three-Day Split Workout. Choose up to all the exercises in each muscle group worked on a particular day. We recommend performing the following workout for 3 consecutive days, resting on Day 4.

DAY 1	DAY 2	DAY 3	DAY 4
CHEST	SHOULDERS	LOWER BODY	REST
TRICEPS	BICEPS	ABDOMINALS	
ABDOMINALS	BACK		

- SAFE FITNESS FACTS:**
- This program does not replace the advice of a physician. You should have a complete physical exam before beginning a new exercise program.
 - Inspect the equipment before every use for loose parts or frayed cables, paying particular attention to cable ends. Replace parts at the first sign of a problem.
 - Be alert to the possibility of injury. Do not attempt to lift more weight than you can comfortably handle.
 - Keep observers, children, and pets at a safe distance. Do not allow children to play on equipment.
 - Stay clear of weights and moving parts. If a part becomes jammed, do not attempt to free it by yourself; obtain assistance.
 - If you have any questions on the proper use of the equipment, do not hesitate to call your authorized ParaBody dealer or the ParaBody Customer Service Department at 800-328-9714. Outside the U.S. and Canada, call +1-847-288-3300.

- TRAINING TIPS:**
- To get the best results, a proper strength-training workout has four components: a 5 to 10 minute aerobic warm-up, a pre-workout stretch, your strength workout and a post workout stretch.
 - Make sure that your posture is correct before executing any of the exercises.
 - You should choose a weight that is challenging to complete between 8-15 repetitions while maintaining proper form (shown in each of the above exercises).
 - Reach a point of voluntary fatigue, keeping good technique.
 - Fatiguing muscles at the lower end (8-10) of the repetition range develops lean body mass and decreases body fat. Fatiguing muscles at the higher end (12-15) of the repetition range develops muscular endurance.
 - Rest intervals are necessary to allow the muscle groups to recover and get ready to work again. If your goal is muscular strength rest 1-2 minutes between sets; if your goal is muscular endurance rest 30-60 seconds between sets.
 - Push your muscles to, but not beyond a level of exhaustion. You'll want to increase the resistance for a particular exercise once you can easily complete all the reps in each set.
 - Always exhale during muscle contraction, and inhale during return to start.
 - Try to work out a minimum of 20-30 minutes in each session, performing each of the exercises in a slow and controlled manner.
 - Proper nutrition, cardiovascular exercise, strength training, and stretching exercises is the most effective combination for reaching your fitness goals.