

# GYM EXERCISE CHART



## ABDOMINAL CRUNCH

### MUSCLE EMPHASIS: ABS CORE

1. Select the desired weight.
2. Attach tricep bar to the overhead pulley using a chain link clip.
3. Sit against the seat back pad, locking your lower legs into the foam roller pads.
4. From a seated position and with your back against the back pad, reach up and grip the tricep bar.
5. Position the bar behind your head. Keeping your elbows locked near your head, continue to hold this position.
6. While keeping your lower back against the back pad, roll downward, "rounding" from your upper body and compressing the muscles of the abdominal section.
7. Return to the starting position in a slow and controlled manner and repeat exercise.



## BICEP CURL

### MUSCLE EMPHASIS: BICEPS

1. Select the desired weight.
  2. Attach the lat bar or shiver bar to the low pulley using the chain link clip.
  3. Stand, facing away from the machine with both feet on the low pulley foot plate.
  4. Grasp the lat bar with both hands with your palms facing up.
  5. With your elbows positioned near your sides, rotate your palms up in an arched motion, pivoting only from your elbows.
  6. Return to the starting position in a slow and controlled manner.
- Note: If the weights hit the top during this exercise, add the supplied chain between shiver bar and the low pulley to extend the starting position of the exercise.



## TRICEP PUSH-DOWN

### MUSCLE EMPHASIS: TRICEP

1. Select the desired weight.
  2. Attach the lat bar or shiver bar to the overhead pulley using the chain link clip.
  3. Stand, facing into the machine with both feet on the low pulley foot plate.
  4. Grasp the bar with fists close together.
  5. Keep your elbows at your sides and push the bar down, rotating only from the elbows and completing a full extension.
  6. Return to the starting position in a slow and controlled manner and repeat exercise.
- Note: If the weights hit the top during this exercise, add the chain between the lat bar and the upper pulley to extend the starting position of the exercise.



## WIDE LAT PULL-DOWN

### MUSCLE EMPHASIS: BACK

1. Select the desired weight.
2. Attach the lat bar to the overhead pulley using the chain link clip.
3. Sit, facing into the machine and position your thighs under the seat back pad for stability.
4. Grip the lat bar at the extreme ends.
5. Pull the bar down towards your upper chest.
6. Return to the starting position in a slow and controlled manner and repeat exercise.



## UPRIGHT ROW

### MUSCLE EMPHASIS: SHOULDER

1. Select the desired weight.
  2. Attach lat bar or shiver bar to the low pulley using the chain link clip.
  3. Stand facing away from the machine with both feet on the low pulley foot plate.
  4. Grasp the bar with your palms facing down.
  5. Raise the bar up to the top of your chest.
  6. Return to the starting position in a slow and controlled manner and repeat exercise.
- Note: If the weights hit the top during this exercise, add the supplied chain between lat bar and the low pulley to extend the starting position of the exercise.



## PECTORAL CHEST FLYS

### MUSCLE EMPHASIS: CHEST

1. Select the desired weight.
2. Position your forearms against the foam arm pads of the chest press arm.
3. By using only your forearms, push the chest press bar arms together by rotating the pads forward until they meet.
4. Return to the starting position in a slow and controlled manner and repeat exercise.



## STANDARD CHEST PRESS

### MUSCLE EMPHASIS: CHEST

1. Select the desired weight.
  2. Grip the lower handles of the chest press bar.
  3. Push the chest press bar away from your body to a full extension.
  4. Return to the starting position in a slow and controlled manner and repeat exercise.
- Note: To perform incline chest press exercises, grip the upper set of handles on the press arm to change the angle of motion during the chest press exercise.



## LEG KICK-OUTER THIGH (ABDUCTORS)

### MUSCLE EMPHASIS: OUTER THIGH

1. Select the desired weight.
2. Attach the ankle strap around the leg, note exercised or strap the one furthest from the low pulley.
3. Attach the chain link clip of low pulley to the ankle strap.
4. Stand beside the low pulley with one foot placed on the low pulley foot plate.
5. Grasp press bar handle or seat back pad for stability and extend leg outward, pivoting only from the hip.
6. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.



## LEG EXTENSION

### MUSCLE EMPHASIS: FRONT OF LEGS

1. Select the desired weight.
2. Position the back of your knees over the top of the rounded foam seat pads.
3. Position the top of your ankles under the lower round foam roller pads.
4. Extend your legs forward, pivoting from the knees, to a full extension.
5. Return to the starting position in a slow and controlled manner and repeat exercise.



## STANDING LEG CURL

### MUSCLE EMPHASIS: BACK OF LEG

1. Select the desired weight.
2. Stand facing the machine and grasp the chest press arm handles for stability.
3. Position your knee caps slightly below the front rounded foam roller pad.
4. Place the back of your ankle behind the lower foam roller pad.
5. Curl leg upward towards your buttocks.
6. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.



## LEG KICK-BACK

### MUSCLE EMPHASIS: BACK OF LEG

1. Select the desired weight.
2. Wrap the ankle strap around the leg to be exercised.
3. Attach the chain link clip at the low pulley to the ankle strap.
4. Stand facing the low pulley with one foot placed on the low pulley foot plate.
5. Brace your hands on the chest press handles for stability.
6. Kick your leg back, pivoting only from the hip.
7. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.

## MUSCLE REFERENCE GUIDE

