

WARNING!
PLEASE READ BEFORE EXERCISING:
 When working out, do the following for each exercise: **A.** Select a desired weight. **B.** Exhale while exerting/lifting the weights, and inhale while returning to the starting position in a slow and controlled manner. Before using the lat bar, remove from lat bar hooks. Replace lat bar on hooks after each use. 1. Read all caution and warning stickers before using this machine. 2. Before using, inspect this machine for loose, frayed, or worn parts, including cables and connectors. If in doubt, do not use machine until parts are replaced. 3. Weight plate clips must be secured completely before using this machine. 4. Should weights, pulleys, or other parts become jammed, do not attempt to free them yourself, obtain assistance. 5. Keep clear of weights and all moving parts. 6. Children should not be permitted to use the machine. 7. For consistent, smooth operation; the guide rods should be lubricated periodically with synthetic lubricant. 8. Prior to beginning any exercise program it is suggested to have a complete physical examination and obtain your physician's approval of your conditioning program. We recommend that you always exercise with a partner or someone who can act as a "spotter", should the weights become too heavy for you to lift on your own.

GETTING STARTED:
 Always warm-up your muscles before exercising. Easy stretching (without bouncing) and light calisthenics, for several minutes, are recommended to prepare your body. A "repetition" is defined as one complete movement from the starting position, through the full range of motion, and back to the starting position. A "set" is defined as a series of continuous

repetitions. Start your exercise program conservatively. Select a weight for each exercise that is easily performed for the full range of your motion. Learn to feel your body's responses and change your program accordingly. The number of repetitions for each set should range between eight and fifteen. As a general rule, the lower the number of repetitions performed (eight to ten), the heavier the resistance of weight used. While heavy resistance increases muscular strength, the full range of movement is necessary to achieve maximum muscle strength and development. Rest between each set of repetitions long enough to catch your breath. Work up to three or four sets for each isolated exercise. When you can perform the desired number of repetitions at a given weight, increase the resistance by five or ten pounds. There may be a number of exercises isolating the same muscle. These exercises should be grouped together and performed on the same day, followed by a day of rest for that particular muscle.

EXERCISE PROGRAM SUGGESTION #1
 Exercise the complete body every other day, up to three times a week. The one day rest enables the body to recover from the previous workout.

EXERCISE PROGRAM SUGGESTION #2
 Alternating your daily workouts. One day isolate the upper body exercises, and the next day perform the lower body exercises. To reduce lactic acid build-up and consequently reduce muscle soreness, end each exercise with an increased number of repetitions at a lighter weight. Also, stretching the muscles is recommended upon completion of your weight resistance program.



SEATED BENCH PRESS
MUSCLE EMPHASIS: PECTORALIS

1. Select the desired weight.
2. Sit facing away from the machine and position your back firmly against the back pad.
3. Choose the upper or lower grip position from the press bar handles.
4. Push the press bar away from your body to a full extension.
5. Return to the starting position in a slow and controlled manner and repeat exercise.



PECTORAL FLY
MUSCLE EMPHASIS: PECTORALIS

1. Select the desired weight.
2. Sit facing away from the machine and position your back firmly against the back pad.
3. Place your forearms on the fly pads.
4. Rotate your arms forward, as far as possible, by contracting from the chest.
5. Return to the starting position in a slow and controlled manner and repeat exercise.



TRICEP PUSH-DOWN
MUSCLE EMPHASIS: TRICEPS

1. Select the desired weight.
2. Attach the lat bar and link chain to the overhead pulley using a spring clip.
3. Stand, facing into the machine.
4. Grasp the lat bar with hands shoulder width apart.
5. Keep elbows at your sides when pushing the bar down and completing a full extension.
6. Return to the starting position in a slow and controlled manner and repeat exercise.



WIDE LAT PULL-DOWN
MUSCLE EMPHASIS: LATISSIMUS DORSI

1. Select the desired weight.
2. Attach lat bar to the overhead pulley using a spring clip.
3. Sit, facing into the machine with knees under seat back for support.
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.



SEATED BICEP CURL
MUSCLE EMPHASIS: BICEPS

1. Select the desired weight.
2. Adjust bicep curl pad to the desired height.
3. Attach lat bar bar and chain to the low cable pulley using a spring clip.
4. Position upper arms on bicep curl pad.
5. Grasp lat bar with your palm facing up.
6. Curl bar upward by pivoting from the elbow.
7. Return to the starting position and repeat exercise.



STANDING BICEP CURL
MUSCLE EMPHASIS: BICEPS

1. Select the desired weight.
2. Attach lat bar bar and chain to the low cable pulley using a spring clip.
3. Stand over low pulley positioning feet on top of the front pulley plate.
4. Grasp lat bar with palms facing up.
5. With your elbows at your side and arms fully extended, curl lat bar upward by pivoting from the elbows.
6. Return to the starting position in a slow and controlled manner and repeat exercise.



HIGH PULLEY AB CRUNCH
MUSCLE EMPHASIS: ABS/CORE

1. Select the desired weight.
2. Attach lat bar to upper pulley.
3. Sit facing away from the machine, locking legs into foam roller pads for support.
4. Grasp lat bar using a narrow grip and position lat bar behind head.
5. Holding position steady, lean torso forward by collapsing the ab mid section.
6. Return to the starting position in a slow and controlled manner and repeat exercise.



SEATED LEG EXTENSION
MUSCLE EMPHASIS: QUADRICEPS

1. Select the desired weight.
2. Position the back of your knees on top of the round, black foam roller pads.
3. Position the top of your ankles against 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.



LEG CURL
MUSCLE EMPHASIS: HAMSTRINGS

1. Select the desired weight.
2. Stand facing the machine and position either knee slightly below the top round, black foam roller pad.
3. Place back of your ankle behind the outer foam roller pad.
4. Curl leg upward towards your buttocks.
5. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.



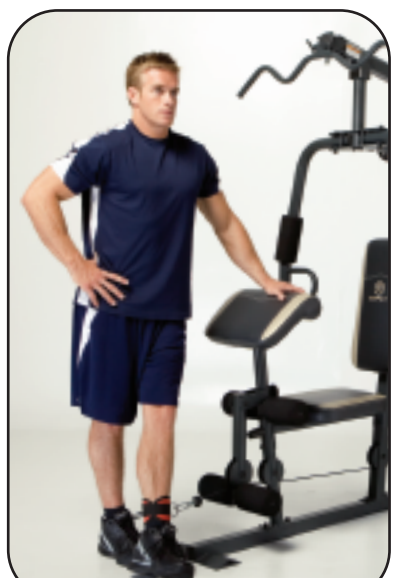
OUTER LEG KICK
MUSCLE EMPHASIS: OUTER THIGH

1. Select the desired weight.
2. Wrap the ankle strap around the leg to be exercised.
3. Attach spring clip of low pulley to the ankle strap.
4. Stand beside the low pulley, placing the leg to be exercised (the outer leg) slightly in front of the other.
5. Kick leg out to your side, pivoting only from the hip.
6. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.



LEG KICK BACK
MUSCLE EMPHASIS: GLUTES/LEG

1. Select the desired weight.
2. Wrap the ankle strap around the leg to be exercised.
3. Attach spring clip of low pulley to the ankle strap.
4. Stand facing the low pulley with feet a few inches apart.
5. Brace your hands on the bicep pad.
6. Kick leg back, pivoting from the hip.
7. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.



INNER LEG KICK
MUSCLE EMPHASIS: INNER THIGH

1. Select the desired weight.
2. Wrap the ankle strap around the leg to be exercised.
3. Attach spring clip of low pulley to the ankle strap.
4. Stand beside the low pulley, feet shoulder width apart, with the leg to be exercised next to the low pulley.
5. Kick towards the front of the leg not being exercised, pivoting only from the hip.
6. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.



FRONT DELTOID RAISE
MUSCLE EMPHASIS: FRONT DELTOIDS

1. Select the desired weight.
2. Attach lat bar and chain to the low pulley using a spring clip.
3. Stand over low pulley positioning feet on top of the front pulley plate.
4. Grasp the lat bar with your palms facing down and begin exercise with arms extended below the waist.
5. With your arms slightly bent, raise the bar up and out in front of your body to shoulder level.
6. Return to the starting position in a slow and controlled manner and repeat exercise.



UPRIGHT ROW
MUSCLE EMPHASIS: DELTOIDS/TRAPEZIUS

1. Select the desired weight.
2. Attach lat bar and chain to the low pulley using a spring clip.
3. Stand over low pulley positioning feet on top of the front pulley plate.
4. Grasp lat bar with both hands and begin exercise with arms extended below the waist.
5. Pull lat bar upward to your upper chest.
6. Return to the starting position in a slow and controlled manner and repeat exercise.

