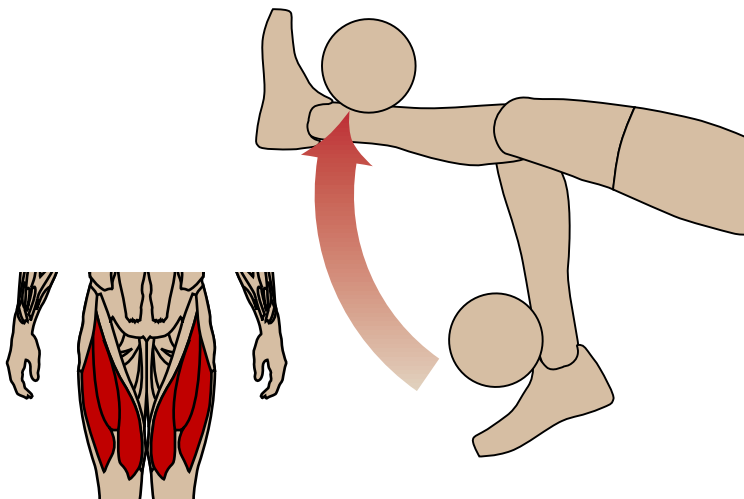
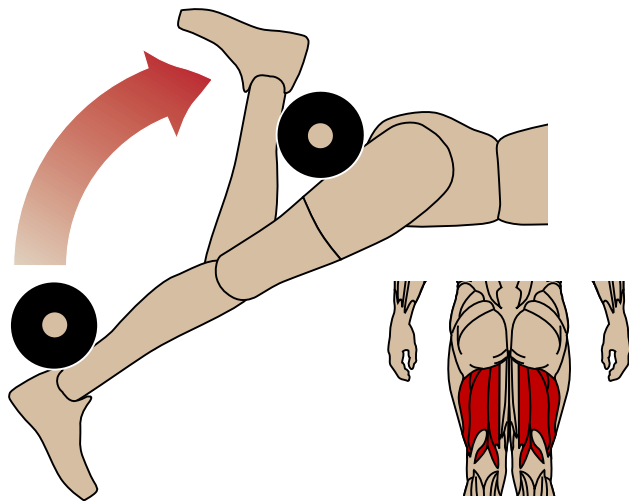


LEG EXTENSION



Major Muscles
Worked: Quadriceps

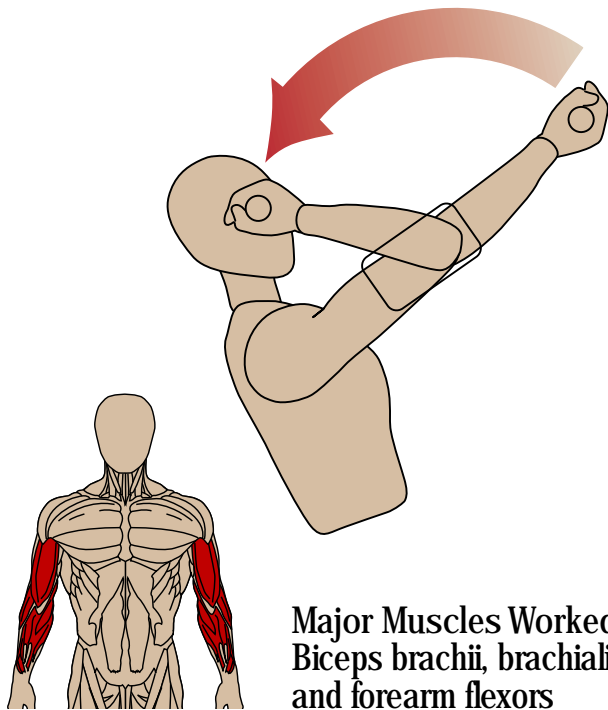
1. Sit on seat and place both legs behind movement arm roller pad.
2. Position back pad against your hips and grip handles lightly.
3. Lift movement arm roller pad upwards until legs are straight and pause momentarily.
4. Return slowly to starting position, and repeat.



Major Muscles Worked:
Hamstrings

LEG CURL PRONE

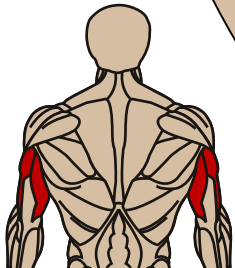
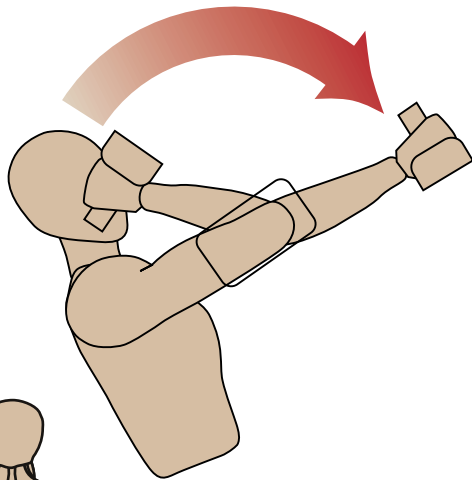
1. Enter machine by standing between bench pad and movement arm roller pad.
2. Lean forward and lie face down with legs straight. Keep both knees just off bench pad and grip handles lightly.
3. Curl legs and pull roller pad towards hips. Keep chin near bench and ankles at a right angle.
4. Pause in position of full muscle contraction, lower slowly to starting position and repeat.



Major Muscles Worked:
Biceps brachii, brachialis,
and forearm flexors

BICEP CURL

1. Adjust seat height until upper arm is parallel with support pad beneath elbow.
HINT: (As you adjust seat down, adjust back pad forward).
2. Adjust back pad to align elbow with movement arm axis of rotation.
3. Flex elbow and curl movement arm handle towards shoulder as far as possible.
4. Pause in position of full muscle contraction, return slowly to starting position, and repeat.



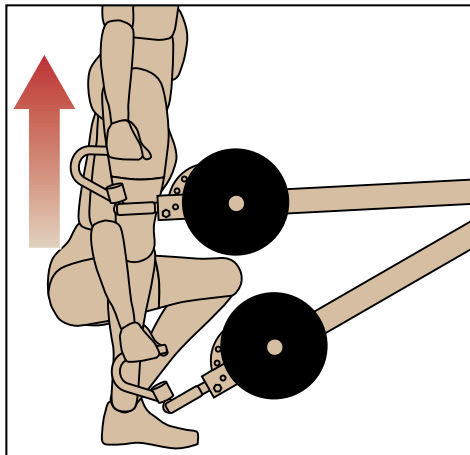
Major Muscles
Worked: Triceps

TRICEP EXTENSION

1. Adjust seat height until upper arm is parallel with support pad beneath elbow. **HINT:** (As you adjust seat down, adjust back pad forward).
2. Adjust back pad to align elbow with movement arm axis of rotation.
3. Position hands with palms against movement arm handles, align elbows with movement arm axis.
4. Extend arms until triceps are fully contracted.
5. Pause, return slowly to starting position and repeat.

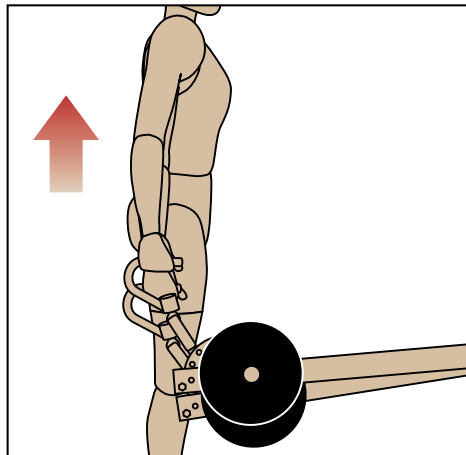
DEADLIFT / SHRUG

Deadlift



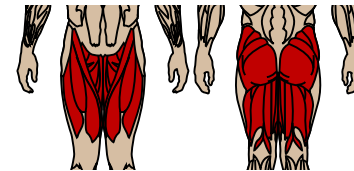
Adjust handles
DOWN for Deadlift

Shrug

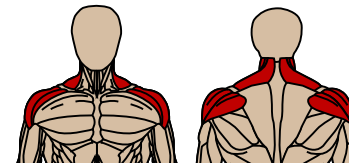


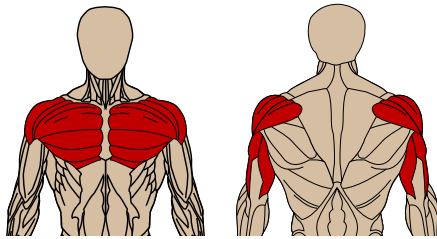
Adjust handles
UP for Shrug

Major Muscles Worked:
Quadriceps, hamstrings,
gluteals

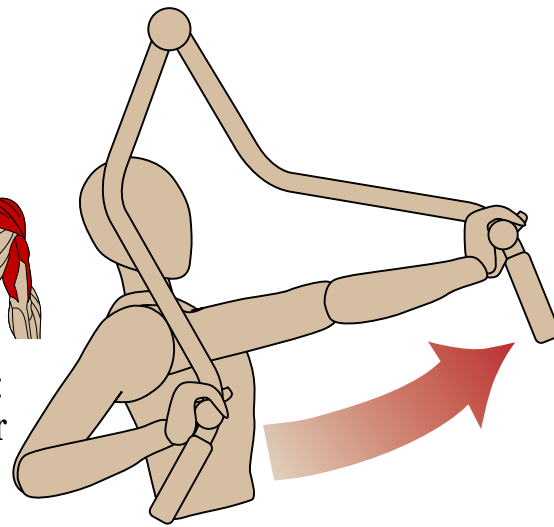


Major Muscles Worked:
Deltoids and upper trapezius



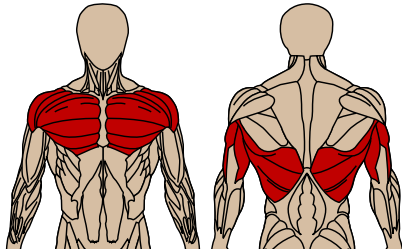


Major Muscles Worked:
Pectoralis major, anterior
deltoids, triceps

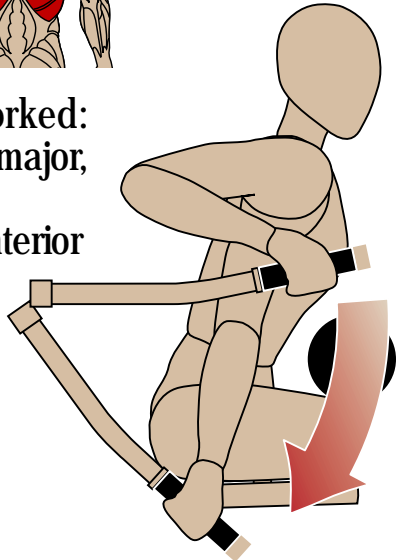


VERTICAL CHEST

1. Adjust back pad for preferred starting stretch.
2. Adjust seat pad for appropriate height.
3. Grasp handles and press forward until elbows are almost fully extended.
4. Return slowly to starting position and repeat.

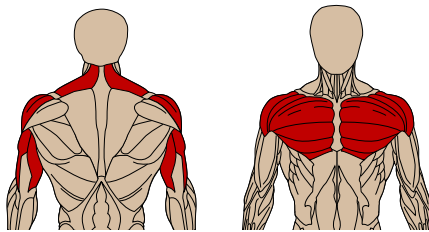


Major Muscles Worked:
Triceps, pectoralis major,
pectoralis minor,
latissimus dorsi, anterior
deltoids

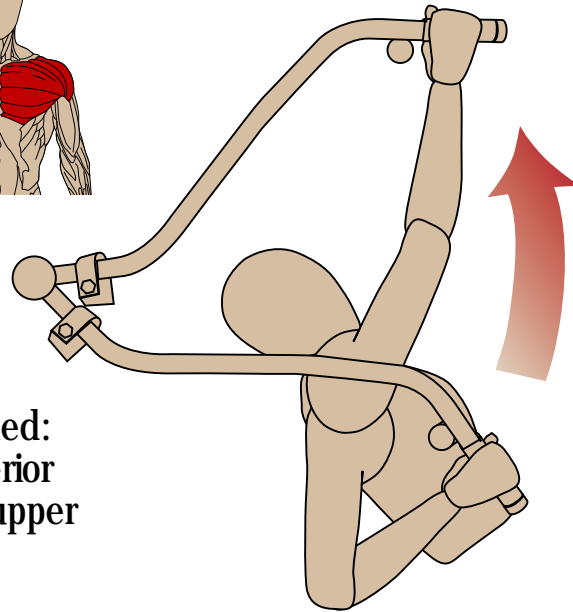


SEATED DIP

1. Adjust seat to comfortable stretched, starting position (about 90° elbow flexion) after grasping handles.
2. Adjust thigh restraint roller pads to secure seated position.
3. Press handles downward until elbows are almost fully extended.
4. Return slowly to starting position and repeat.

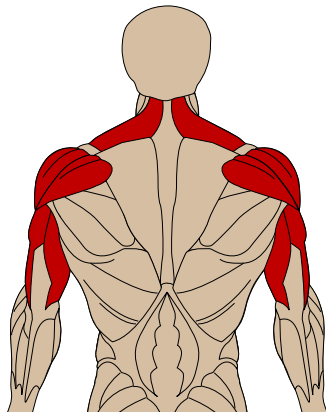


Major Muscles Worked:
Pectoralis major, anterior
and middle deltoids, upper
trapezius, triceps

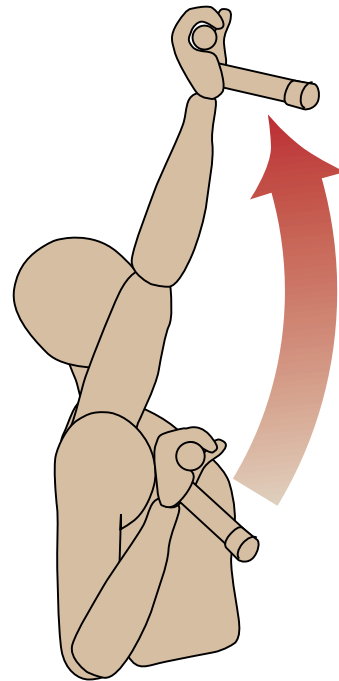


INCLINE PRESS

1. Adjust seat so that hand grips are near chest level.
2. Back pad position #3 is traditional incline press position.
3. Use preferred hand grips and press upward until elbows are almost fully extended.
4. Return slowly to starting position and repeat.

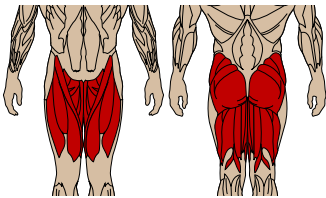
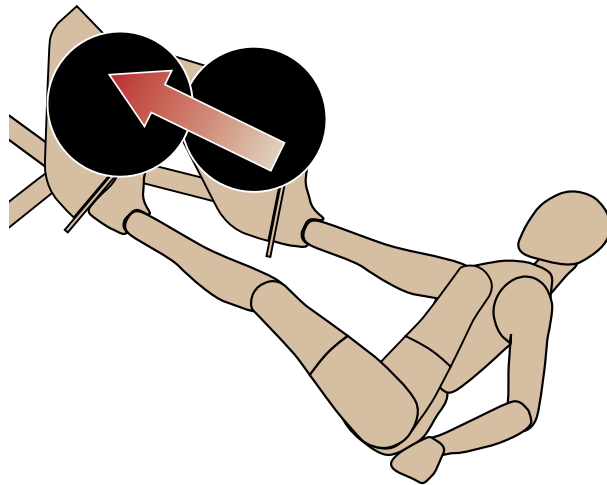


Major Muscles Worked:
Deltoids, triceps, upper
trapezius



OVERHEAD PRESS

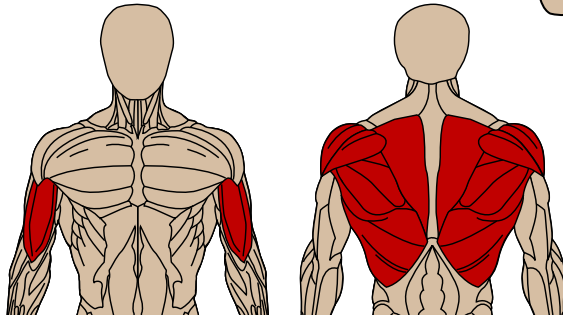
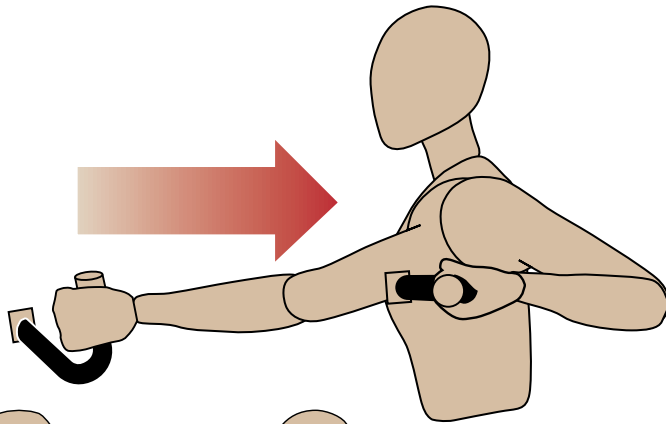
1. Adjust seat with shoulders even with handles.
2. Grasp handles lightly and push upward until elbows are almost fully extended.
3. Return slowly to starting position and repeat.
4. Keep back against back pad throughout each lifting and lowering movement.



Major Muscles
Worked:
Quadriceps,
hamstrings, gluteals

INCLINE LEG PRESS

1. Adjust back pad for desired range of hip rotation. Enter machine and position feet on footpad, so lower legs are perpendicular to foot platform.
2. Push footpad upward until knees are almost at full extension and stop.
3. Move mid-way release handle forward to allow for full range work.
4. Slowly lower foot platform through desired exercise range, stretch and repeat. Remember to bring mid-way release handle back to starting position during knee extension of last rep for easy exit.



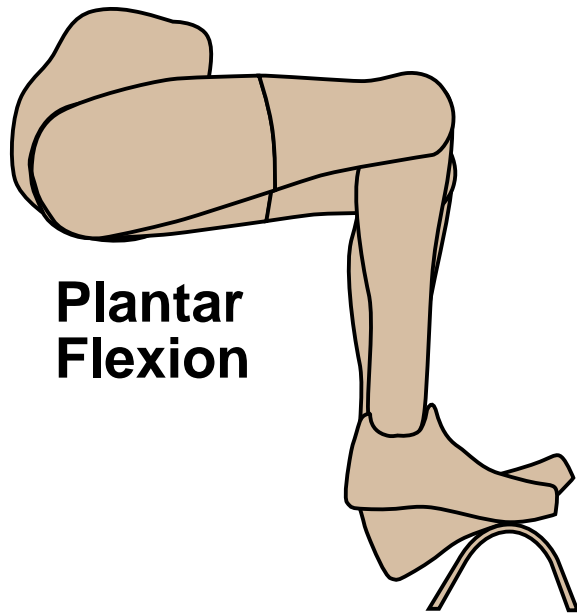
Major Muscles Worked:

Latissimus dorsi, teres major, biceps, middle trapezius, rhomboids, rear deltoids

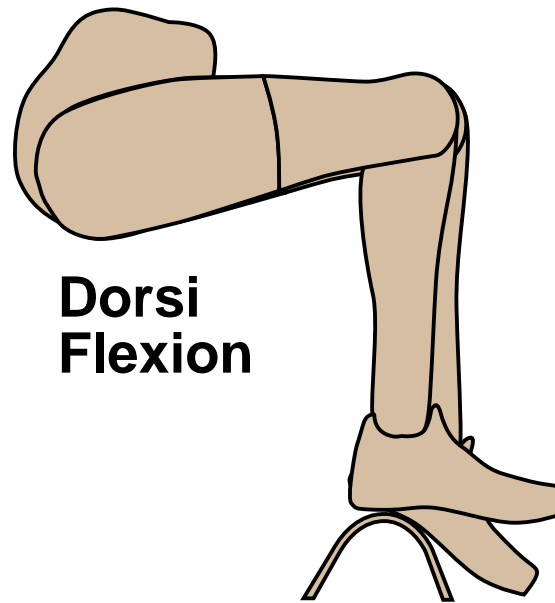
COMPOUND ROW

1. Place feet on foot rest.
2. Lean forward to grasp handles.
3. Pull handles to mid torso area. Do not lean back, keep upper body vertical.
4. Return slowly to starting position and repeat.

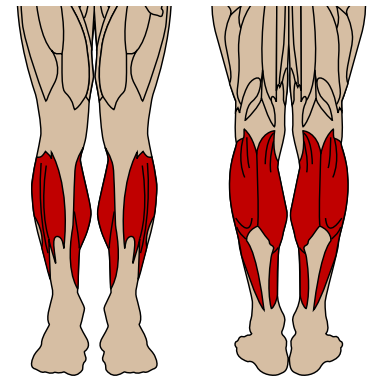
SEATED CALF



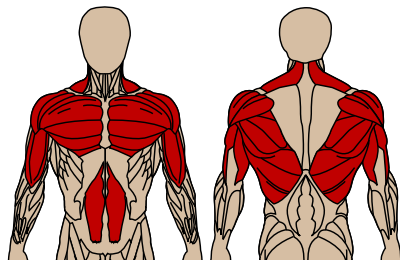
Plantar Flexion



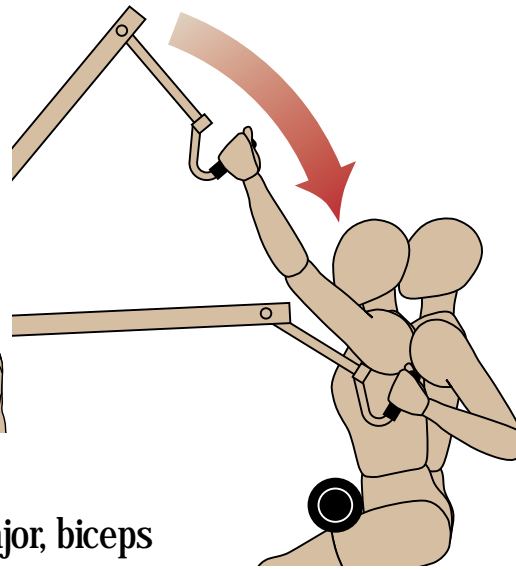
Dorsi Flexion



**Major Muscles Worked:
Gastrocnemius and
soleus**

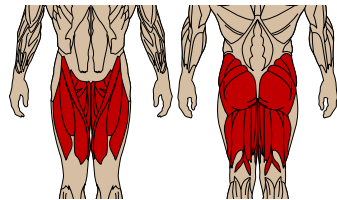
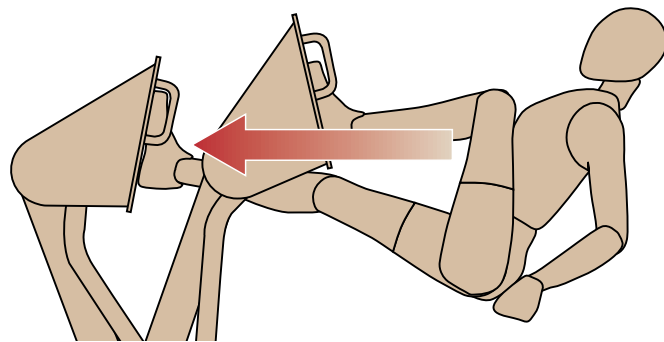


Major Muscles Worked:
Latissimus dorsi, teres major, biceps brachii, middle trapezius, rhomboids, triceps, pectoralis major, pectoralis minor, deltoids, upper trapezius and rectus abdominis



LAT PULLDOWN

1. Adjust seat to just reach handles.
2. Secure thighs, reach overhead and grasp handles.
3. Pull handles to chest, keeping shoulders back throughout exercise.
4. Pause, return slowly to starting position and repeat.



Major Muscles
Worked:
Quadriceps,
hamstrings, gluteals

LEG PRESS

1. Adjust back pad for desired range of hip rotation. Enter machine, move seat close to foot platform and position feet so lower legs are perpendicular to footpad.
2. Push footpad forward until knees are almost at full extension and stop.
3. From right side, move midway-release handle back to allow for full range work.
4. Slowly return through the desired exercise range, stretch and repeat.
5. Remember to bring midway-release handle back to starting position during knee extension of last rep for easy exit. After midway stop is safely engaged, seat handle release (left side) can be used to adjust seat back.