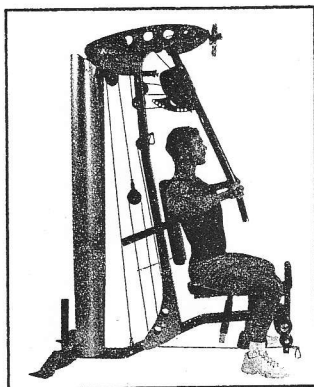
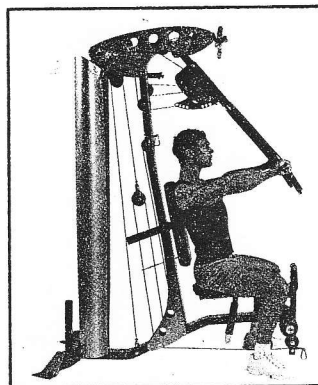


OWNERS MANUAL

EXERCISE DESCRIPTION VERTICAL BENCH PRESS



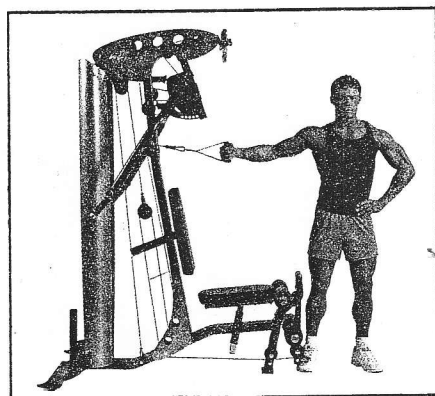
Start



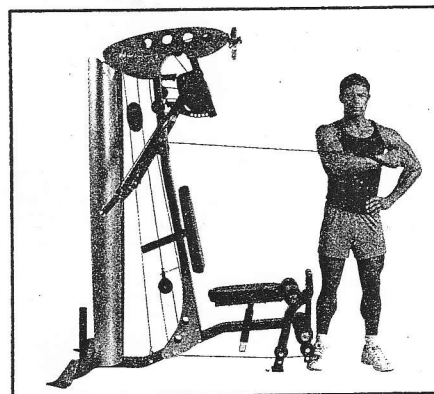
Finish

1. Sit upright with your back supported by the back pad.
2. Adjust the back pad and press arm, if needed.
3. Hold chest press handles at chest height; adjust the seat, if needed.
4. Press the handles forward until your arms are fully extended.
5. Slowly return to the starting position.

PECTORAL CROSSOVER



Start



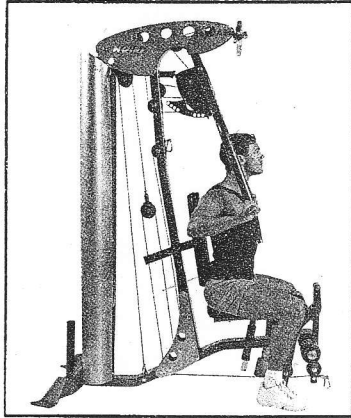
Finish

1. Attach one strap handle to the mid-pulley.
2. Stand sideways to the machine.
3. Grip the handle with the hand closest to the machine, and arc your arm forward keeping a slight bend in your elbow.
4. Slowly return to the starting position.

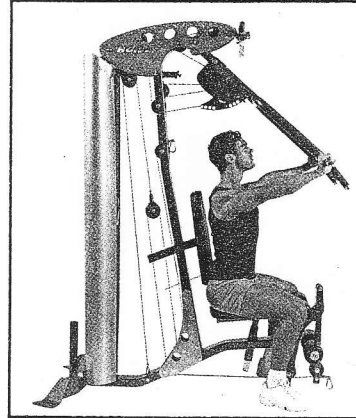
OWNERS MANUAL

EXERCISE DESCRIPTION

INCLINE PRESS



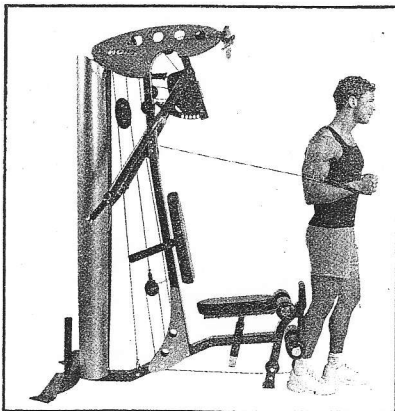
Start



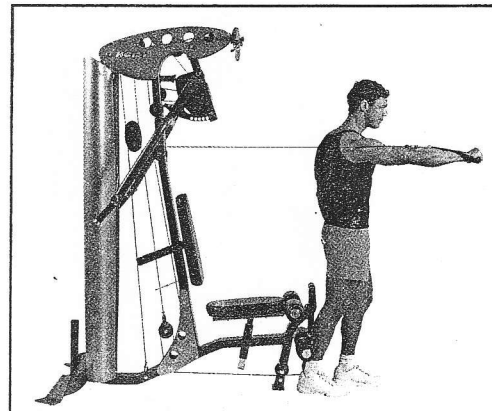
Finish

1. Sit upright with your back supported by the back pad. Adjust the pad and press arm forward, if needed.
2. Hold the press arm handles at chest height; adjust the seat, if necessary.
3. Press the handles at an upward angle until your arms are fully extended.
4. Slowly return to the starting position.

PUNCH



Start



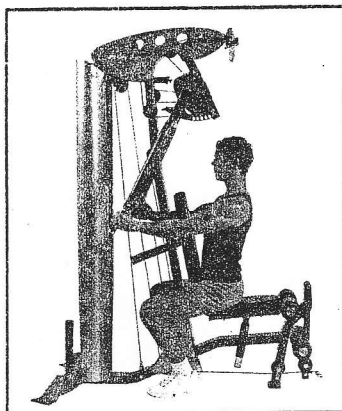
Finish

1. Attach one strap handle to the mid-pulley.
2. Stand with your back to the machine.
3. Grip the handle, and slowly extend your arm straight out. Keep your body straight throughout the movement.
4. Slowly return arm to the starting position.

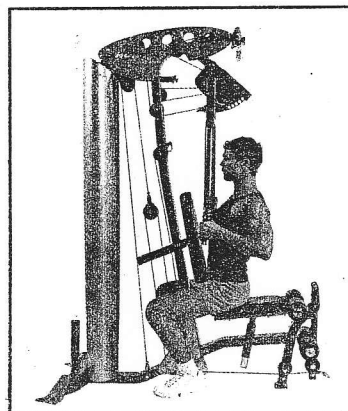
OWNERS MANUAL

EXERCISE DESCRIPTION

SEATED MID ROW



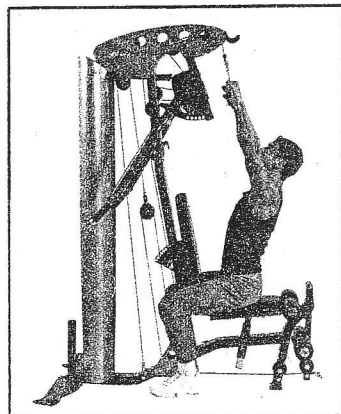
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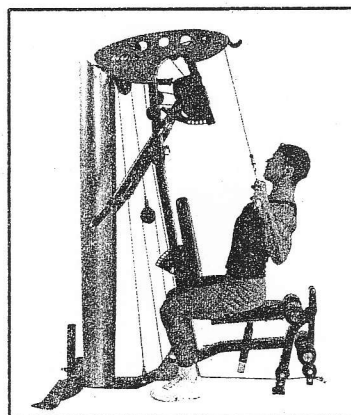
Finish

1. Sit facing the machine. Adjust the press arm and back pad so that your chest is supported when the press arm handles are just beyond your reach.
2. Adjust the seat height, if necessary, to grip the handles as shown.
3. Pull the handles towards you.
4. Slowly return to the starting position.

LAT PULLDOWN



Start



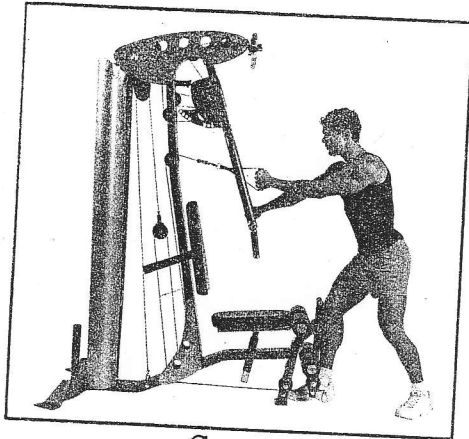
Finish

1. Sit facing forward with your knees locked under the upper roller pads.
2. Grip the lat bar with your hands slightly wider than shoulder width, with palms facing forward.
3. Lean back slightly pulling the bar down slowly until it touches your upper chest area.
4. Slowly return to the starting position.

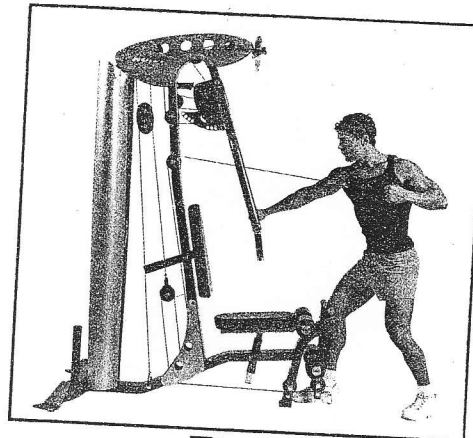
OWNERS MANUAL

EXERCISE DESCRIPTION

STANDING ONE ARM MID ROW



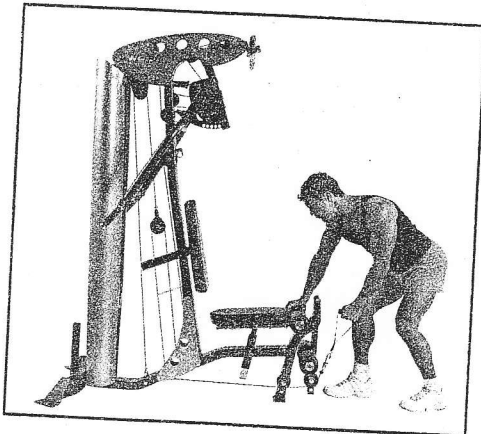
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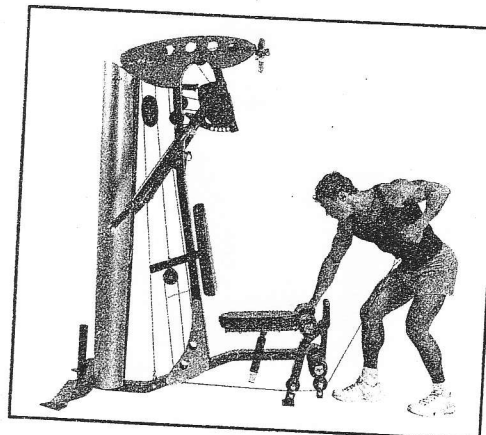
Finish

1. Attach one strap handle to the mid-pulley.
2. Stand facing the machine, and grip the strap handle in one hand. Place your other hand on the press arm for support.
3. From a straight arm position, pull arm towards your body. Keep your elbow close to your side.
4. Slowly return to the starting position.

BENT OVER ROW



Start



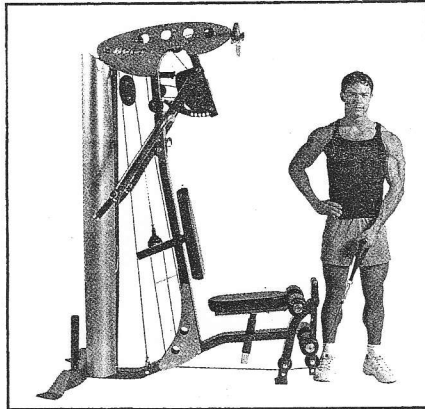
Finish

1. Attach one strap handle to the lower pulley.
2. Grip the handle, and bend over using the upper roller pad for support while keeping knees bent. Do not bend over further than 90°.
3. Pull your arm upward, keeping your elbow close to your body.
4. Slowly return to the starting position.

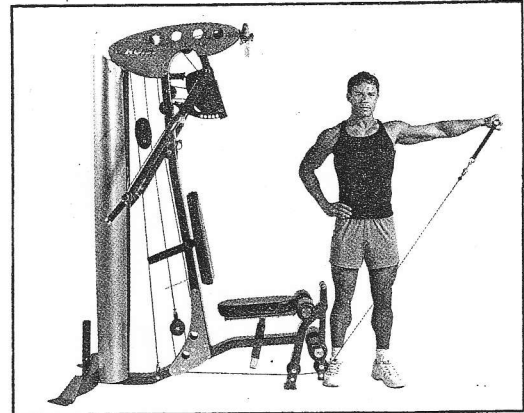
OWNERS MANUAL

EXERCISE DESCRIPTION

LATERAL DELTOID



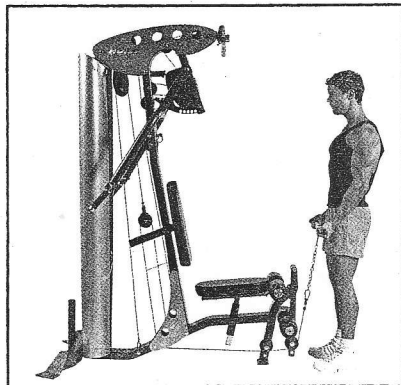
Start



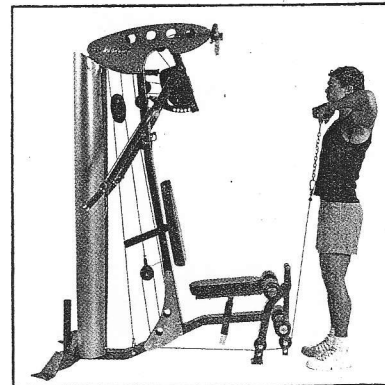
Finish

1. Attach one strap handle to the lower pulley.
2. Stand sideways to the machine, and grip handle with the hand furthest away from the machine.
3. Raise your arm laterally until it is approximately parallel with the floor. Keep a slight bend in your elbow.
4. Slowly return to the starting position.

UPRIGHT ROW



Start

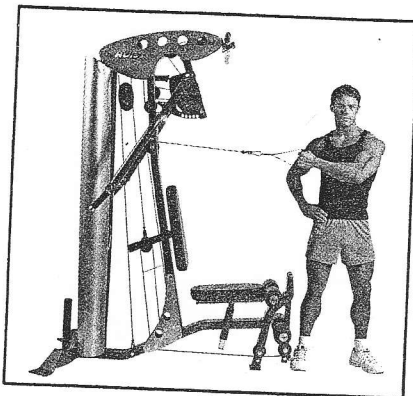


Finish

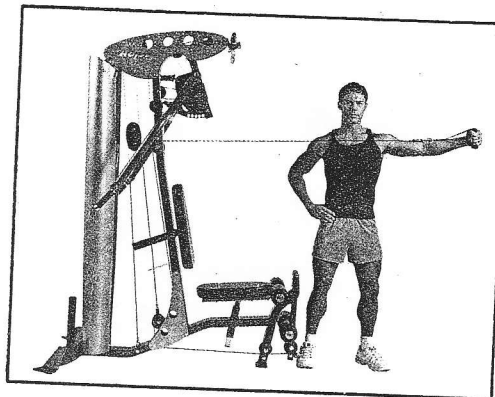
1. Attach the curl bar to the lower pulley.
2. Grip the bar with your hands in an overhand position. Keep your hands approximately 4" to 6" apart.
3. Keeping your elbows above your hands, slowly pull upwards until your hands are above your chest.
4. Slowly return to starting position.

OWNERS MANUAL

EXERCISE DESCRIPTION STANDING REAR DELT



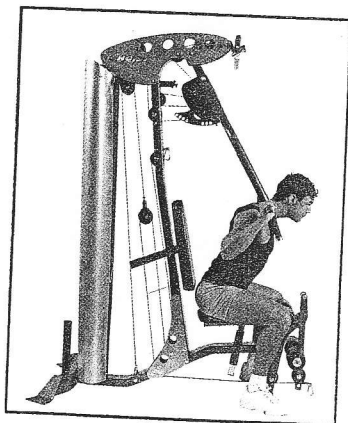
Start



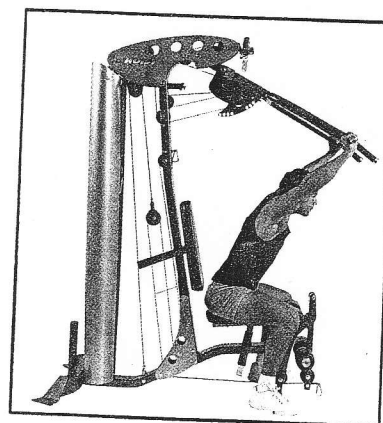
Finish

1. Attach one strap handle to the mid-pulley.
2. Stand sideways to the machine and grip the handle with the hand furthest from the machine.
3. Arc your arm across your body, keeping a slight bend in your elbow. Be sure your movement stays parallel to the floor.
3. Slowly return to the starting position.

SHOULDER PRESS



Start



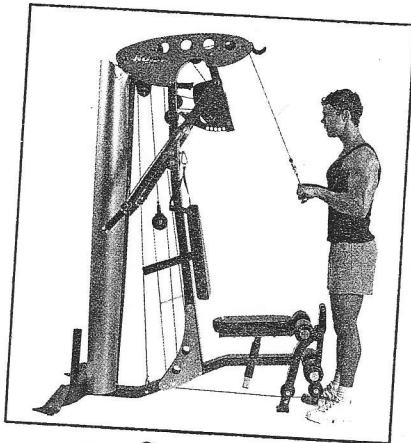
Finish

1. Sit leaning forward with your buttocks against the back pad.
2. Hold the press arm handles slightly above shoulder height. Adjust the press arm and seat if needed.
3. Press the handles at an upward angle until your arms are fully extended.
4. Slowly bring arms back to the starting position.

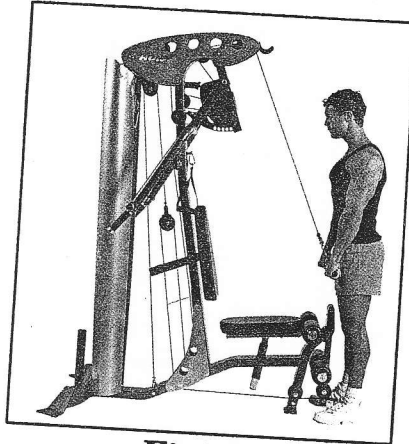
OWNERS MANUAL

EXERCISE DESCRIPTION

TRICEPS PUSHDOWN



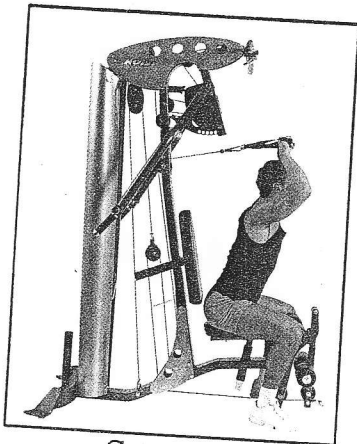
Start



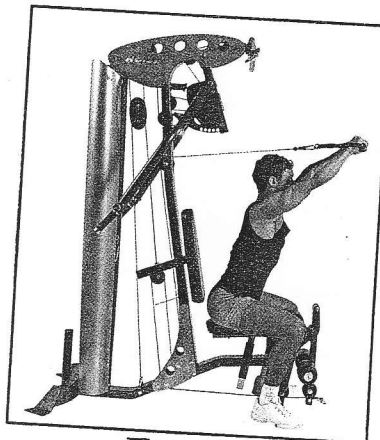
Finish

1. Stand facing towards the machine.
2. Grip the lat bar with your hands 4" to 6" apart, palms facing forward.
3. Bring the bar to chest height. Keep your arms tight against your body, and push the handle down slowly.
4. Slowly return to the starting position.

SEATED TRICEPS EXTENSION



Start



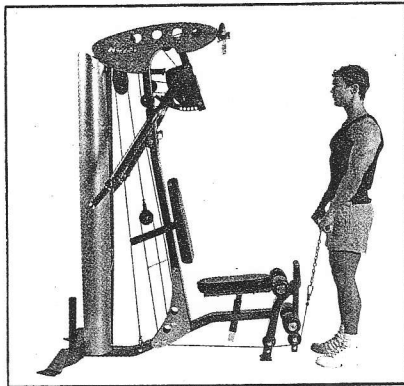
Finish

1. Attach both strap handles to the mid-pulley.
2. Sit leaning forward with your buttocks on the back of the seat pad.
3. Hold the handles behind your head. Keep your elbows close to the sides of your head.
4. Push the handles forward until your arms are fully extended.
5. Slowly return to the starting position.

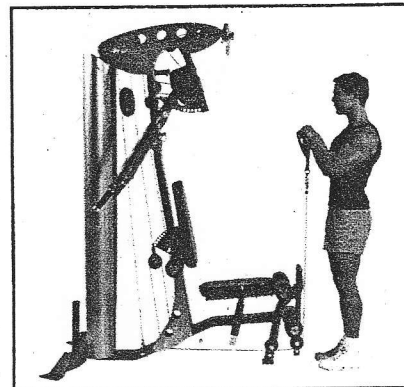
OWNERS MANUAL

EXERCISE DESCRIPTION

REVERSE CURL



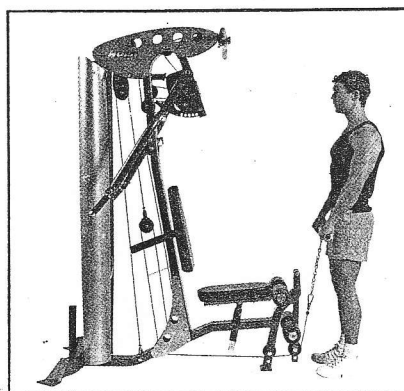
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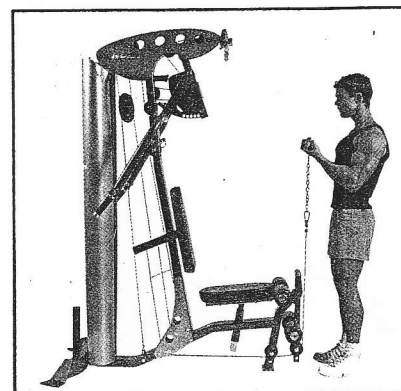
Finish

1. Attach both strap handles to the lower pulley.
2. Stand facing the machine. Grip the handles with your hands in an overhand position. Keep your hands approximately 6" apart.
3. Curl your arms upward slowly.
4. Slowly return to the starting position.

BICEPS CURL



Start



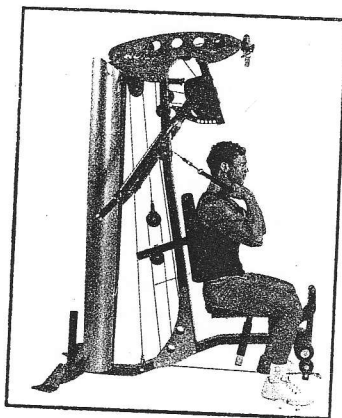
Finish

1. Attach the curl bar to the lower pulley.
2. Stand facing the machine, grip bar with your hands in an underhand position. Keep hands approximately 6" apart.
3. Curl arms upward slowly.
4. Slowly return to the starting position.

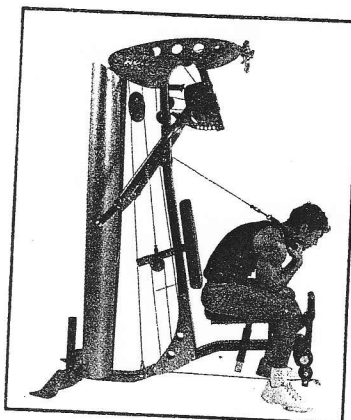
OWNERS MANUAL

EXERCISE DESCRIPTION

ABDOMINAL CRUNCH



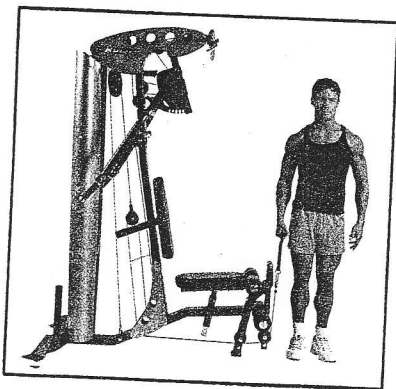
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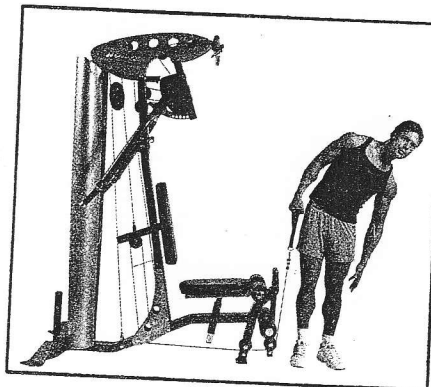
Finish

1. Attach both strap handles to the mid-pulley.
2. Sit on the seat with your back supported by the back pad.
3. Hold the handles at chest level.
4. Curl your body forward approximately half way towards your knees, pivoting from the upper abdominal area.
5. Slowly return to the starting position.

SIDE BEND



Start



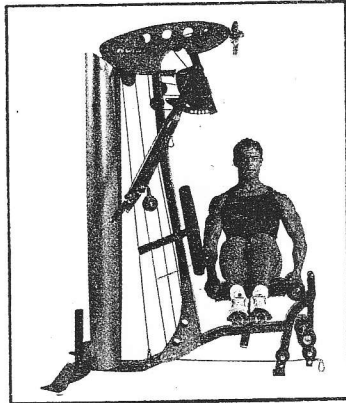
Finish

1. Attach one strap handle to the lower pulley.
2. Stand sideways to the machine, and grip the handle with the hand closest to the machine.
3. Keep your arm straight while crunching your upper body over and away from the machine.
4. Slowly return to the starting position.

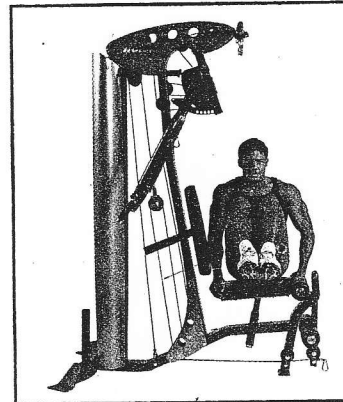
OWNERS MANUAL

EXERCISE DESCRIPTION

KNEE RAISE



Start



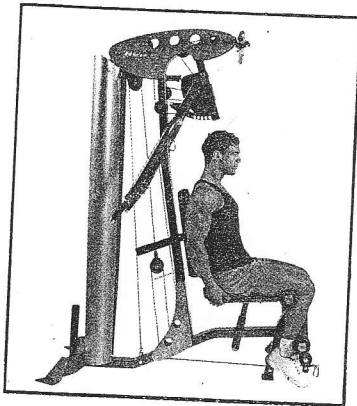
Finish

1. Sit on the seat with your legs extended to one side.
 2. Grip the ends of the seat pad for balance.
 3. Leaning back to balance yourself, lift feet slightly off the ground.
 4. Lift knees upwards towards your chest.
 5. Slowly return to the starting position.
-

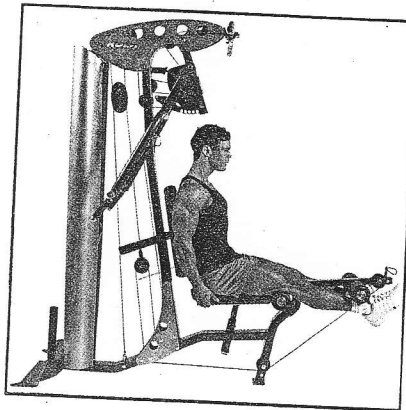
OWNERS MANUAL

EXERCISE DESCRIPTION

LEG EXTENSION



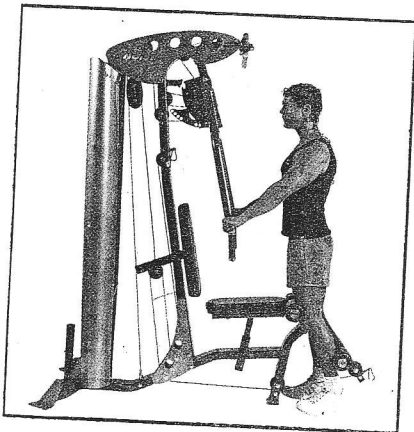
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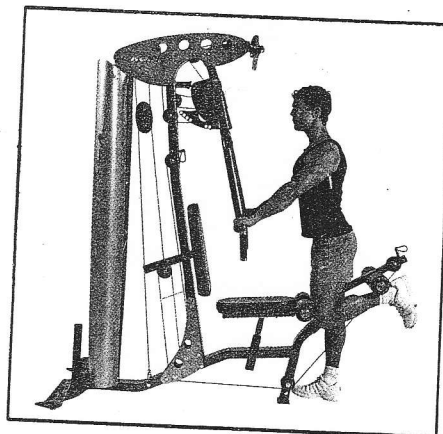
Finish

1. Adjust the seat, back pad and upper roller pads so that the pivot of the leg extension/leg curl arm lines up with the pivot point of your knees when seated.
2. Hook your legs over the top roller pads and your feet under the lower roller pads.
3. Slowly extend your legs forward, and hold your position momentarily.
4. Slowly return to the starting position.

STANDING LEG CURL



Start



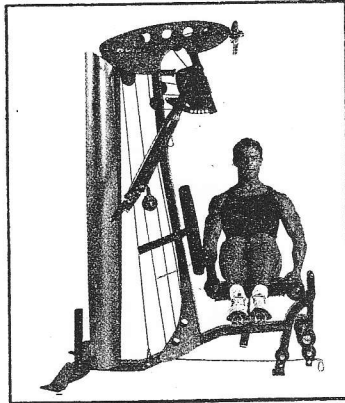
Finish

1. Stand facing the machine, and adjust the upper roller pads to hit just above your knees.
2. Hook one foot under the lower roller pad, and grip the press arm for balance.
3. Curl your leg upward, and hold your position momentarily.
4. Slowly return to the starting position.

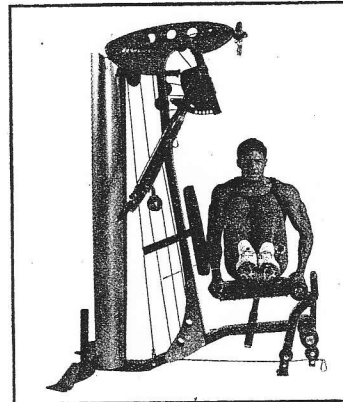
OWNERS MANUAL

EXERCISE DESCRIPTION

KNEE RAISE



Start



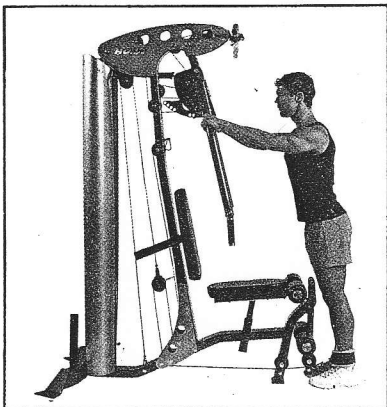
Finish

1. Sit on the seat with your legs extended to one side.
 2. Grip the ends of the seat pad for balance.
 3. Leaning back to balance yourself, lift feet slightly off the ground.
 4. Lift knees upwards towards your chest.
 5. Slowly return to the starting position.
-

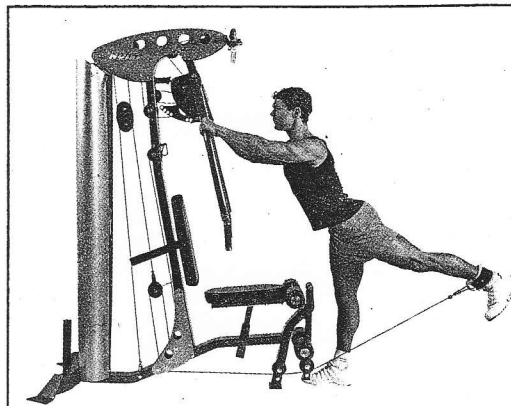
OWNERS MANUAL

EXERCISE DESCRIPTION

GLUTE KICK



Start



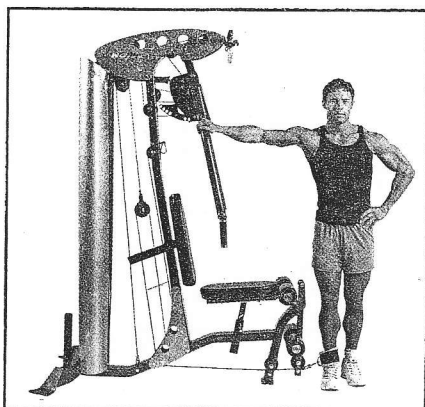
Finish

1. Attach the padded cuff to the lower pulley.
2. Attach the cuff to your ankle. Angle your upper body forward; use the press arm for balance.
3. Keep your hips stationary and your leg straight. Slowly raise your foot up, in a backwards direction, as far as possible. Keep your toe pointed straight down.
4. Contract your buttock at the peak of the movement, and hold your position momentarily.
5. Slowly return to the starting position.

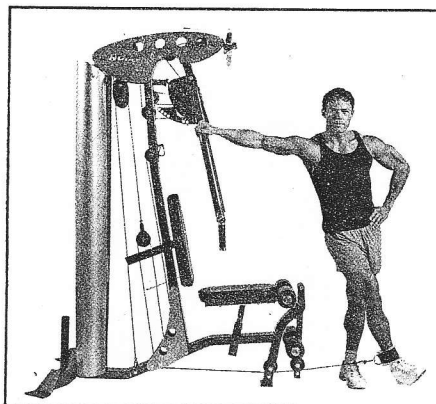
OWNERS MANUAL

EXERCISE DESCRIPTION

INNER THIGH



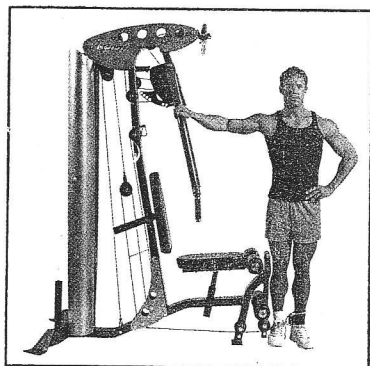
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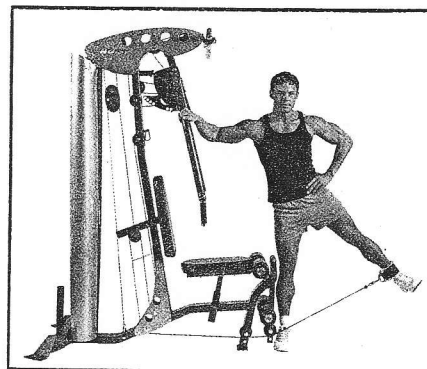
Finish

1. Attach the padded cuff to the lower pulley.
2. Stand sideways to the machine.
3. Attach cuff to the leg closest to the machine. Balance yourself by holding the press arm.
4. Slowly scissor your leg across your body while keeping your body straight.
5. Slowly return to the starting position.

OUTER THIGH



Start



Finish

1. Attach the padded cuff to the lower pulley.
2. Stand sideways to the machine.
3. Attach the cuff to the leg furthest from the machine. Balance yourself by holding the press arm.
4. While keeping your leg straight and positioned slightly in front of your body, lift your leg outward and upward as far as possible. Keep your body straight, and lead with your heel.
5. Slowly return to the starting position.