

Chest Exercises

Bench Press – Shoulder Horizontal Adduction (and Elbow Extension)

Muscles worked:

Chest muscles (pectoralis major). Also involves front shoulder muscles (anterior deltoid and triceps, located on the back of the upper arm).

Position:

Seated – facing outward

Accessory:

Hand Grips

Pulleys:

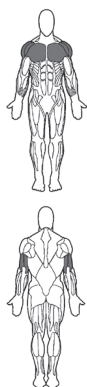
Center Cross Bar – wide position

Before you begin:

Remove Leg Extension and adjust seat height. The pulleys should be in the wide position.

Key Points:

- Maintain a 90° angle between upper arms and torso throughout exercise.
- Limit range of motion so elbows do not travel behind shoulders.
- Keep shoulderblades pinched together and maintain good spinal alignment.



START



START

- Sit and grasp hand grips.
- Straighten arms to front.
- Be sure arms are directly in line with cables, palms facing down and wrists straight.
- Raise chest and pinch shoulderblades together. Maintain a very slight, comfortable, arch in lower back.

FINISH



ACTION

- Slowly move elbows out, simultaneously bending arms, keeping forearms in line with cables.
- Stop when upper arms are straight out to the sides, level with shoulders.
- Slowly press forward, moving hands toward center. Return to start position with arms straight to front at shoulder width. Keep chest muscles tightened.

Chest Fly – Shoulder Horizontal Adduction (Elbow Stabilized)

Muscles worked:

Emphasizes chest muscles (pectoralis major). Involves front shoulder muscles (anterior deltoid).

Position:

Seated – facing outward

Accessory:

Hand Grips

Pulleys:

Center Cross Bar – wide position

Before you begin:

Remove Leg Extension and adjust seat height. The pulleys should be in the wide position.

Key Points:

- Maintain 90° angle between upper arms and torso throughout exercise.
- Limit range of motion so elbows do not travel behind shoulders.
- Keep shoulderblades pinched together and maintain good spinal alignment.



START



START

- Sit and grasp hand grips.
- Straighten arms to front.
- Be sure arms are directly in line with cables, palms facing in and wrists straight.
- Raise chest and pinch shoulderblades together. Maintain a slight, comfortable, arch in lower back.

FINISH



ACTION

- Slowly move arms inward, maintaining the elbows in a slightly bent position throughout movement.
- Stop when upper arms are straight out in front, level with shoulders.
- Slowly return to start position. Keep chest muscles tightened during motion.

Decline Bench Press – Shoulder Horizontal Adduction (and Elbow Extension)

Muscles worked:

Chest muscles (pectoralis major). Also involves front shoulder muscles (anterior deltoid) and triceps.

Position:

Seated (seat in lowest position) facing outward

Accessory:

Hand Grips

Pulleys:

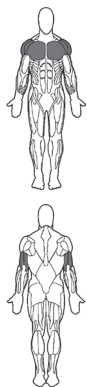
Center Cross Bar – standard position

Before You Begin:

Remove Leg Extension and adjust seat to lowest setting.

Key Points:

- Maintain 90° angle between upper arms and torso at the bottom of the motion, and slightly less than 90° at the top of the motion.
- Limit range of motion so elbows do not travel behind shoulders.
- Keep shoulderblades pinched together and maintain good spinal alignment.



START

- Sit and grasp hand grips with cable and grip positioned beneath forearm.
- Lower arms 5-6 inches from standard bench press position.
- Straighten arms to front.
- Be sure arms are directly in line with cables, palms facing down and wrists straight.
- Raise chest and pinch shoulderblades together. Keep a gentle arch in lower back.



ACTION

- Slowly move elbows outward, simultaneously bending arms, keeping forearms in line with cables at all times.
- Stop when upper arms are straight out to sides, 10° below shoulders.
- Slowly press forward, moving hands toward center. Return to start position, arms straight at shoulder width, hands just above knees in line with cables. Keep chest muscles tightened.

Incline Bench Press – Shoulder Horizontal Adduction (and Elbow Extension)

Muscles worked:

Chest muscles (pectoralis major), especially upper portion. Also involves front shoulder muscles (anterior deltoid) and triceps.

Position:

Seated – facing outward

Accessory:

Hand Grips

Pulleys:

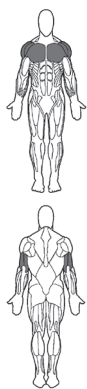
Center Cross Bar – wide position

Before You Begin:

Remove Leg Extension and adjust seat height.

Key Points:

- Upper arms will be 90° from sides of torso at the bottom of movement and slightly more than 90° from the front of torso at the top.
- Limit range of motion so elbows do not travel behind shoulders.
- Keep shoulderblades pinched together and maintain good spinal alignment.



START

- Sit and grasp hand grips.
- Straighten arms to front.
- Raise arms 6-8 inches above regular bench press position.
- Keep arms in line with cables, palms down, wrists straight.
- Raise chest and pinch shoulderblades together. Keep a slight, comfortable, arch in lower back.



ACTION

- Slowly move elbows out, simultaneously bending arms. Keep forearms in line with cables.
- Stop when upper arms are out to sides, 10° above shoulders.
- Slowly press forward, moving hands toward center. Return to start position, with arms straight to front at shoulder width and in line with cables.

Decline Chest Fly—Shoulder Horizontal Adduction (elbow stabilized)

Muscles worked:

Pectoralis Major; Anterior Deltoid

Position:

Seated—facing outward

Accessory:

Hand Grips

Pulleys:

Center Cross Bar—Wide Position

Leg Extension:

Removed



START



FINISH



Success Tips

- Maintain a 60-90° angle between upper arms and torso during exercise.
- Keep chest muscles tightened. Limit and control your range of motion.
- Keep knees bent, feet on Platform, head back against Seat Back Pad.
- To improve your pectoralis involvement, pinch your shoulderblades together throughout movement.

START

- Grasp Hand Grips in both hands.
- Open your arms into a wide, “embrace” position, elbows slightly bent. Press your forearms downward. At full extension, hands should be level with your hips, palms facing forward.
- Do not lock your elbows.
- Raise chest, pinch shoulderblades together, and maintain a slight, comfortable arch in your lower back.

ACTION

- Slowly press your arms forward and downward, straightening arms and moving your hands together. Hands should be 5-6” lower than standard Chest Fly Finish position.
- Rotate your wrists and forearms upward.
- Return to start position, slowly bringing your arms in front of you, just below chest level.

Incline Chest Fly—Shoulder Horizontal Adduction (elbow stabilized)

Muscles worked:

Pectoralis Major; Anterior Deltoid

Position:

Seated—facing outward

Accessory:

Hand Grips

Pulleys:

Center Cross Bar—Wide Pulleys

Leg Extension:

Removed



START



FINISH



Success Tips

- Maintain a 60-90° angle between upper arms and torso during exercise.
- Keep chest muscles tightened. Limit and control your range of motion.
- Keep knees bent, feet on Platform, head back against Seat Back Pad.
- To improve your pectoralis involvement, pinch your shoulderblades together throughout movement.

START

- Grasp Hand Grips in both hands.
- Press your arms forward and upward, straightening arms and moving your hands together. Hands should be 5–6” higher than the standard Chest Fly start position..
- Do not lock your elbows.
- Raise chest, pinch shoulderblades together, and maintain a slight, comfortable arch in your lower back.

ACTION

- Open your arms into a wide, “embrace” position, elbows slightly bent. Press your forearms upward. At full extension, your elbows should be level with your ears, palms facing forward.
- Rotate your wrists and forearms upward.
- Return to Start position, slowly bringing your arms in front of you, just below chest level.

Reverse Fly – Shoulder Horizontal Abduction (Elbows Stabilized)

Muscles worked:

Back portion of shoulder muscles (rear deltoids, rear portion of middle deltoids).

Position:

Standing – facing machine

Seat:

Removed

Accessory:

Hand Grips

Pulleys:

Center Cross Bar – narrow position

Before You Begin:

Remove Leg Extension. The pulleys should be in the narrow position.

Key Points:

- Maintain a 90° angle between upper arms and sides of torso throughout exercise.
- Keep shoulderblades pinched together and maintain good spinal alignment.



START



START

- Stand on platform.
- Grasp hand grips with palms facing floor, arms nearly straight.
- Stand up straight and bend over slightly from hips until arms are in front of body at a 90° angle to torso.
- Lift chest and pinch shoulderblades together.

FINISH



ACTION

- Maintaining the same slight bend in arms, move elbows out and back, keeping a 90° angle between upper arms and sides of torso.
- Move until elbows are slightly behind shoulders, then slowly reverse the motion, keeping rear shoulder muscles tightened.

Crossover Reverse Fly – Shoulder Horizontal Abduction (Elbows Stabilized)

Muscles worked:

Back portion of shoulder muscles (rear deltoids, rear portion of middle deltoids).

Position:

Standing – facing machine

Accessory:

Hand Grips

Pulleys:

Center Cross Bar – narrow position

Before You Begin:

- Remove seat and leg extension. The pulleys should be in the narrow position.

Key Points:

- Maintain 90° angle between upper arms and sides of torso throughout exercise.
- Keep shoulderblades pinched together and maintain good spinal alignment.



START



START

- Stand on platform.
- Cross arms in front of body and grasp hand grips (right grip in left hand and vice versa) with palms facing floor and arms nearly straight.
- Stand up straight and bend over slightly from hips until arms are in front of body at a 90° angle to torso.
- Lift chest and pinch shoulderblades together.

FINISH



ACTION

- Maintaining same slight bend in arms, move elbows out and back, crossing cables as you pull arms back.
- Keep a 90° angle between upper arms and sides of torso.
- Move until elbows are slightly behind shoulders, then slowly reverse motion keeping rear shoulder muscles tightened.

Crossover Rear Deltoid Rows – Elbow Flexion

Muscles worked:

Back portion of shoulder muscles (rear deltoids, rear portion of middle deltoids).

Position:

Standing – facing machine

Accessory:

Hand Grips

Pulleys:

Center Cross Bar – narrow position

Before You Begin:

Remove Leg Extension and seat. Center Cross Bar Pulleys should be in narrow position.

Key Points:

- Maintain a 90° angle between upper arms and sides of torso.
- Keep shoulderblades pinched together and maintain good spinal alignment.
- To work one arm at a time, place non-working hand on top of bench for additional stabilization.



START

- Stand on platform.
- Cross arms in front of body and grasp hand grips (right grip in left hand and vice versa) with palms facing down and arms nearly straight.
- Bend over slightly from hips (not spine) and raise arms in front of body, 90° to torso.
- Lift chest, stand up straight with spine in good alignment and tighten trunk muscles.



ACTION

- Allowing arms to bend as you go, move elbows outward and backward keeping a 90° angle between upper arms and sides of torso.
- Always point forearms in the direction of cables.
- Move until elbows are slightly behind shoulders, then slowly reverse motion. Keep rear shoulder muscles tightened during entire motion.

Crossover High Rear Deltoid Rows – Elbow Flexion

Muscles worked:

Back portion of shoulder muscles (rear deltoids, rear portion of middle deltoids).

Position:

Standing – facing machine

Accessory:

Hand Grips

Pulleys:

Lat Tower

Before You Begin:

Remove Leg Extension and seat.

Key Points:

- Keep shoulderblades pinched together and maintain good spinal alignment.



START

- Stand on platform, with knees slightly bent.
- Cross arms and grab hand grips with palms facing down, arms straight (right hand on left hand grip and vice versa).
- Stand up straight and slightly lean back from hips.
- Lift chest and pinch shoulderblades together.



ACTION

- Allowing arms to bend as you go, move elbows out and back keeping a 90° angle between upper arms and sides of torso.
- Always point forearms in direction of cables.
- Move until elbows are slightly behind shoulders, then slowly reverse motion. Keep rear shoulder muscles tightened.

Lateral Shoulder Raise – Shoulder Abduction (Elbows Stabilized)

Muscles worked:

Side shoulder muscles (middle deltoids), top muscle of rotator cuff (supraspinatus) and upper trapezius muscles.

Position:

Standing – facing outward

Accessory:

Hand Grips

Pulleys:

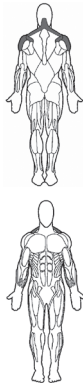
Squat Pulley Frame – use squat straps

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- DO NOT swing arms upward or move trunk.



START

START

- Stand on platform facing outward. Grasp hand grips with palms facing each other.
- Attain good spinal posture and bend forward slightly at hip (15 to 20°) by keeping spine straight and sticking rear end out. Do not bend at waist.
- Let arms hang directly in line with cables.
- Elevate shoulders slightly toward back of head.



FINISH

ACTION

- Raise arms out to sides to nearly shoulder level.
- Keep side of arm/elbow facing out/up throughout movement.
- Slowly bring arms into start position without relaxing.

Seated Forearm Lateral Shoulder Raise – Elbows Stabilized

Muscles worked:

Side shoulder muscles (middle deltoids), top muscle of rotator cuff (supraspinatus) and upper trapezius muscles.

Position:

Seated – facing outward

Accessory:

Hand Grips over elbows

Pulleys:

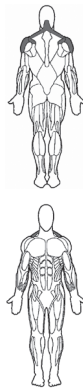
Squat Pulley Frame – narrow position

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- DO NOT swing arms upward or move trunk.



START

START

- Slide hand grips over forearms until grip is cradled in elbow.
- Let upper arms hang in line with cables and bend elbows 90°.
- Elevate shoulders slightly toward the back of your head.
- Raise chest and pinch shoulder-blades together.
- Maintain a slight, comfortable, arch in lower back.



FINISH

ACTION

- Raise arms out to sides to almost shoulder level.
- Keep side of forearms/elbows facing out/up throughout movement.
- Slowly bring arms to start position without relaxing.

Front Shoulder Raise – Shoulder Flexion (Elbow Stabilized)

Muscles worked:

Front part of shoulder muscles (front deltoids) and front part of middle deltoids.

Position:

Standing – facing outward

Accessory:

Hand Grips

Pulleys:

Squat Pulley Frame

Before You Begin:

Remove Leg Extension and seat. Use platform pulleys.

Key Points:

- Keep chest lifted and abdominals tightened throughout entire motion and maintain good spinal alignment.
- Do not increase arch in lower back while lifting arms.



START

START

- Stand on platform facing outward with knees slightly bent. You may want to lean back against bench.
- Keep chest up, abs tight and maintain a slight arch in lower back.
- Grasp hand grips with palms facing machine and arms straight at sides.



FINISH

ACTION

- Arms may be moved alternately or together.
- Keeping arms straight, move them forward, then up to shoulder height.
- Slowly return arms beside torso and repeat.

Seated Shoulder Press – Shoulder Adduction (and Elbow Extension)

Muscles worked:

Front portion of shoulder muscles (front deltoids and front part of middle deltoids), upper back muscles (upper trapezius), and triceps.

Position:

Seated – facing outward

Accessory:

Hand Grips

Pulleys:

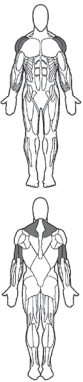
Center Cross Bar – wide position

Before You Begin:

Remove Leg Extension and adjust seat height.

Key Points:

- Keep abdominals tight throughout entire motion and maintain good spinal alignment.
- Do not let the arch increase in the lower back while pressing up.



START

START

- Sit facing outward, knees bent and feet flat on floor.
- Keep chest up, abs tight and maintain a slight arch in lower back.
- Grasp hand grips with palms facing away from machine.
- Raise hand grips to just above shoulder level, keeping palms facing forward.



FINISH

ACTION

- Straighten arms overhead, focusing on moving elbows up and in toward head.
- Slowly return to starting position keeping tension in front shoulder muscles.

Shoulder Rotator Cuff – Internal Rotation

Muscles worked:

Front rotator cuff muscle (subscapularis).

Position:

Standing – facing left or right

Accessory:

Hand Grips

Pulleys:

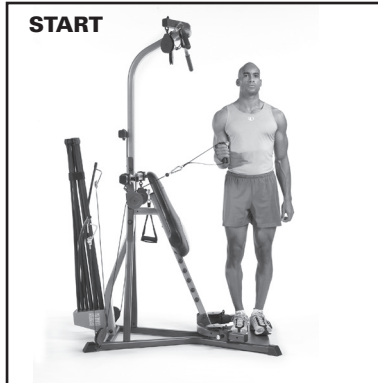
Center Cross Bar -wide position

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Motion should be slow and controlled.
- Do not rotate spine to get additional range of motion. Try for pure rotation of shoulder joint. More is not better!
- Use light resistance only. Pick a resistance that you can perform 12-15 perfect reps.



START

START

- Stand on platform with one side toward machine. Maintain good spinal alignment.
- Grasp hand grip with arm closest to machine and draw upper arm into side, keeping elbow bent 90°.
- Distance yourself from tower to eliminate slack in cable.
- Use very light resistance.



FINISH

ACTION

- Rotate forearm toward abdomen, keeping elbow by side.
- Slowly return to start position.

Shoulder Rotator Cuff – External Rotation

Muscles worked:

Rear portion of rotator cuff (infraspinatus, teres minor muscles).

Position:

Standing – facing left or right

Accessory:

Hand Grips

Pulleys:

Center Cross Bar – wide position

Before You Begin:

Remove Leg Extension and seat.

Key Points:

- Motion should be slow and controlled.
- Do not rotate spine to get additional range of motion. Try for pure external rotation of shoulder joint. More is not better!
- Use light resistance only. Pick a resistance that allows you to perform 12-15 reps.



START

START

- Stand on platform with one side toward machine. Maintain good spinal alignment.
- Using arm furthest from rods, reach across body, grasp hand grip nearest you and draw arm back into side. Keep elbow bent 90°.
- Allow forearm to rest against abdomen and elbow against side, taking out some of the slack or in cables.



FINISH

ACTION

- Rotate forearm away from abdomen and out to side, keeping elbow/upper arm by side.
- Slowly return to start position.

Shoulder Extension – Elbows Stabilized

Muscles worked:

Upper back (latissimus dorsi, teres major, rear deltoid muscles), muscles between shoulderblades (middle trapezius, rhomboid muscles) and triceps.

Position:

Standing – facing machine

Accessory:

Hand Grips

Pulleys:

Center Cross Bar – narrow position

Before You Begin:

Remove Leg Extension and seat.

Key Points:

- Do not lose spinal alignment, keep chest lifted.
- Keep lats tightened throughout entire motion.
- Release shoulderblades at end of each rep. Initiate new rep by retracting shoulderblades.



START

START

- Stand on platform, facing machine, knees slightly bent, feet flat on floor.
- Grasp hand grips with palms facing floor.
- Tighten trunk muscles to stabilize spine while maintaining a slight arch in lower back.



FINISH

ACTION

- Initiate by pinching shoulderblades together.
- Continue movement by moving hands in an arc, down and back toward hips.
- Slowly return to start position.

Shoulder Shrug – Scapular Elevation

Muscles worked:

Upper trapezius and associated smaller muscles of region.

Position:

Standing – facing machine

Accessory:

Hand Grips

Pulleys:

Squat Pulley Frame

Before You Begin:

Remove Leg Extension and seat.

Key Points:

- Do not bend neck backward or forward while raising shoulders.
- Do not slouch upon lowering shoulders.
- Keep spine in good alignment through entire motion.
- Make sure both shoulders raise evenly.
- For variation, bend forward slightly from hips, not spine.



START

START

- Stand on platform facing machine.
- Reach down and grasp hand grips with palms facing away.
- Let arms hang, extending toward pulleys.



FINISH

ACTION

- Raise shoulders toward back of head, making sure neck/head does not move.
- Slowly reverse motion, keeping upper trapezius muscles tight.

Scapular Protraction – Elbows Stabilized

Muscles worked:

Serratus anterior muscles, the muscles on the side of the rib cage.

Position:

Seated – facing outward

Accessory:

Hand Grips

Pulleys:

Center Cross Bar – narrow position

Before You Begin:

Remove Leg Extension and adjust seat height.

Key Points:

- Maintain a 90° angle between upper arms and torso throughout the exercise.
- Keep elbows straight.
- Do not slouch forward in the upper spine to further the motion. Maintain a very slight arch in lower back at all times.



START

START

- Sit grasp hand grips.
- Lie head back on bench and straighten arms to front.
- Be sure arms are in line with cables, palms facing down and wrists straight.
- Raise chest and pinch shoulderblades. Maintain a slight, comfortable, arch in lower back.



FINISH

ACTION

- Keeping arms straight and pointing in the same direction of cables, slowly move shoulderblades forward off bench.
- Slowly return to start position.
- Movement is subtle and only occurs in shoulder.

Scapular Depression

Muscles worked:

Develops lower trapezius muscles, which stabilize and move shoulderblades.

Position:

Seated – facing outward

Accessory:

50" Bent Lat Bar

Pulleys:

Lat Tower

Before You Begin:

Remove Leg Extension and adjust seat height.

Key Points:

- Do not lose spinal alignment, keep chest lifted.



START

START

- Sit facing outward, knees bent, feet flat on floor.
- Grasp 50" Bent Lat Bar.
- Tighten trunk muscles to stabilize spine while maintaining a slight arch in lower back.



FINISH

ACTION

- Keeping arms straight, slide shoulderblades toward hips.
- When shoulderblades are fully depressed, slowly return to start position.
- Movement is subtle and only occurs in shoulder.

Back Exercises

Good Morning

Muscles worked:

Latissimus Dorsi; Teres Major;
Rear Deltoids

Position:

Standing—facing outward

Accessory:

Handgrips or optional Squat Bar
(Squat Bar shown in photos)

Pulleys:

Squat Pulley Frame

Leg Extension:

Removed

Success Tips

- Keep your chest lifted, spine aligned, abs tight and your back flat with no arch.
- Lift with your legs, not lower back or arms.
- Use a light resistance for this movement.
- Lift your head, keep your knees bent and feet on Standing Platform.



START



START

- Grasp the handgrips (or Squat Bar) with your palms facing downward.
- Keep your legs bent slightly.
- Bend over, approximately 90° from your hips (not your waist).

FINISH



ACTION

- Initiate the movement by pushing your hips forward.
- Slowly move your trunk until you are in the standing position. Back should be tightened when reaching upright position.
- Slowly return to the start position without relaxing tension in your legs.

Standing Low Back Extension - with Hip Extension

Muscles worked:

Muscles in lower back (erector spinae, deep spinal muscles), lower back muscles, gluteus maximus and hamstrings.

Position:

Standing – facing outward

Accessory:

Hand Grips

Pulleys:

Squat Pulley Frame – standard position

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Keep chest lifted and a very slight arch in lower back at all times.
- Move from hips only, not waist. Do not increase or decrease the arch in lower back during the movement.



START

- Stand facing out.
- Slide hand grips up over forearms to elbows.
- Bend knees comfortably, cross arms in front of chest and pull hand grips tightly to chest.
- Lift chest, tighten trunk muscles and arch lower back slightly. Pinch shoulderblades together slightly.
- Lean forward from hips, slightly letting out tension in the cables.



ACTION

- Keep chest lifted, move entire torso up as a unit by pivoting at hips.
- Slowly return to start position without slouching or changing spinal alignment.

Standing Shoulder Pullover – with Bent Lat Bar (Elbows Stabilized)

Muscles worked:

Upper back (latissimus dorsi, teres major, rear deltoid muscles). Also involves chest (pectoralis major muscles) and triceps.

Position:

Standing – facing machine

Accessory:

50" Bent Lat Bar

Pulleys:

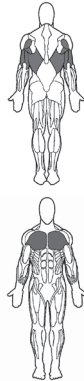
Lat Tower

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Do not lose spinal alignment. Relax neck, keep chest lifted, abs tight and maintain a very slight arch in lower back.
- Keep lats tightened throughout entire motion.
- Release shoulderblades at end of each rep. Initiate new rep by depressing shoulderblades.



START

- Stand on platform.
- Keep knees slightly bent and feet flat on platform.
- Extend arms overhead and grasp 50" Bent Lat Bar, palms facing down.
- Tighten abs to stabilize spine while maintaining a slight arch in lower back.



ACTION

- Move hands in an arc down toward legs.
- End with arms by sides, pressing shoulderblades down, completely tightening lats.
- Control the return to start position by slowly moving arms overhead and releasing shoulderblades.

Standing Shoulder Pullover – with Hand Grips (Elbows Stabilized)

Muscles worked:

Upper back (latissimus dorsi, teres major, rear deltoid muscles). Also involves chest (pectoralis major muscles) and triceps.

Position:

Standing – facing machine

Accessory:

Hand Grips

Pulleys:

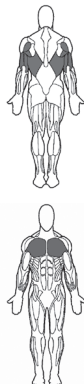
Lat Tower

Before You Begin:

Remove Seat and Leg Extension:

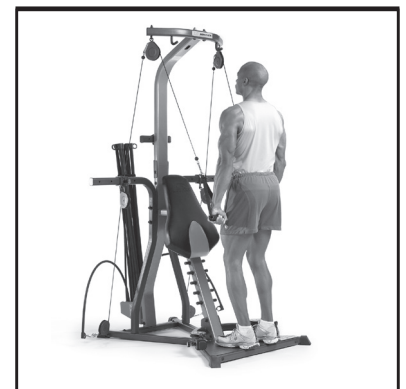
Key Points:

- Do not lose spinal alignment. Relax neck, keep chest lifted, abs tight and maintain a very slight arch in lower back.
- Keep lats tightened throughout entire motion.
- Release shoulderblades at end of each rep. Initiate new rep by depressing shoulderblades.



START

- Stand on platform.
- Keep knees slightly bent and feet flat on platform.
- Extend arms overhead and grasp Hand Grips, palms facing down.
- Tighten abs to stabilize spine while maintaining a slight arch in lower back.



ACTION

- Move hands in an arc down toward legs.
- End with arms by sides, pressing shoulderblades down, completely tightening lats.
- Control the return to start position by slowly moving arms overhead and releasing shoulderblades.

Narrow Pulldowns with Bent Lat Bar – Shoulder Extension (with Elbow Flexion)

Muscles worked:

Latissimus dorsi, teres major and rear deltoid, which make up the large pulling muscles of upper back. Also involves biceps group.

Position:

Seated – facing machine

Accessory:

50" Bent Lat Bar

Pulleys:

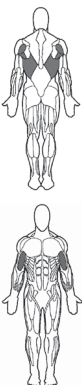
Lat Tower

Before You Begin:

Remove Leg Extension

Key Points:

- Do not lose spinal alignment.
- Keep lats tightened throughout entire motion.



START



START

- Grasp 50" Bent Lat Bar, palms facing down, and sit facing machine.
- Position thighs under pulleys. Sit upright with arms extending up. You may position hips under pulleys, but you must lean back slightly from the hips.
- Maintain good spinal alignment, chest lifted, abs tight and slight arch in lower back.

FINISH



ACTION

- Pull shoulderblades down and together while drawing elbows down to front, and then in, toward sides of body.
- At end of motion, arms should be near (not touching) sides, shoulderblades fully depressed toward hips, and forearms in line with cables (not forward).
- Slowly return to start position. Allow arms and shoulderblades to move up, w/o relaxing muscles.

Narrow Pulldowns with Hand Grips – Shoulder Extension (with Elbow Flexion)

Muscles worked:

Latissimus dorsi, teres major and rear deltoid, which make up the large pulling muscles of upper back. Also involves biceps group.

Position:

Seated – facing machine

Accessory:

Hand Grips

Pulleys:

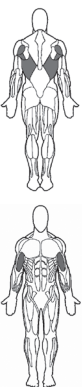
Lat Tower

Before You Begin:

Remove Leg Extension

Key Points:

- Do not lose spinal alignment.
- Keep lats tightened throughout entire motion.



START



START

- Grasp Hand Grips, palms facing each other, and sit facing machine.
- Position thighs under pulleys and sit upright with arms extending up. You may position hips under pulleys but you must lean back slightly from the hips.
- Maintain good spinal alignment, chest lifted, abs tight and a slight arch in lower back.

FINISH



ACTION

- Pull shoulderblades down and together while drawing elbows down and then in, toward sides of body.
- At end of motion, arms should be near (not touching) sides, shoulderblades fully depressed toward hips and forearms in line with cables (not forward).
- Slowly return to start position. Allow arms and shoulderblades to move up fully, without relaxing muscles.

Bent Over Row

Muscles worked:

Latissimus dorsi, teres major and rear deltoid, which make up the large pulling muscles of upper back. Also involves biceps group.

Position:

Standing – facing machine

Accessory:

Hand Grips

Pulleys:

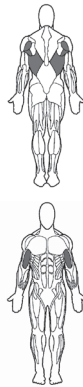
Squat Pulley Frame

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Do not bend neck backward or forward while raising bar.
- Do not slouch when lowering hand grips.
- Keep spine in good alignment through entire motion.



START

- Stand on platform. Reach down and grasp hand grips, palms facing each other.
- Let arms extend in direction of pulleys.
- Keep back flat and knees bent.



ACTION

- Move elbows back as you bring hand grips to a point below chest.
- Slowly reverse motion. Keep knees bent and back flat.

Crossover Bent Over Row

Muscles worked:

Back portion of shoulder muscles (rear deltoids, rear part of middle deltoids).

Position:

Standing – facing machine

Accessory:

Hand Grips

Pulleys:

Squat Pulley Frame

Before You Begin:

Remove Seat and Leg Extension

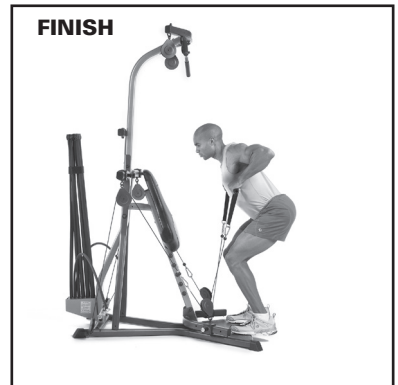
Key Points:

- Do not bend neck backward or forward while raising bar.
- Do not slouch when lowering hand grips.
- Keep spine in good alignment through entire motion.



START

- Stand on platform.
- Cross arms and reach down and grasp hand grips, palms facing back (left grip in right hand and vice versa).
- Let arms extend in direction of pulleys.
- Keep back flat and knees bent.



ACTION

- Move elbows back as you bring hand grips to a point below chest.
- Slowly reverse motion. Keep knees bent and back flat.

Reverse Grip Pulldown with Lat Bar

Muscles worked:

Latissimus Dorsi; Teres Major;
Rear Deltoids; Biceps

Position:

Seated—facing machine

Accessory:

Lat Pulldown Bar

Pulleys:

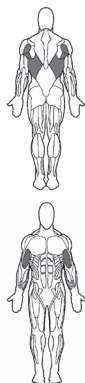
Lat Cross Bar

Leg Extension:

Removed

Success Tips

- Lift your chest, keep your knees bent and feet on Standing Platform.
- Do not bend your neck forwards or backwards during motion.
- Keep your spine aligned, abs tight and a slight arch in your lower back. Do not slouch.



START



FINISH



START

- Grasp the Lat Pulldown Bar, keeping your hands at shoulder width with an underhand grip, and then sit, with your arms extending upward, muscles relaxed and ready.
- You may position your thighs directly beneath the pulleys, but lean back slightly from hips.

ACTION

- Initiate the movement by pulling your shoulderblades downward and together, drawing your elbows down toward your hips and then inward into your trunk.
- The Lat Pulldown Bar may not touch your chest.
- Forearms should stay in line with the direction of the cables.
- Slowly return to the start position, without relaxing the tension in your shoulders.

Reverse Grip Pulldowns – Lat Tower – Shoulder Extension (with Elbow Flexion)

Muscles worked:

Latissimus dorsi, teres major and rear deltoid.
Also involves biceps group.

Position:

Seated – facing machine

Accessory:

Hand Grips

Pulleys:

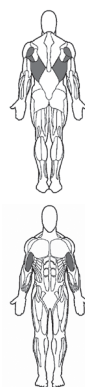
Lat Tower

Before You Begin:

Remove Leg Extension

Key Points:

- Do not lose spinal alignment.
- Keep lats tightened throughout entire motion.



START



FINISH



START

- Grasp hand grips with an underhand grip, at a comfortable width, then sit on seat.
- Position thighs under pulleys and sit upright with arms extending up. You may position hips under pulleys but you must lean back slightly from the hips (not the waist).
- Maintain good spinal alignment, chest lifted, abs tight, and a slight arch in lower back.

ACTION

- Pull shoulderblades down and together while drawing elbows down to sides, then in, toward body.
- At end of motion, arms should be drawn near sides (although may not be touching sides), shoulderblades fully depressed towards hips and forearms in line with direction of cables.
- Slowly return to start position allowing arms and shoulderblades to move up, without relaxing muscles.

Crossover Wide Pulldowns – Shoulder Extension (with Elbow Flexion)

Muscles worked:

Latissimus dorsi, teres major and rear deltoid. Also involves pectoralis major and triceps.

Position:

Seated – facing machine

Accessory:

Hand Grips

Pulleys:

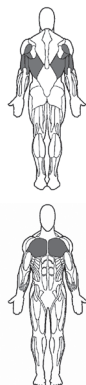
Lat Tower

Before You Begin:

Remove Leg Extension

Key Points:

- Do not lose spinal alignment.
- Keep lats tightened throughout entire motion.
- Do not lean backward as you pull.



START



FINISH



START

- Cross arms, then grasp hand grips with palms facing forward (right grip in left hand and vice versa). Sit on seat.
- Position thighs under pulleys and sit up with arms extending upward. You may position hips under pulleys but you must lean back from hips (not waist).
- Maintain good spinal alignment, chest up, abs tight and a slight arch in lower back.

ACTION

- Pull shoulderblades down and together while drawing elbows out, away from sides.
- At end of motion, arms should be drawn away from sides, shoulderblades fully depressed toward hips, and forearms in line with direction of cables.
- Slowly return to start position. Allow arms and shoulderblades to move fully up, without relaxing muscles.

Crossover Narrow Pulldowns – Shoulder Extension (with Elbow Flexion)

Muscles worked:

Latissimus dorsi, teres major and rear deltoid. Also involves biceps group.

Position:

Seated – facing machine

Accessory:

Hand Grips

Pulleys:

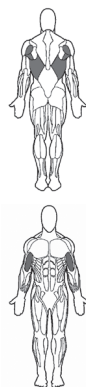
Lat Tower

Before You Begin:

Remove Leg Extension

Key Points:

- Do not lose spinal alignment.
- Keep lats tightened throughout entire motion.



START



FINISH



START

- Cross arms, then grasp hand grips with palms facing each other (left grip in right hand and vice versa). Sit on seat.
- Position thighs under pulleys and sit up with arms extending upward. You may position hips under pulleys but you must lean back from hips (not waist).
- Maintain good spinal alignment, chest lifted, abs tight and a slight arch in lower back.

ACTION

- Pull shoulderblades down and together while drawing elbows down to sides, and then in, toward body.
- At end of motion, arms should be drawn near sides (although not touching sides), shoulderblades fully depressed toward hips and forearms up, in line with cables.
- Slowly return to start position allowing arms and shoulderblades to move fully up, without relaxing muscles.

Pulldowns—Shoulder Adduction (with elbow flexion)

Muscles worked:

Latissimus Dorsi; Teres Major;
Rear Deltoids; Biceps

Position:

Seated—facing machine

Accessory:

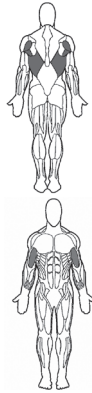
Lat Pulldown Bar

Pulleys:

Lat Cross Bar

Leg Extension:

Removed



START



FINISH



START

- Grasp the Lat Pulldown Bar with an overhanded grip (palms facing the floor), at the grip width determined by following the directions in the Success Tips.
- Keep your arms extended and muscles relaxed and ready.

ACTION

- Initiate movement by pulling shoulderblades together while simultaneously drawing elbows down and inward.
- The Lat Pulldown Bar may not touch your chest. At the end of the motion, arms should be near your sides, shoulderblades fully depressed.
- Keep forearms in line with the Cables.
- Slowly return to start position.

Success Tips

- Lift your chest, keep your knees bent and feet on Standing Platform.
- To determine the appropriate grip width for you, hold your arms straight out to your sides at shoulder height. Bend your elbows approximately 90°. Hands should be no wider apart than your elbows.
- Keep your spine aligned, abs tight and a slight arch in your lower back.

Stiff-Arm Pulldown—Shoulder Extension (elbow stabilized)

Muscles worked:

Latissimus Dorsi; Teres Major; Rear Deltoids; Lower Trapezius; Biceps

Position:

Standing—facing machine

Accessory:

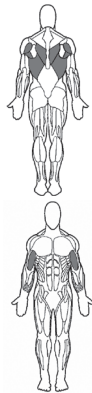
Lat Pulldown Bar

Pulleys:

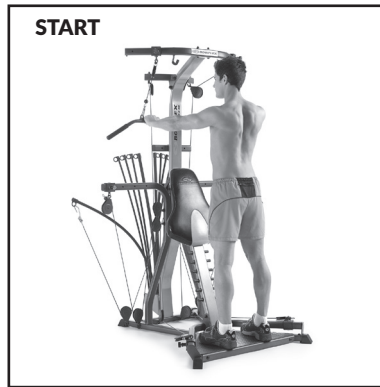
Lat Cross Bar

Leg Extension:

Removed



START



FINISH



START

- Grasp the Lat Pulldown Bar with your palms facing down.
- Step back slightly, making sure that there is enough movement in the cable to complete your full range of motion with this exercise.
- Bend slightly from hips, lift chest and tighten your abs to stabilize spine.

ACTION

- Initiate the movement by lowering your shoulder blades, bringing them down and together.
- Keep your arms straight, moving your hands downward in an arc and slowly in toward your thighs.
- Slowly return to the start position without relaxing muscle tension.

Success Tips

- Keep your lats tightened throughout the entire motion.
- Keep your chest lifted and maintain spinal alignment, keeping a very slight arch in your lower back.
- Release your shoulderblades at the end of each rep. Initiate each new rep by depressing your shoulderblades.
- Keep your elbows nearly straight (do not lock elbows) throughout exercise.

Seated Lat Pulldowns – Shoulder Adduction (with Elbow Flexion)

Muscles worked:

Latissimus dorsi, teres major and rear deltoid. Also involves biceps group.

Position:

Seated – facing machine

Accessory:

Hand Grips

Pulleys:

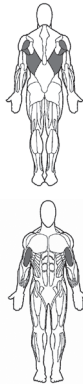
Lat Tower

Before You Begin:

Remove Leg Extension

Key Points:

- Maintain good spinal alignment, chest lifted, abs tight and a slight arch in lower back.
- Keep lats tightened throughout entire motion.
- Do not let grips touch chest.



START



START

- Hold arms out to sides at shoulder height. Bend elbows 90°, hands slightly less than elbow width.
- Grasp hand grips at same width as above, then sit down with arms extending upward.
- You may position hips under pulleys but only lean back slightly from hips (not the waist).

FINISH



ACTION

- Pull shoulderblades down and together while drawing elbows down to sides, then in, toward trunk.
- At end of motion, arms should be drawn near sides (not touching sides), shoulderblades fully depressed toward hips and forearms up in line with cables.
- Slowly return to start position. Allow arms and shoulderblades to move up, w/o relaxing muscles.

Seated Wide Lat Pulldowns – Shoulder Adduction (with Elbow Flexion)

Muscles worked:

Latissimus dorsi, teres major and rear deltoid. Also involves biceps group.

Position:

Seated – facing machine

Accessory:

50" Bent Lat Bar

Pulleys:

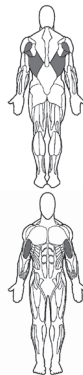
Lat Tower

Before You Begin:

Remove Leg Extension

Key Points:

- Do not lose spinal alignment.
- Keep lats tightened throughout entire motion.
- If you can't complete the exercise with hands in the wide position, bring hands closer together.



START



START

- Grasp 50" Bent Lat Bar at a comfortable, wide grip, then sit with arms extending up.
- You may position hips under pulleys but you must lean back slightly from hips (not the waist).
- Maintain good spinal alignment, chest lifted, abs tight and a slight arch in lower back.

FINISH



ACTION

- Pull shoulderblades down and together while drawing elbows down to sides, then in, toward trunk.
- 50" Bent Lat Bar may not touch chest, but, at end of motion, arms should be drawn near sides (not touching sides), shoulderblades fully depressed toward hips and forearms up in line with cables.
- Slowly return to start position, Allow arms and shoulderblades to move fully upward, without relaxing muscles.

Triceps Pushdown – Elbow Extension

Muscles worked:

Triceps

Position:

Standing – facing machine

Accessory:

Hand Grips

Pulleys:

Lat Tower

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Keep upper arms motionless.
- Keep wrists straight.
- Tighten triceps throughout exercise and control motion on the way up.
- Maintain good posture by keeping chest lifted and abs tight. Maintain a very slight arch in the lower back.



START

- Stand on platform.
- Grasp hand grips at shoulder width, palms down.
- Bring arms down to sides, elbows straight. This is Start Position.
- Bend over slightly from hips, so shoulders are directly over hands. Lift chest and tighten abs to stabilize spine. Maintain a slight arch in lower back.



FINISH

ACTION

- Keep upper arms stationary and elbows next to sides of torso. Slowly allow elbows to bend, moving hands in arcing motion away from legs and up.
- Stop at 90°.
- Think about tightening triceps. Slowly reverse arcing motion and straighten arms fully.

Triceps Hammer Pushdown – Elbow Extension

Muscles worked:

Triceps

Position:

Standing – facing machine

Accessory:

Hand Grips in “Hammer Grip”

Pulleys:

Lat Tower

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Keep upper arms motionless.
- Keep wrists straight.
- Tighten triceps throughout exercise and control motion on the way up.
- Maintain good posture by keeping chest lifted and abs tight. Maintain slight arch in lower back.



START

- Stand on platform.
- Grasp hand grips at shoulder width, with grips in vertical hammer position.
- Bring arms down to sides, elbows straight. This is Start Position.
- Bend over slightly from hips, so shoulders are directly over hands. Lift chest and tighten abs to stabilize spine. Maintain a slight arch in lower back.

START



FINISH

ACTION

- Keep upper arms stationary and elbows next to sides of torso. Slowly allow elbows to bend, moving hands in arcing motion away from legs and up.
- Stop at 90°.
- Think about tightening triceps. Slowly reverse arcing motion and straighten arms fully.

Triceps Pushdown – with Bent Lat Bar (Elbow Extension)

Muscles worked:

Triceps

Position:

Standing – facing machine

Accessory:

50" Bent Lat Bar

Pulleys:

Lat Tower

Before You Begin:

Remove Leg Extension and Seat

Key Points:

- Keep upper arms motionless.
- Keep wrists straight.
- Tighten triceps throughout exercise and control motion on the way up.
- Maintain good posture by keeping chest lifted, abs tight. Maintain a very slight arch in lower back.



START

START

- Stand on platform.
- Grasp 50" Bent Lat Bar at shoulder width, palms down.
- Bring arms down to sides, elbows straight. This is Start Position.
- Bend over from hips, so shoulders are over hands. Lift chest and tighten abs to stabilize spine while maintaining a slight arch in lower back.



FINISH

ACTION

- Keep upper arms stationary and elbows next to sides of torso. Slowly allow elbows to bend, moving hands in arcing motion away from legs and up.
- Stop at 90°.
- Think about tightening triceps. Slowly reverse arcing motion and straighten arms fully.

Single Arm Pushdown—Elbow Extension

Muscles worked:

Triceps

Position:

Standing—facing machine

Accessory:

Hand Grips

Pulleys:

Lat Cross Bars

Leg Extension:

Removed



START

START

- Grasp one Hand Grip, palm facing downward.
- Stand approximately 1-2 feet from Lat Tower (adjust for comfort), but keeping feet on Standing Platform.
- Bring your arm in front of you, Hand Grip at chest level.
- Bend over slightly from hips, so that your shoulder is directly over your hand.



FINISH

ACTION

Success Tips

- Keep your upper arms motionless and your wrists straight.
- Keep your chest lifted and maintain spinal alignment, keeping a very slight arch in your lower back.
- Tighten the triceps throughout the exercise, using controlled motion.
- Keep your knees bent and feet on Standing Platform.

- Keeping your upper arm stationary, elbow next to trunk, slowly push your arm downward in a gentle arc until your hand is near top of the thigh.
- Keeping your triceps tightened, slowly reverse the arcing motion, bringing the Hand Grip back to the start position.

Triceps Extension – Elbow Extension

Muscles worked:

Triceps

Position:

Seated – facing outward

Accessory:

Hand Grips

Pulleys:

Center Cross Bar – narrow position

Before You Begin:

Remove Leg Extension and adjust seat height.

Key Points:

- Keep upper arms/shoulders motionless.
- Keep wrists straight.
- Tighten triceps throughout exercise and control motion on the way down.



START

START

- Bend knees and place feet flat on floor.
- Reach behind and grasp one or both of the hand grips, palms facing away.
- Keep elbows above shoulders, directly in line with cables, palms facing out, wrists straight.
- Raise chest and pinch shoulderblades together. Maintain a slight, comfortable, arch in lower back.



FINISH

ACTION

- Keep upper arm stationary. Slowly straighten elbows allowing hands to move in arcing motion above head.
- Slowly reverse arcing motion until elbows are bent again.

Cross Triceps Extension

Muscles worked:

Triceps

Position:

Seated – facing outward

Accessory:

Hand Grips in “Hammer Grip”

Pulleys:

Center Cross Bar – narrow position

Before You Begin:

Remove Leg Extension

Key Points:

- Keep upper arm motionless.
- Keep wrist straight.
- Tighten triceps throughout exercise and control motion on the way down.
- Keep knees bent and feet flat on floor.



START

START

- Reach over shoulder and grasp a hand grip. Using the Hammer Grip, bend elbow until hand is in front of chest, palm down.
- Lay head back against bench and straighten arm to front.
- With free hand, lightly grasp back of arm near elbow, to stabilize working arm.
- Raise chest and pinch shoulderblades together. Maintain a slight arch in lower back.



FINISH

ACTION

- Keep upper arm stationary. Bend elbow, moving hand in arcing motion across chest.
- Stop motion when arm is straight, then slowly reverse arc motion until elbow is back in start position.

Hammer Triceps Extension – Elbow Extension

Muscles worked:

Triceps

Position:

Seated – facing outward

Accessory:

Hand Grips in “Hammer Grip”

Pulleys:

Center Cross Bar – narrow position

Before You Begin:

Remove Leg Extension and adjust seat height.

Key Points:

- Keep upper arms/shoulders motionless.
- Keep wrists straight.
- Tighten triceps throughout exercise and control the motion on the way down.



START

START

- Bend knees. Place feet flat on platform.
- Reach behind and grasp one or both of the hand grips in the vertical hammer grip position.
- Keep elbows above shoulders, directly in line with cables, palms facing down, wrists straight.
- Raise chest and pinch shoulderblades together. Maintain a slight, comfortable, arch in lower back.



FINISH

ACTION

- Keep upper arm stationary. Slowly straighten elbows, allowing hands to move in arching motion above head.
- Slowly reverse arching motion until elbows are bent again.

“Rope” Pushdown—Elbow Extension

Muscles worked:

Triceps

Position:

Standing—facing machine

Accessory:

Hand Grips in “Hammer Grip”

Pulleys:

Lat Cross Bar

Leg Extension:

Removed



START

START

- Distance yourself from the Lat Tower, but keep your feet on the Standing Platform.
- Cross your arms and grasp the Hand Grips (right Grip in left hand and vice versa), using the hammer grip position.
- Bring hands toward each other, in front of you, until they are positioned as if grabbing a rope.
- Keep your elbows bent, upper arms at your sides.



FINISH

ACTION

- Keeping your upper arms stationary, elbows next to trunk, slowly straighten your arms downward, in a gentle arc, until hands are near tops of your thighs, hands and elbows straightened and directly in line with shoulders.
- Keeping your triceps tightened, slowly reverse the arcing motion and bring the Hand Grips back to the start position.

Triceps Kickback

Muscles worked:

Triceps

Position:

Standing – facing machine

Accessory:

Hand Grips

Pulleys:

Center Cross Bar – narrow position

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Maintain spinal alignment.
- Keep arm at side and wrist straight throughout entire motion.
- Tighten triceps throughout exercise and control motion.
- Keep palms facing upward.



START



START

- Stand on platform.
- Keep chest lifted and maintain a slight arch in lower back.
- Support yourself with one arm on the horizontal bar and grasp a hand grip with free hand, palm facing backward.
- Draw elbow back so upper arm is beside body, elbow bent approximately 90°.

FINISH



ACTION

- Straighten elbow while keeping upper arm completely still.
- When arm is straight, slowly return to start position.

Hammer Triceps Kickback

Muscles worked:

Triceps

Position:

Standing – facing machine

Accessory:

Hand Grips in “Hammer Grip”

Pulleys:

Center Cross Bar – narrow position

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Maintain spinal alignment.
- Keep arm at side and wrist straight throughout motion.
- Tighten triceps throughout exercise and control motion.
- Maintain Hammer Grip throughout exercise.



START



START

- Stand on platform.
- Keep chest lifted and maintain a slight arch in lower back.
- Support yourself with one arm on horizontal bar and grasp a hand grip in the vertical hammer grip position with free hand, palm facing in.
- Draw elbow back so upper arm is beside body and elbow bent approximately 90°.

FINISH



ACTION

- Straighten elbow while keeping upper arm completely still.
- When arm is straight, slowly return to start position.

Resisted Dip – Elbow Extension

Muscles worked:

Triceps

Position:

Standing – facing outward

Accessory:

Hand Grips

Pulleys:

Lat Tower

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Keep back straight and knees slightly bent.
- Keep the abdominals tight throughout the entire motion and maintain good spinal alignment.



START

START

- Stand on the platform facing away from machine. Reach back and grab hand grips with thumbs on inside toward body.
- Cable should be between arm and body.
- Upper arms should be at a 90° angle from torso.



FINISH

ACTION

- Straighten arms down, focusing on moving elbows down and inward toward hips.
- Slowly return to start position keeping tension in back shoulder muscles.

Biceps Curl – Elbow Flexion (in Supination)

Muscles worked:

Biceps

Position:

Standing – facing machine

Accessory:

Hand Grips

Pulleys:

Squat Pulley Frame

Before You Begin:

Remove Seat and Leg Extension



START

START

- Stand on platform.
- Bend down and grasp hand grips with palms forward.
- Stand with upper arms by sides. Lift chest, tighten abs and maintain a slight arch in lower back.



FINISH

ACTION

- Curl hand grips forward, then up, and then in toward shoulders while keeping elbows at sides and upper arms completely still.
- Slowly lower to start position by performing the same arcing motion.

Standing Biceps Curl—Elbow Flexion (in supination)

Muscles worked:

Biceps

Position:

Standing—facing outward

Accessory:

Hand Grips

Pulleys:

Squat Pulley Frame

Leg Extension:

Removed

Success Tips

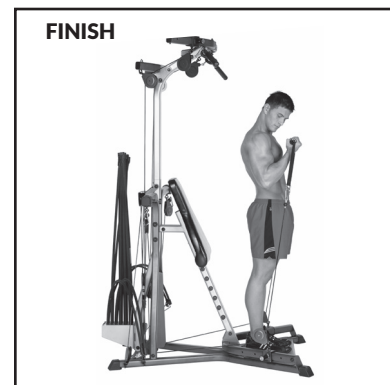
- Keep your knees bent and feet on Standing Platform.
- Keep your chest lifted, abs tight and a very slight arch in your lower back.
- Keep your elbows at your sides and your wrists straight.



START

START

- Reach down and grasp the Hand Grips, palms facing forward.
- Straighten, keeping your arms by your sides, elbows loose.



FINISH

ACTION

- Keeping your upper arms stationary and your elbows at your sides, slowly curl the Hand Grips forward, then upward and in towards your shoulders.
- Slowly reverse the arcing motion bringing your hands back to the start position.

Hammer Biceps Curl—Elbow Flexion (in supination)

Muscles worked:

Biceps; Brachialis; Brachioradialis

Position:

Standing—facing outward

Accessory:

Hand Grips in “Hammer” Hold (see Page 10)

Pulleys:

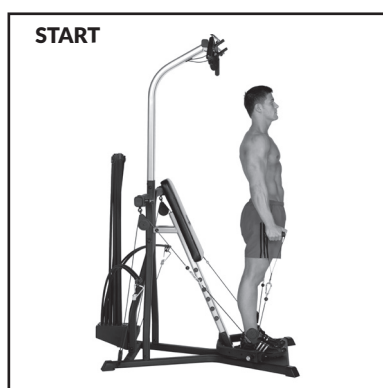
Squat Pulley Frame

Leg Extension:

Removed

Success Tips

- Keep your knees bent and feet on the Standing Platform
- Keep your chest lifted, shoulders pinched together, and a very slight arch in your lower back.
- Keep your upper arms and shoulders motionless and your wrists straight.



START

START

- Reach down and grasp the Hand Grips using the Hammer hold. Press your upper arms into your sides and bend your elbows until they are at 90° angles.
- Straighten your spine, keeping your upper arms by your sides, elbows loose.



FINISH

ACTION

- Keeping your upper arms stationary and your elbows at your sides, slowly curl the Hand Grips forward, then upward and in towards your shoulders.
- Slowly reverse the arcing motion bringing your hands back to the start position.

Concentration Biceps Curl – Elbow Flexion (in Supination)

Muscles worked:

Biceps

Position:

Standing – right or left side facing machine

Accessory:

Hand Grips

Pulleys:

Squat Pulley Frame

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Keep elbow pointing toward floor at all times.
- Keep wrist straight.
- Bend at hips, not at the waist.
- Keep back straight, chest up and maintain a very slight arch in lower back.



START

- Stand on platform, one side toward machine.
- With hand closest to Power Rod® resistance rods, grasp hand grip.
- Keeping back straight, bend at hips and knees, until trunk is parallel to floor. Place uninvolved hand on thigh to help stabilize.



ACTION

- Curl hand grip away from cable, then up toward shoulder while keeping upper arm completely motionless and elbow pointing toward the floor at all times.
- Slowly return to start position performing the same arc of motion.

Reverse Curl – Elbow Flexion (in Pronation)

Muscles worked:

Deep arm muscle(brachialis).
Also the front forearm muscle (brachioradialis) and biceps.

Position:

Standing – facing machine

Accessory:

Hand Grips

Pulleys:

Squat Pulley Frame – with squat straps

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Keep elbows at sides.
- Keep wrists straight.
- Keep trunk muscles tight and maintain a very slight arch in lower back.



START

- Stand on platform.
- Bend down and grasp hand grips with palms facing backward.
- Stand with arms by sides.
- Lift chest, tighten abs and maintain slight arch in lower back.



ACTION

- Keeping palms facing down, slowly curl hand grips forward, then up, then in toward shoulders while keeping elbows at sides and upper arms completely still.
- Slowly lower to start position.

Barbell Biceps Curl – Elbow Extension

Muscles worked:

Biceps

Position:

Standing – facing machine

Accessory:

Handgrips or optional Squat Bar with squat straps

Pulleys:

Squat Pulley Frame

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Keep elbows at sides.
- Keep wrists straight.
- Keep trunk muscles tight and maintain a very slight arch in lower back.



START

- Stand on platform.
- Bend down and grasp squat bar with palms facing forward.
- Stand with upper arms by sides (although not pressed tightly). Lift chest, tighten abs and maintain a slight arch in lower back.



ACTION

- Curl squat bar forward, then up, and then in toward shoulders while keeping elbows at sides and upper arms completely still.
- Slowly lower to start position by performing same arcing motion.

Reverse Barbell Biceps Curl – Elbow Extension

Muscles worked:

Biceps

Position:

Standing – facing machine

Accessory:

Handgrips or optional Squat Bar with squat straps

Pulleys:

Squat Pulley Frame

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Keep elbows at sides.
- Keep wrists straight.
- Keep trunk muscles tight and maintain a very slight arch in lower back.



START

- Stand on platform.
- Bend down and grasp squat bar with palms facing down.
- Stand with upper arms by sides (although not pressed tightly). Lift chest, tighten abs and maintain a very slight arch in lower back.



ACTION

- Curl wrists back to bring squat bar forward, then up, and then in toward shoulders while keeping elbows at sides and upper arms completely still.
- Slowly lower to start position by performing same arcing motion.

Seated Biceps Curl – Elbow Flexion (in Supination)

Muscles worked:

Biceps

Position:

Seated – facing outward

Accessory:

Hand Grips

Pulleys:

Squat Pulley Frame

Before You Begin:

Remove Leg Extension

Key Points:

- Do not rock upper body while bending elbow.
- Keep wrists straight.
- Keep chest lifted, trunk muscles tight and maintain a very slight arch in lower back.



START

- Grasp hand grips, arms at sides with forearms near thighs.
- Maintain correct spinal alignment.



ACTION

- Curl forearms toward upper arms, keeping upper arms completely still.
- Slowly return to start position without relaxing biceps.

Seated Biceps Hammer Curl – Elbow Flexion

Muscles worked:

Biceps muscles and brachioradialis.

Position:

Seated – facing outward

Accessory:

Hand Grips in “Hammer Grip”

Pulleys:

Squat Pulley Frame

Before You Begin:

Remove Leg Extension

Key Points:

- Do not rock upper body while bending elbow.
- Keep wrists straight.
- Keep chest lifted, trunk muscles tight and maintain a very slight arch in lower back.



START

- Grasp hand grips in vertical hammer grip position, arms at sides, forearms near thighs.
- Maintain correct spinal alignment.



ACTION

- Curl forearms toward upper arms, keeping upper arms completely still.
- Slowly return to start position without relaxing biceps.

Arm Opposition Push-Pull

Muscles worked:

Biceps; Brachialis; Brachioradialis

Position:

Standing—facing outward

Accessory:

Hand Grips

Pulleys:

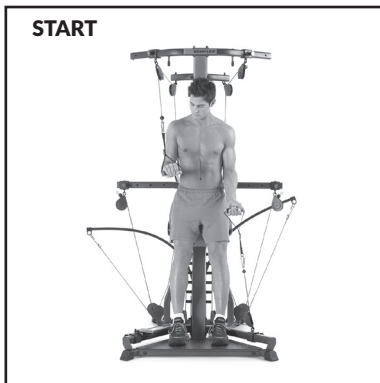
Lat Cross Bar and Squat Pulley Frame

Leg Extension:

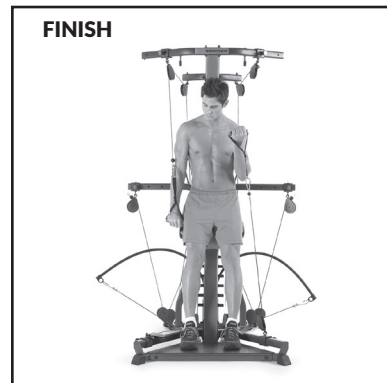
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START



FINISH



START

- Grasp the Hand Grips, keeping the one attached to the Lat Tower in an overhand grip and the one attached to the Squat Cable in an underhand grip.
- Straighten the Squat Cable arm and bend the Lat Cable arm at a 90° angle from your upper arm.

ACTION

- Slowly raise the Squat Cable arm while simultaneously lowering the Lat Cable arm, until each arm has reached full possible extension in opposition to each other.
- Slowly reverse, returning to start position.

Success Tips

- Lift your chest and keep your knees slightly bent and feet on Standing Platform.
- For this exercise, one Hand Grip is attached to a Lat Cable and one Hand Grip is attached to a Squat Cable. Alternate sides to build muscle evenly.
- Keep your upper body motionless, elbows at your sides and your wrists straight.
- Keep your trunk muscles tight and maintain a slight arch in lower back.

Upper Body Opposition Push-Pull

Muscles worked:

Middle Deltoids; Supraspinatus; Trapezius; Biceps; Abs

Position:

Seated—facing outward

Accessory:

Hand Grips

Pulleys:

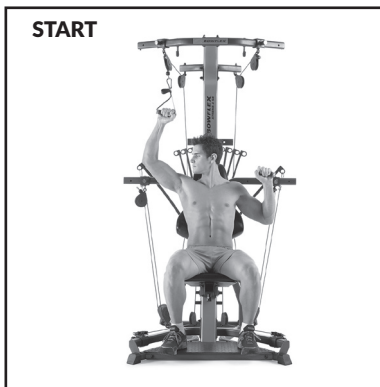
Lat Cross Bar and Center Cross Bar

Leg Extension:

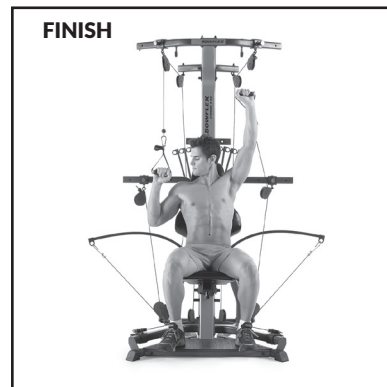
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START



FINISH



START

- Grasp the Hand Grips, keeping the one attached to the Lat Tower in an overhand grip and the one attached to the Rod Cable in an underhand grip.
- Bend your forearms at a 90° angle from your upper arms, which should be at 90° angles from your torso.

ACTION

- Slowly raise the Rod Cable arm while simultaneously lowering the Lat Cable arm, until each arm has reached full possible extension in opposition to each other.
- Slowly reverse, returning to start position.

Success Tips

- Lift your chest and keep your knees bent and feet on Standing Platform.
- For this exercise, one Hand Grip is attached to a Lat Cable and one Hand Grip is attached to a Rod Cable. Alternate sides to build muscle evenly.
- Keep your upper body motionless, elbows at your sides and your wrists straight.
- Keep your trunk muscles tight and maintain a slight arch in lower back.

Wrist Extension

Muscles worked:

Back and top parts of forearms.

Position:

Standing – facing machine

Accessory:

Hand Grips

Pulleys:

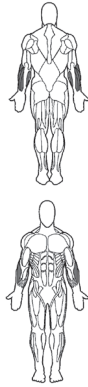
Squat Pulley Frame

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Move slowly and keep tension in back of forearms at all times.
- Perform this exercise one arm at a time to make it easier to focus and isolate the back of forearms, or perform it with both arms simultaneously to save time.



START



START

- Stand on platform, knees slightly bent.
- Grasp hand grips, palms facing down. Rest mid-forearms against sides with elbows flared out.
- Raise chest, tighten trunk muscles and maintain a slight arch in lower back.

FINISH



ACTION

- Slowly curl back of fists toward forearms.
- Slowly return to start position.

Wrist Curl – with Wrist Flexion

Muscles worked:

Front part of forearms. Also increases the strength of grip and isometrically challenges biceps.

Position:

Standing – facing machine

Accessory:

Hand Grips

Pulleys:

Squat Pulley Frame Removed

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Move slowly and keep tension in front of forearm at all times.
- Do not increase or decrease bend in arms, perform the entire motion at wrist.
- Do not rock body. Keep chest lifted, abs tight and maintain a slight arch in lower back.



START



START

- Stand on platform.
- Bend down and grasp hand grips, palms facing forward, fingertips down.
- Stand with upper arms and elbows by sides.
- Lift chest, tighten trunk muscles and maintain a slight arch in lower back.
- Bend arms 90°, palms up. Hold position throughout entire exercise.

FINISH



ACTION

- Slowly curl fists towards front of forearms.
- Keeping forearms still, slowly let fists return to start position.

Abdominal Exercises

Trunk Rotation

Muscles worked:

Most of trunk muscles. Note: rotation is limited in the spine and should be performed with minimal resistance, in proper alignment.

Position:

Seated, facing outward left or right

Accessory:

Hand Grips

Pulleys:

Center Cross Bar – standard position

Before You Begin:

Remove Leg Extension

Key Points:

! Failure to perform this exercise correctly could result in injury. Use only low weight rods.

- Keep chest lifted and maintain good spinal alignment with a slight arch in lower back.
- Keep hands centered in front of middle of chest and shoulderblades pinched together. Make sure all of motion occurs in torso.
- Move only as far as muscles will take you and eliminate uncontrolled momentum.



START



START

- Sitting sideways on seat with one side facing machine, grasp hand grip closest to you with both hands.
- Raise both arms up to shoulder level, centered in front of middle chest.
- Keep elbows slightly bent.
- Lift chest, pinch shoulderblades together, tighten abs and maintain a slight arch in lower back.

FINISH



ACTION

- Tighten entire ab area and slowly rotate rib cage/arms away from cables (30 – 40°), as if rotating with a rod through middle of spine.
- Slowly return to start position.

Seated (Resisted) Oblique Abdominal Crunch

Muscles worked:

External obliques on resistance side and internal obliques on opposite side.

Position:

Seated – facing outward

Accessory:

Abdominal Crunch Shoulder Harness

Pulleys:

Abdominal bar

Before You Begin:

Remove Leg Extension

Key Points:

- Allow exhalation up and inhalation down, don't exaggerate it.
- Do not lift head/chin. head should follow rib motion, not lead, allowing you to maintain normal neck posture.
- Tighten abs throughout range of motion. Do not let abs relax until set is over.
- MOVING SLOWLY to eliminate momentum is critical.



START



START

- Place seat in lowest position.
- Attach the Abdominal Crunch Shoulder Harness by snapping a hook to each of the D rings. Place the harness on your shoulders letting the handles hang over your chest. Grab both handles. With high resistance, a cross arm opposite-handle grip may be used.
- Lower back can start flat or in a normal arch, knees and hips bent, feet flat on floor.

FINISH



ACTION

- Tighten abs before you move, focusing on area from side of ribs to front of pelvis on the same side.
- Slowly move diagonally, rotating and curling torso, with the side of ribs directed toward front of pelvis.
- Move as far as you can, without moving hips or lower back from bench.
- Slowly reverse motion returning to start position without resting.

Seated (Resisted) Abdominal Crunch – Spinal Flexion

Muscles worked:

Abdominal area including upper and lower front abs (rectus abdominus) and side abs (obliques).

Position:

Seated – facing outward

Accessory:

Abdominal Crunch Shoulder Harness

Pulleys:

Abdominal bar

Before You Begin:

Remove Leg Extension

Key Points:

- Allow exhalation up and inhalation down, but don't exaggerate it.
- Do not lift head/chin. Your head should follow rib motion, not lead, allowing you to maintain normal neck posture.
- Tighten abs throughout range of motion. Do not let abs relax until set is over.
- **MOVING SLOWLY** to eliminate momentum is critical.



START

- Attach the Abdominal Crunch Shoulder Harness by snapping one hook to each of the D rings. Place the harness on your shoulders letting the handles hang over your chest. Grab both handles. With high resistance, a cross arm opposite-handle grip may be used.
- Lower back can start out flat or in normal arch, knees and hips bent and feet flat on floor.



ACTION

- Tighten abs and curl only torso, slowly moving ribs toward hips. Move as far as you can without moving hips or neck. **LOWER BACK SHOULD NOT LOSE CONTACT WITH BENCH** when fully crunched.
- Slowly reverse motion returning to start position without relaxing.

Leg Exercises

Leg Extension

Muscles worked:

All muscles on front of upper thigh (quadriceps muscle group).

Position:

Seated – facing outward

Accessory:

Leg Extension

Pulleys:

Squat Pulley Frame

Before You Begin:

Adjust seat height

Key Points:

- Use slow controlled motion. Do not “kick” into extension.
- Do not let knees rotate out during exercise. Keep kneecaps pointing up and forward.



START

- Sit on seat facing away from machine with knees near pivot point and lower roller pads on shins.
- Adjust thighs to hip width, pointing knee caps to front.
- Grasp sides of seat.
- Sit up straight with chest lifted, abs tight and a slight arch in lower back.



ACTION

- Tighten quads and straighten legs by moving feet forward, then upward until legs are completely straight and kneecaps are pointing up toward the ceiling.
- Slowly return to start position keeping tension in quads during movement.

Squat

Muscles worked:

All muscles of legs and buttocks (gluteus maximus).

Position:

Standing – facing outward

Accessory:

Handgrips or optional Squat Bar with squat straps

Pulleys:

Squat Pulley Frame

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Make sure you do not bend waist or lower back.
- Keep abs tight throughout entire exercise.
- Keep knees pointed straight out in front of you.
- Never step off platform while under resistance.



START

- Stand on platform, feet shoulder width apart.
- Squat down and place squat bar across shoulders. Adjust strap on bar to make sure you have resistance at start of movement.
- Keep spine in good posture, with chest lifted, abs tight and maintain a very slight arch in lower back.



ACTION

- Slowly rise to standing position. Keep knees slightly bent.
- Slowly return to start position. Do not allow knees to exceed a 90° angle.

Standing Hip Extension – Knee Bent

Muscles worked:

Buttocks area (gluteus maximus).

Position:

Standing – facing machine

Accessory:

Hand Grip on arch

Pulleys:

Squat Pulley Frame

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Make sure all motion occurs at hip, NOT waist or lower back.
- Keep abs tight throughout entire exercise.
- Maintain exactly the same bend in the knee of moving leg throughout entire exercise.



START

START

- Secure hand grip around arch of foot. Keep this leg bent at approximately 90°.
- Hold onto seat back pad to stabilize yourself.
- Keep spine in good posture, chest lifted, abs tight. Maintain a slight arch in lower back.



FINISH

ACTION

- Tighten glutes. Extend hip by moving entire leg backward.
- Slowly move leg as far as you can, without allowing ANY movement to occur at waist.
- Slowly return to start position.

Standing Hip Extension – Knee Extended

Muscles worked:

Buttocks area (gluteus maximus).

Position:

Standing – facing machine

Accessory:

Hand Grip on arch

Pulleys:

Squat Pulley Frame

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Make sure all motion occurs at hip, NOT waist or lower back.
- Keep abs tight throughout entire exercise.
- Keep leg in same position – slightly away from body's midline through entire exercise.



START

START

- Secure hand grip around arch of foot. Move leg very slightly away from midline – enough to move leg freely.
- Very slightly bend knee of support leg.
- Hold onto seat back pad to stabilize yourself.
- Keep spine in good posture, chest lifted, abs tight. Maintain a slight arch in lower back.



FINISH

ACTION

- Tighten glutes. Extend hip by moving entire leg backward.
- Slowly move leg as far as you can, without allowing ANY movement to occur at waist.
- Slowly return to start position.

Leg Kickback – Hip and Knee Extension

Muscles worked:

Buttocks area (gluteus maximus).

Position:

Standing – facing machine

Accessory:

Hand Grip on arch

Pulleys:

Squat Pulley Frame

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Do not allow waist, lower back or supportive hip to move.
- Keep abs tight throughout entire exercise.



START



START

- Secure cuff around arch of foot. Keep this leg bent at approximately 90°.
- Hold onto seat back pad to stabilize yourself.
- Keep spine in good posture, chest lifted, abs tight. Maintain a slight arch in lower back.

FINISH



ACTION

- Extend entire leg backward, straightening knee.
- Slowly move leg as far as you can, without allowing ANY movement to occur at waist.
- Slowly return to start position.

Hip Flexion – Knee Flexion

Muscles worked:

Muscles on front of hips (iliopsoas, rectus femoris).

Position:

Standing to the left or right of machine facing away

Accessory:

Hand Grip on ankle

Pulleys:

Squat Pulley Frame

Before You Begin:

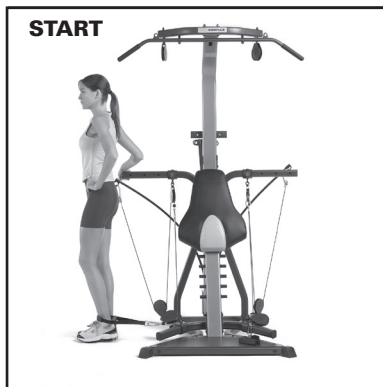
Remove Seat and Leg Extension

Key Points:

- Make sure all motion occurs at hip, NOT waist or lower back.
- Keep chest lifted and trunk muscles tight throughout entire exercise.
- Allow lower leg to hang in the direction of cable at all times.



START



START

- Use Center Cross Bar as a stabilizer.
- Secure a hand grip around one of ankles.
- Straighten, but do not lock, knee of support leg.
- Keep spine in good posture, chest lifted, abs tight. Maintain a slight arch in lower back.

FINISH



ACTION

- Lift knee up and in toward torso.
- Allowing knee to bend as you move, bring knee up as far as you can, without allowing ANY movement to occur at waist or lower back.
- Slowly return to start position without resting leg muscles.

Dead Lift

Muscles worked:

Buttocks area (gluteus maximus).

Position:

Standing – facing outward

Accessory:

Handgrips or optional Squat Bar

Pulleys:

Squat Pulley Frame

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Make sure to keep back flat – do not arch.
- Lift with legs, not your back or arms.
- Keep knees bent and head up.



START



START

- Facing away from machine, grip squat bar using one hand with an underhand grip and the other hand with an overhand grip.
- Keep legs bent at 90°. Bend over 30-45° from hips (not waist).
- Keep spine in good posture, chest lifted, abs tight. Maintain a slight arch in lower back.

FINISH



ACTION

- Push up with legs.
- Slowly move up until you are in the standing position.
- Slowly return to start position.

Stiff Leg Dead Lift

Muscles worked:

Buttocks area (gluteus maximus) and hamstrings.

Position:

Standing – facing outward

Accessory:

Handgrips or optional Squat Bar

Pulleys:

Squat Pulley Frame

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Make sure to keep your back flat – do not arch.
- Your motion is entirely at the hips NOT the waist.
- Keep knees slightly bent and head up.
- Use light weight.



START



START

- Stand on platform. Grasp squat bar with palms facing down.
- Keep legs very slightly bent.
- Bend 90° from hips (not waist).
- Keep spine in good posture, chest lifted and abs tight. Maintain a slight arch in lower back.

FINISH



ACTION

- Push hips forward.
- Slowly move trunk up until you are in standing position. Glutes should be tight when reaching standing position.
- Slowly return to start position.

Standing Hip Adduction

Muscles worked:

Insides of thighs (adductor muscle groups). Also, the outside of hip (gluteus medius) on support leg.

Position:

Stand to left or right of machine – facing outward

Accessory:

Hand Grip over ankle

Pulleys:

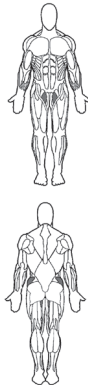
Squat Pulley Frame

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Do not use exercise for losing fat from thighs. Use it to develop hip strength and stability.
- Do not cross attached leg in front of standing/support leg. Use a small range of motion. More is not better.
- Keep spine straight and hips level. Try not to raise hips when raising leg to side or drop the hip when returning to start position.



START

START

- Stand to one side of platform with one side near machine. Slide a hand grip over ankle nearest machine (inside leg).
- Stand straight, lift chest, tighten abs and maintain a slight arch in lower back.
- Adjust position away from machine so there is room to move attached leg toward pulley.



FINISH

ACTION

- Slowly allow attached leg to move in toward support leg (30-45°), keeping hips and spine still.
- Slowly draw leg back to start position.

Standing Hip Abduction

Muscles worked:

Sides of hips (gluteus medius), especially on the standing/support side.

Position:

Stand to left or right of machine – facing outward

Accessory:

Hand Grip over ankle

Pulleys:

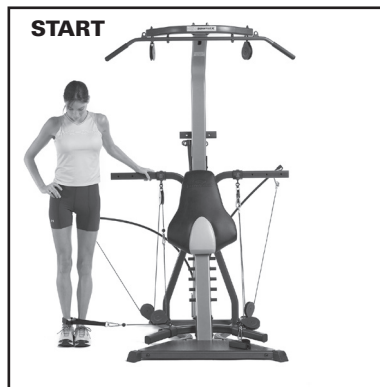
Squat Pulley Frame

Before You Begin:

Remove Seat and Leg Extension

Key Points:

- Do not use this exercise for losing fat from hips. It will not make hips smaller. Use it to develop hip strength and stability.
- Use a small range of motion. More is not better.
- Keep spine straight and hips level. Try not to raise hips when raising leg to the side.



START

START

- Stand to one side of platform with one side near machine. Slide hand grip to ankle furthest from machine (outside leg).
- Stand up straight, lift chest, tighten abs and maintain a slight arch in lower back.
- Adjust position so there is some resistance in cables.



FINISH

ACTION

- Slowly move attached leg out to side away from pulley (30-45°), keeping hips and spine still.
- Slowly return to start position without relaxing muscles.