

A faded, light blue background image of a person riding a stationary exercise bike. The person is wearing a white tank top and dark shorts, and is in a pedaling motion. The bike is a standard upright model with a flywheel and pedals.

BODYCRAFT

Exercise Guide

Table of Contents

Introduction.....	1
Chest.....	3
Shoulders.....	17
Back.....	29
Arms.....	37
Core.....	46
Legs.....	51
Sports Specific / Functional.....	60

INTRODUCTION

CONGRATULATIONS! With your purchase of this BODYCRAFT Strength Training System you have taken a major step toward a goal of lifetime health and wellness.

THANK YOU! BODYCRAFT is proud to be a part of your pursuit of health, wellness, and strength! Please use this BODYCRAFT Strength Training System to:

- Look better!
- Feel better!
- Maintain bone health!
- Help control your weight!
- Increase your strength!

This book is meant to give you the basic knowledge needed to achieve these goals. This book is included with several of our models, so the descriptions and pictures may not exactly match the machine you have bought. The exercises described can all be performed on your machine, although in some cases, only if you have purchased optional attachments.

We have included descriptions of 52 different strength training exercises along with several different variations of almost every exercise. We encourage you to always seek further knowledge. Exercise science is always moving forward and good new ideas are inevitable.

WARNING! Before beginning this, or any exercise program, consult your physician. This is especially important for persons over the age of 35, or with preexisting health problems. You may have a preexisting health problem of which you are unaware. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

FUNCTIONAL TRAINING ARMS

BODYCRAFT was the first company to incorporate Functional Training Arms into the standard multi-function home gym. This extremely versatile station opened up a vast array of exercises and we cannot imagine making a home strength training system without it. Your Functional Training Arms provide exercises that pertain to everyday living. You can train specifically for your favorite sport or activity, or for tasks required to help make it through your day. We encourage you to be inventive with your Functional Training Arms. You can easily invent motions unique to you. Just be careful to always be in control and work to balance your body.

GENERAL EXERCISE GUIDELINES

There are many theories as to the proper number of repetitions and sets of repetitions recommended for any specific exercise. In fact, we are all unique individuals and what may be effective for one person may not be as effective for another. Your genetic makeup, goals, and available time are all specific to you. In addition to reading this book, we recommend consultations with

fitness professionals such as a certified personal trainer and your local specialty fitness dealer.

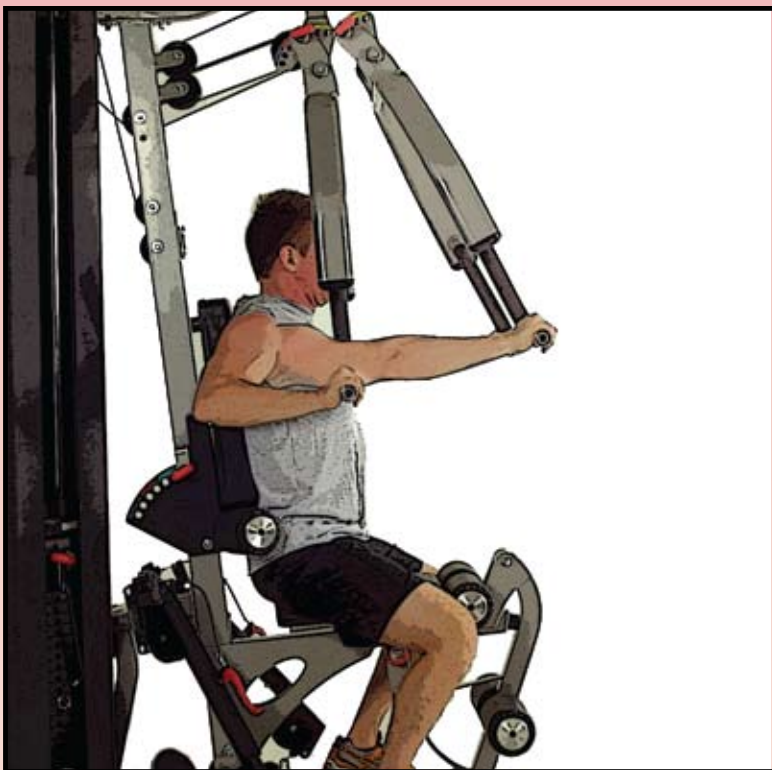
The human body is a highly adaptive machine. It can quickly adjust to routine stresses. Therefore, intensity and variety are vital components of any strength training routine. Intensity is more important than a specific number of repetitions or sets of repetitions. The amount a muscle group is stressed (to failure) is directly proportional to the amount of increased strength / growth. In other words, the more effort you put into training, the more results you should receive! Periodically changing the routine is also highly recommended. Your body will become accustomed to a routine. Variety will increase your results!

Please remember to start easy and increase the total time and number of repetitions gradually. Overdoing it in the beginning can cause unnecessary muscle soreness. If at any time you feel excessive or unnatural pain, stop immediately! Determine what is wrong before continuing. See your physician if you have any doubts.

In general terms, for maximum muscle building, we recommend 6-12 repetitions and 2-3 sets per exercise. For endurance training, We recommend 12- 20 repetitions and 2-3 sets per exercise.



Chest



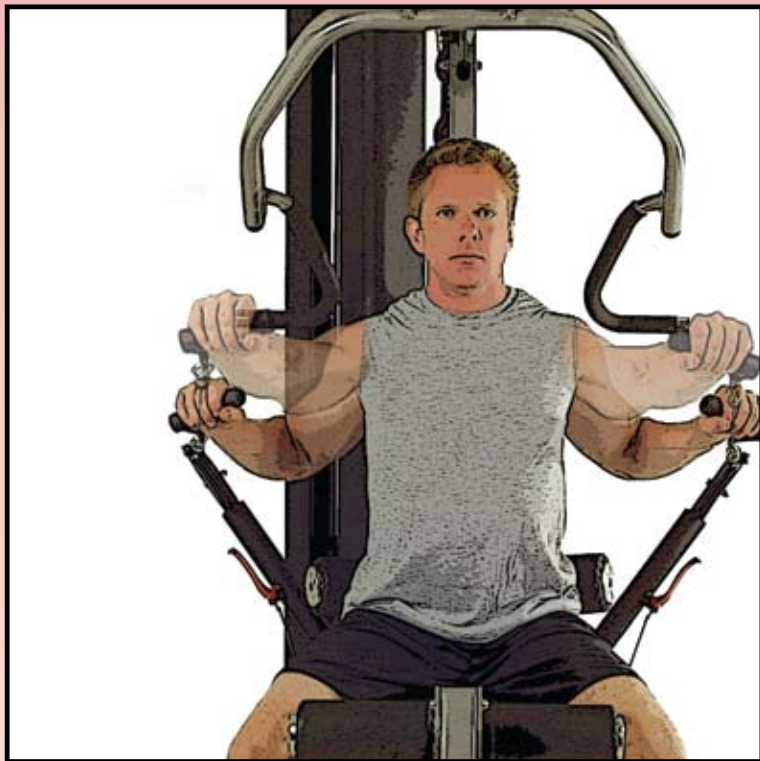
Bench Press



Adjust the seat back to the upright position. Adjust the seat so that the bench press handles are even with your chest. The bench press handles should be adjusted for a comfortable stretch, about even with the front of your chest. Too far back can cause excessive strain on your shoulders! Grab the handles with an overhand grip and press away from your chest. Do not lock out your elbows. Return slowly.

Variations: Use an underhand grip or a neutral grip. Changing the grip does emphasize different areas of the muscle group.

Primary muscles worked: Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



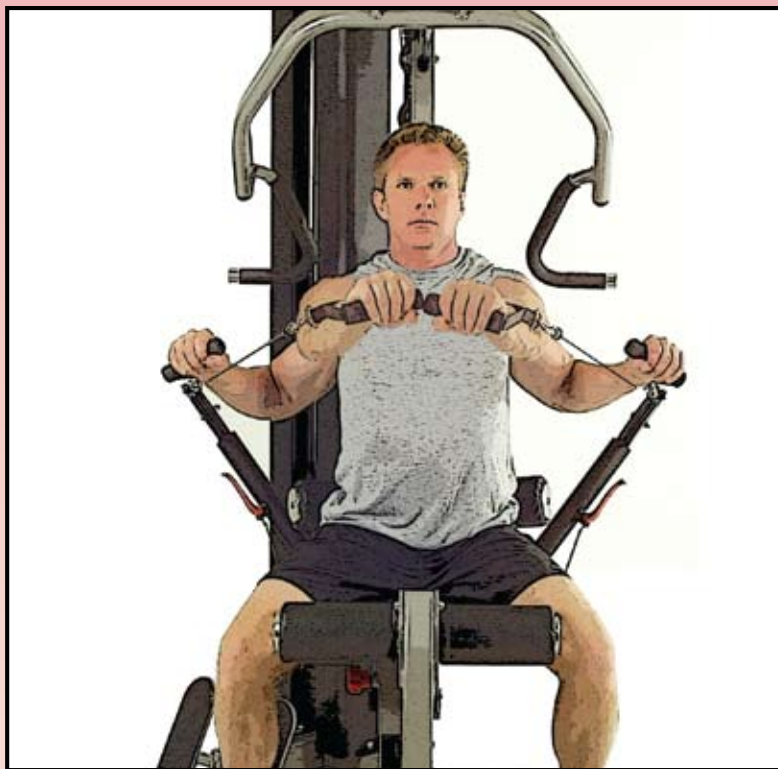
Cable Bench Press



Adjust the seat back to the upright position and the Functional Training Arms to chest height. Sit upright, grab the cable handles with an overhand grip, and press away from your chest. Return slowly.

Variations: Use an underhand grip, neutral grip, or even twist your wrists (like a karate punch). You can also vary the width of the Functional Training Arms. Changing the grip and width does emphasize different areas of the muscle group. As with all cable oriented exercises, this exercise can be performed one arm at a time.

Primary muscles worked: Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



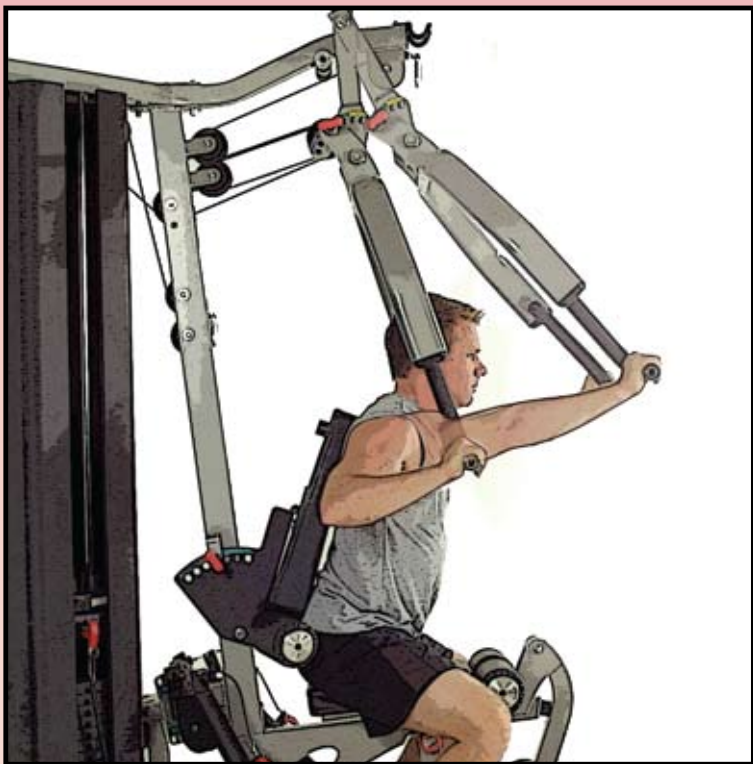
Converging Bench Press



This exercise is very similar to the Cable Bench Press, but your arms converge to the middle as you press. Adjust the seat back to the upright position and the Functional Training Arms to chest height. Sit upright, grab the cable handles with an overhand grip, and press away from your chest. Return slowly.

Variations: Use an underhand grip, neutral grip, or even twist your wrists (like a karate punch). You can also vary the width of the Functional Training Arms. Changing the grip and width does emphasize different areas of the muscle group.

Primary muscles worked: Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



Incline Bench Press



Adjust the seat back to one of the holes in the INCLINE position. Your comfort will determine which hole exactly. Adjust the seat so that the bench press handles are even with your chest. Sit back in the seat so that the seat back forces a forward lean. The bench press handles should be adjusted for a comfortable stretch, about even with the front of your chest. Too far back can cause excessive strain on your shoulders! Grab the handles with an overhand grip and press away from your chest. Return slowly.

Variations: Use an underhand grip, or neutral grip. Changing the grip does emphasize different areas of the muscle group.

Primary muscles worked: Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



Cable Incline Bench Press



Adjust the seat back to the upright position and the Functional Training Arms to chest height. Grab the cable handles with an overhand grip and press away from your chest, and upward at about a 45 degree angle. Do not lock out your elbows. Return slowly.

Variations: Use an underhand grip, neutral grip, or even twist your wrists (like a karate punch). You can also vary the width of the Functional Training Arms. Changing the grip and width does emphasize different areas of the muscle group. As with all cable oriented exercises, this exercise can be performed one arm at a time.

Primary muscles worked: Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



Converging Incline Press



This exercise is very similar to the Cable Incline Bench Press, but your arms converge to the middle as you press. Adjust the seat back to the upright position and the Functional Training Arms to chest height. Grab the cable handles with an overhand grip and press away from your chest, upward at about a 45 degree angle, while bringing your hands together. Return slowly.

Variations: Use an underhand grip, neutral grip, or even twist your wrists (like a karate punch). You can also vary the width of the Functional Training Arms. Changing the grip and width does emphasize different areas of the muscle group. As with all cable oriented exercises, this exercise can be performed one arm at a time.

Primary muscles worked: Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



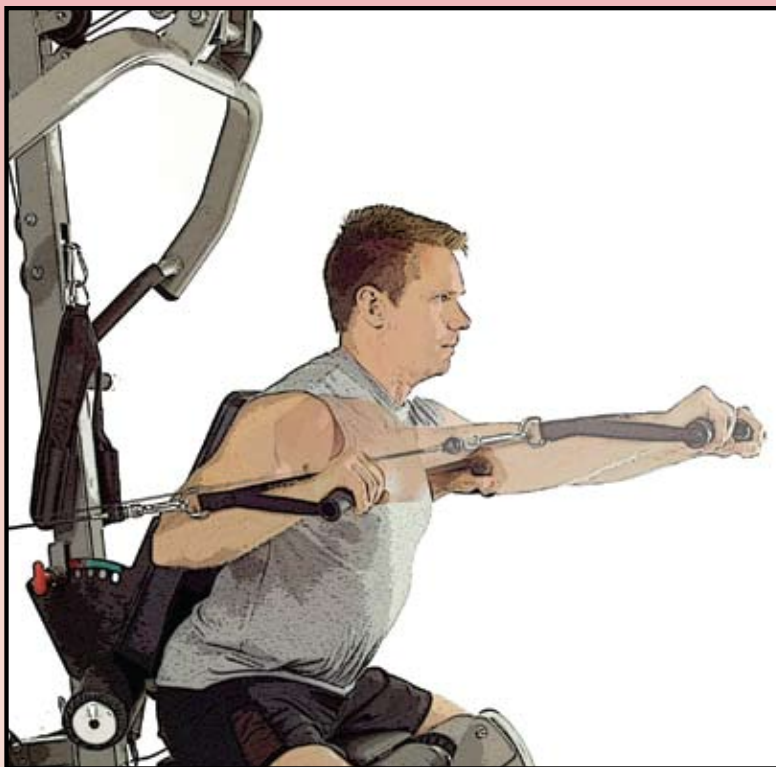
Decline Bench Press



Adjust the seat back to the **SHOULDER** position. Adjust the seat so that the bench press handles are even with your chest. Sit on the very front of the seat and lean back into the machine. The bench press handles should be adjusted for a comfortable stretch, about even with the front of your chest. Too far back can cause excessive strain on your shoulders! Grab the handles with an overhand grip and press away from your chest. Do not lock out your elbows. Return slowly.

Variations: Use an underhand grip, or neutral grip. Changing the grip does emphasize different areas of the muscle group.

Primary muscles worked: Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



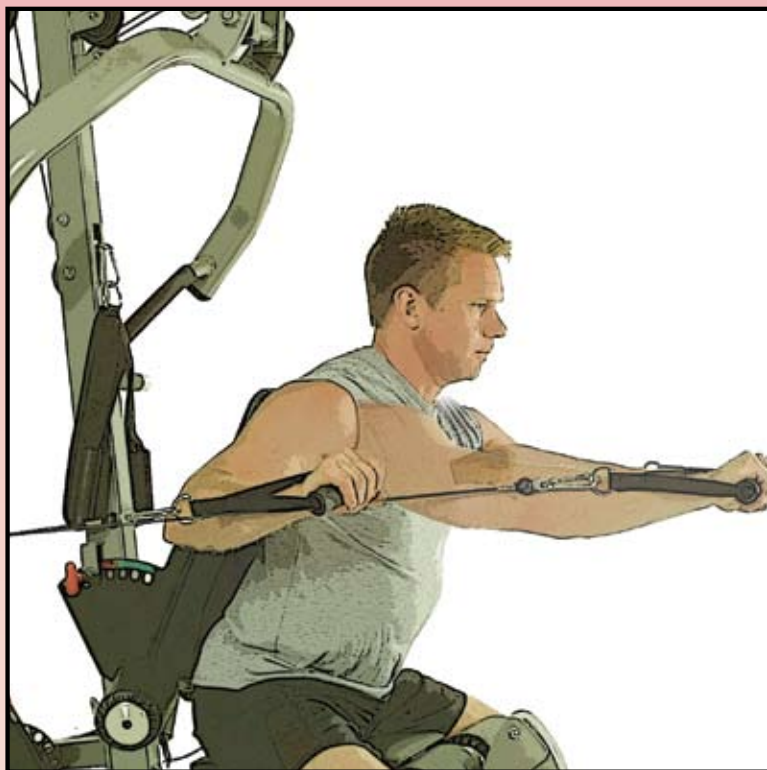
Cable Decline Bench Press



Adjust the seat back to one of the holes in the INCLINE position. Your comfort will determine which hole exactly. Adjust the Functional Training Arms to chest height. Sit back in the seat so that the seat back forces a forward lean. Grab the cable handles with an overhand grip and press away from your chest, parallel to the floor. Return slowly.

Variations: Use an underhand grip, neutral grip, or even twist your wrists (like a karate punch). You can also vary the width of the Functional Training Arms. Changing the grip and width does emphasize different areas of the muscle group. As with all cable oriented exercises, this exercise can be performed one arm at a time.

Primary muscles worked: Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



Converging Decline Bench Press ...

This exercise is very similar to the Cable Decline Press, but your arms converge to the middle as you press. Adjust the seat back to one of the holes in the INCLINE position. Your comfort will determine which hole exactly. Adjust the Functional Training Arms to chest height. Sit back in the seat so that the seat back forces a forward lean. Grab the cable handles with an overhand grip and press away from your chest, parallel to the floor, while converging to the middle. Return slowly.

Variations: Use an underhand grip, neutral grip, or even twist your wrists (like a karate punch). You can also vary the width of the Functional Training Arms. Changing the grip and width does emphasize different areas of the muscle group. As with all cable oriented exercises, this exercise can be performed one arm at a time.

Primary muscles worked: Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



Self Stabilizing Chest Press



This exercise targets the chest muscles, but because it is done without back support, the core stabilizing muscles are also engaged. You will need to use a much lower weight than standard bench press exercises.

Adjust the seat back to the upright position and the Functional Training Arms to chest height. Sit forward on the seat, without back support. Grab the cable handles with an overhand grip and press away from your chest. Return slowly.

Variations: Use an underhand grip, neutral grip, or even twist your wrists (like a karate punch). You can also vary the width of the Functional Training Arms. Changing the grip and width does emphasize different areas of the muscle group.

Primary muscles worked: Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



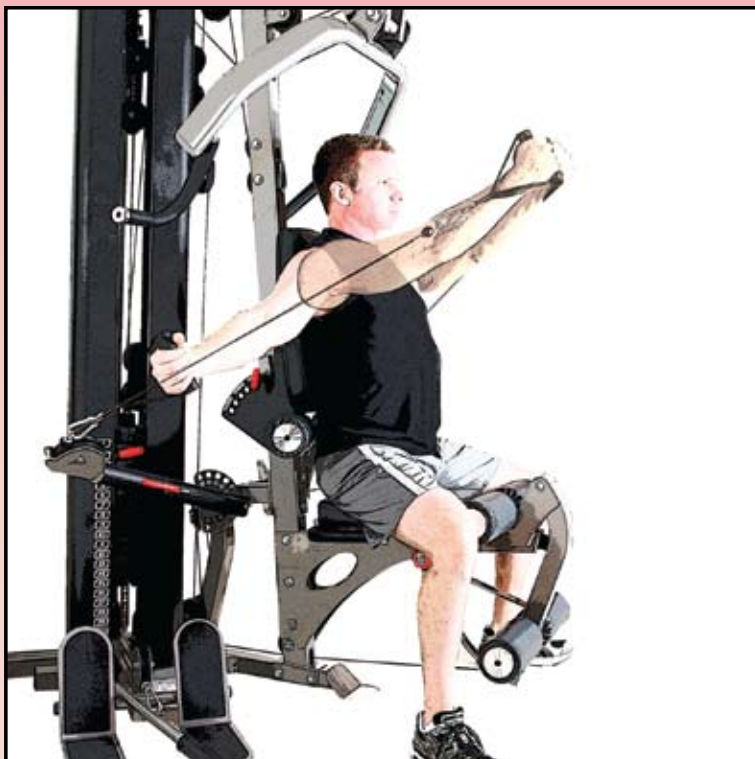
Cable Pec Fly



Adjust the seat back to one of the holes in the incline position. Adjust the Functional Training Arms to their widest position. Sit forward on the seat and lean back into the machine. Grab the handles with a neutral grip and bring your arms together in a circular motion. Return slowly.

Variations: As with all cable oriented exercises, this exercise can be performed one arm at a time.

Primary muscles worked: Pectorals Major and Minor (chest), Anterior Deltoids (shoulder).



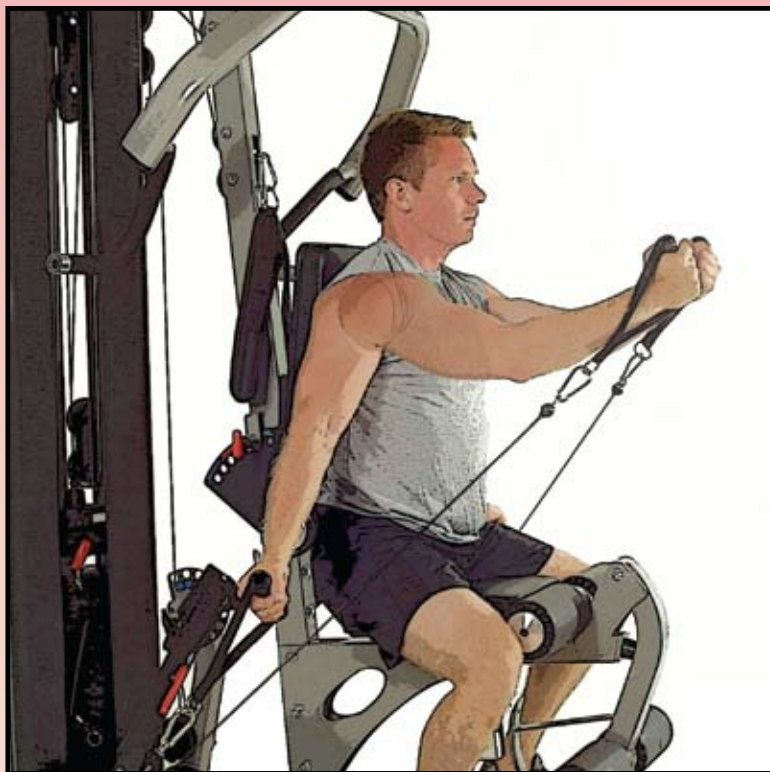
Cable Incline Fly



Adjust the seat back to the upright position. Adjust the Functional Training Arms to their widest position. Sit upright on the seat and grab the handles with a neutral grip. Bring your arms together and upward in a circular motion. Return slowly.

Variations: As with all cable oriented exercises, this exercise can be performed one arm at a time.

Primary muscles worked: Pectorals Major and Minor (chest), Anterior Deltoids (shoulder).



Cable Low Fly



Adjust the seat back to the vertical position. Adjust the Functional Training Arms to a low position, either holes 4, 5, or 6. Sit upright on your machine and grab the handles. Bring your arms up, and together, to chest height. Return slowly.

Variations: As with all cable oriented exercises, this exercise can be performed one arm at a time.

Primary muscles worked: Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).

Shoulders





Shoulder Press



Adjust the seat back to one of the holes in the **SHOULDER** position. Your personal comfort will determine which hole. Adjust the Press Arm to one of the holes in the **SHOULDER** position. Finally, adjust the seat so that the press handles are at shoulder height. Sit back in the seat so that the seat back forces a forward lean. The idea is to align your body with the path of motion of the press arm, so that you are actually pushing the press handles overhead. Grab the handles with an overhand grip and press away from your shoulders. Do not lock out your elbows. Return slowly.

Primary muscles worked: Deltoids (shoulder), Triceps (back of arm).



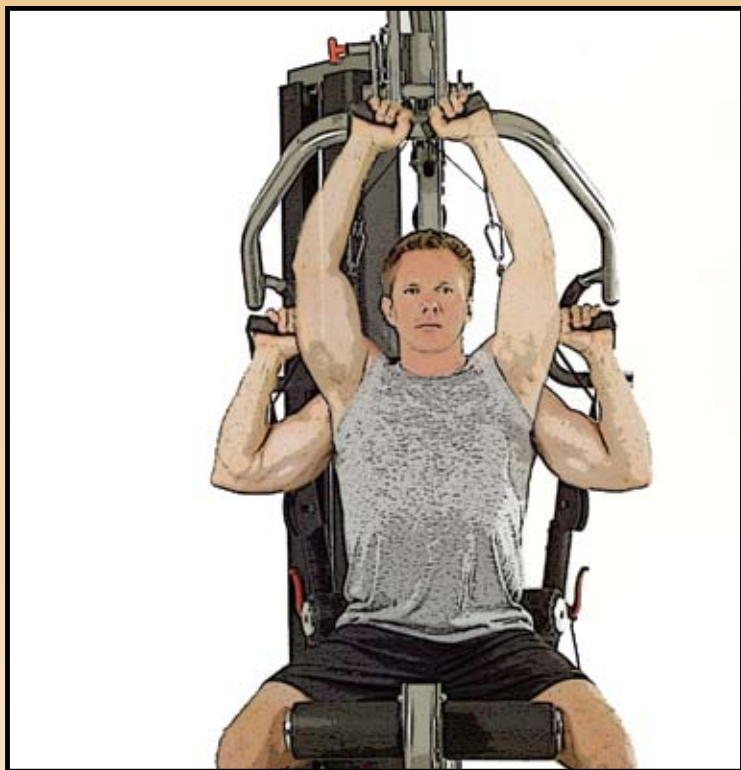
Cable Shoulder Press



Adjust the seat back to the most upright position. Adjust the Functional Training Arms to a vertical position. Adjust the seat so that the cable handles are at shoulder level. Grab the handles with an overhand grip and press your arms overhead. Do not lock out your elbows. Return slowly.

Variations: Use a neutral grip, or even twist your wrists (like a karate punch). You can also vary the width of the Functional Training Arms. Changing the grip and width does emphasize different areas of the muscle group. As with all cable oriented exercises, this exercise can be performed one arm at a time.

Primary muscles worked: Deltoids (shoulder), Triceps (back of arm).



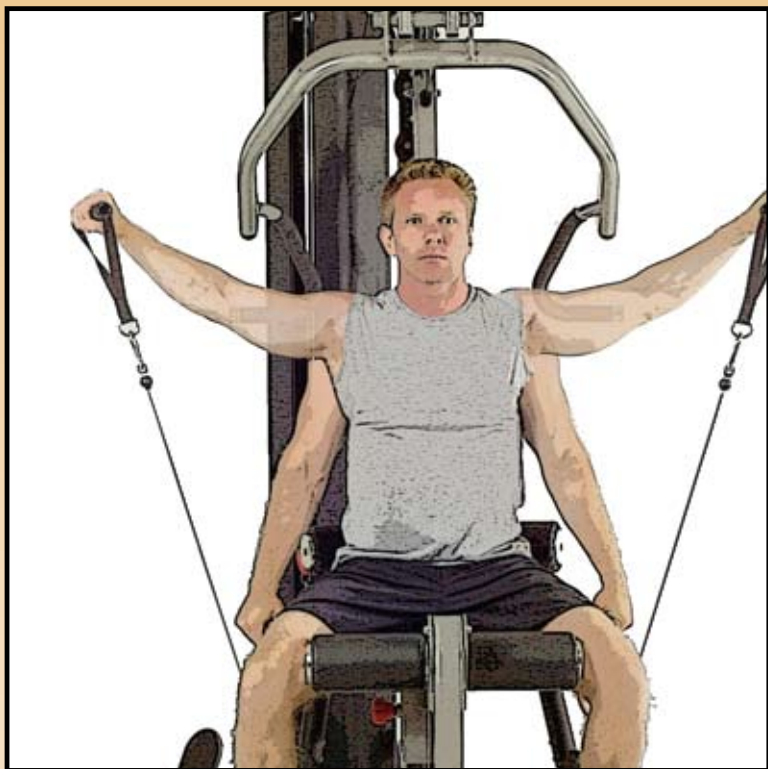
Converging Shoulder Press



This exercise is very similar to the Cable Shoulder Press, except that you bring your arms together during the movement. Adjust the seat back to the most upright position. Adjust the Functional Training Arms to a vertical position. Adjust the seat so that the cable handles are at shoulder level. Grab the handles with an overhand grip and press your arms overhead. Lower slowly.

Variations: Use a neutral grip, or even twist your wrists (like a karate punch). You can also vary the width of the Functional Training Arms. Changing the grip and width does emphasize different areas of the muscle group.

Primary muscles worked: Deltoids (shoulder), Triceps (back of arm).



Cable Lateral Raise



Adjust the Functional Training Arms to a low position, about shoulder width apart. Sit upright on the seat and grab the cable handles with a neutral grip. While keeping your arms straight, raise your hands outward and upward. Lower slowly.

Variations: Use an underhand grip. As with all cable oriented exercises, this exercise can be performed one arm at a time.

Primary muscles worked: Deltoids (shoulder).



Cable Front Raise



Adjust the Functional Training Arms to a low position, about shoulder width apart. Sit upright on the seat and grab the cable handles with an overhand grip. While keeping your arms straight, raise your hands forward and upward. Lower slowly.

Variations: Use an underhand grip, or neutral grip. As with all cable oriented exercises, this exercise can be performed one arm at a time.

Primary muscles worked: Deltoids (shoulder).

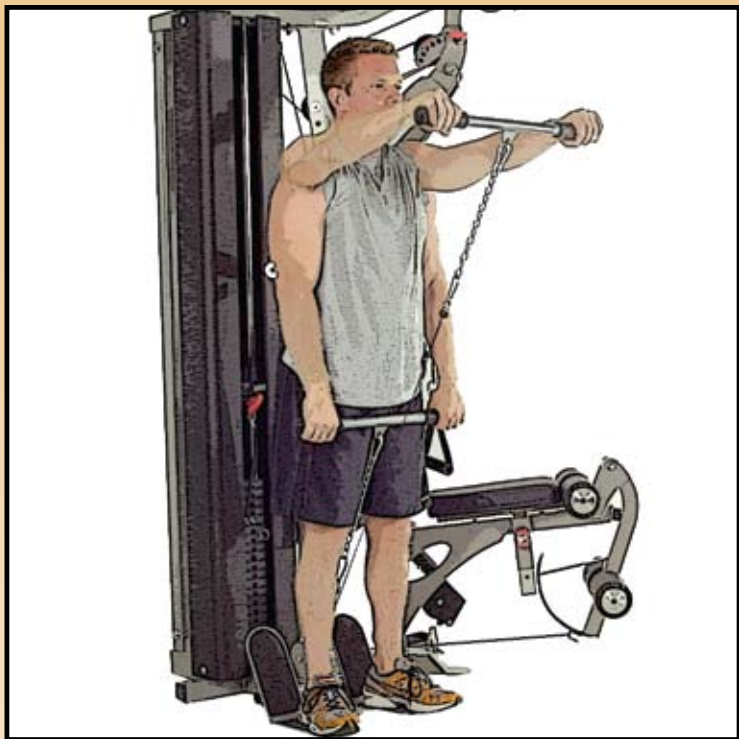


Standing Cable Lateral Raise



Adjust one Functional Training Arm to a low position. Stand next to the Functional Training Arm and grab the handle with an overhand grip. While keeping your arm straight, raise your hand outward and upward. Lower slowly.

Primary muscles worked: Deltoids (shoulder).



Standing Front Raise



It is important to use the supplied length of chain on this exercise. Otherwise, the weight stack can easily “top out” and damage a pulley. Attach the chain to the low pulley (on some models, this may be at the front of the leg extension lever), and then attach the straight bar to the end of the chain. Stand facing away from the machine, straddling the chain. While keeping your arms straight, raise the bar forward and upward to chest height. Lower slowly.

Primary muscles worked: Deltoids (shoulder).



Upright Row



It is important to use the supplied length of chain on this exercise. Otherwise, the weight stack can easily “top out” and damage a pulley. Attach the chain to the low pulley station (on some models, this may be at the front of the leg extension lever), and then attach the straight bar to the end of the chain. Stand facing the machine, close to the low pulley. In the starting position, the straight bar should be at arms’ length. Pull the bar upward to shoulder level. Lower slowly.

Primary muscles worked: Deltoids (shoulder), Trapezius (upper back).



Shrugs



Attach the straight bar to the low pulley (on some models, this may be at the front of the leg extension lever). Stand on the foot plate and hold the bar at arms' length. "Shrug" your shoulders upward and rearward. Lower slowly.

Primary muscles worked: Trapezius (upper back), Deltoids (shoulder).



External Rotator



Stand beside your machine and adjust the Functional Training Arm to elbow height. For some, this exercise is more comfortable if you place a rolled up towel under your upper arm. Grasp the handle, using a neutral grip, with your outside arm. Rotate your arm, as if it were an opening door, away from your midsection. Return slowly.

Primary muscles worked: Rear Deltoids (shoulder), Rotator Cuff.



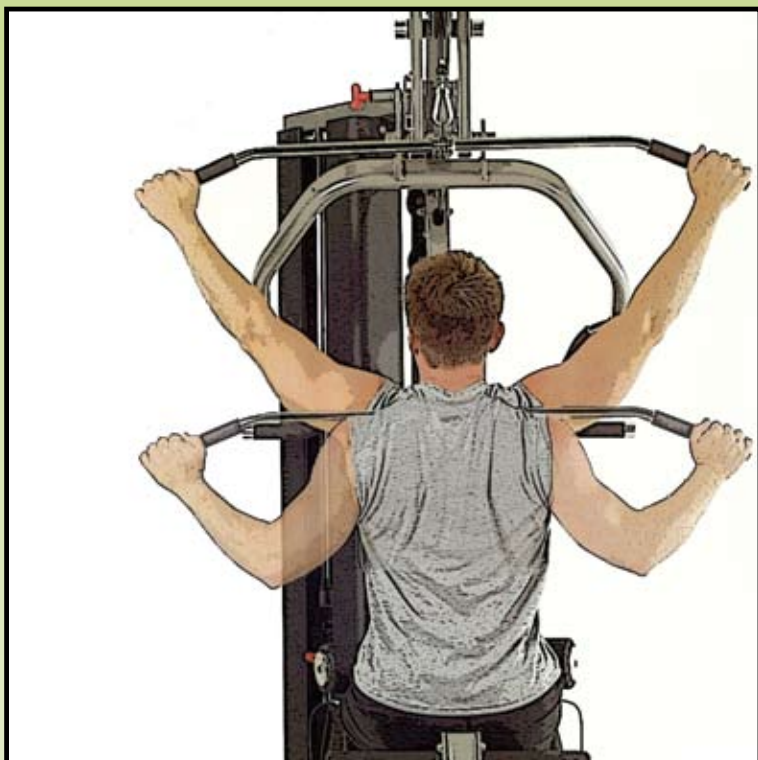
Internal Rotator



Stand beside your machine and adjust the Functional Training Arm to elbow height. For some, this exercise is more comfortable if you place a rolled up towel under your upper arm. Grasp the handle, using a neutral grip, with your inside arm. Rotate your arm, as if it were a closing door, toward your midsection. Return slowly.

Primary muscles worked: Deltoids (shoulder), Rotator Cuff.

Back



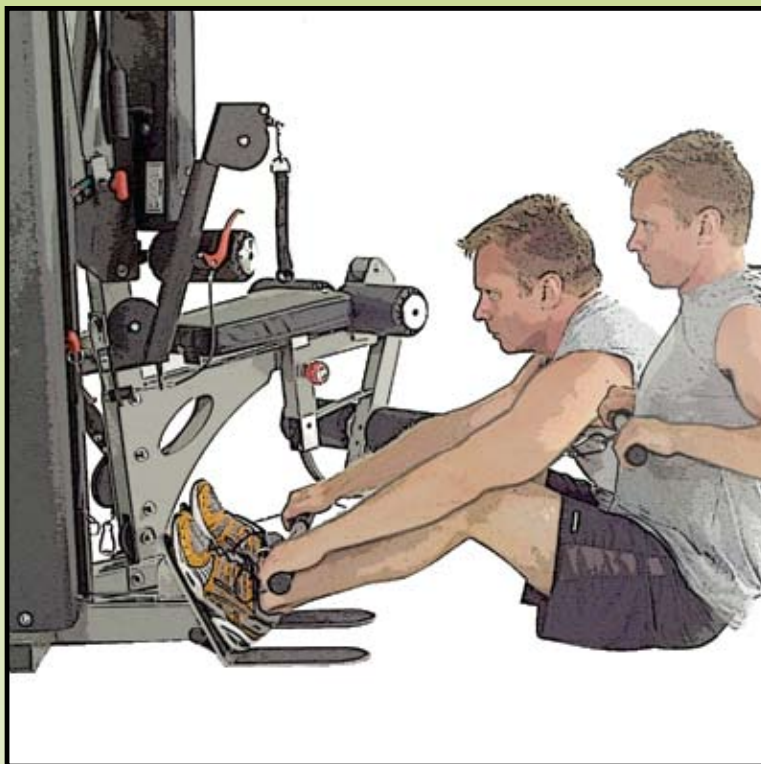
Lat Pull Down



Adjust the seat to its lowest position. Attach the lat bar to the high pulley. Sit facing the machine and lock your knees under the knee hold-down pads. Grab the lat bar with a wide, overhand grip. Keep your upper body stationary and pull straight down to your upper chest. Return slowly.

Variations: Use an underhand grip. Use a narrow grip. You can perform this exercise one arm at a time using a single handle in place of the straight bar.

Primary muscles worked: Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Biceps (front of arm).



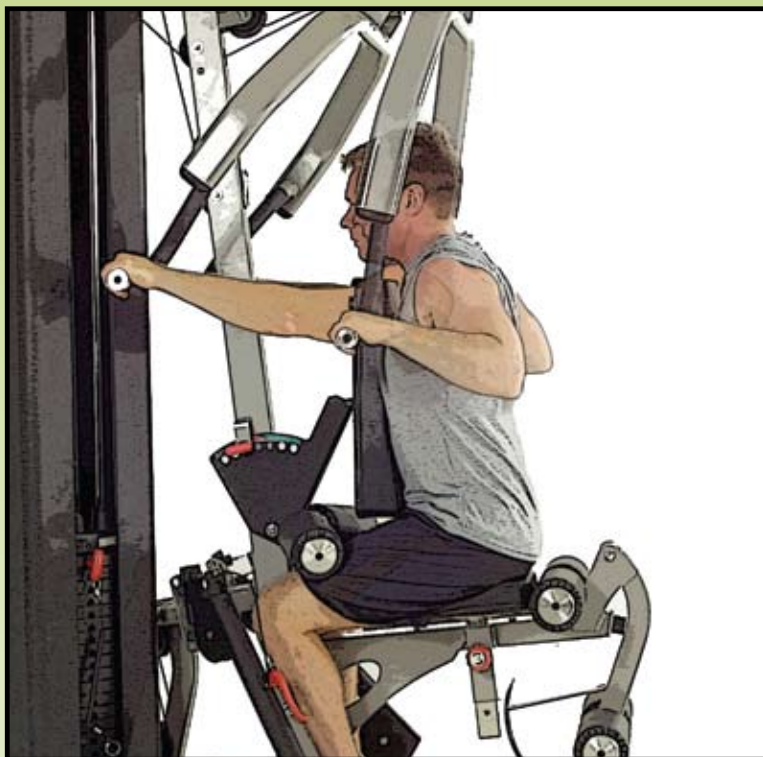
Low Cable Row



Attach the straight bar to the low pulley. Sit on the floor facing the low pulley, feet on foot plate (against leg extension pads for GXP). Keep your upper torso stationary and pull the straight bar to your midsection. Squeeze your shoulder blades together. Return slowly.

Variations: Use an underhand grip. Use a wide grip with the lat bar. Attach both single handles for a narrow, neutral grip.

Primary muscles worked: Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Rear Deltoids (rear shoulders), Biceps (front of arm).



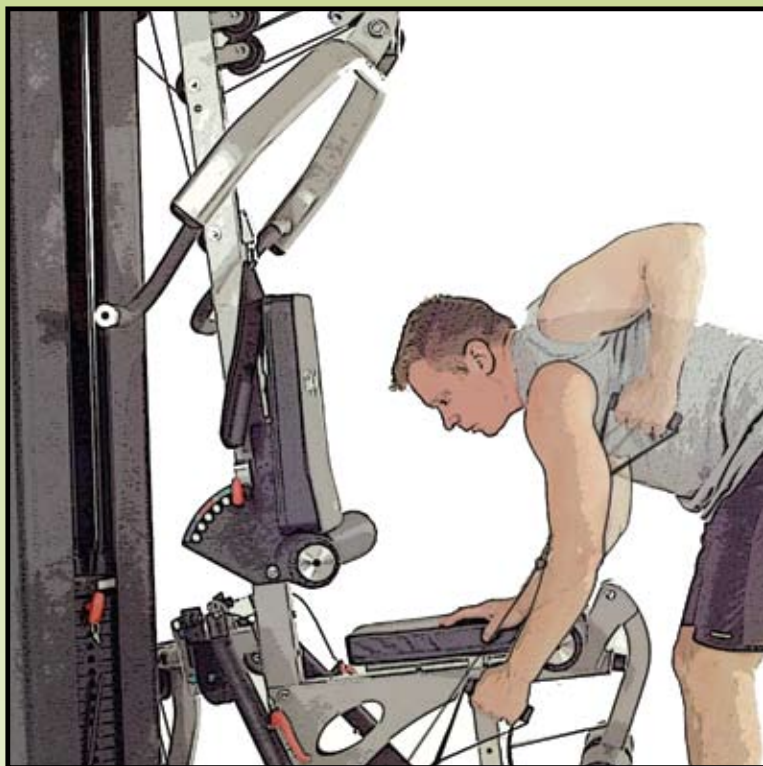
Mid Row



Adjust the press arm to its furthest rear position. Adjust the seat so that the press handles align with your shoulders. Adjust the seat back outward as far as possible, so that the handles are at arms' length. Grab the handles with an overhand grip and pull back as far as possible. Squeeze your shoulder blades together. Return slowly.

Variations: Use an underhand grip.

Primary muscles worked: Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Rear Deltoids (rear shoulders), Biceps (front of arm).



One Arm Row



Adjust one Functional Training Arm to its lowest position. Stand aside the machine facing the Functional Training Arm and bend at the waist, holding on to the seat pad for support. Grasp the single handle with a neutral grip and pull to midsection. Return slowly.

Primary muscles worked: Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Biceps (front of arm).



Front Lat Pullover



Although the picture does not show this, you may need to use the supplied length of chain on this exercise. Otherwise, the weight stack can easily “top out” and damage a pulley. Attach the chain to the high pulley, and then attach the straight bar to the end of the chain. Grab the straight bar with an overhand grip. Keep your arms straight and pull down. Return slowly.

Variations: Use an underhand grip.

Primary muscles worked: Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Biceps (front of arm).



Seated Cable Mid Row



Attach the straight bar to the Mid Pulley. Sit facing the machine and leaning back slightly. Grab the curl bar with an overhand grip and pull back as far as possible. Return slowly. Keep your upper torso stationary!

Variations: Use an underhand grip.

Primary muscles worked: Latissimus Dorsi (mid back), Rhomboides (upper back), Trapezius (upper back), Biceps (front of arm).



Self Stabilizing Mid Row



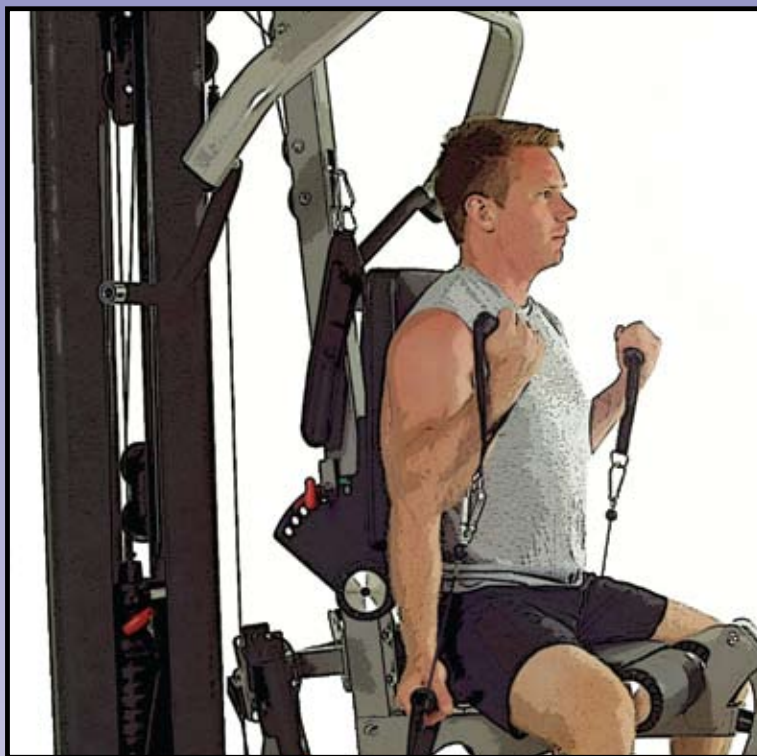
Attach the straight bar to the mid pulley. Stand in front of the machine and grab the straight bar with an overhand grip. Pull the bar back as far as possible. Return slowly.

Variations: Use an underhand grip.

Primary muscles worked: Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Rear Deltoids (rear shoulders), Biceps (front of arm).

Arms





Cable Arm Curl



Adjust the seat back to the upright position and the Functional Training Arms to their lowest position. Sit upright on the seat and grasp the handles with an underhand grip. Try to keep your elbows and upper arm stationary while you curl the handles upward, using your biceps muscles. Lower slowly.

Variations: Use an overhand grip, neutral grip, or even twist your wrists. You can also vary the width of the Functional Training Arms. Changing the grip and width does emphasize different areas of the muscle group. As with all cable oriented exercises, this exercise can be performed one arm at a time.

Primary muscles worked: Biceps (front of arm), Brachioradials (fore-arms).

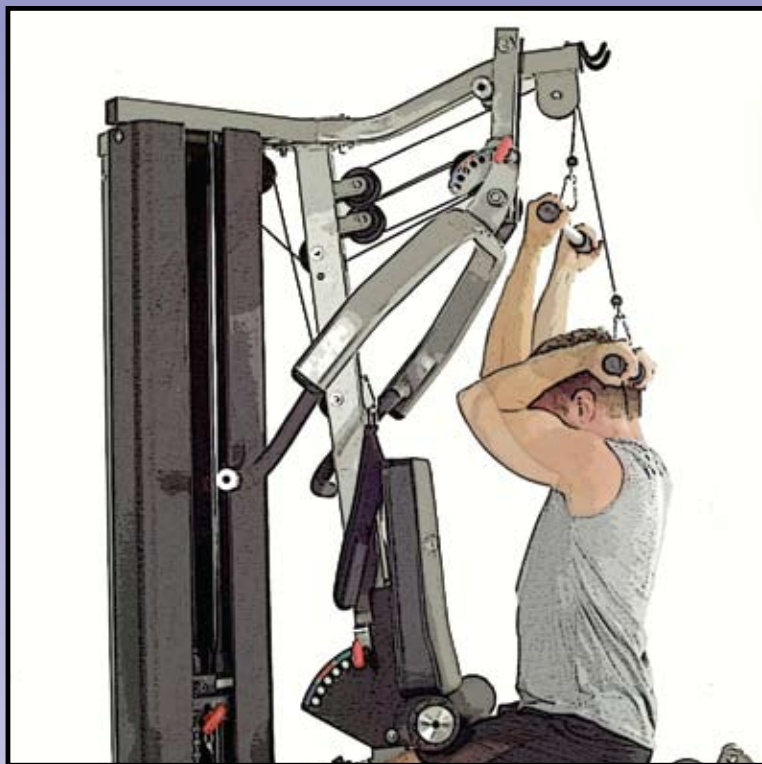


Standing Bar Curl

It is important to use the supplied length of chain on this exercise. Otherwise, the weight stack can easily “top out” and damage a pulley. Attach the chain to the low pulley station (on some models, this may be at the front of the leg extension lever), and then attach the Straight Bar to the end of the chain. Stand in front of the low pulley with the straight bar at arms’ length. Try to keep your elbows and upper arm stationary while you curl the bar upward, using your biceps muscles. Lower slowly. NOTE: You can use either the stationary low pulley, or the Functional Training Arm pulley. The weight ratio for the stationary low pulley is 1:1 (10 pound increments to 200 pounds). The weight ratio for the Functional Training Arms pulley is .5:1 (5 pound increments to 100 pounds).

Variations: Use an overhand grip.

Primary muscles worked: Biceps (front of arm), Brachioradials (forearms).

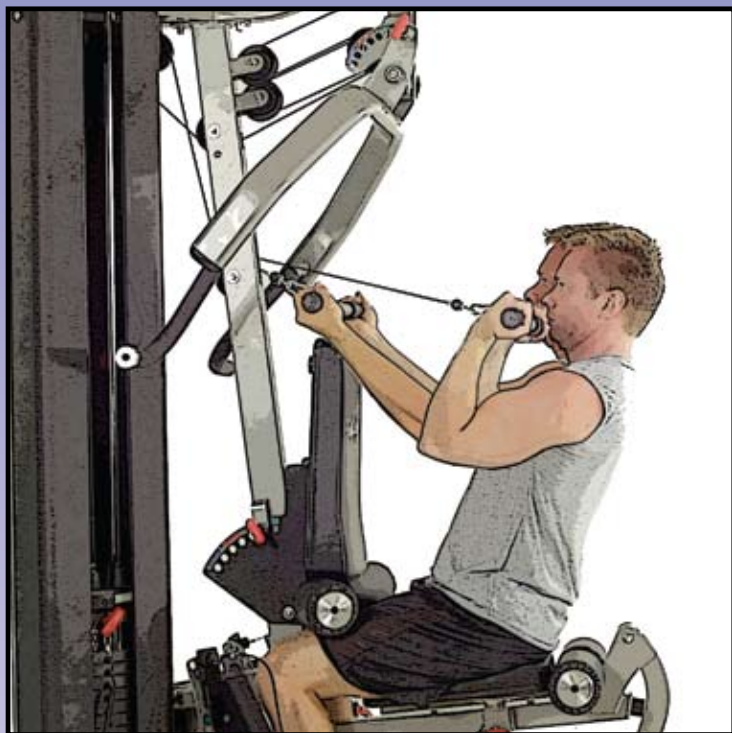


Overhead Biceps Curl



Attach the straight bar to the high pulley. Sit facing the machine and lock your knees under the knee hold-down pads. Grab the straight bar with an underhand grip. Concentrate on keeping your upper arm stationary while curling the straight bar behind your head. Return slowly.

Primary muscles worked: Biceps (front of arm), Brachioradials (forearms).



Arm Curl From Mid Pulley



Sit facing back of machine. Using straight bar pull from mid pulley towards face while leaning backwards.



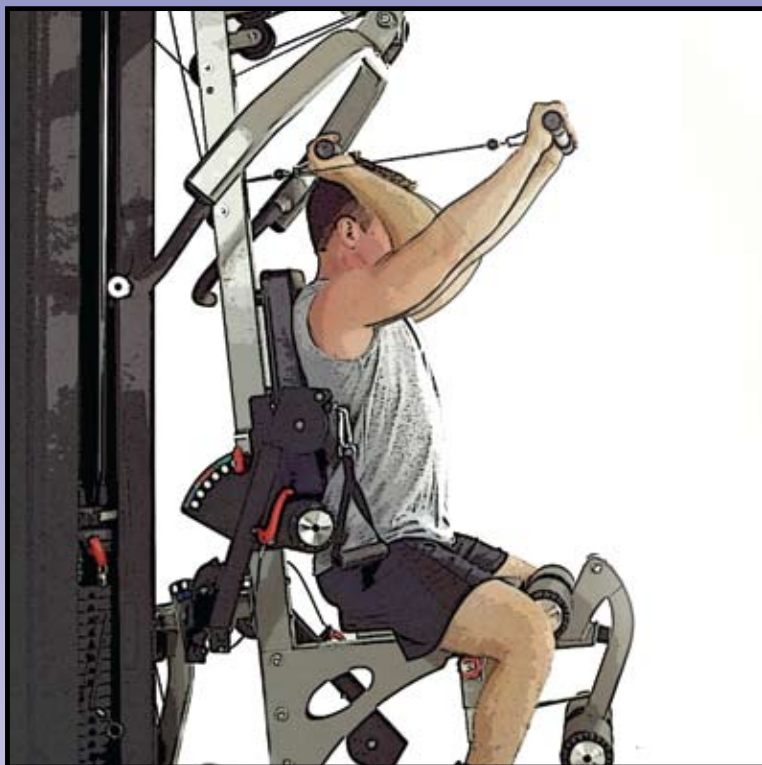
Triceps Pushdown



It is important to use the supplied length of chain on this exercise. Otherwise, the weight stack can easily “top out” and damage a pulley. Attach the chain to the high pulley and then attach the straight bar to the end of the chain. Stand in front of the high pulley and grab the straight bar with an overhand grip. Pull the bar downward to a point where you can lock your elbows at your sides. The motion is the opposite of an arm curl; push downward on the bar, flexing at the elbow. Return slowly. Use a full range of motion.

Variations: Use an underhand grip. You can perform this exercise one arm at a time using a single handle in place of the straight bar.

Primary muscles worked: Triceps (back of arm), Brachioradials (forearms).



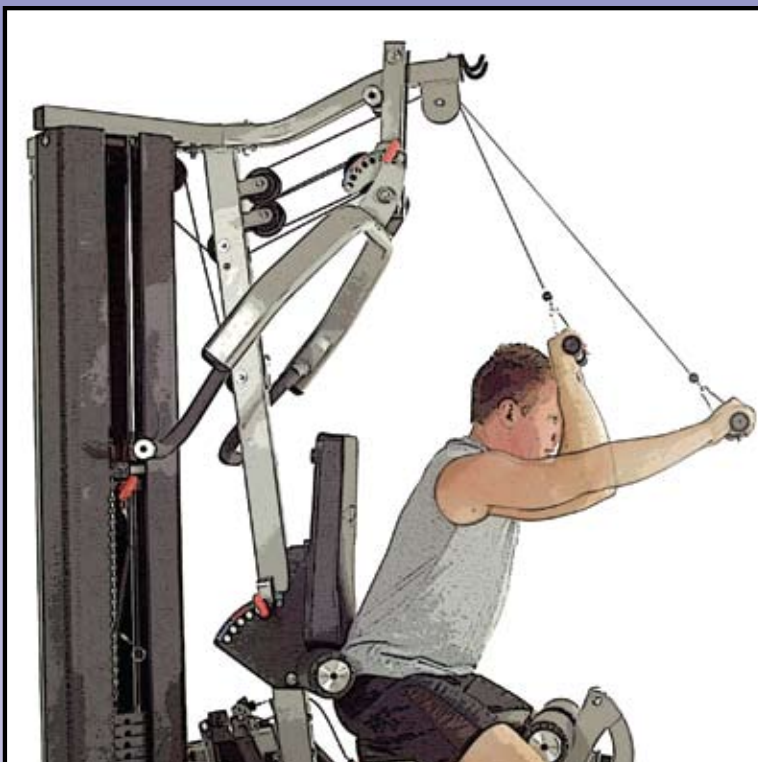
Triceps Extension



Attach the straight bar to the mid pulley. Sit upright in the seat and grab the straight bar with an overhand grip. Try to hold your upper arm locked into a horizontal position while extending your lower arm at the elbow. Return slowly.

Variations: Use an underhand grip. You can perform this exercise one arm at a time using a single handle in place of the straight bar.

Primary muscles worked: Triceps (back of arm), Brachioradials (forearms).

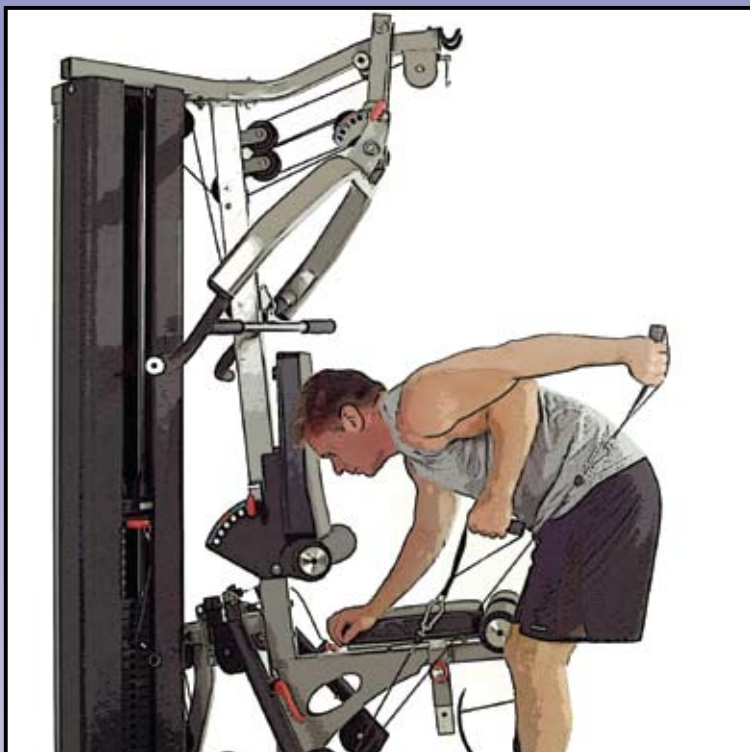


Triceps Extension From High Pulley ...

Attach the straight bar to the high pulley. Sit in the seat leaning slightly forward and grab the straight bar with an overhand grip. Try to hold your upper arm locked into a horizontal position while extending your lower arm at the elbow. Return slowly.

Variations: Use an underhand grip. You can perform this exercise one arm at a time using a single handle in place of the straight bar.

Primary muscles worked: Triceps (back of arm), Brachioradials (fore-arms).



Triceps Kickback

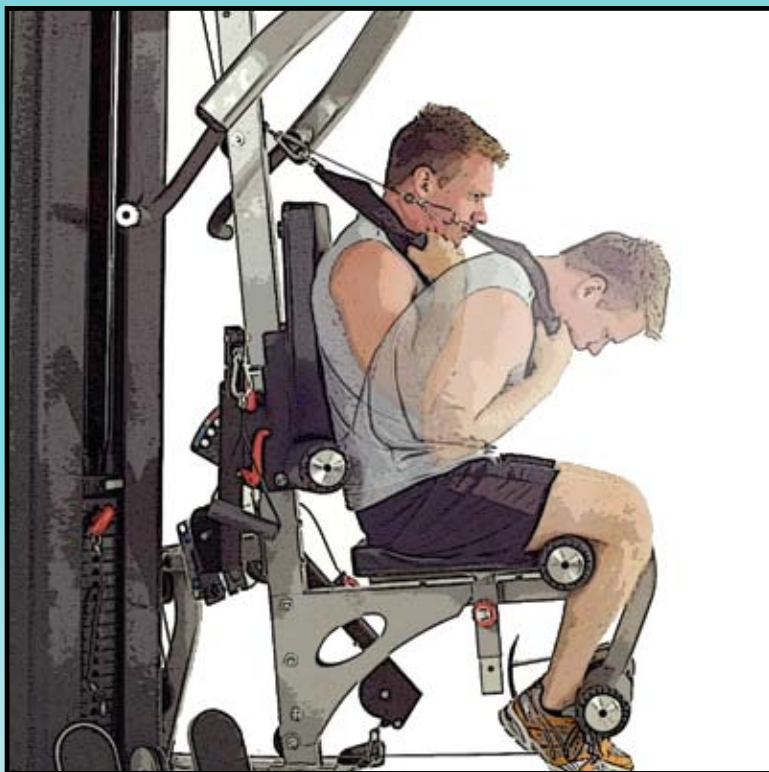


Attach a single handle to a Functional Training Arm and adjust it to a low position. Stand beside the machine in front of the Functional Training Arm. Bend at the waist to near horizontal. Grab the single handle with a neutral grip. Try to lock your upper arm at your side while extending your lower arm at the elbow. Return slowly.

Variations: Use an underhand or overhand grip.

Primary muscles worked: Triceps (back of arm), Brachioradials (forearms).

Core



Ab Crunch



Adjust the seat to the lowest position and the seat back to the upright position. Attach the ab strap to the cable end located behind your head. Drape the ab strap over your shoulders and hold it in place. Use your abdominal muscles to crunch forward and downward. Return slowly.

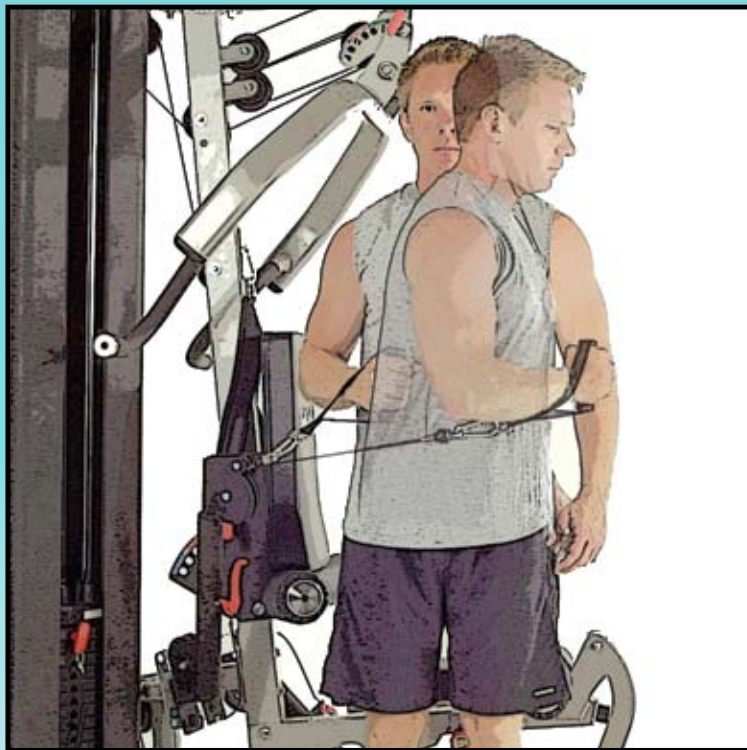
Primary muscles worked: Abdominals (stomach).



Reverse Crunch (Seated Knee Raise) ...

Sit on the seat and grasp the handles, or sides of seat. Extend your legs to a horizontal position. Draw your knees toward your chest. Return slowly.

Primary muscles worked: Abdominals (stomach).

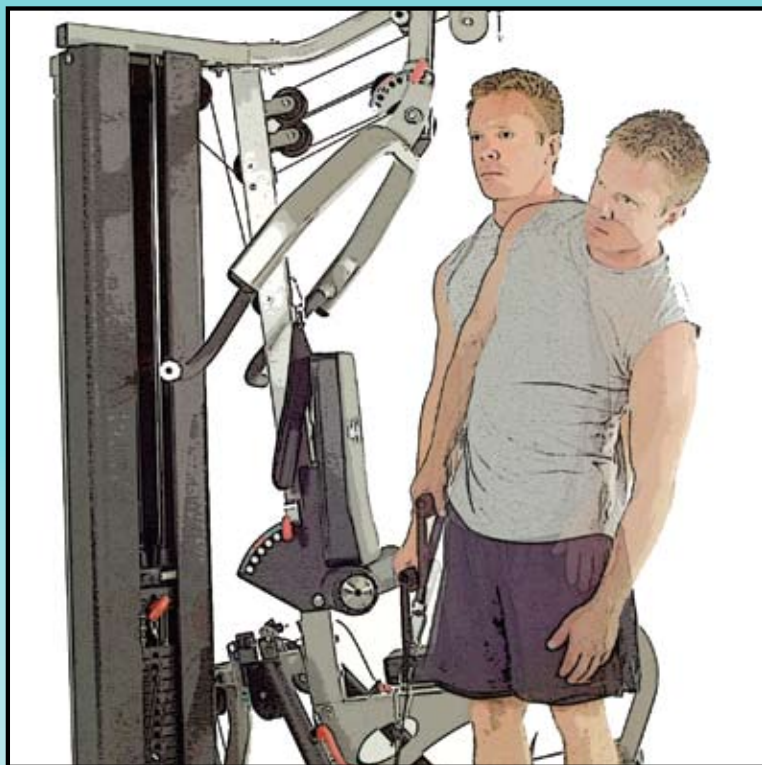


Oblique Twist



Adjust one Functional Training Arm to its highest position and stand aside of it. Grab the handle and pull it to your stomach. Hold the handle stationary. Lock your hips into place and twist your upper torso. Return slowly.

Primary muscles worked: Obliques (waist), Abdominals (stomach).



Side Bends

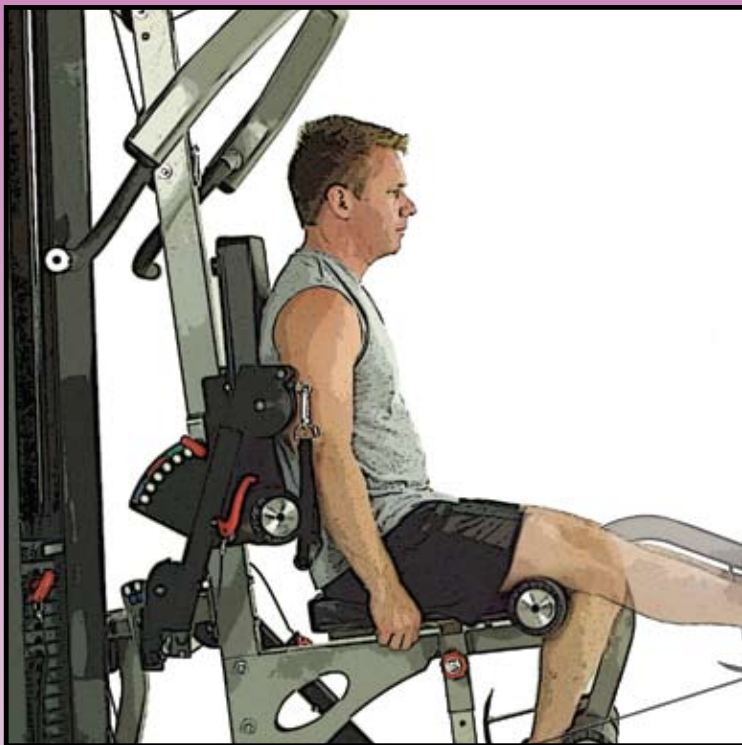


Adjust one Functional Training Arm to its lowest position and stand aside of it. Grab the handle and hold it stationary at your side. Lock your hips into place and bend your upper torso to the opposite side. Return slowly.

Primary muscles worked: Obliques (waist), Abdominals (stomach).



Legs



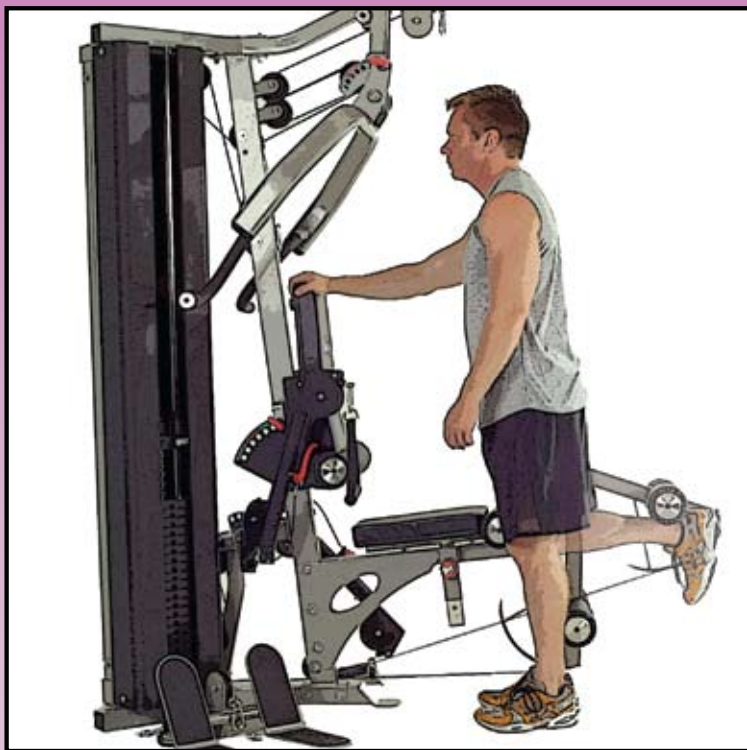
Leg Extension



Adjust the seat and the seat back so that, when seated, your knees are aligned with the pivot point on the leg extension lever arm. Sit and hook your ankles behind the lower roller pads. Grasp the handles, or the sides of the seat, and extend your legs to horizontal. Return slowly.

Variations: One leg at a time.

Primary muscles worked: Quadriceps (front of upper leg)



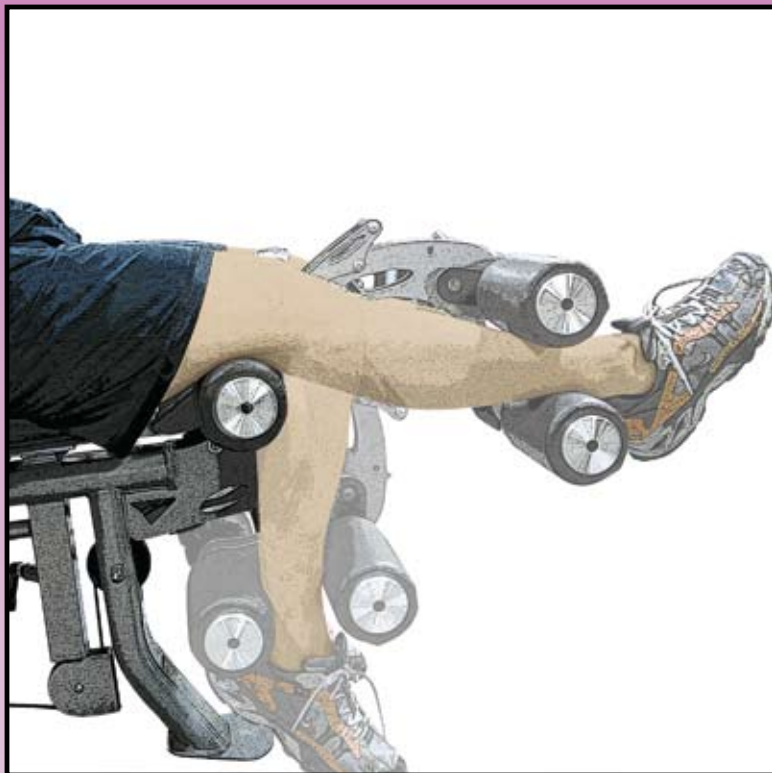
Standing Leg Curl



Stand facing the machine. Adjust the seat so that the connected roller pads are above your knee. Grab the seat back, or the press arm for stability. Position your ankles behind the lower set of roller pads. Using one leg at a time, bend your knee backward and upward as far as possible. Return slowly.

Variations: If you point your toe, the calf muscle is less involved. If you bend your ankle while bending your knee, the calf muscle is more involved.

Primary muscles worked: Hamstrings (back of upper legs), Gastrocnemius (rear of calf).



Seated Leg Curl

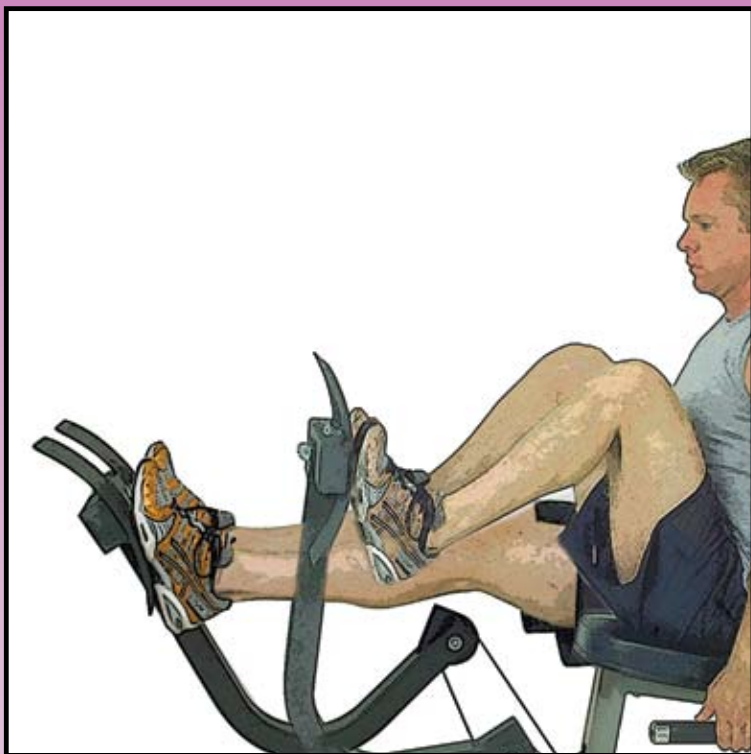


Note: This exercise is only available on the Elite model.

Adjust the seat to its lowest position. Adjust the leg lever to its highest comfortable position by grabbing the attached handle and pulling the release lever with your middle finger. Sit on the seat and place your ankles atop the lower roller pad, but under the middle set of roller pads. Adjust the middle set of roller pads so that they are snug against your shins. These pads will help keep your body in the proper position. Grasp the handles and bend at the knee, pushing the roller pads down and toward the machine. Return slowly.

Variations: Pointing your toes focuses the work on the Hamstrings, while flexing your feet also involves the Gastrocnemius.

Primary muscles worked: Hamstrings (back of upper legs), Gastrocnemius (rear of calf).

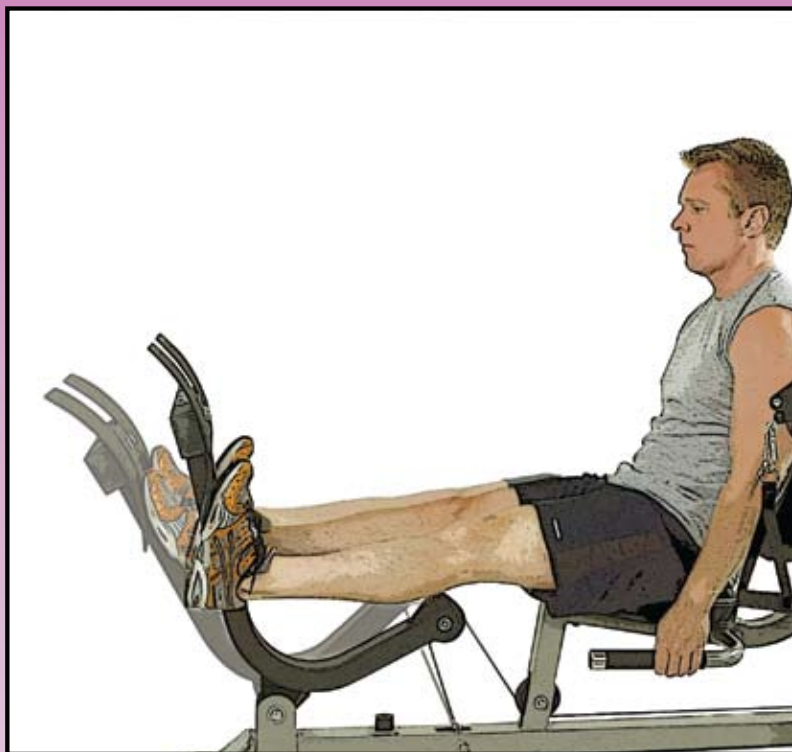


Leg Press



This exercise can only be performed if you have purchased the optional leg press attachment. Adjust the seat back to a comfortable position. You should try to get as close as possible to the foot plate, yet not so close that your knees are against your chest, forcing your knees outward. Place your feet squarely on the foot plates and press outward to full extension. Be careful not to lock out your knees! Locking your knees is extending a bit too far and can result in injury. Return slowly.

Primary muscles worked: Entire leg! Quadriceps (front of upper leg), Hamstrings (back of upper legs), Gluteals (rear end), Gastrocnemius (rear of calf), Soleus (lower part of calf).



Calf Raise



Adjust the seat back on the leg press attachment so that your legs are almost fully extended when your feet are on the foot plates. Do not lock your knees! Place your feet on the foot plates so that the balls of your feet are aligned with the pivot on the foot plates. While keeping your legs at full extension (remember, to not lock your knees), push outward, flexing at the ankle. Return slowly.

Variations: Angling your feet can target different areas of your calf muscles. Angling outward will emphasize the inside of the calf muscles, while angling inward will emphasize the outside of the calf muscles.

Primary muscles worked: Gastrocnemius (rear of calf), Soleus (lower part of calf).



Hip Adduction



Stand next to the machine and attach the ankle strap to your back leg. Stand and grab the seat back, or press arm for support. Using a full range of motion, pull your leg toward and across your support leg. Return slowly.

You can use either the low pulley station or one Functional Training Arm (adjusted to the lowest position) for this exercise. We suggest using the Functional Training Arm as the weight ratio is half.

Primary muscles worked: Adductors (inside of upper thigh).



Hip Abduction



Stand next to the machine and attach the ankle strap to your front leg. Stand and grab the seat back, or press arm for support. Using a full range of motion, pull your leg outward, away from your body.

You can use either the low pulley station or one Functional Training Arm (adjusted to the lowest position) for this exercise. We suggest using the Functional Training Arm as the weight ratio is half.

Primary muscles worked: Abductors (outside of upper thigh).



Glute Kick



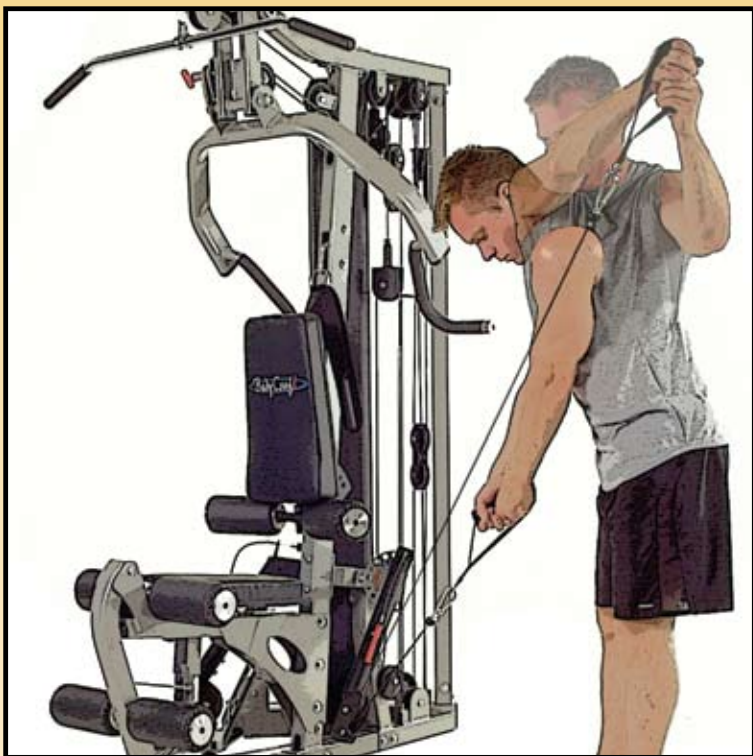
Stand facing the machine and attach the ankle strap to one leg. Stand and grab the seat back, or press arm for support, pelvis tilted forward. Extend the hip and pull your leg backward.

Primary muscles worked: Gluteus Maximus (butt), Hamstrings (back of upper legs).

Sports Specific / Functional

We only show a couple examples of sport specific training in this book. Truth is, there are a large number of sport specific exercises that can be performed. Feel free to invent your own. Movements mimicking your favorite activity, past time, or sport can aid your performance. Remember to always remain in control! Please consult your coach, or trainer.





Golf Swing



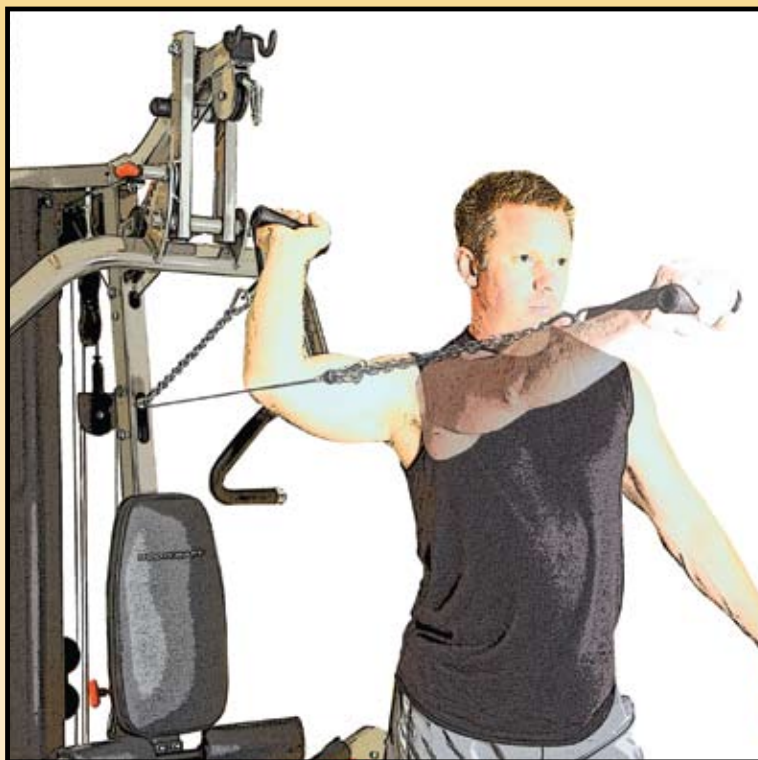
Attach a single handle, or the short bar to one Functional Training Arm. Assume your golf stance next to the Functional Training Arm and swing as if you were swing a golf club. Position the Functional Training Arm at different heights to emphasize different areas of your swing.



Tennis Swing



Attach a single handle, or the short bar to one Functional Training Arm. Assume your tennis backhand (or forehand) stance next to the Functional Training Arm and swing as if you were swinging a tennis racket. Position the Functional Training Arm at different heights to emphasize different areas of your swing.



Baseball Pitch



Attach a single handle to the mid pulley. Stand in front of the machine, grasp the single handle and throw as if you are throwing a baseball.

Variation: You can attach the single handle to the high pulley to emphasize the downward part of the motion.