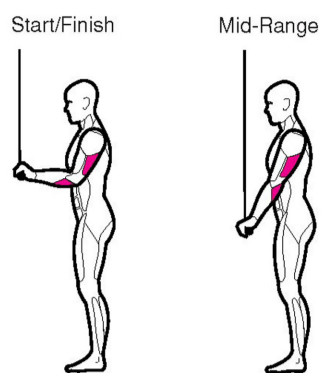


# HomeGym Workouts

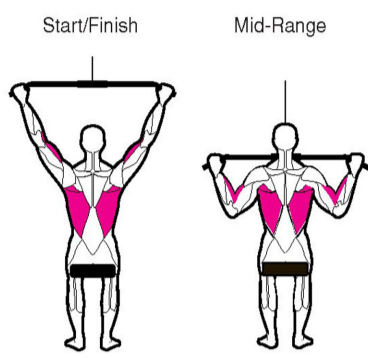
## TRICEPS PUSHDOWN

1. Important to switch to the narrow bar with chain. Adjust chain length so that the bar is at chest height.
2. To do the exercise, grasp the bar with palms-down grip and elbows in close to your body, slowly press the bar down as far as possible. Return weight under control to starting position. Keep your body erect during the exercise. Restrict movements only around the elbow joints.



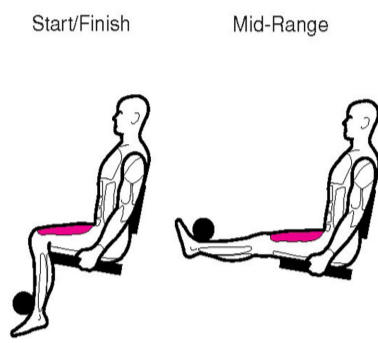
## LAT PULLDOWN

1. Remove lat bar from the holder, grasp the lat bar with wider than shoulder-width grip and with hands outstretched, sit down placing your thighs under the roller pads.
2. To do the exercise, lean back and slowly pull the lat bar down until it touches the top of your chest. Return weight under control to starting position.
3. For variation, perform the lat pulldown to the back of the neck.



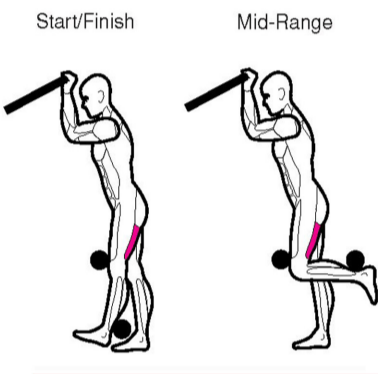
## LEG EXTENSION

1. Adjust seat height or back pad so your knees are comfortably at the end of the seat. Place feet behind the foot roll.
2. To do the exercise, grasp the sides of the seat or handles and with back firmly against the back pad, push up against the foot roll with your feet so your legs and knee joints are completely extended. Return weight under control to starting position.



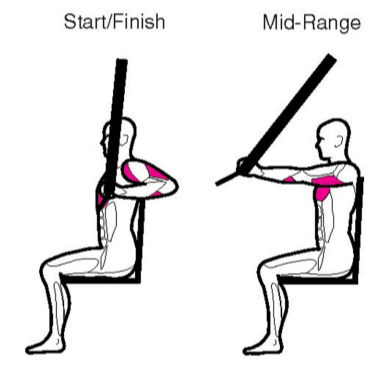
## STANDING LEG CURL

1. Position lower leg between the two roller pads. Adjust the seat height so that the top roller pad is positioned just above the kneecap and place heel over the bottom roller pad. Bring the press bar arm forward for support when performing the exercise.
2. To do the exercise, grasp the press bar arm for support, slowly curl the heel upward as close to the buttocks as possible. Return weight under control to starting position. Restrict upper body movements.



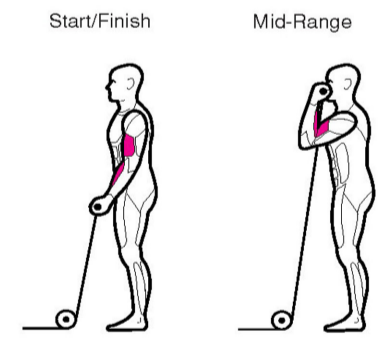
## VERTICAL CHEST PRESS

1. Adjust seat height so that the power-grip are in alignment (perpendicular) with the arms and elbows. Adjust the press bar arm to the "Vertical" position.
2. To do the exercise, grasp the power-grip and with feet firmly on the floor, slowly push the press bar forward until the arms are short of a full extension. The elbows should not "snap" or lock in the mid range of exercises. Return weight under control to starting position.
3. For variation, use the upper handles.



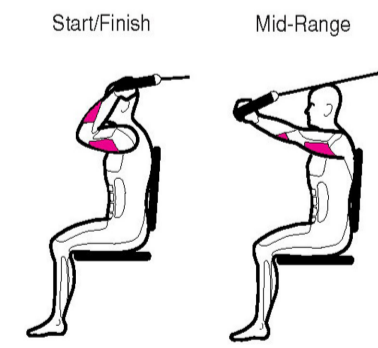
## STANDING ARM CURL

1. Attach narrow bar with chain to the low pulley station and flip foot plate to the flat position. Adjust chain length so that the arms are fully extended making the cable taut at starting position.
2. To do the exercise, grasp the bar with an underhand grip and stand on the foot plate, slowly curl the bar upward to the base of the chin. Return weight under control to starting position. Restrict upper body movements except only to the elbow joints.



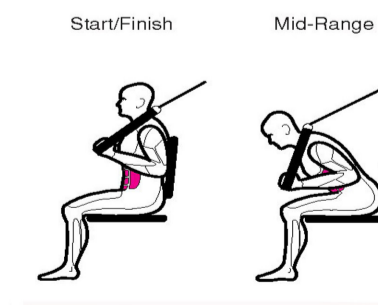
## SEATED TRICEPS EXTENSION

1. With your back firmly against the back pad, grasp the abdominal strap (or substitute with narrow bar) and bring to starting position just behind head.
2. To do the exercise, keep arms stationary, slowly extend the arms overhead and forward until arms are short of a full extension. The elbows should not "snap" or lock in the mid range of exercises. Return weight under control to starting position.
3. For variation, tilt back pad forward for a more advance position.



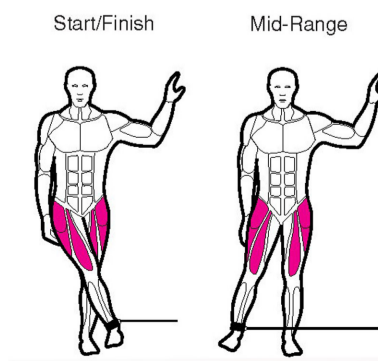
## AB CRUNCH (CABLE)

1. In the seated position, grasp the abdominal harness with both hands and pull harness to the starting position - resting firmly behind the neck.
2. To do the exercise, with upper torso in the upright position, exhale as you crunch forward and as far down as possible. Inhale and return under control to starting position. Avoid throwing the upper torso forward or snapping the head forward, movement should only occur around the hip joint.



## STANDING OUTER THIGH

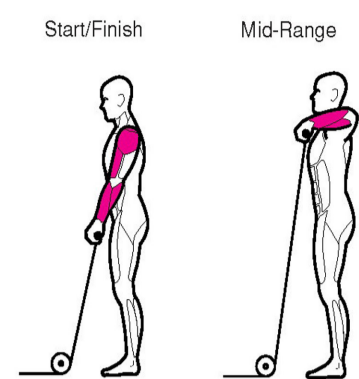
1. Attach ankle strap to the low pulley station. Attach strap to your right ankle and stand with left side to the low pulley station and cross your leg over far enough to make the cable taut. Use the press bar arm for support.
2. To do the exercise, keep the strapped leg straight and toes facing forward, raise right leg up and out to side as far as possible. Return weight under control to starting position. Avoid upper body movement.
3. Reverse position and repeat with left leg.



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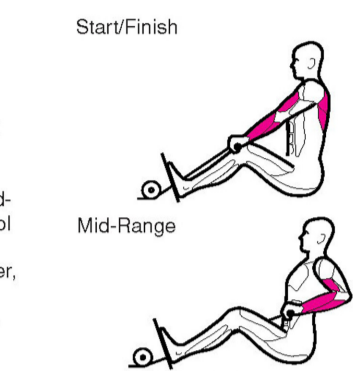
## UPRIGHT ROW

1. Attach narrow bar with chain to the low pulley station and flip foot plate to the flat position. Adjust chain length so that the arms are outstretched making the cable taut at starting position.
2. To do the exercise, grasp the bar with palms-down grip and stand on the foot plate, pull the bar up to as far as the base of the chin. The elbows should be slightly higher than the hands in this position. Return weight under control to starting position.



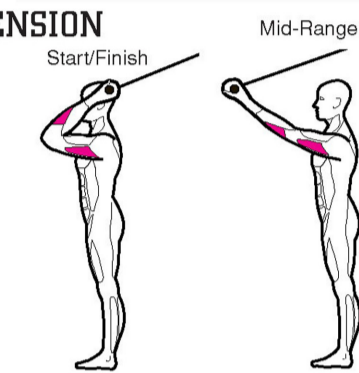
## LOW ROW

1. Flip foot plate up or use foot support. Grasp the bar with palms-down grip and position yourself so that the arms are outstretched making the cable taut at starting position.
2. To do the exercise, grasp the bar, lean back slightly and pull the bar to the mid-section. Return the weight under control to starting position. It is natural for the upper body to change position, however, avoid swinging back and forth.
3. For variation, grasp the bar with palms facing upward.



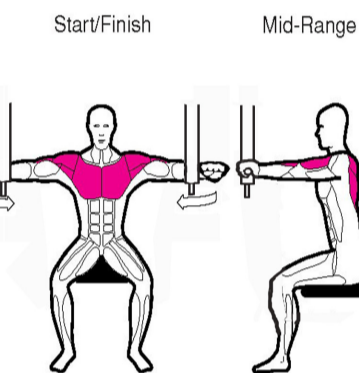
## STANDING TRICEPS EXTENSION

1. Attached the narrow bar to the high pulley station. Adjust chain length so that the bar is just behind the head.
2. To do the exercise, grasp the bar with palms-down grip, feet apart and lean forward slightly, slowly extend the arms overhead and forward until arms are short of a full extension. Return weight under control to starting position. Keep your body erect during the exercise. Restrict movements only around the elbow joints.



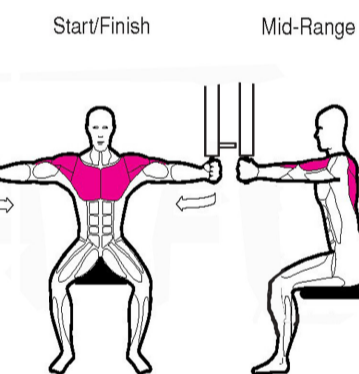
## BUTTERFLY

1. Adjust the pectoral arms for a comfortable starting position. Adjust seat height so that the shoulder is above the axis of rotation for a more natural contracting motion.
2. To do the exercise, grasp the swivel handles and with back firmly against the back pad, bring the arms as close together as possible. Return the weight under control to starting position, arms as far back as possible to provide an adequate stretch.



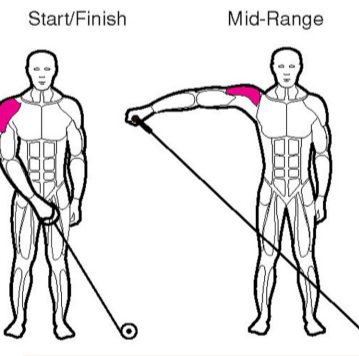
## PECTORAL CONTRACTOR

1. Adjust the pectoral arms for a comfortable starting position. Adjust seat height so that the shoulder is above the axis of rotation for a more natural contracting motion.
2. To do the exercise, grasp the swivel handles and with back firmly against the back pad, bring the arms as close together as possible. Return the weight under control to starting position, arms as far back as possible to provide an adequate stretch.



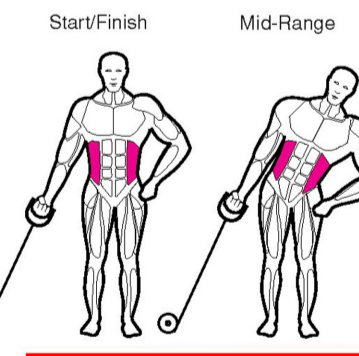
## DELTOID RAISE

1. Adjust the high/mid/low pulley to the low position. Attach D-handle to the low pulley cable and step away far enough to make the cable taut at starting position.
2. To do the exercise, grasp the handle with your right hand and feet apart, keep arm straight, raise the arm to your side until arm is just above parallel to the shoulder. Return weight under control to starting position.
3. Reverse position and repeat with left arm.



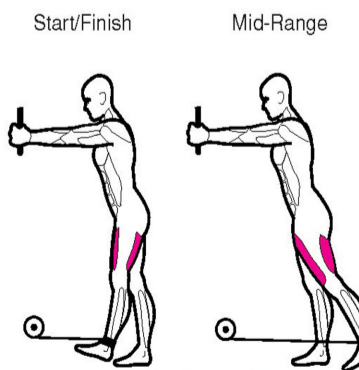
## SIDE BEND

1. Adjust the high/mid/low pulley to the low position. Attach D-handle to the low pulley cable and step away far enough to make the cable taut at starting position.
2. To do the exercise, grasp the handle with your right hand, feet apart, left hand on the hip, bend to the left side as far as possible keeping your arm straight and firmly when performing the exercise. Return weight under control to starting position.
3. Reverse position and repeat with left arm.



## BACK KICK

1. Adjust the high/mid/low pulley to the low position. With ankle strap on the left ankle, stand erect and step back far enough to make the cable taut at starting position.
2. To do the exercise, grasp the side handle for support and raise left leg straight back to rear as far as possible. Return weight under control to starting position. Keep back as straight as possible and do not bend forward any more than necessary.
3. Repeat with right leg.



## STANDING INNER THIGH

1. Attach ankle strap to the low pulley station. Attach strap to your left ankle and stand with left side to the low pulley station and far enough to make the cable taut. Use the press bar arm for support.
2. To do the exercise, keep the strapped leg straight and toes facing forward, pull leg across in front of your right leg to as far out as possible. Return weight under control to starting position. Avoid upper body movement.
3. Reverse position and repeat with right leg.

