

1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Raise your arms until your elbows are fully extended. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, A



2 MILITARY PRESS

Mount the system as required for the exercise. Sit on the seat and grasp the arms with an overhand grip. Keeping your back straight, fully extend your arms. Return to the starting position.

Muscles affected: L, Q, B



3 BUTTERFLY

Sit on the seat and spread your arms to the butterfly arms as shown. Spread the butterfly arms toward each other until the pads touch. Return to the starting position.

Muscles affected: B, L



4 CALF RAISE

Hold the handles with an overhand grip. Keep your arms at your sides and rise up on your heels as far as possible. Return to the starting position.

Muscles affected: A, K



5 SQUAT

Hold the handles with an overhand grip, and straighten your legs. Slowly lower your legs as shown. Avoid rounding your back. Return to the starting position.

Muscles affected: H, L, V, W



6 ALTERNATE LEG RAISE

Mount the seat arms with your back to the seat and your arms supported on your thighs. Slowly raise one leg until it is parallel to the floor. Avoid rounding your leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, F, W



7 VERTICAL KNEE RAISE

Mount the VCR arms with your back to the seat and your arms supported on your thighs. Slowly raise your knees as high as they will go. Keep your legs straight. Return to the starting position.

Muscles affected: F, M



8 ASSISTED DIP

Select the desired weight setting. Grasp the air handles with your arms straight and your knees resting on the pads as shown. Slowly lower your body by bending your elbows. Return to the starting position.

Muscles affected: B, L, Q, P, Q, R, S



9 PULL-UP

Grasp the out-up handles as shown. Lower your body until your arms are straight. Slowly pull your body up until your chin is above the bar. Return to the starting position.

Muscles affected: C, E, D, P, S



10 PREACHER CURL

Sit on the seat and rest your arms on the front pad. Hold the bar with an underhand grip and extend your arms. Slowly curl the bar forward. Return to the starting position.

Muscles affected: C, B



11 LEG PRESS

Sit on the seat and place your feet on the press plate as shown. Press the bar down on the foot pads fully extended. Do not lock your knees. Return to the starting position.

Muscles affected: H, V, W, X



12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever. Place the leg lever until your legs are straight. Return to the starting position.

Muscles affected: H



13 LEG CURL

Mount with the back of one leg resting against one of the pads on the leg lever. Place the leg lever by bending your leg as shown. Return to the starting position.

Muscles affected: H



14 AB CRUNCH

Attach the air strap to the air cable. Hold the air strap over your shoulders. Lower yourself, rounding at your waist and keeping your back straight.

Muscles affected: H



15 TRICEPS PRESS DOWN

Attach the lat bar to the high cable. Facing the system, hold the lat bar with an overhand grip. Allow your arms to extend fully. Return to the starting position.

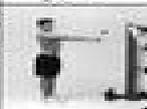
Muscles affected: A, B



16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Stand with an overhand grip, your hands shoulder-width apart. With your elbows slightly bent, push the lat bar forward your legs. Return to the starting position.

Muscles affected: E, P, R, S



17 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit facing the system, adjust your seat up and hold the ends of the lat bar with an overhand grip. Pull the lat bar down to touch your knees. Return to the starting position.

Muscles affected: C, E, P, S



18 TRICEPS EXTENSION

Attach the lat bar to the high cable. Sit on the seat and hold the lat bar above your head with your elbows bent. Keeping your upper arm stationary, slowly straighten your arms. Return to the starting position.

Muscles affected: E, B



19 CROSSOVER FLY

Attach the handles to the cables. Extend your arms and hold the handles as shown. Keep your back straight and pull the handles together in front of you at a hugging motion. Return to the starting position.

Muscles affected: B, L, Q, S



20 BACK EXTENSION

Attach the lat bar to the low cable. Sit on the seat and hold the bar with one hand against your chest as shown. Keep your back straight and bend back at your neck. Return to the starting position.

Muscles affected: T



21 DEAD LIFT

Attach the lat bar to the low cable. Bend your knees and hold the lat bar with an overhand grip. Keep your legs straight, and your feet up. Return to the starting position.

Muscles affected: E, H, T, V, W



22 SIDE BEND

Attach the handles to the low cable. Stand sideways and bend forward, extend one arm downwards, and hold the handle with your arm over your shoulder. Bend to the side as shown. Return to the starting position.

Muscles affected: D, E, M



23 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms and hold the lat bar with an overhand grip. Keep your arms at your sides. Shrug your shoulders up and down. Return to the starting position.

Muscles affected: E, D, P



24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Extend your arm down, lifting the handle over your head. Return to the starting position.

Muscles affected: E, B



25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm down and hold the handle with an underhand grip. Keep your elbow at right angle to your body. Move the handle toward your chest as you curl the arm up.

Muscles affected: C, B



26 FRONT KICK

Attach the ankle strap to the low cable. Stand with your feet shoulder-width apart. Lift the ankle strap, keeping your leg straight and move it forward as shown. Return to the starting position.

Muscles affected: A, D, M, S



27 HEEL KICK

Attach the ankle strap to the low cable. Insert one leg into the ankle strap. With your ankle slightly bent, move your leg back as shown. Return to the starting position.

Muscles affected: L, V, W



28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and reach your right leg over and under the lat bar. Return to the starting position.

Muscles affected: L, H



29 HIP ABDUCTION

Attach the ankle strap to the low cable. Stand sideways, and insert your outside leg into the ankle strap. Keep your leg up to the starting position.

Muscles affected: Q, V



30 BRANDING CURL

Attach the lat bar to the low cable. Sit on the seat and hold the bar with one hand against your chest as shown. Keep your back straight and bend back at your neck. Return to the starting position.

Muscles affected: C, B



31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm downwards, and hold the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: L, Q, Q



32 BENT LATERAL RAISE

Attach the handle to the low cable. Stand sideways and bend forward, extend one arm downwards, and hold the handle with your arm slightly bent. Bend the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: Q, Q



33 FRONT RAISE

Attach the lat bar to the low cable. Extend both arms downwards and hold the lat bar with an overhand grip. Keeping your arms straight, raise the lat bar until handles are level with your shoulders. Return to the starting position.

Muscles affected: L, P, Q



34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhand grip. Lift the curl bar to your chest. Return to the starting position.

Muscles affected: C, E, L, Q, P, Q



35 BENT ROW

Attach the handle to the low cable. Stand forward, extend your arms, and bend the handle with an overhand grip. Keep your back straight and pull the handle toward your chest. Return to the starting position.

Muscles affected: C, E, D, P, Q, S, T



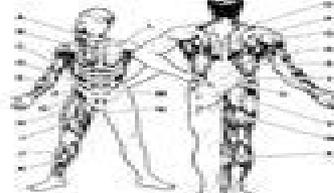
36 SEATED ROW

Attach the curl bar to the low cable. Sit on the floor and hold the curl bar with an overhand grip. Pull the curl bar toward your chest and bend back. Return to the starting position.

Muscles affected: C, E, D, P, Q, S, T



MUSCLE CHART



- | | |
|------------------------------------|---------------------------|
| A. Deltoid (neck) | H. Adductor (inner thigh) |
| B. Pectoralis Major (chest) | I. Trapezius (upper back) |
| C. Biceps (front of arm) | J. Rhomboides |
| D. Deltoid (outer) | K. Serratus (back) |
| E. Brachioradialis (forearm) | L. Promotor Dorsi |
| F. Biceps (inner thigh) | M. Latissimus Dorsi |
| G. Pectoralis (lower thigh) | N. Erector Spinae |
| H. Adductor (outer thigh) | O. Erector Spinae |
| I. Deltoid (neck) | P. Erector Spinae |
| J. Erector Spinae (front of thigh) | Q. Gluteus Medius (hip) |
| K. Erector Spinae (back of thigh) | R. Gluteus Maximus |
| L. Erector Spinae (neck) | S. Erector Spinae |
| M. Erector Spinae (neck) | T. Erector Spinae |
| N. Erector Spinae (neck) | U. Erector Spinae |
| O. Erector Spinae (neck) | V. Erector Spinae |
| P. Erector Spinae (neck) | W. Erector Spinae |
| Q. Erector Spinae (neck) | X. Erector Spinae |
| R. Erector Spinae (neck) | Y. Erector Spinae |
| S. Erector Spinae (neck) | Z. Erector Spinae |

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