

WORKOUT CHART

Chest



Bench Press

Adjust seat back to fit your range of motion. Adjust Cable Arms to chest height. Grab handles with overhead grip and press arms away from chest. **Variation:** Grab handles with neutral grip. **Muscles worked:** Pectoralis Major and Minor, Anterior Deltoids, Triceps



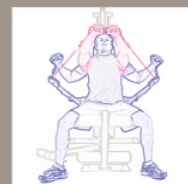
Converging Bench Press

Adjust seat back to fit your range of motion. Adjust Cable Arms to chest height. Grab handles with overhead grip and press arms away from chest and together. **Variation:** Grab handles with neutral grip. **Muscles worked:** Pectoralis Major and Minor, Anterior Deltoids, Triceps



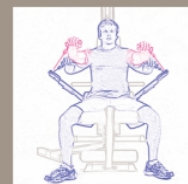
Incline Bench Press

Adjust seat back to fit your range of motion. Adjust Cable Arms to chest height. Grab handles with overhead grip and press arms away from chest at an upward 45 degree angle. **Muscles worked:** Pectoralis Major and Minor, Anterior Deltoids, Triceps



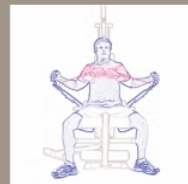
Converging Incline Bench Press

Adjust seat back to fit your range of motion. Adjust Cable Arms to chest height. Grab handles with overhead grip and press arms away from chest and together at an upward 45 degree angle. **Muscles worked:** Pectoralis Major and Minor, Anterior Deltoids, Triceps



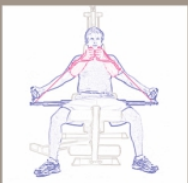
Decline Bench Press

Adjust Seat Back to incline seat position. Adjust Cable Arms to chest height. Sit forward on the seat and lean back into the machine. Grab handles with overhead grip and press arms away from chest, and level with feet. **Muscles worked:** Pectoralis Major and Minor, Anterior Deltoids, Triceps



Converging Decline Bench Press

Adjust seat back to incline seat position. Adjust Cable Arms to chest height. Sit forward on the seat and lean back into the machine. Grab handles with overhead grip and press arms away from chest and together, level with feet. **Muscles worked:** Pectoralis Major and Minor, Anterior Deltoids, Triceps



Adjust seat back to vertical position. Adjust cable arms to widest position. Grab handles, and bring arms together and upward in a circular motion. **Muscles worked:** Pectoralis Major and Minor, Anterior Deltoids, Forearms



Self Stabilizing Bench

Adjust Cable Arms to chest height. Sit forward on seat, without back support. Grab handles with overhead grip and press arms away from chest. **Variation:** Grab handles with neutral grip. **Muscles worked:** Pectoralis Major and Minor, Anterior Deltoids, Triceps



Pec Fly

Adjust Seat Back to Incline/Recl position. Adjust cable arms to widest position. Sit forward on the seat and lean back into the machine. Grab handles with neutral grip and bring arms together in a circular motion. **Muscles worked:** Pectoralis Major and Minor, Anterior Deltoids, Forearms



Cable Low Fly

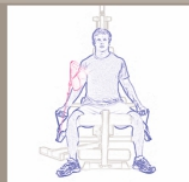
Adjust seat back to vertical position. Adjust Cable Arms to position 4, 5, or 6. Sit upright in machine. Grab handles and bring arms up and together. **Muscles worked:** Pectoralis Major and Minor, Anterior Deltoids, Forearms

Arms



Arm Curl

Adjust Cable Arms to lowest position. Sit on seat and grasp handles with an underhand grip. While trying to keep your elbows stationary, curl the handles upward, using biceps muscles. **Muscles worked:** Biceps, Forearms



Alternating Curls

Adjust Cable Arms to lowest position. Sit on seat and grasp handles with an underhand grip. While trying to keep your elbows stationary, curl the handles upward, one arm at a time using biceps muscles. **Muscles worked:** Biceps, Forearms



Two Arm Curl

Adjust one Cable Arm to blue position. Attach Straight Bar to Chain and Chain to low pulley, positioned at full arm extension. Stand facing machine. Grasp Cable Bar with underhand grip. While trying to keep your elbows stationary, curl the bar upward using biceps muscles. **Variation:** Grasp bar with overhand grip for Reverse Curls. This exercise places more emphasis on forearms. **Muscles worked:** Biceps, Forearms



Triceps Push Down

Attach chain and Straight Bar to high pulley, positioned about chin height. Face machine and grab Straight Bar with overhead grip. Keep elbows and upper arms stationary. Extend arms at elbows. **Variation:** Grasp bar with underhand grip. Use Ab Strap and spread arms at bottom of movement. **Muscles worked:** Triceps, Forearms



French Curl / Triceps Extension

Attach straight bar to mid-pulley. Adjust Cable Arm to red position. Grab handles with overhead grip and extend arms at elbow joint. Keep elbows at head height and stationary. **Muscles worked:** Triceps, Forearms



Triceps Kick Back

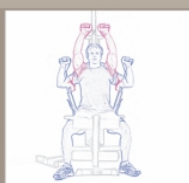
Adjust Cable Arm to blue position. Stand side front of machine, holding on to padding for support. Some prefer to place inside knee on seat for added support. Extend arms back and away from body. **Muscles worked:** Triceps, Forearms

Shoulders



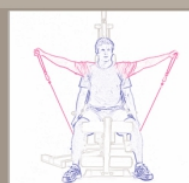
Shoulder Press

Adjust seat back and Cable Arms to upright (vertical) position. Adjust seat so that Cable Handles are at shoulder level. Grab handles with overhead grip and press arms overhead. **Muscles worked:** Deltoids, Triceps



Shoulder Press Converging

Adjust Cable Arms to upright position. Adjust seat so that Cable Handles are at shoulder level. Grab handles with overhead grip and press arms overhead and together. **Muscles worked:** Deltoids, Triceps



Lateral Raise

Adjust Cable Arms to blue position. Grab handles with overhead grip. Keeping arms straight, raise arms out from side. **Variation:** Can be performed one arm at a time. **Muscles worked:** Deltoids



Front Raise

Adjust Cable Arms to blue position. Grab handles with overhead grip. Keeping arms straight, raise arms toward front. **Variation:** Can be performed one arm at a time. **Muscles worked:** Deltoids



Upright Row

Adjust one Cable Arm to bottom position. Attach chain and Straight Bar to low pulley. Hold bar at waist height. Grab bar with overhead grip and pull upward to shoulder level. **Muscles worked:** Trapezius, Deltoids



Rear Delt One Arm

Adjust Cable Arm to blue position. Grab handle with outside handle. Extend arm across and away from body. **Muscles worked:** Rear Deltoids, Forearm



Internal Rotator

Adjust Cable Arms to elbow height. Place a rolled towel between upper arm and torso. Grasp handle with inside arm, neutral grip. Rotate arm, bringing handle toward midsection. **Muscles worked:** Deltoids



External Rotator

Adjust Cable Arm to elbow height. Place a rolled towel between upper arm and torso. Grasp handle with outside arm, neutral grip. Rotate arm, bringing handle away from midsection. **Muscles worked:** Deltoids

Legs



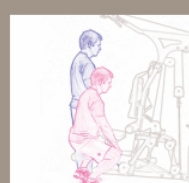
Leg Extension

Adjust seat and seat back so that knees are level with and slightly beyond support point. Sit and hook ankles behind lower roller pads. Extend legs forward and upward. **Muscles worked:** Quadriceps



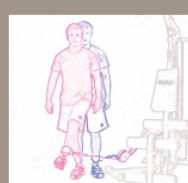
Leg Curl

Stand facing machine. Adjust seat so that top roller pads rest on front of legs above knees. Grab Seat back for stability. Wrap ankles behind lower roller pads. Using top leg at a time, pull and curl upward as far as possible. **Muscles worked:** Quadriceps, Hamstrings, Gluteus Maximus, Rectus Abdominus, Spine Erector



Squat

Attach Single Handles to low pulley and grab from a squatting position. Be sure to keep back in flat position and slowly rise to a standing position. Proper form and slow controlled movements are very important. **Muscles worked:** Quadriceps, Hamstrings, Gluteus Maximus, Rectus Abdominus, Spine Erector



Hip Abduction

Adjust Cable Arm to lowest position and attach ankle strap to back ankle. Stand next to machine, grabbing seat back for support. Using a full range of motion, extend leg across and away from body. **Muscles worked:** Adductor, Gluteus Medius



Hip Adduction

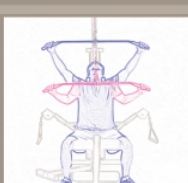
Stand next to machine, grabbing seat back for support. Adjust Cable Arm to lowest position and attach Ankle Strap to forward ankle. Using a full range of motion, extend leg outward, away from body. **Muscles worked:** Adductor, Gluteus Medius



Glute Kick

Stand next to machine, leaning to rear. Adjust Cable Arm to lowest position and attach Ankle Strap to inside ankle. Using a full range of motion, extend leg backwards. **Muscles worked:** Gluteus Maximus

Back



Lat Pull Down

Attach Lat Bar to high pulley. Sit facing machine, knees under roller pads. Grab Lat Bar with overhead grip and pull straight down to upper chest. **Variations:** Grab bar with underhand grip. Use Ab Strap and spread handles while pulling. **Muscles worked:** Latissimus Dorsi, Trapezius, Rhomboids, Biceps



Low Row

Adjust the Cable Arm adjuster to Foot Plate to lowest position. Attach Straight Bar to the Cable Arm. Sit on floor, bracing feet against foot plate. While keeping upper torso upright and stationary, pull bar to midsection. **Variations:** Grab bar with underhand grip. Use Ab Strap and spread handles while pulling. **Muscles worked:** Latissimus Dorsi, Trapezius, Rhomboids, Deltoids, Biceps, Forearms



One Arm Row

Adjust Cable Arm to lowest position. Stand side machine with a slight bend at waist, inside knee resting on seat, and holding on to back pad for support. Grasp Single Handle and pull to midsection. **Muscles worked:** Latissimus Dorsi, Trapezius, Rhomboids, Deltoids, Biceps, Forearms

Sports



Golf Swing

Assume your golf stance next to the Cable Arm. Grip handle and swing as if your were swinging a golf club. Position the Cable Arms at different heights to emphasize different areas of the swing.



Tennis Swing

Tennis Swing Assume your tennis backhand, or forehand stance next to the Cable Arm. Adjust cable arm to natural height. Practice tennis swing.