

TRAINING

CHEST



Chest Press
(Pectorals)

1. Load desired amount of weight plates onto weight plate posts.
2. Adjust seat pad height so that when seated the press handles bisect the chest (pectoral) muscles.
3. Seat yourself comfortably on the seat pad with your back straight.
4. Grasp bench handles with your arms bent and palms facing down.
5. Keeping your elbows out and below your shoulders, extend your arms forward at a smooth, moderate pace throughout the exercise movement.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

ARMS



Standing Cable Curl
(Biceps)

1. Load desired amount of weight plates onto weight plate posts.
2. Attach Low Row Bar to low pulley cable.
3. Take an underhand grasp on the Bar. Stand erect with your feet set on front foot plate. Your arms should be down at your sides with the Bar resting on your thighs.
4. Keeping your upper arms locked against the sides of your torso, use Bicep strength to curl the Bar upward and forward in a semicircular arc to a position beneath your chin.
5. Pause for a moment, then slowly return the Bar back along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.

BACK



Lat Pulldown
(Latissimus Dorsi)

1. Load desired amount of weight plates onto weight plate posts.
2. Attach Lat Bar to high pulley cable.
3. Adjust seat pad so your knees sit comfortably over top set of foam rollers. Sit the seat pad facing away from machine and your back against under bottom set of foam rollers.
4. Grasp Lat Bar 3 to 6 inches wider than your shoulders, on each side.
5. Keeping your elbows back during movement, slowly pull the Bar down until it lightly touches the upper part of your chest.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

LEGS



Leg Extension
(Quadriceps)

1. Load desired amount of weight plates onto weight plate posts.
2. Attach Utility Strap to high pulley cable.
3. Adjust seat pad so your knees sit comfortably over top set of foam rollers. Sit the seat pad facing away from machine and your back against under bottom set of foam rollers.
4. Grasp Utility Strap with both hands, palms facing away from the machine.
5. Keeping your feet flat on the floor, slowly pull the Utility Strap down until it is just above your knees.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

ABS



Resistance Ab Crunch
(Abdominals)

1. Load desired amount of weight plates onto weight plate posts.
2. Attach Utility Strap to high pulley cable.
3. Sit comfortably on seat pad with your back resting against the back pad. Reach behind you and grasp the Utility Strap with both hands, pull it down and hold it tightly behind your head where it will remain throughout the exercise movement.
4. Using abdominal muscle strength, bend forward at the waist as far as possible.
5. Pause for a moment, slowly return to the starting position and repeat movement.
6. Exhale on exertion, inhale on return motion.



Pectoral Fly
(Pectorals)

1. Load desired amount of weight plates onto weight plate posts.
2. Adjust seat pad height so that when seated your elbows will rest on pec arm foam rollers and upper arms are parallel with the floor.
3. Seat yourself comfortably on the seat pad facing away from the machine and your back straight against the back pad.
4. Place elbows firmly against the pec arm foam rollers with forearms running vertically up the pec arms.
5. Use Chest muscles to bring your arms forward and inward until the pec arms touch.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



Tricep Pressdown
(Triceps)

1. Load desired amount of weight plates onto weight plate posts.
2. Attach Low Row Bar to high pulley cable.
3. Stand erect with your feet set on front foot plate. Take an overhand grasp of the Low Row Bar with your hands set 3 to 5 inches apart.
4. Pull the Bar down and lock your upper arms against the sides of your torso where they must remain throughout the exercise movement. Lean slightly forward at the waist.
5. Moving only your forearms, use Tricep strength to press the Bar downward in a semicircular arc to a position below your waist.
6. Pause for a moment, then slowly return the Bar back along the same arc, to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



Bent-Over Row
(Latissimus Dorsi)

1. Load desired amount of weight plates onto weight plate posts.
2. Attach Low Row Bar to low pulley cable.
3. Stand with your feet set on the front foot plate. Grasp Low Row Bar with both hands, palms facing away from the machine.
4. Straighten your arms and bend your legs slightly. Keeping your back straight, bend at the waist until your torso is at approximately a 45° angle.
5. Keeping your elbows out, pull the Bar upward and slightly back until it touches your lower midsection.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



Standing Leg Curl
(Hamstrings)

1. Load desired amount of weight plates onto weight plate posts.
2. Stand facing machine and hook your left heel under the bottom roller pad with left knee positioned slightly below the top roller pad.
3. Grasp bench handles or back pad for stability.
4. Use Hamstring strength to pull and curl your left foot upward, bending your knee as much as possible.
5. Pause for a moment, then slowly return along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.
7. Change sides and repeat with opposite leg.



Oblique Bend
(Obliques & Abdominals)

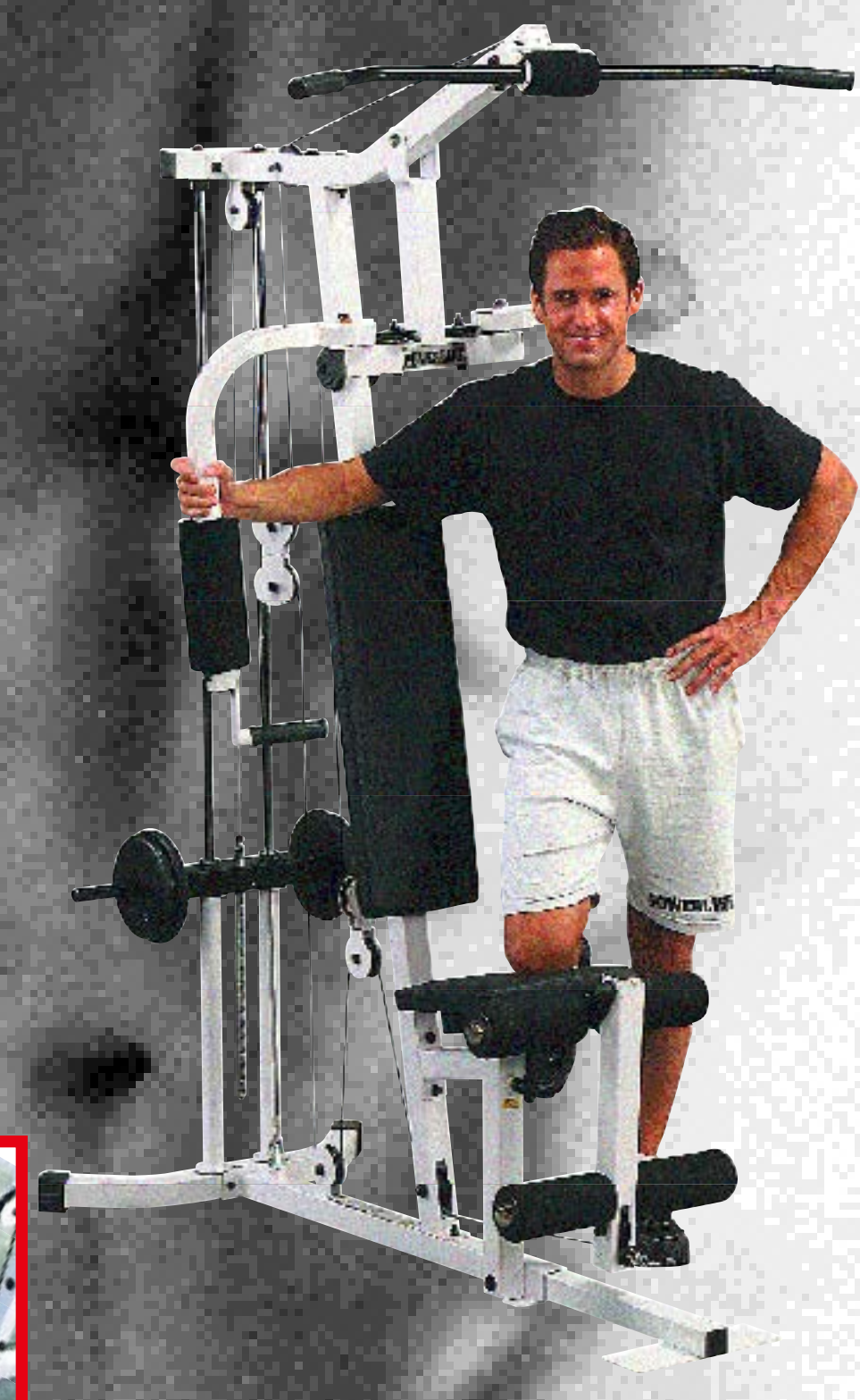
1. Insert pin into weight stack at desired resistance level.
2. Attach Utility Strap or Tricep to low pulley cable.
3. Take an overhand grasp of the Strap with your right hand and stand 1 to 2 feet away from the machine with your left side toward the machine.
4. Keeping your arm, legs and hips straight, bend your torso away from the machine.
5. Pause for a moment, then slowly return to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.
7. Turn around and repeat with opposite hand.

Optional Attachment



#SP150 OPTIONAL 150 Lb. Selectorized Weight Stack Upgrade

Add 150 lbs. of resistance and the convenience of weight stack selection to your Powerline Home Gym. Includes fifteen 10 lb. precision machined weight stack plates and selector pin. Two weight plate posts allow you to add extra weight when you're ready!



POWERLINE

P H G I O O W H O M E G Y M

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES: 1. Inspect equipment daily. Check that all nuts, bolts and screws are fully tightened and replace worn parts immediately. 2. Before use, always check cables for signs of wear. Replace immediately. Never use machine if cable is damaged. Failure to do so may result in serious injury. 3. Keep clear of the cables and all moving parts when the machine is in use. 4. Always make sure all Snap Links are closed when doing any cable / pulley exercises. 5. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury. 6. It is recommended that you should workout with a training partner. 7. Do NOT allow children or minors on or around this equipment. 8. Warning: Consult your physician before starting your exercise program. For your own safety, do not begin any exercise without proper instruction.

© Copyright 2003, Powerline. All rights reserved. Powerline machines maintain several patented and patent pending features and designs. All rights reserved on all design patents and utility patents. Powerline reserves the right to change design and specifications when we feel it will improve the product.



1900 S. Des Plaines Ave. • Forest Park, IL 60130
Toll Free: 1-800-833-1227 • Ph: 1-708-427-3555 • Fx: 1-708-427-3556
WEB: www.powerlinefitness.com