

## CHEST



### CHEST PRESS

1. Adjust seat pad height until press arms handles are aligned with pectoral muscles.
2. Sit comfortably on the seat pad with back flat against the back pad.
3. Grasp press handles with arms bent and palms facing downward.
4. Keeping elbows out and below shoulders, extend arms straight forward at a smooth, moderate pace throughout the exercise movement.
5. Pause for a moment, then slowly return to the starting position.



### PECTORAL FLY

1. Adjust seat pad height until pec arm handles are below shoulder level and arms are approximately parallel with the floor.
2. Sit comfortably on the seat pad with back flat against the back pad.
3. Reach back and grasp the pec arm handles on each side.
4. Use chest muscle strength to bring arms forward and toward each other.
5. Pause for a moment, then slowly return to the starting position.



EXM3000LPS

## BACK



### LAT PULLDOWN

1. Adjust back pad so legs fit comfortably under lat hold-down rollers. Sit facing into machine.
2. Grasp lat bar three to six inches wider than shoulders on each side with palms facing toward the machine.
3. Grasp horizontal press handles with arms bent and palms facing downward.
4. Keeping elbows back during movement, slowly pull the lat bar down until it lightly touches the upper part of chest. Never pull down toward your head or neck.
5. Pause for a moment, then slowly return to the starting position.



### MID ROW

1. Adjust back pad so legs will fit comfortably under hold-down roller. Sit on seat pad facing into machine.
2. Fully extend arms and grasp horizontal press handles.
3. Pull the press handles toward midsection. Continue to pull until hands are even with midsection.
4. Pause for a moment, then return the handles back to the starting position.



### LOW ROW

1. Keep legs slightly bent, back straight and place feet on edge of machine. Maintain an upright sitting position with shoulder back.
2. Grasp press handles with arms bent and palms facing upward.
3. Pull the press arms until elbows reach the side. Keep back straight throughout the movement.
4. Pause for a moment, then slowly return to the starting position.



### BENT-OVER ROW

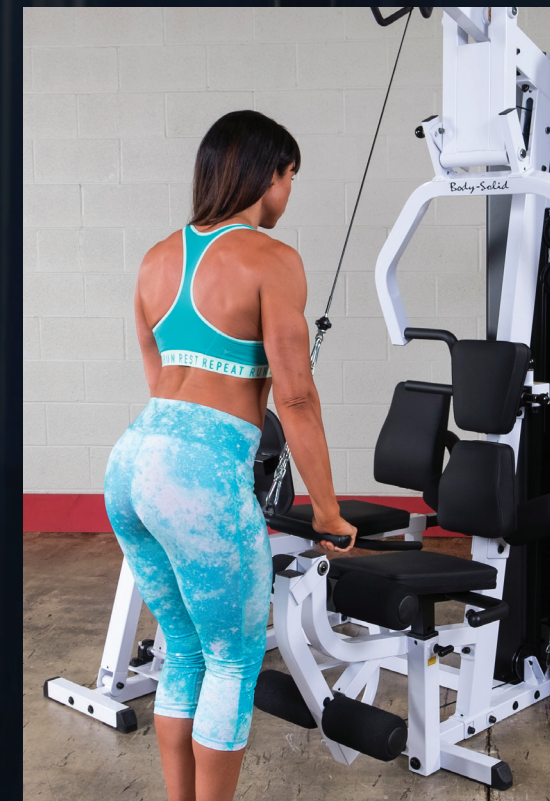
1. Set feet shoulder width apart, grasp the low row bar with both hands, palms facing down.
2. Straighten arms and bend legs slightly. Bend at the waist until torso is at a 45° angle.
3. Keeping elbows out, pull the bar upward and slightly back until it touches lower midsection.
4. Pause for a moment, then slowly return to the starting position.

## ARMS



### DOUBLE-ARM CABLE CURL

1. Attach straight bar to low-pulley cable.
2. Facing the machine, take an underhand grasp on the bar. Stand erect facing the low pulley. Arms should be down at your sides with the bar resting on thighs.
3. Keeping upper arms locked against the sides of your torso, use biceps strength to curl the bar upward and forward in a semicircular arc to a position beneath your chin.
4. Pause for a moment, then slowly return the bar back along the same arc to the starting position.



### TRICEPS PRESSDOWN

1. Attach straight bar with chain to high-pulley cable.
2. Facing the machine, stand erect with feet set at approximately shoulder width.
3. Pull the bar down and lock upper arms against the sides of torso where they must remain throughout the exercise movement. Lean slightly forward at the waist.
4. Moving only the forearms, use triceps strength to push the bar downward in a semicircular arc to a position below your waist.
5. Pause for a moment, then slowly return the bar back along the same arc to the starting position.



### TRICEPS EXTENSION

1. Attach triceps/ab strap to mid-pulley cable.
2. Sit on seat pad, with feet level and flat on the floor.
3. Keep hands behind head and arms bent with elbows facing forward.
4. Keeping upper arms motionless, use triceps strength to move the strap forward until arms are extended.
5. Pause for a moment, then slowly return the strap back along the same arc to the starting position.



### CONCENTRATION CABLE CURL

1. Attach stirrup handle (optional) or ankle strap to the low-pulley cable.
2. Stand erect or take a knee. Arm should be down at your side with hand next to the thigh.
3. Keeping upper arm locked against the side of torso, use biceps strength to curl the weight upward and forward in a semicircular arc to a position beneath chin.
4. Pause for a moment, then slowly return the bar back along the same arc to the starting position.

## LEGS



### LEG PRESS

1. Adjust seat pad to obtain comfortable sitting position.
2. Sit down on the machine and place legs on the platform with a shoulder width foot stance.
3. Press the platform all the way up until legs are fully extended in front. Make sure to do not lock knees at any point during the movement.
4. Slowly lower the platform until legs make a 90-degree angle.
5. Pushing again with the heels of feet, return to the starting position.



### CALF PRESS

1. Adjust seat pad to obtain comfortable sitting position.
2. Using the leg press platform, place legs at a shoulder width foot stance.
3. Press the platform all the way up until legs are fully extended. Torso and legs will form a 90-degree angle.
4. Place toes and balls of feet on the lower portion of the platform with heels extending off.
5. Press on the platform by raising heels, extending ankles and flexing calves.
6. Slowly return to the starting position by lowering heels as ankles bend until calves are stretched.



### LEG EXTENSION

1. Adjust the seat pad so your knees align at the pivot point.
2. Using quadriceps strength, extend feet outward and upward until legs are fully extended.
3. Pause for a moment, then slowly return feet back along the same arc to the starting position.



### LEG CURL

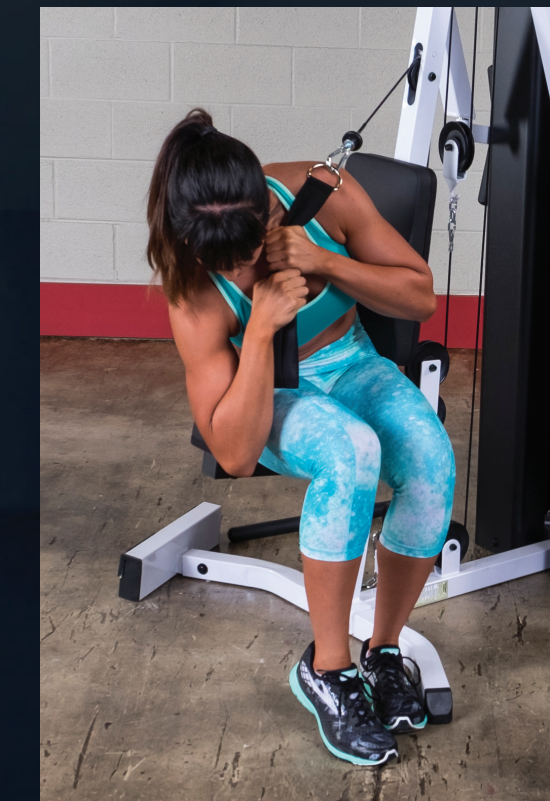
1. Stand facing machine and hook left heel under the bottom leg pad with left knee positioned slightly below the top roller pad. Adjust the back pad and or press arm and grasp for stability during exercise movement.
2. Use hamstring strength to pull and curl left foot upward, bending knee as far as comfortably possible.
3. Pause for a moment, then slowly return to the starting position.
4. Change sides and repeat with opposite leg.

## ABS



### AB CRUNCH

1. Attach triceps/ab strap to mid-pulley cable.
2. Sit on seat pad with back resting against back pad. Grasp the strap and place it securely over shoulders, keeping your hands planted firmly on your upper chest throughout the exercise movement.
3. Using abdominal muscle strength, slowly bend forward at the waist as far as comfortably possible.
4. Pause for a moment, then slowly return back to the starting position.



### OBLIQUE CRUNCH

1. Attach triceps/ab strap to mid-pulley cable.
2. Sit on seat pad with back resting against back pad. Grasp the strap and place it securely over shoulders, keeping hands planted firmly on upper chest.
3. While holding the strap firmly over shoulders, simultaneously bend forward and rotate upper body slowly to the left as far as comfortably possible while keeping legs and hips stationary.
4. Pause for a moment, then slowly return to the starting position.
5. Alternate the movements from the left to the right.

## SHOULDERS



### SHOULDER PRESS

1. Adjust press arm and back pad.
2. Adjust seat pad height so that when seated, the press handles are close to shoulders.
3. Grasp the press handles with arms bent.
4. Keeping elbows out, extend arms upward at a smooth, moderate pace throughout the exercise movement.
5. Pause for a moment, then slowly return to the starting position.



### REVERSE FLY

1. Grasp the handles with hands facing inwards.
2. Pull hands out to side and back.
3. Keep arms slightly bent with motion occurring only at the shoulder joint.
4. Pause at the rear of the movement and slowly return to the starting position.