<table>
<thead>
<tr>
<th>Machine</th>
<th>Instructions</th>
<th>Set</th>
<th>Reps</th>
<th>Weight</th>
</tr>
</thead>
</table>
| Pulldown     | **Step 1**: Adjust seat height with lever under seat so handles are level with top of shoulders.  
**Step 2**: Grip handles while back is firmly against seat with chest up and shoulders back.  
**Step 3**: Press handles up with a full overhead position without locking (fully extending) elbows and return with a controlled movement. |     |      |        |
| Assist Dip/Chin | **Step 1**: Step up and rotate handles to inner or outer position. Grip handles and place knees on pad.  
**Step 2**: Lower body with a controlled movement-torso upright/shoulders back. Do not exceed your comfortable range of motion. Return slowly.  
**Step 3**: When finished, bring knee pad all the way up to bring weight stack to rest.  
**Step 4**: Carefully step backwards onto steps and back down to floor. |     |      |        |
| Hip Adduction | **Step 1**: Sit down with feet on foot pegs so knees are bent at a 90 degree angle.  
**Step 2**: Adjust range of motion with the lever on the side of machine.  
**Step 3**: Move the pads outward and return to starting position using a controlled movement. |     |      |        |
**Hip Abduction**

*Step 1*: Sit down with feel on foot pegs so knees are bent at a 90 degree angle.

*Step 2*: Adjust range of motion with the lever on the side of machine.

*Step 3*: Move the pads inward and return to starting position using controlled movement.

---

**Seated Leg Curl**

*Step 1*: Adjust back of seat to align pivot point at the knee and ankle pad to align with the back of the ankle.

*Step 2*: Adjust input for desired range of motion.

*Step 3*: With legs on top of ankle pad, lower the thigh pad comfortably against legs and grip handles.

*Step 4*: Slowly curl legs down and return to starting position using controlled movement.

---

**Leg Extension**

*Step 1*: Adjust back of seat to align pivot point at the knee and lower leg pad comfortably above ankle.

*Step 2*: Adjust input to desired range of motion.

*Step 3*: With thighs parallel and feet relaxed, slowly straighten legs to full extension.

*Step 4*: Return weight with controlled movement to starting position.

---

**Calf Extension**

*Step 1*: Sit in seat and place feet on foot platform.

*Step 2*: Adjust back pad so that knees are slightly bent while feet are on platform.

*Step 3*: Slowly extend ankles. Keeping lower back and hips against back pad, and return.
**Shoulder Press**

**Step 1:** Adjust seat height so handles are level with top of shoulders.

**Step 2:** Grip handles and sit firmly against back pad with chest up and shoulders back.

**Step 3:** Press handles up to a full over-head position without locking elbows and return.

---

**Seated Leg Press**

**Step 1:** Adjust start position for desired range of motion.

**Step 2:** Place feet on foot plate and grip handles.

**Step 3:** Slowly push against platform until knees are slightly bent, keeping lower back and hips against pads at all times.

**Step 4:** Return weight with controlled movement to starting position.

---

**Chest Press**

**Step 1:** Adjust seat height with lever under seat so legs are at a 90 degree angle or handles are at mid-chest.

**Step 2:** Grip the handles while elbows are slightly below shoulders.

**Step 3:** Use handle to adjust for desired range of motion.

**Step 4:** While keeping shoulders back against pad, press out to a fully extended arm position and return with a controlled movement.

---

**Row/Rear Deltoid**

**Step 1:** Adjust seat height to align mid-chest with top of chest pad.

**Step 2:** Adjust chest pad to allow arms to fully extend.

**Step 3:** Sit tall with head and chest up and grip desired handles.

**Step 4:** Pull handles back slowly until elbows are alongside body and return.
<table>
<thead>
<tr>
<th>Exercise</th>
<th>Step 1</th>
<th>Step 2</th>
<th>Step 3</th>
<th>Step 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pectorial Fly</td>
<td>Adjust seat height so elbows are slightly below shoulders.</td>
<td>Adjust start position using overhead range of motion adjustments for each arm.</td>
<td>Sit with chest up, shoulders back and grip vertical handles with elbows slightly bent. Pull handles together with a smooth motion.</td>
<td>Return weight with controlled movement to starting position.</td>
</tr>
<tr>
<td>Rear Deltoid</td>
<td>Adjust seat height so arms are parallel to floor while holding inside handles.</td>
<td>Sit facing pad and grip handles firmly.</td>
<td>With elbows bent slightly, rotate handles out and back, keeping elbows are grip height.</td>
<td>Return weight with controlled movement to starting position.</td>
</tr>
<tr>
<td>Triceps Press</td>
<td>Adjust seat height so you are able to comfortably grip handles.</td>
<td>Rotate both handles to inner or outer position.</td>
<td>While keeping back against pad and elbows close to side of body, slowly press handles down without locking elbows at bottom and return.</td>
<td></td>
</tr>
<tr>
<td>Biceps Curl</td>
<td>Adjust seat height so elbows align with pivot point (just off end of pad).</td>
<td>Grip handles firmly.</td>
<td>Keeping upper arms on pads, bend arms slowly to curled position and return.</td>
<td></td>
</tr>
<tr>
<td>Exercise</td>
<td>Steps</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------</td>
<td>-------</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| **Torso Rotation** | Step 1: Adjust seat position for desired range of motion. Place knees on the front edge of seat pad while facing chest pads.  
Step 2: Adjust chest support pad so that the center of the pads align with top of chest.  
Step 3: Grasp handles and rotate torso. Be sure knees are placed against support pads. Return slowly to starting position.  
Step 4: Rotate seat position to train opposite side of torso. |
| **Abdominal** | Step 1: Adjust seat height with lever under seat so legs are at 90 degree angle or the middle of torso is aligned with pivot point.  
Step 2: Place elbows on pads and grip handles.  
Step 3: Pull chest towards hips by contracting abdominals. Return to start position with controlled movement. |
| **Plate Loaded Shoulder Press** | Step 1: Load plates on each side for proper resistance  
Step 2: Adjust seat height so handles are level with top of shoulders.  
Step 3: Grip handles and sit firmly against back pad with chest up and shoulders back.  
Step 4: Press handles up to a full over-head position without locking elbows and return. |
| **Plate Loaded Front Pull Down** | Step 1: Load plates on each side for proper resistance  
Step 2: Adjust seat height so top of the chest pad is at mid chest and adjust thigh pads so they firmly in place over the thigh.  
Step 3: Grip handles with an underhand grip and sit.  
Step 4: Pull handles to shoulders and slowly return using controlled movement. |
### Plate Loaded Row

**Step 1:** Load plates on each side for proper resistance

**Step 2:** Adjust seat height based on your height and comfort. Place your feet on one of the two foot pegs for comfort and variety.

**Step 3:** Sit up tall and grip handles in the position desired.

**Step 4:** Pull handles to chest and slowly return using controlled movement.

### Plate Loaded Linear Leg Press

**Step 1:** Load plates on each side for proper resistance

**Step 2:** Adjust the back pad by pulling the lever, based on height and comfort. You may also adjust your range of motion on the center lever.

**Step 3:** Sit with back against the back pad and place your feet on foot plate, hip width apart. Push away slightly to release the rack mechanism.

**Step 4:** Grip handles, bend knees in, and press away.

### Calf Raise

**Step 1:** Load plates on each side for proper resistance

**Step 2:** Sit and position your feet onto the foot pad. Lower the knee pad to your thighs and sit up tall.

**Step 3:** Lift up and move release lever to the side.

**Step 4:** Grip handles. Slowly, lower and lift through heels, pushing up through the balls of your feet.

### Preacher Curl

**Step 1:** Load plates on each side for proper resistance

**Step 2:** Adjust seat for your height. Upper arms rest comfortably on the top of the pad and legs at a 90 degree angle.

**Step 3:** Elbows should align with the pivot point. Palms up and pull to shoulders with controlled movement and return to staring position.
Multi-Jungle Cable Pulley

There are many exercises that can be performed on the piece. To learn more, schedule a training appointment with one of our certified personal trainers.

Dual Adjustable Pulley

There are many exercises that can be performed on the piece. To learn more, schedule a training appointment with one of our certified personal trainers.

Flat Bench Press

For more information regarding this piece, schedule a training appointment with one of our certified personal trainers.

Incline Press

For more information regarding this piece, schedule a training appointment with one of our certified personal trainers.
Decline Press

*For more information regarding this piece, schedule a training appointment with one of our certified personal tainers.

Back Extension

*There are many exercises that can be performed on the piece. To learn more, schedule a training appointment with one of our certified personal tainers.

Decline Bench

*There are many exercises that can be performed on the piece. To learn more, schedule a training appointment with one of our certified personal tainers.

Adjustable Bench

*There are many exercises that can be performed on the piece. To learn more, schedule a training appointment with one of our certified personal tainers.