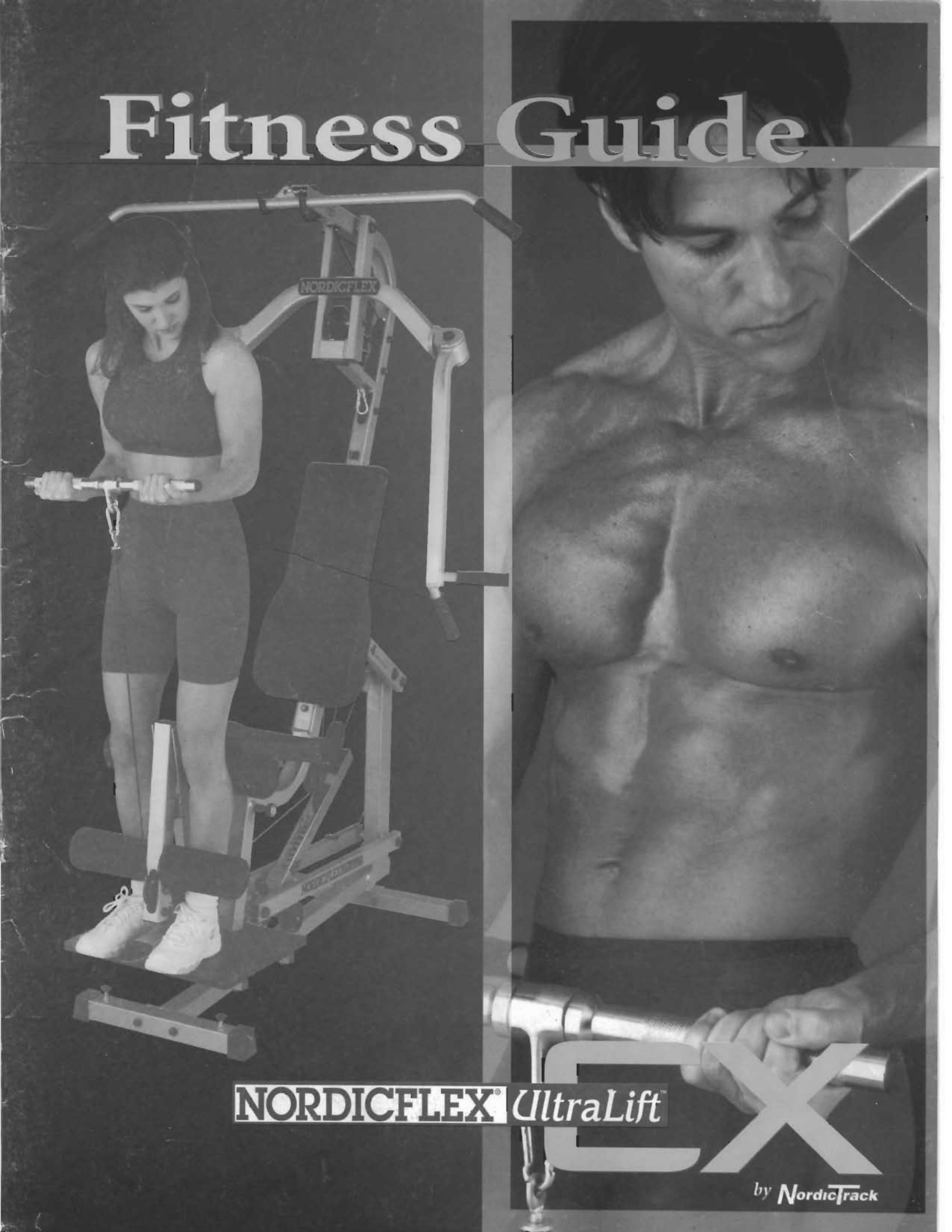
Fitness Guide



NORDICFLEX® UltraLift™ LX

by NordicTrack

Introduction

Introduction

In 1975, NordicTrack, Inc. began the fitness revolution with the introduction of the NordicTrack ski exerciser. Today, more than twenty years later, NordicTrack, Inc. is proud to continue leading the fitness revolution with the introduction of the NordicFlex® UltraLift CX™ strength trainer. The UltraLift CX strength trainer not only provides a superior workout by using your own weight as real weight resistance, but its converging access system also allows you to target and isolate particular muscles. The UltraLift CX™ strength trainer also promotes correct form with smooth, steady motion so you can work the targeted muscles better and get a superior workout.

To assist your exercise program, this fitness guide has been written to accommodate your fitness level and to help you achieve your fitness goals. Helpful information on choosing a program has been included on page 2 to assist you in customizing and perfecting the exercise program that best suits your fitness goals. Whether you would like to improve your golf game, or improve your personal appearance, sample programs have been included on pages 30–36 to tailor your workout to fit your lifestyle.

This guide illustrates 40 NordicFlex UltraLift CX™ exercises to help you perfect each exercise and work every major muscle group. In addition, each exercise includes an illustration showing the muscle group worked to help you locate and target areas of your body that you would like to improve the most. On page 5 is a muscle usage chart to further assist you in identifying which muscle groups are used for particular exercises.

For your convenience, the exercise resistance chart on page 6 has been included to help you determine the actual weight that you are lifting. The two blank columns in the chart are provided for you to document your own weight resistance figures.

Before you begin, please take a moment to familiarize yourself with some important exercise terms used throughout this fitness guide:

Converging Axis – allows the end user to isolate and fatigue specific muscles and muscle groups more effectively using a wider range of exercise motion.
Repetition – the single performance of an exercise
Set – an uninterrupted series of repetitions.

Please reveiw the important safety information on page 3 and the stretching guidelines on page 4 to ensure that the exercise program you choose and perform is safe, effective and right for you.

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* (A) and (B): "A" refers to all exercises using the lat bar and the tricep strap/abdominal strap. "B" refers to all exercises using the press bar and leg exerciser. "Off" refers to all exercises performed off of the machine. These codes will be used in the *Exercise Resistance Chart* on page 6.

Programs

Strength-Training Programs

Choose a Program

Each program is designed to accommodate a wide range of endurance and strength levels. This allows you to create your own program based on the guidelines of the recommended programs. Vary the number of sets, change the number of repetitions and vary the percentage of your body weight lifted to most closely suit your existing strength level and training objectives. You may also wish to add or substitute exercises to your program.

Perform the minimum number of sets and repetitions outlined in the program you have chosen. Gradually add to the number of sets and repetitions as your strength and endurance improves.

Customize Your Strength-Training Program

As you become familiar with the various NordicFlex® UltraLift™ exercises, you may discover that you prefer some exercises more than others. You may wish to replace one of the exercises included in the program with an exercise that more closely matches your needs and training objectives. It is important to replace an exercise with an appropriate substitute.

Each exercise is identified as a part of one of six muscle groups: arms, legs, chest, back, shoulders or abdominals. If you choose to make an exercise substitution, replace the recommended exercise with one from the same muscle group.

Steps for Customizing a Program

- Begin your workout by performing the largest muscle group exercises first, and then work toward the smallest muscle group exercise. For example, the chest press (which works the entire chest) should be performed before the incline chest press (which works the upper portion of the chest). The reason you should begin by working large muscle groups is because the smaller muscle groups may fatigue before the larger groups – you may tire before your chest gets a complete workout. As a result, the larger muscle groups will not be worked to their fullest potential. You can choose to perform your abdominal exercises at either the beginning or end of your routine.
- Move from multi-joint exercises toward single joint exercises. For example, you should perform Dead Lifts before Calf Raises. Dead Lifts involve the joints in your hips, knees and ankles. The Calf Raise involves your ankles only.
- Develop a balanced program. Do not overdevelop one muscle group while neglecting another muscle group. Balance your muscle strength in the front and back of your torso, arms and legs. In addition, you need to balance the strength in your upper and lower body. Model your program after our recommended programs which were designed to create balanced muscle development.
- Depending on your goals, select a program level that will best suit your needs. There are three program levels: the Strength Level for building mass, bulk and size; the Endurance Level for muscle definition, toning, shaping and minimal size; and the Combination Level which balances the other two levels for optimal balance of muscular strength and endurance. All recommended programs in this guide are based on the Combination Level, but you may customize your program using any or all three levels.

Program Levels	Strength	Combination	Endurance
Sets	1-3+	1-3+	1-3+
Reps	3-7	8-12 (15)	15-20
Resistance	High	Moderate	Low
Rest between sets/exercises	3 minutes	1-1.5 minutes	15-30 seconds
Rest between muscle groups	48-72 Hours	48-72 Hours	48-72 Hours

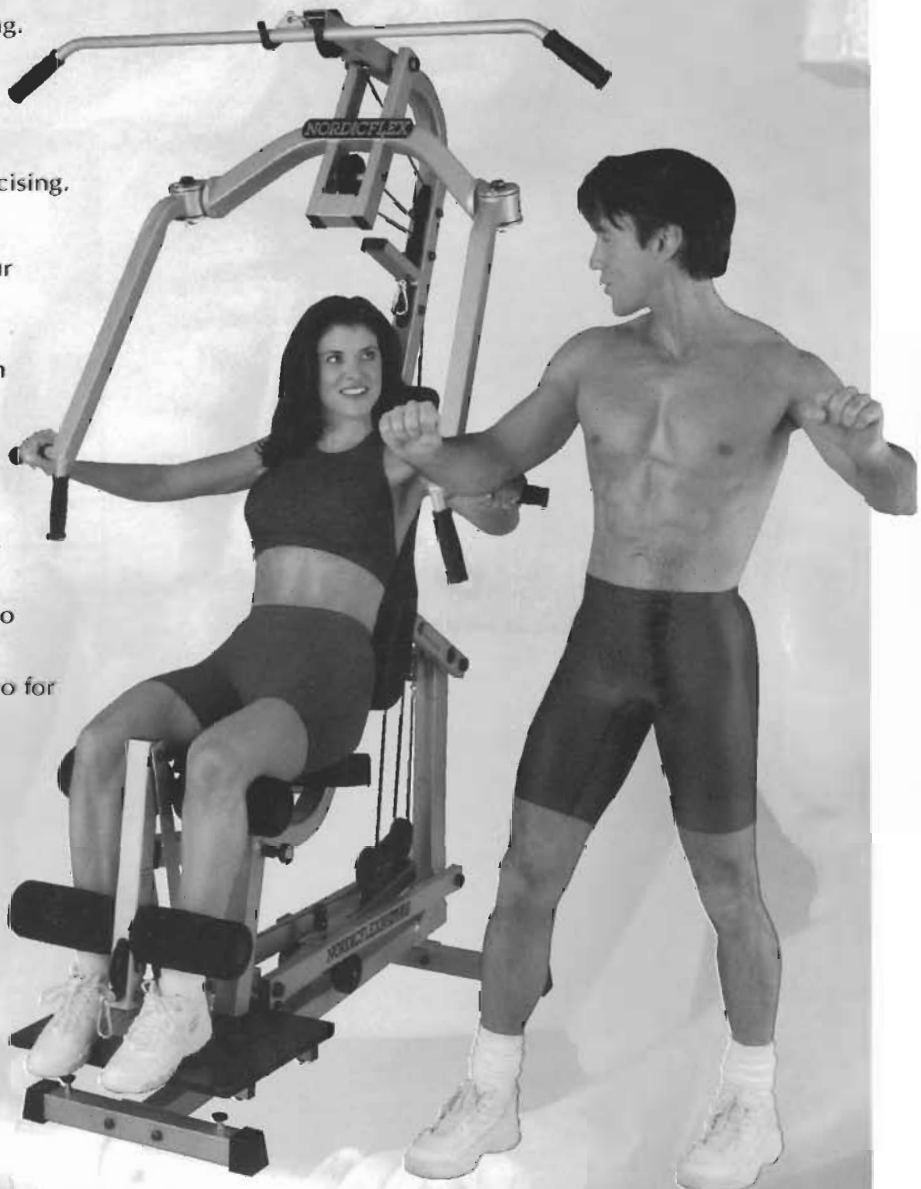
Guidelines:

- Strength train a minimum of two times per week, and do not perform the same exercises two days in a row.
- If you can do more than the recommended reps on the last set of your exercise before fatiguing, increase your resistance one level.

Safety Information

Strength Training And Safety Tips:

- Keep children and pets away from the exerciser at all times.
- Consult your physician before beginning any exercise program.
- Work both sides of your body equally.
- Stop exercising if you feel pain or discomfort.
- Do not train when you don't feel well.
- Maintain regular training days.
- Wait one or two hours after eating before exercising.
- Make sure there is enough space to perform all of the exercises.
- Stretch before and after each training session.
- Make sure cables are properly aligned before exercising.
- Periodically check the cables for wear.
- For best training results, allow 48-72 hours for your muscles to recover between workouts.
- Always use the proper form. Never sacrifice the proper form in order to lift more weight or perform more repetitions.
- Complete the entire range of motion for each exercise.
- To ensure the stability of your UltraLift CX, do not exceed hole position 6 when performing exercises off the machine.
- Always adjust the seat to fit you comfortably and to ensure that the press bar clears your head.
- Refer to your NordicFlex UltraLift CX training video for demonstrations of the proper form for all of the exercises.



Warm-up & Stretch

A warm-up routine prepares your body and mind for vigorous exercise. It also provides insurance against injury and soreness. Warm up with two to five minutes of slow aerobic exercise such as cross country skiing, walking or biking, at minimal resistance. Stretching also prepares your muscles for the activity they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury and also increases muscle performance. Perform the following stretches before and after each workout session. Hold each stretch for 15 to 30 seconds. Do not bounce.

Shoulder Stretch

Gently pull your elbow across your chest.

Back and Arm Stretch

Pull your elbow behind your head. Keep your head and hips facing forward.

Calf Stretch

Extend one leg behind you; keep that heel on the floor. Lean forward using a wall to maintain your balance.

Quadricep Stretch

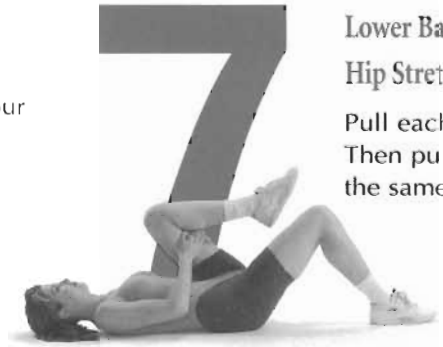
Pull your heel slowly towards your buttocks.

Inner Thigh Stretch

Put the bottoms of your feet together. Press your knees towards the floor.

Hamstring Stretch

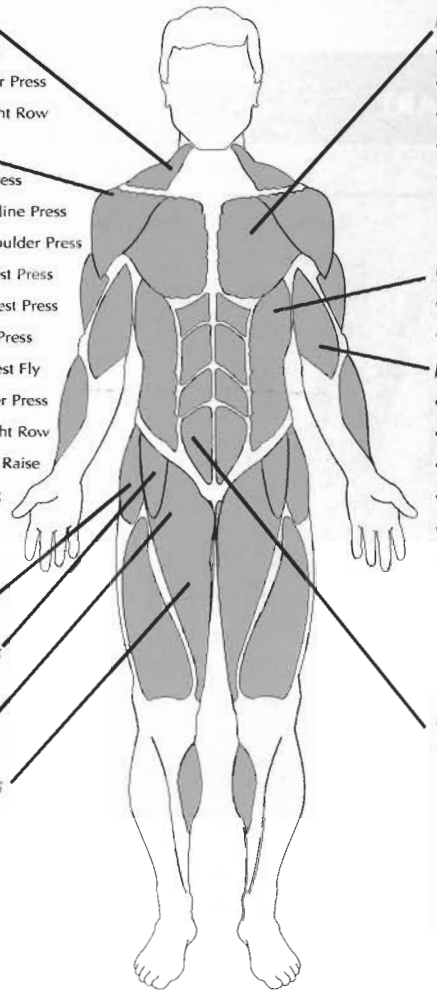
Position your legs as shown and bend forward from your hips. Be sure to keep your back straight.



Lower Back and Hip Stretch

Pull each knee to your chest separately. Then pull both knees to your chest at the same time.

Muscle Usage



Trapezius
- Shoulder Shrug
- Seated Shoulder Press
- Standing Upright Row

Deltoids
- Seated Chest Press
- Converging Incline Press
- Converging Shoulder Press
- Close Grip Chest Press
- Converging Chest Press
- Seated Incline Press
- Single Arm Chest Fly
- Seated Shoulder Press
- Standing Upright Row
- Front Shoulder Raise
- Shoulder Shrug
- Chest Fly
- Lateral Raise

Abductors
- Hip Abduction

Hip Flexors
- Hip Flexion

Adductors
- Hip Adduction

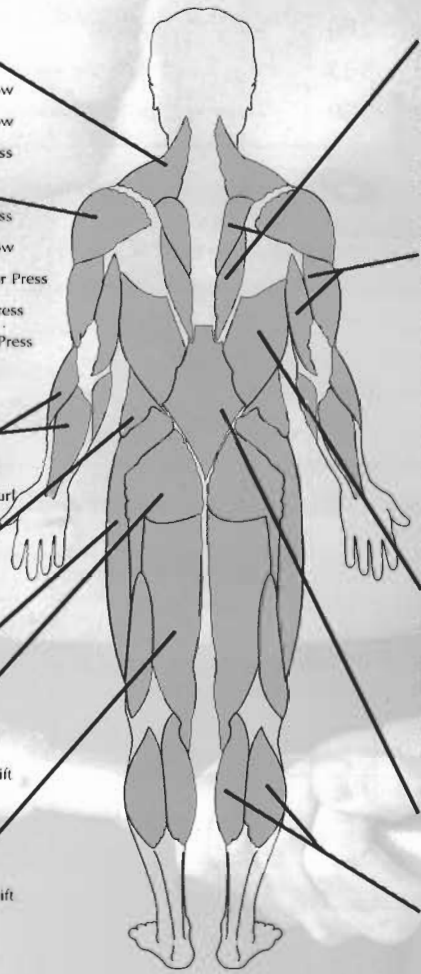
Quadriceps
- Leg Extension
- Dead Lift

Pectorals
- Close Grip Chest Press
- Seated Chest Press
- Seated Incline Press
- Single Arm Chest Fly
- Converging Chest Press
- Converging Incline Press
- Chest Fly

Obliques
- Side Bend
- Oblique Crunch

Biceps
- Rear Lat Pulldown
- Reverse Lat Pulldown
- Front Lat Pulldown
- Bent-Over Row
- Standing One Arm Mid-Row
- Standing Upright Row
- Standing Bicep Curl
- Standing Reverse Curl
- Concentration Curl
- Mid-Pulley Row

Rectus Abdominis
- Abdominal Crunch



Trapezius
- Shoulder Shrug
- Standing Upright Row
- Standing Upright Row
- Seated Shoulder Press

Deltoids
- Seated Shoulder Press
- Standing Upright Row
- Converging Shoulder Press
- Converging Chest Press
- Converging Incline Press
- Shoulder Shrug
- Lateral Raise
- Bent-Over Raise

Forearms
- Standing Reverse Curl
- Reverse Wrist Curl

Obliques
- Oblique Crunch
- Side Bend

Abductors
- Hip Abduction

Gluteals
- Straight-Leg Dead Lift
- Hip Extension
- Dead Lift

Hamstrings
- Straight-Leg Dead Lift
- Leg Curl
- Dead Lift

Rhomboids
- Bent-Over Row
- Standing One Arm Mid-Row
- Mid-Pulley Row
- Rear Lat Pulldown
- Reverse Lat Pulldown
- Front Lat Pulldown

Triceps
- Close Grip Chest Press
- Seated Chest Press
- Seated Incline Press
- Seated Shoulder Press
- Standing Tricep Pushdown
- Overhead Tricep Extension
- Tricep Kick-Back
- Converging Chest Press
- Converging Shoulder Press
- Converging Incline Press

Latissimus Dorsi
- Rear Lat Pulldown
- Reverse Lat Pulldown
- Front Lat Pulldown
- Bent-Over Row
- Mid-Pulley Row
- Standing One Arm Mid-Row

Erector Spinae
- Dead Lift
- Straight-Leg Dead Lift

Gastrocnemius
- Calf Raise

Exercise Resistance

EXERCISE RESISTANCE CHART

	1		2	3		4		5		6		Personal Data			
Resistance	% of body weight		Low pulley exercises off the machine	User's weight 125 lbs.		User's weight 150 lbs.		User's weight 175 lbs.		User's weight 200 lbs		Person #1 weight		Person #2 weight	
	(A)	(B)		(A)	(B)	(A)	(B)	(A)	(B)	(A)	(B)	(A)	(B)	(A)	(B)
1	10	8	6	13	10	15	12	18	14	20	16				
2	14	16	10	18	20	21	24	25	28	28	32				
3	16	22	13	20	28	24	33	28	39	32	44				
4	20	30	16	25	38	30	45	35	53	40	60				
5	22	40	19	28	50	33	60	39	70	44	80				
6	24	52	20	30	65	36	78	42	91	48	104				
7	28	64	—	35	80	42	96	49	112	56	128				
8	36	72	—	45	90	54	108	63	126	72	144				
9	38	85	—	48	106	57	128	67	149	76	170				
10	44	92	—	55	115	66	138	77	161	88	184				
11	54	110	—	68	138	81	165	95	193	108	220				
12	62	—	—	78	—	93	—	109	—	124	—				
13	80	—	—	100	—	120	—	140	—	160	—				
14	100	—	—	125	—	150	—	175	—	200	—				
15	120	—	—	150	—	180	—	210	—	240	—				

This chart is an average sampling. The weight of the machine is included to determine the resistance and is a greater percentage of resistance for a lighter person than it is for a heavier person. In addition to the chart above, the electronics will calculate the amount of resistance you lift.

- **Column 1** is a reference column used to determine the percentage of resistance for all exercises.
- (A) columns are the resistance figures for all lat bar and tricep strap/abdominal strap exercises*.
- (B) columns are the resistance figures for all press bar and leg exercises*.
- **Column 2** lists the resistance for all low pulley exercises performed off of the machine. The resistance is the same for all users. Only the first six hole positions may be used. Therefore, no computation is available after hole position 6.
- **Columns 3 through 6** are the actual weight resistance figures for users of 125 pounds, 150 pounds, 175 pounds and 200 pounds.
- The last two columns are not completed. These columns are provided for you to determine your own weight resistance figures. For the press bar and leg curl exercises (B), multiply the percentage from column 1B with your body weight. To determine the resistance for all pull down and abdominal strap exercises (A), multiply the percentages from column 1A with your body weight.

  Example: A 200 lb. person performing the chest press (B) at level 6 lifts 104 lbs. which is 52% of the person's body weight.

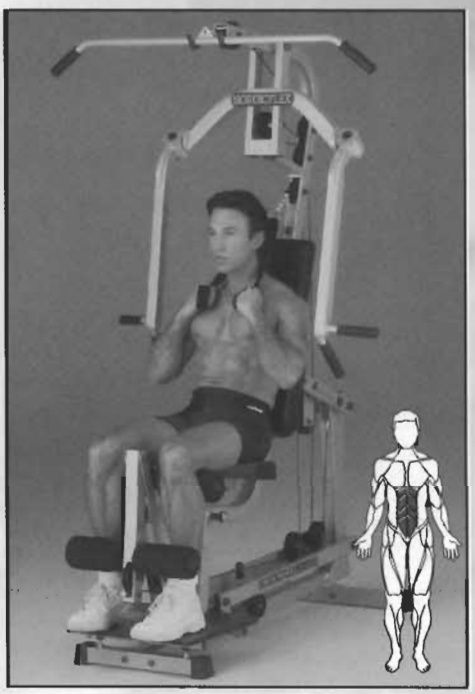
* See the table of contents for more information on which exercises are (B), which exercises are (A) and which exercises are (OFF).

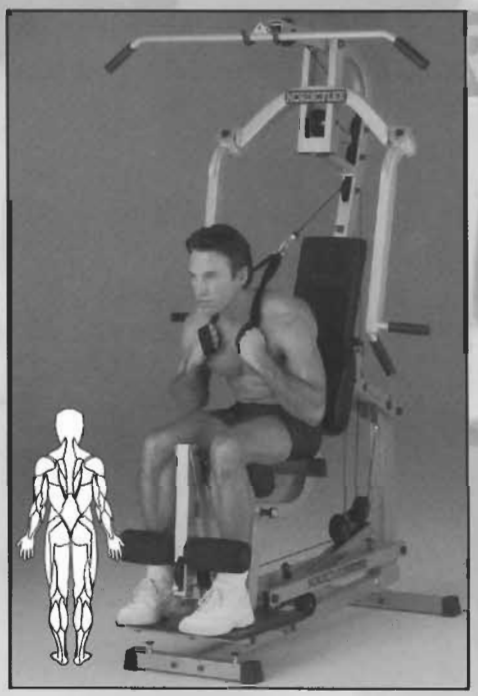
Abdominal Crunch

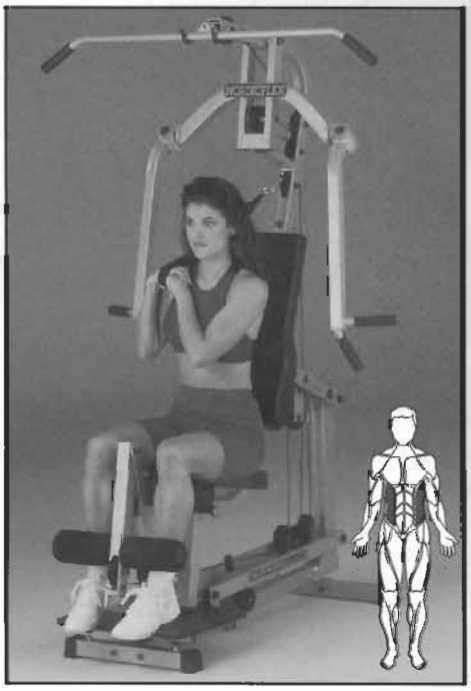
- Lower the seat to the lowest level.
- Grasp the tricep strap/abdominal strap from behind with both hands. Rest your hands near your shoulders.
- Exhale as you crunch your body forward and down.
- Inhale as you slowly return to the starting position in a controlled manner.

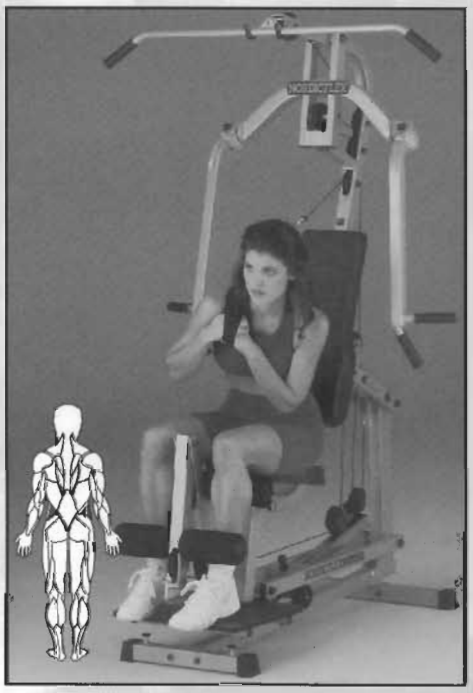
Muscles Used:

- Rectus Abdominous









Oblique Crunch

- Grasp the tricep strap/abdominal strap from over one shoulder with both hands.
- Lean forward to one side as you exhale.
- Inhale as you slowly return to the starting position in a controlled manner.

Muscles Used:

- Obliques

TIP

Keep your head in line with your back while performing the exercise.

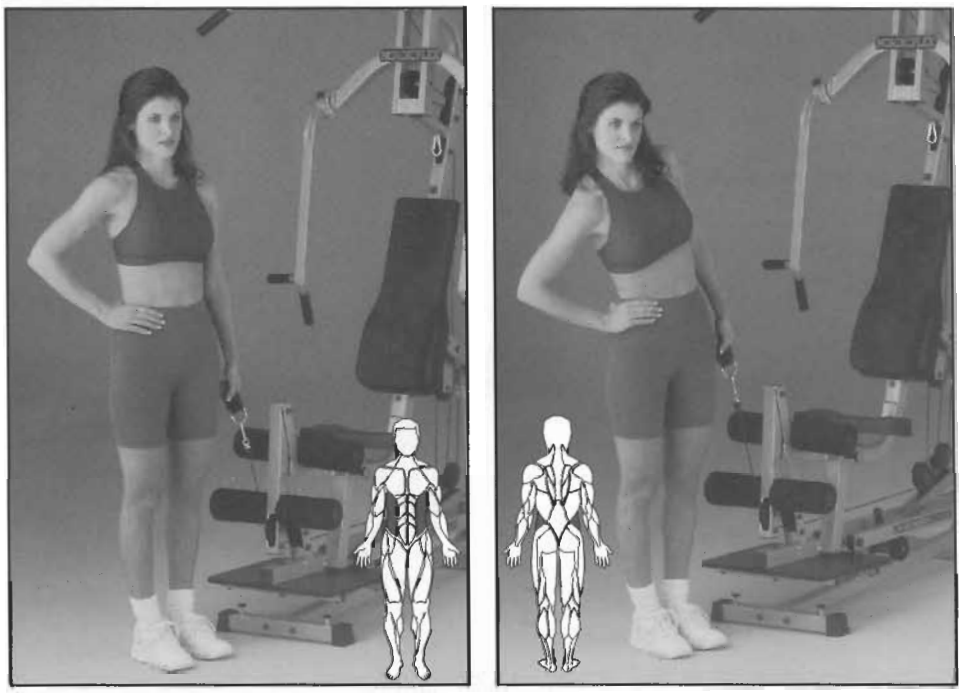
Abdominals

Side Bends

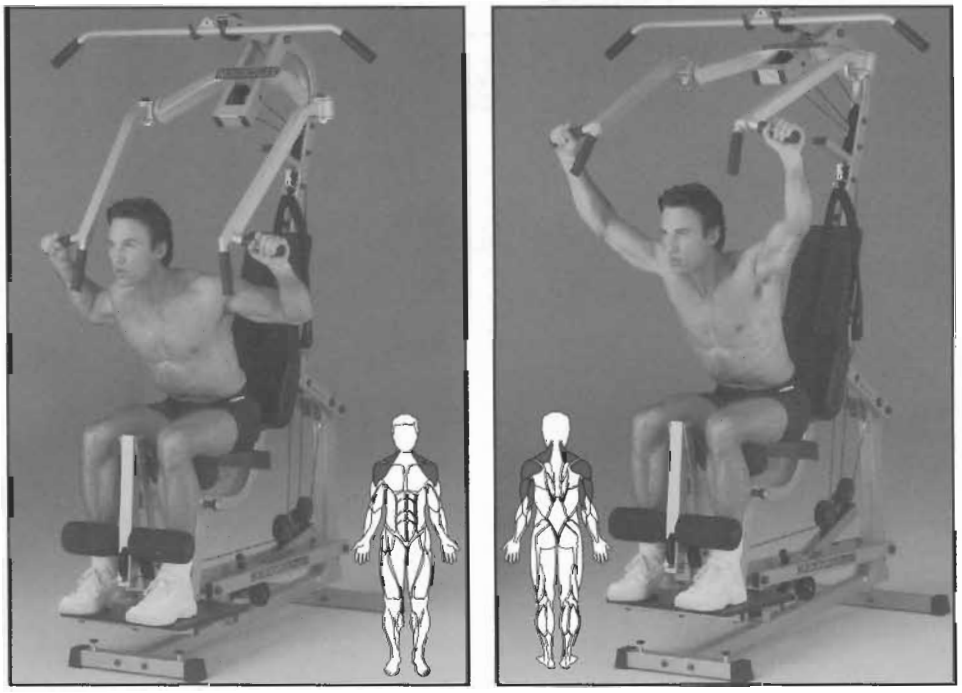
- Grasp the ankle strap with the extension cable with one hand. Keep your knees slightly bent.
- Lean towards the machine to start and then move your torso upward and away from the machine.
- Move only your waist from side to side. Do not twist.

Muscles Used:

- Obliques



Shoulders



Seated Shoulder Press

- Insert the detent pins.
- Sit on the machine with your back against the back pad.
- Hold the press bar handles and lean forward from the hips keeping your back straight. The pressing movement will be directly overhead.
- Exhale as you push the press bar away from your body to a full extension.
- While inhaling, return to the starting position in a controlled manner.

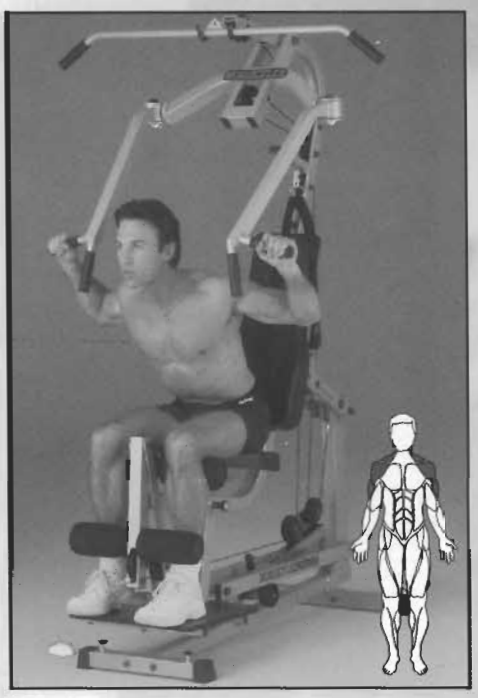
Muscles Used:

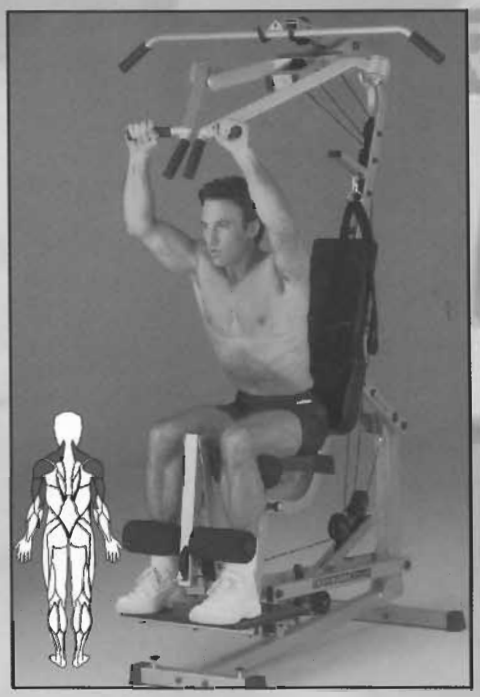
- Deltoids
- Trapezius
- Triceps

TIP

Keep your head in line with your back while performing the exercise.

Converging Shoulder Press

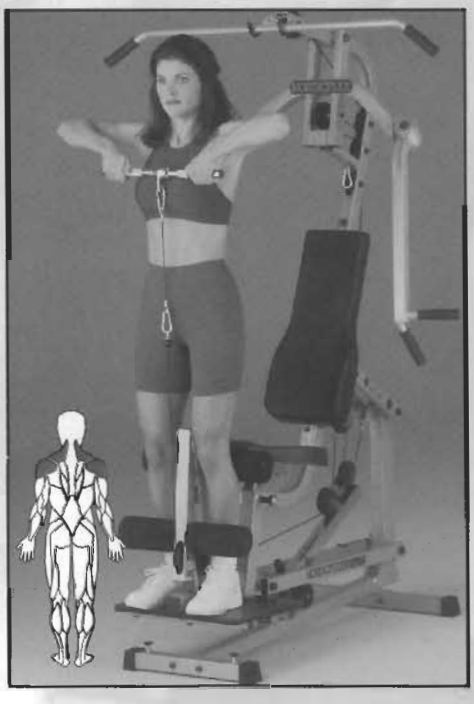




- Remove the detent pins from the press arms.
- Sit on the machine with your back against the back pad.
- Hold the horizontal press bar handles and lean forward from the hips keeping your back straight. The pressing movement will be directly overhead.
- Exhale as you push the horizontal press bar handles away from your body and bring them together.
- While inhaling, return to the starting position in a controlled manner.

Muscles Used:

- Trapezius
- Triceps
- Deltoids



Upright Row

- Connect the curl bar with the extension cable to the low pulley in front of the machine.
- Stand on the platform with your ankles behind the lower pads. Keep your body straight. Bend your knees slightly.
- Exhale as you pull the bar up until it is just below your chin. Your elbows should be parallel to your shoulders at the top position.
- Inhale as you slowly return to the starting position.

Muscles Used:

- Deltoids
- Trapezius
- Biceps

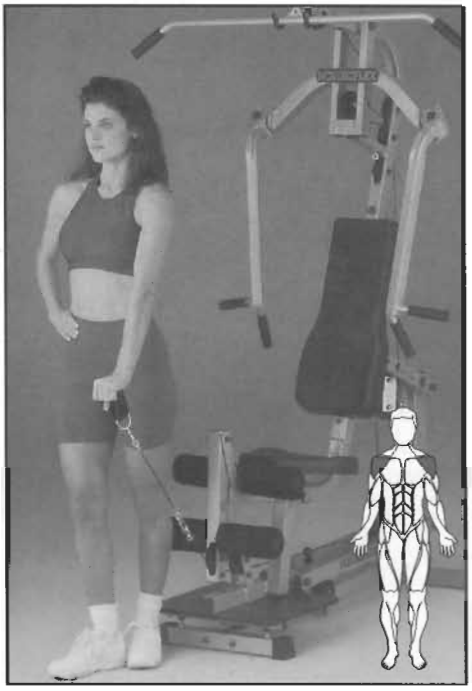
Shoulders

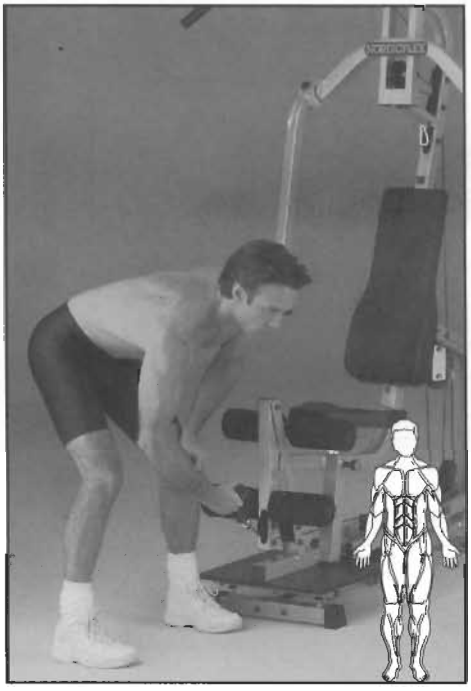
Front Shoulder Raise

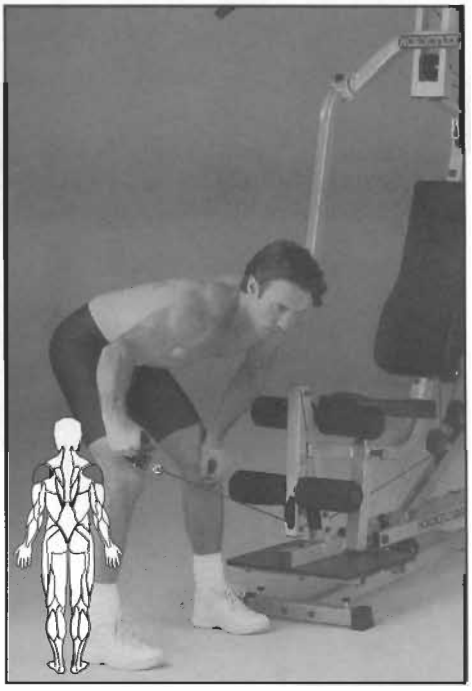
- Attach the ankle strap with the extension cable to the low pulley on the front of the machine. The ankle strap will be used as a handle during this exercise.
- Grasp the strap with the palm facing down. Keep your back straight and your arm slightly bent at the elbow. Do not exceed position 6 for this exercise.
- Exhale as you raise your arm to just above shoulder level.
- Inhale as you lower your arm to the starting position.
- Complete one set, then repeat with the opposite arm.

Muscles Used:

- Deltoids (front)







Bent-Over Raise

- Stand in front of the machine. Lean forward at the hips, bending at the knees.
- Grasp the ankle strap like a handle with your outside hand.
- Maintain a slight bend in the arm and pull the strap across your body. Do not exceed position 6 for this exercise.
- Complete one set and repeat with the other side.

Muscles Used:

- Deltoids (rear)

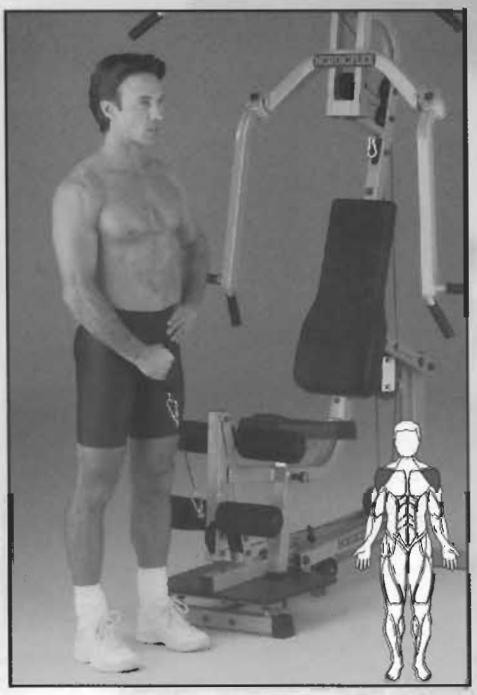
Lateral Raise

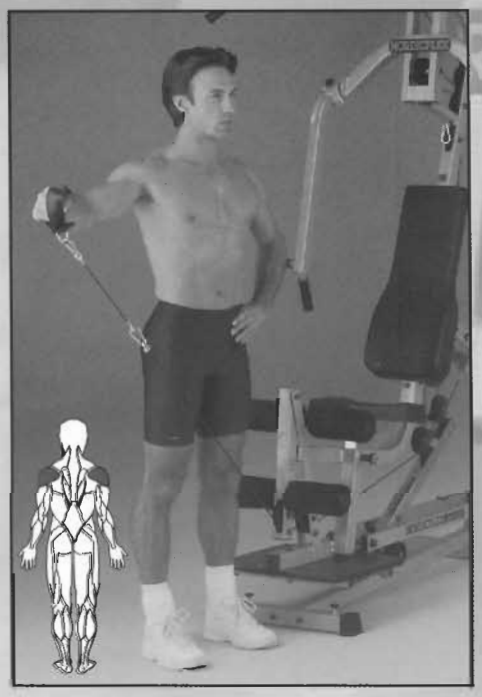
- Attach the ankle strap with the extension cable to the low pulley on the front of the machine. The ankle strap will be used as a handle during this exercise.
- Grasp the strap with your outside hand.
- Raise your arm out to the side to just about shoulder level. Do not exceed position 6 for this exercise.
- Complete one set and repeat with the other side.

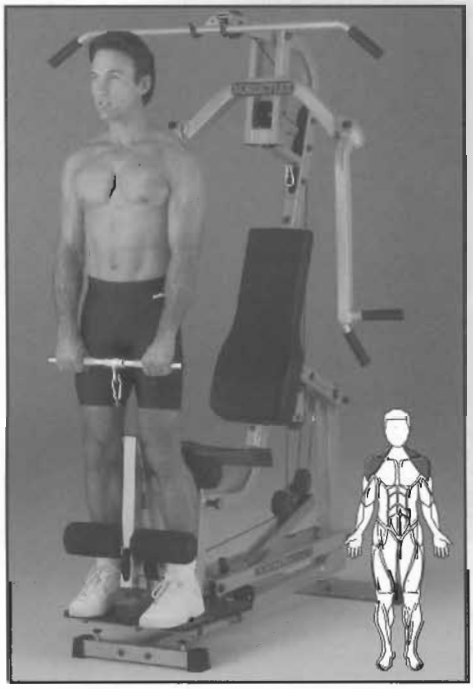
Muscles Used:

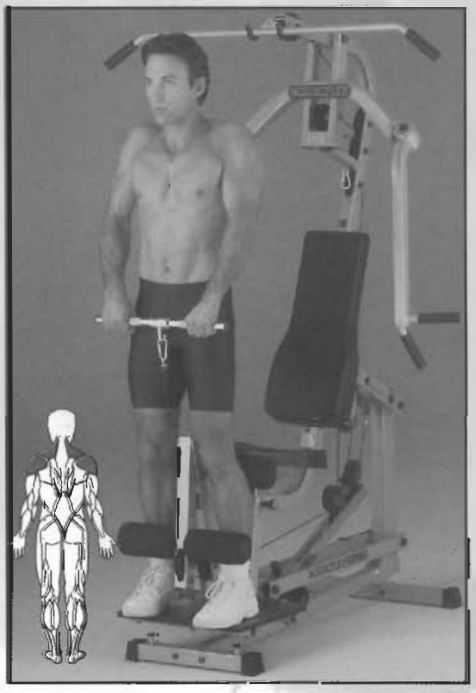
- Deltoids (front and rear)

TIP
No movement at elbow – just raise arm laterally with shoulder.









Shoulder Shrugs

- Connect the curl bar with the extension cable to the low pulley in front of the machine.
- Stand on the platform and grasp the curl bar with the extension cable.
- Slowly raise your shoulders as you exhale.
- Inhale as you drop your shoulders back down.

Muscles Used:

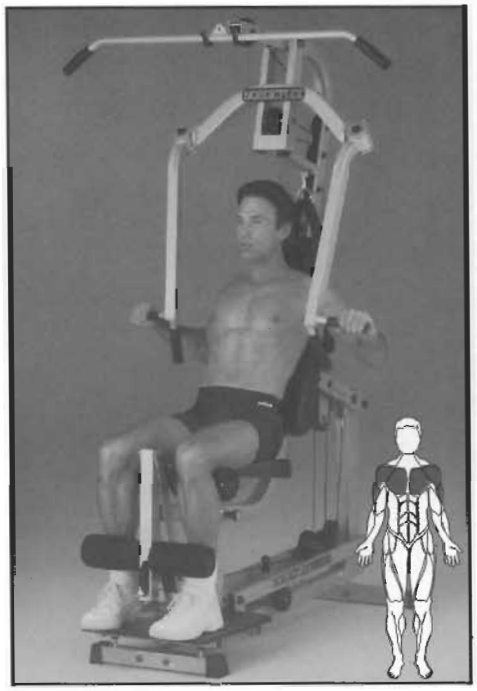
- Deltoids
- Trapezius

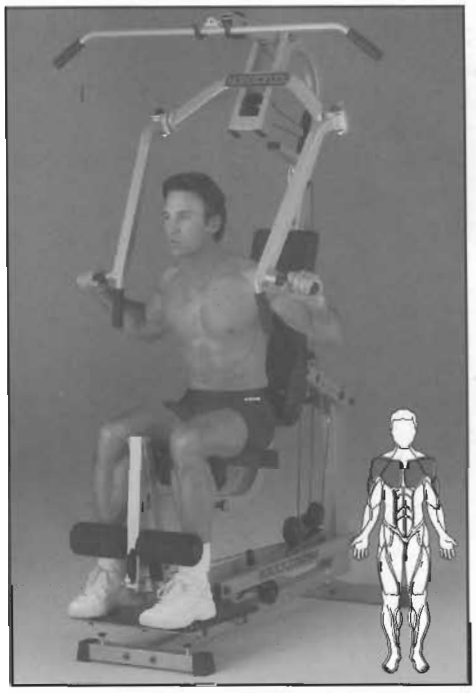
Seated Chest Press

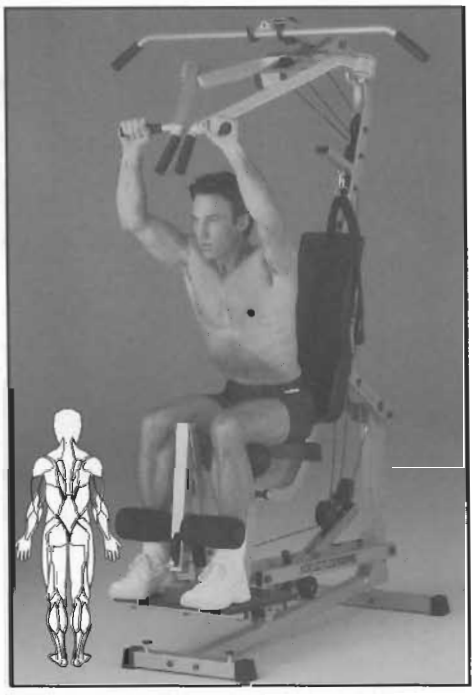
- Insert the detent pins.
- Adjust the seat so that the press bar handles are aligned with the middle of your chest.
- Press your back firmly against the back pad. Exhale as you push the press bar away from you.
- Inhale as you return to the starting position.

Muscles Used:

- Pectorals
- Triceps
- Deltoids







Converging Incline Chest Press

- Remove the detent pins from the press arms.
- Adjust the seat so that the press bar handles are aligned with the middle of your chest.
- Sit on the machine with your back against the back pad.
- Hold the horizontal press bar handles and lean forward from the hips keeping your back straight.
- Exhale as you push the horizontal press bar handles away from you and bring them together.
- Inhale as you return to the starting position.

Muscles Used:

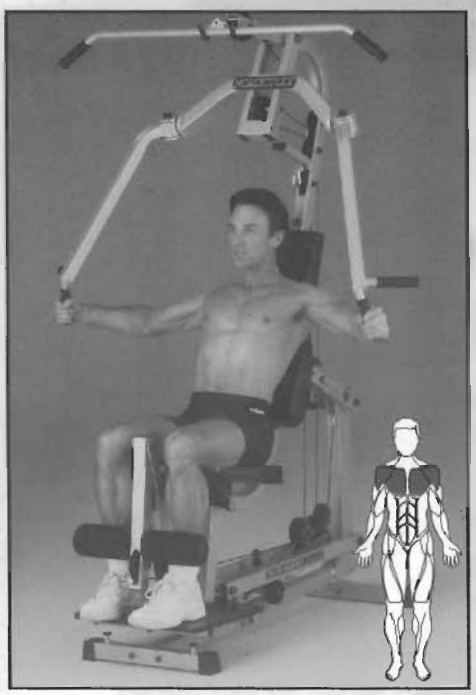
- Pectorals
- Triceps
- Deltoids

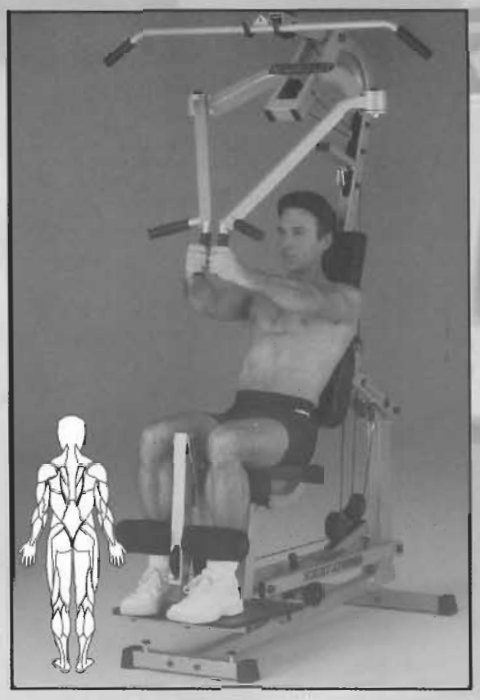
Chest fly

- Remove the detent pins from the press arms.
- Adjust the seat so that the vertical press bar handles are aligned with the middle of your chest.
- Press your back firmly against the back pad. Exhale as you push the vertical press bar handles away from you and bring them together.
- Inhale as you return to the starting position.

Muscles Used:

- Pectorals
- Triceps
- Deltoids





Close Grip Chest Press

- Remove the detent pins from the press arms.
- Adjust the seat so that the horizontal press bar handles are aligned with the middle of your chest.
- Hold the horizontal press arm handles close together.
- Press your back firmly against the back pad. Exhale as you push the press bar away from you.
- Inhale as you return to the starting position.

Muscles Used:

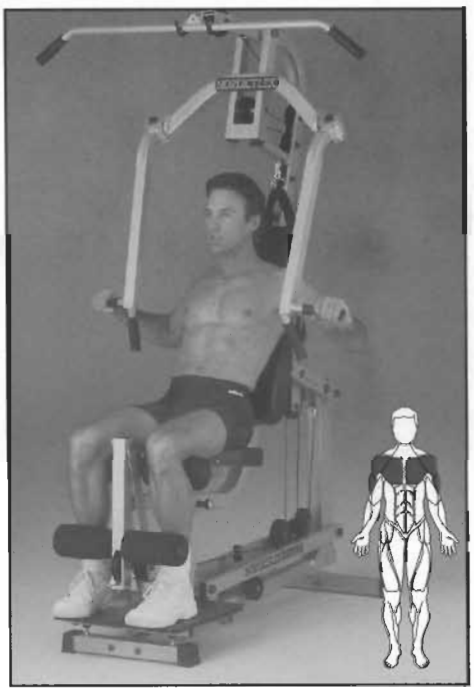
- Pectorals
- Triceps
- Deltoids

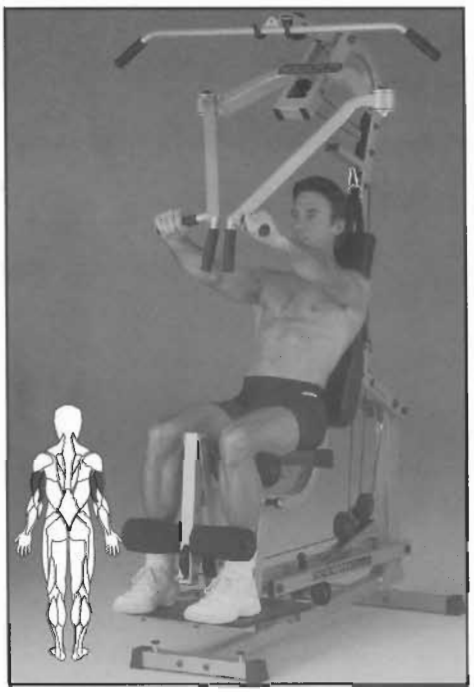
Converging Chest Press

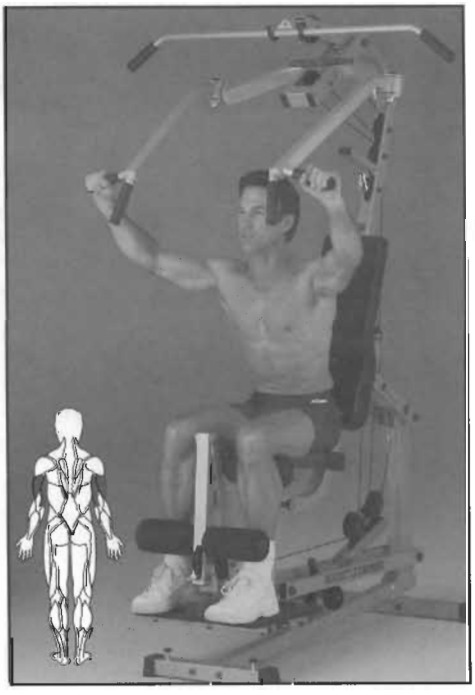
- Remove the detent pins from the press arms.
- Adjust the seat so that the press bar handles are aligned with the middle of your chest.
- Sit on the machine with your back against the back pad.
- Hold the horizontal press bar handles and lean forward from the hips keeping your back straight.
- Exhale as you push the horizontal press bar handles away from you and bring them together.
- Inhale as you return to the starting position.

Muscles Used:

- Pectorals
- Triceps
- Deltoids







Seated Incline Press

- Insert the detent pins.
- Adjust the seat pad so the press bar handles are in line with the middle of your chest.
- Lean your upper body slightly forward, keeping your back straight.
- Exhale as you push the press bar away from your body to a full extension.
- Do a full extension. Inhale as you return to the starting position.

Muscles Used:

- Pectorals
- Triceps
- Deltoids

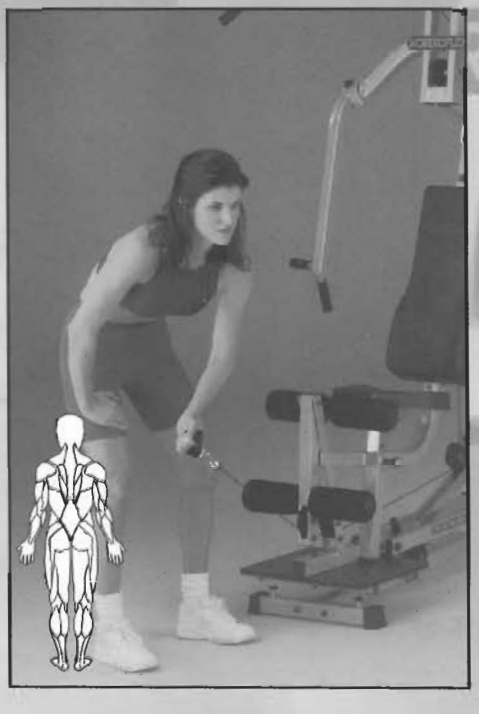
Never sacrifice form in order to lift more weight or perform more repetitions. Proper form works the targeted muscle groups more effectively.

Single Arm Chest Fly

- Stand in front of the machine. Lean forward at the hips, slightly bending at the knees.
- Grasp the ankle strap with your inside hand.
- Pull the strap up and across your body. Do not exceed position 6 for this exercise.
- Repeat with the other side.

Muscles Used:

- Pectorals
- Deltoids



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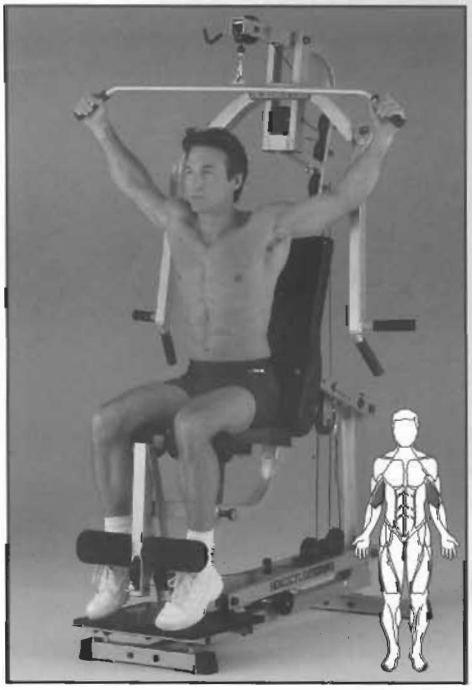
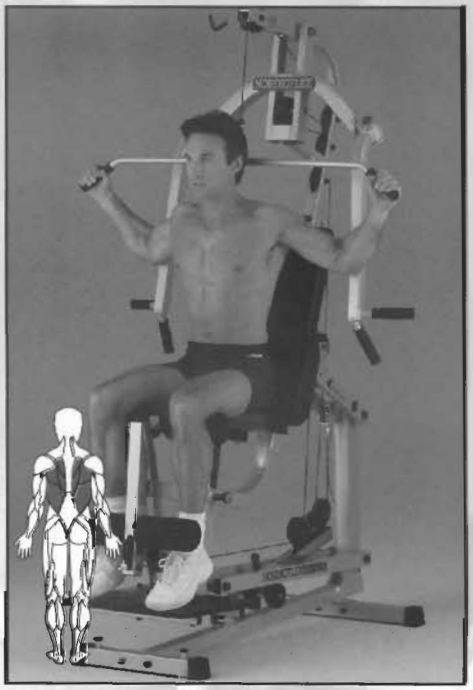




Rear Lat Pulldown

- Grasp the lat bar at both ends.
- While sitting with your back slightly off the back pad, exhale as you pull the bar down clearly behind your head. Stop before touching the back of your neck.

Muscles Used:

- Biceps
- Rhomboids
- Latissimus Dorsi

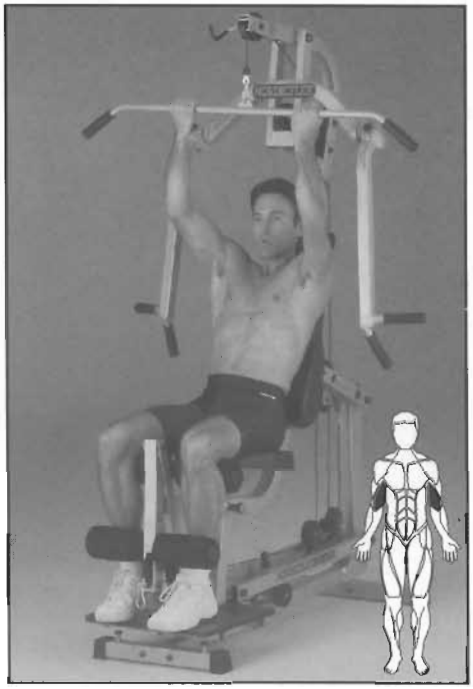
Remember:
All exercise movements are slow and controlled.

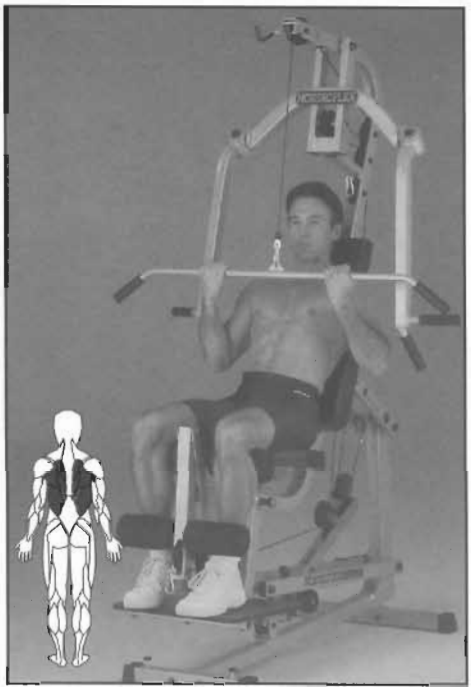
Reverse Lat Pulldown

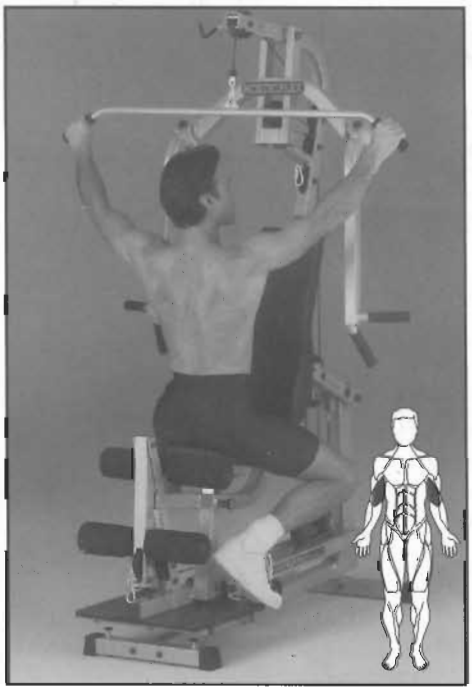
- Grasp the lat bar with an underhand grip near the center of the lat bar.
- While sitting with your back firmly against the back pad, exhale as you pull the bar down to the front of your chest.

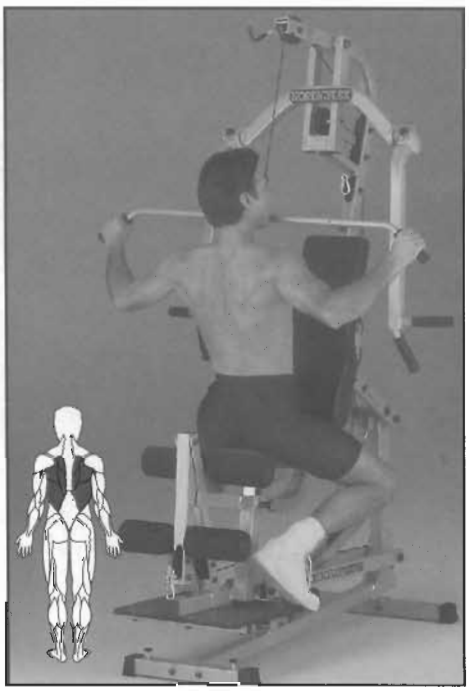
Muscles Used

- Latissimus Dorsi
- Biceps
- Rhomboids









Front Lat Pulldown

- Sit facing the back pad.
- Grasp the lat bar at both ends, with palms down.
- While sitting, exhale as you pull the bar down in front of your chest.

Muscles Used

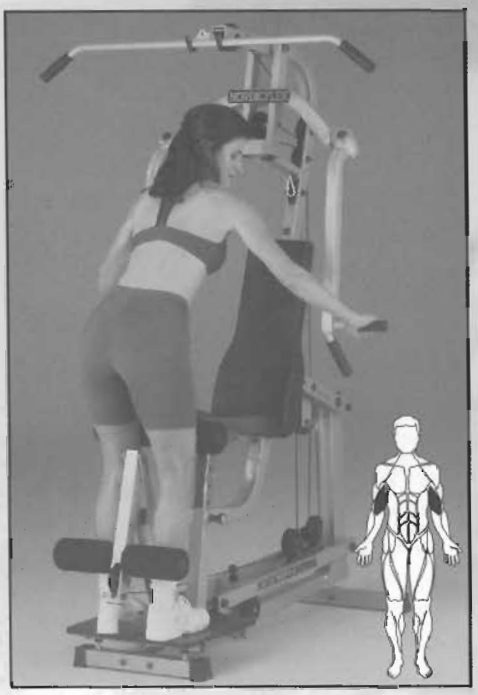
- Latissimus Dorsi
- Biceps
- Rhomboids

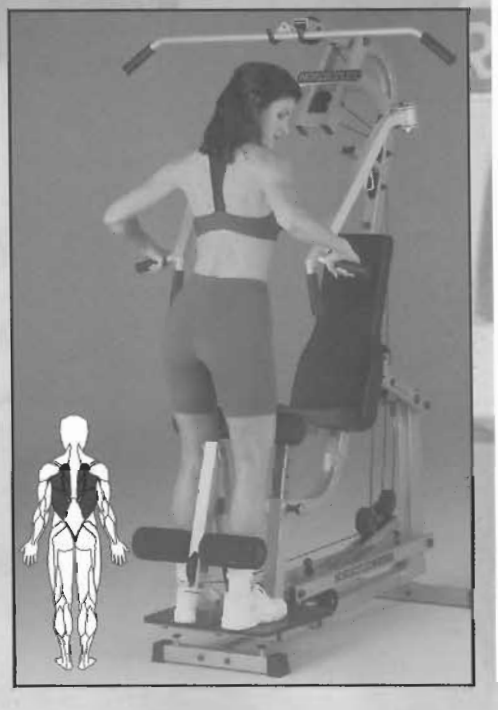
Bent-Over Row

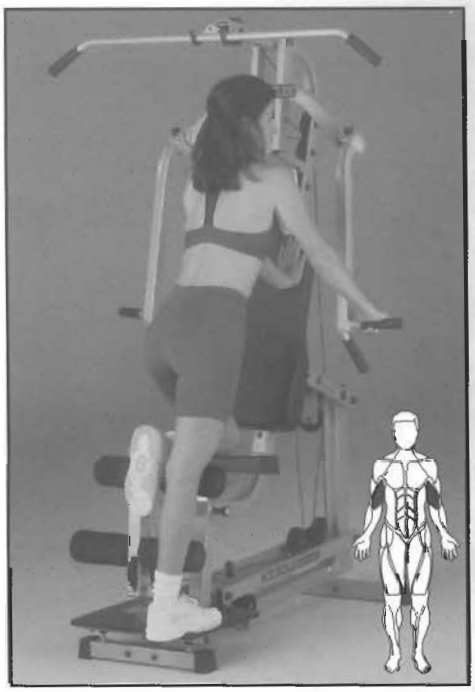
- Insert the detent pins.
- Stand on the platform facing the back pad. Grasp the press bar handles, with palms down.
- Use the upper pads as support against your legs, either just above or just below your knees
- Bend at the knees and keep your back straight. Pull the press arm toward your body as you exhale.
- Inhale as you return to the starting position.

Muscles Used

- Latissimus Dorsi
- Biceps
- Rhomboids







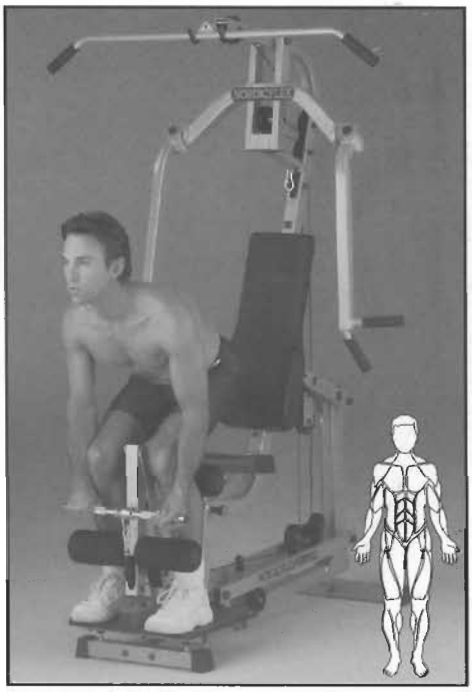
Standing One Arm Mid-Row

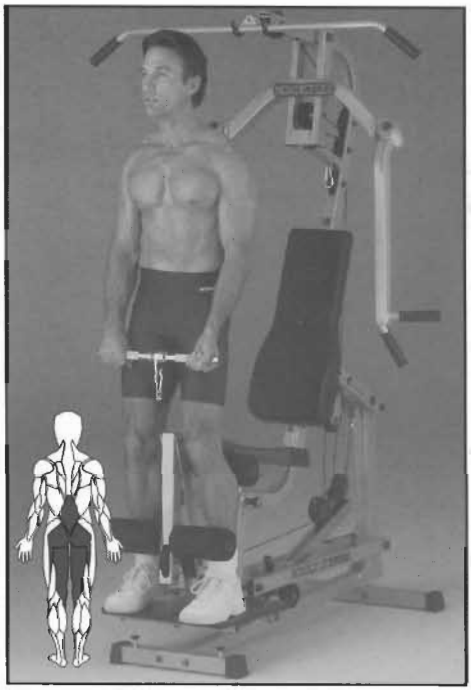
- Insert the detent pins.
- Kneel onto the upper pad with one knee.
- Grasp the press bar with one hand.
- Place your free hand against the upper portion of the back pad for support.
- Pull the press bar toward your body.
- Inhale as you return to the starting position.

Muscles Used:

- Latissimus Dorsi
- Rhomboids
- Biceps

Straight-Leg Dead Lift

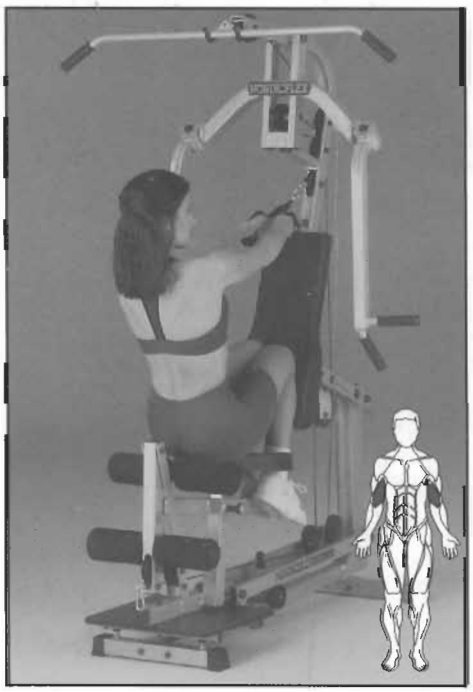


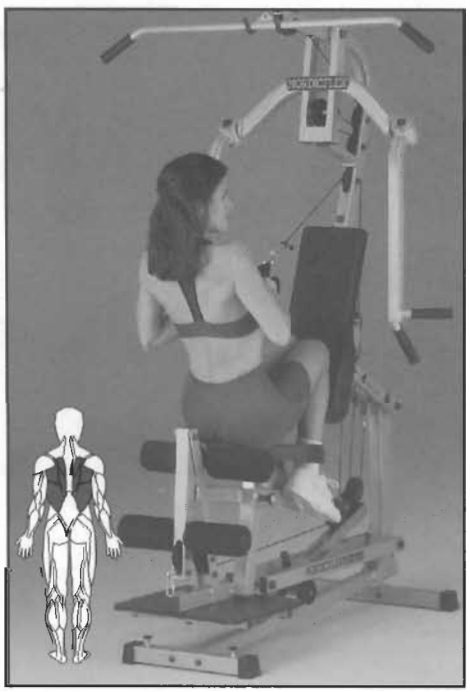


- Remove the seat and upper pads before performing the Straight-Leg Dead Lift.
- Stand on the platform with your toes slightly hanging over the edge with your legs straight.
- Bend at the hips, grasp the curl bar with an overhand grip, still keeping your legs and back straight.
- Bending only at the hips, exhale as you straighten up. Do not lock your knees.
- Inhale as you return to the starting position.

Muscles Used:

- Erector Spinae
- Hamstrings
- Gluteals





Mid-Pulley Row

- Sit facing the back pad. Press your knees together against the pad. Keep your back straight.
- Grasp the tricep strap/abdominal strap with both hands.
- Exhale as you pull the strap to the base of your ribs.
- Inhale as you return to the starting position.

Muscles Used:

- Latissimus Dorsi
- Rhomboids
- Biceps

Leg Extension

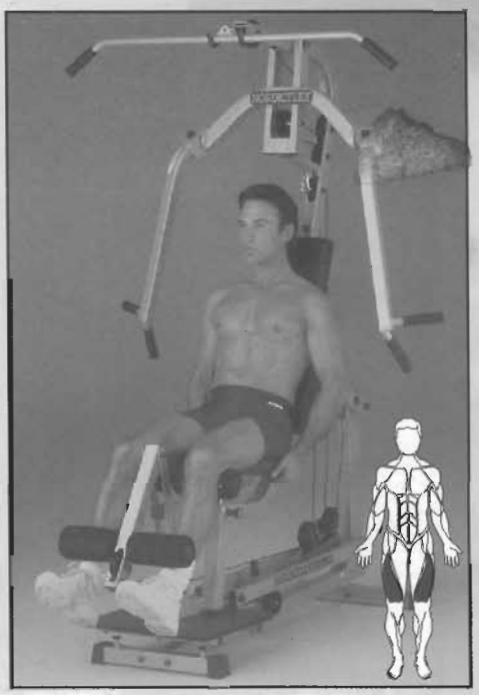
- Adjust the seat to the desired level. Be sure there is sufficient clearance between the bottom of your shoes and the platform.
- Sit on the machine with your knees over the upper pads. Place the front of your ankles against the lower pads.

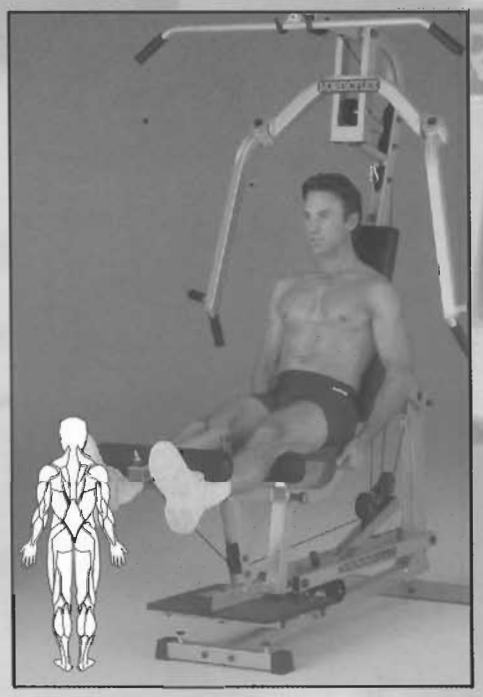
⚠ WARNING Keep your hands clear of the leg exerciser while performing this exercise.

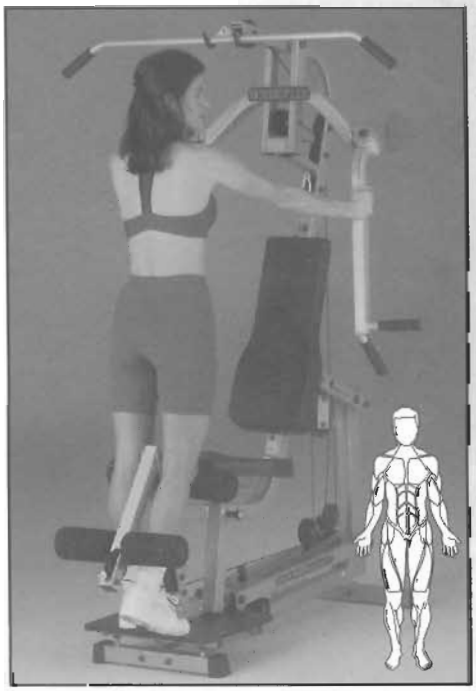
- Exhale as you lift the pads and straighten your legs.
- Inhale as you slowly return to the starting position.

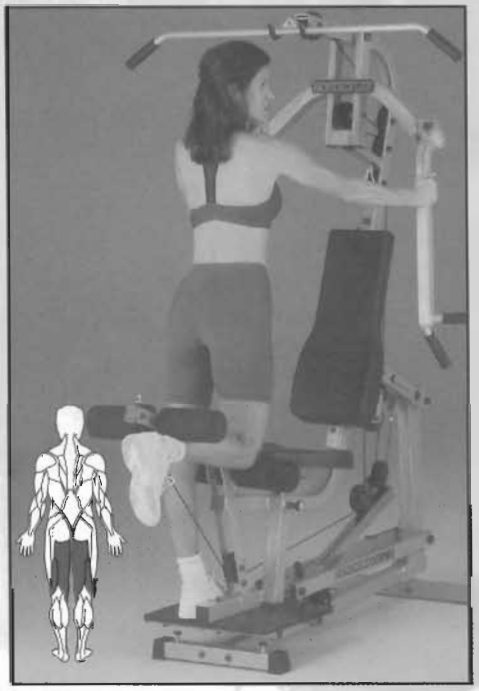
Muscles Used:

- Quadriceps









Standing Leg Curl

- Insert the detent pins.
- Set the seat height so that you are leaning against the upper pads just above your knees.
- Grasp the press bar for stability and lean forward from the waist.
- Place the back of your ankle behind the lower pad.
- Raise your foot as you exhale.
- Inhale as you return to the starting position.

Muscles Used:

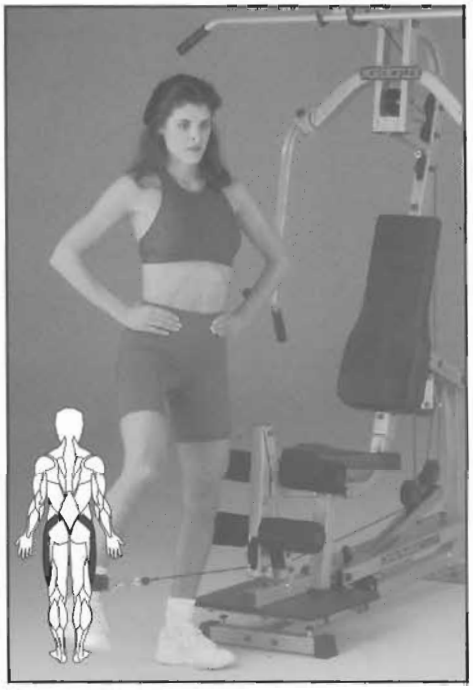
- Hamstrings

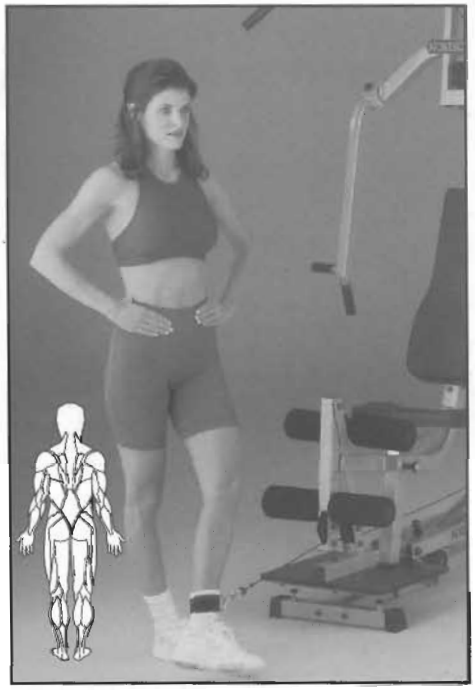
Hip Abduction

- Do not exceed position 6 for this exercise.
- Wrap the ankle strap around your outer ankle and attach it to the low pulley at the front of the machine.
- Stand in front of the machine holding onto the upper pad for stability.
- Exhale as you slowly raise your leg away from your body in a smooth continuous motion.
- Inhale while slowly returning to starting position.
- Complete one set and repeat with the opposite leg.

Muscles Used

- Hip Abductors





Hip Adduction

- Do not exceed position 6 for this exercise.
- Wrap the ankle strap around your inner ankle and attach it to the low pulley at the front of the machine.
- Stand in front of the machine.
- Exhale as you slowly raise your leg across your body, away from the machine in a smooth continuous motion.
- Complete one set and repeat with the opposite leg.

Muscles Used:

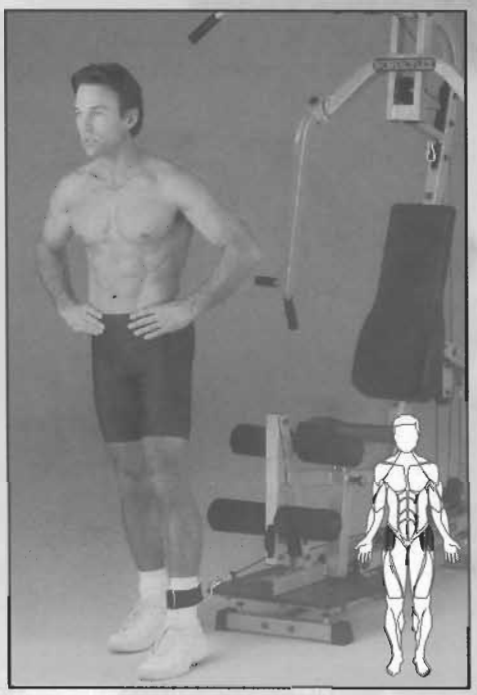
- Hip Adductors

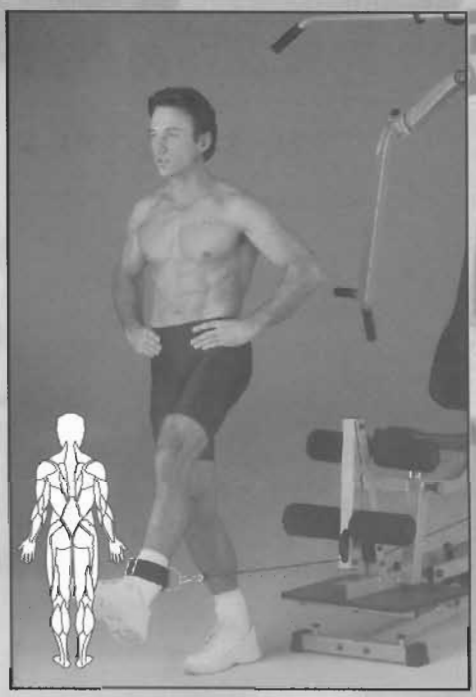
Hip Flexion

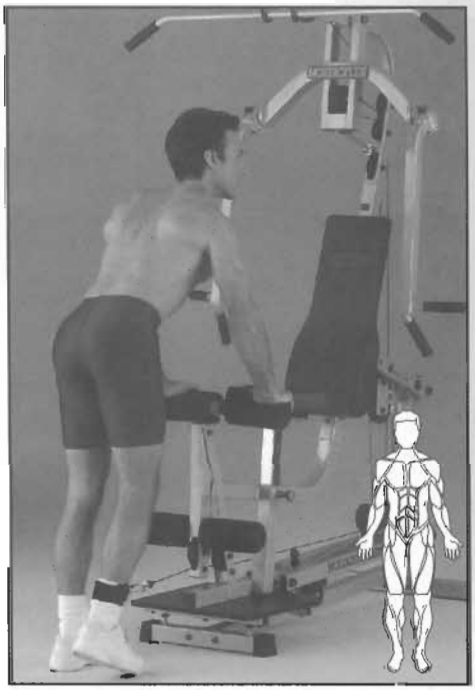
- Wrap the ankle strap around your ankle and attach it to the low pulley at the front of the machine.
- Stand in front of the machine facing out.
- Exhale as you slowly raise one leg out in front of you. Do not exceed position 6 for this exercise.
- Inhale as you slowly return to the starting position.
- Complete one set and repeat with the opposite leg.

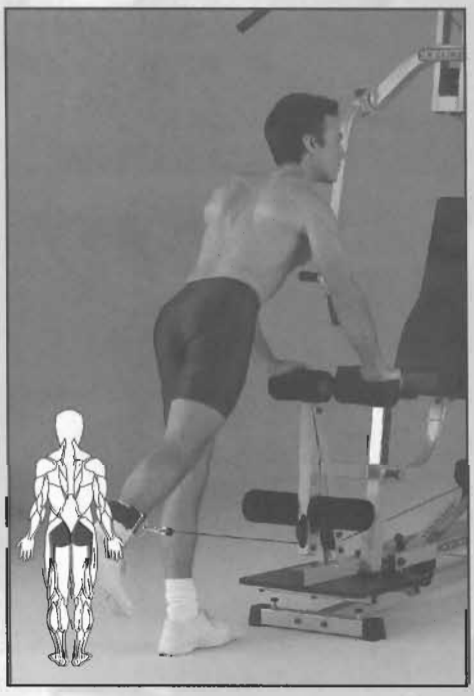
Muscles Used:

- Hip Flexors









Hip Extension

- Wrap the ankle strap around your ankle and attach it to the low pulley at the front of the machine.
- Stand with your feet a few inches apart in front of the machine and hold onto the upper pads for support.
- Exhale as you slowly raise one leg back in a controlled manner. Do not exceed position 6 for this exercise.
- Inhale as you slowly return to the starting position.
- Complete one set and repeat with the opposite leg.

Muscles Used:

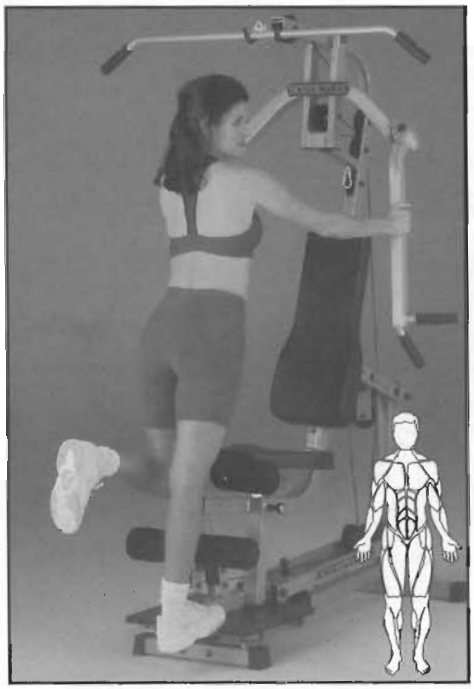
- Gluteals

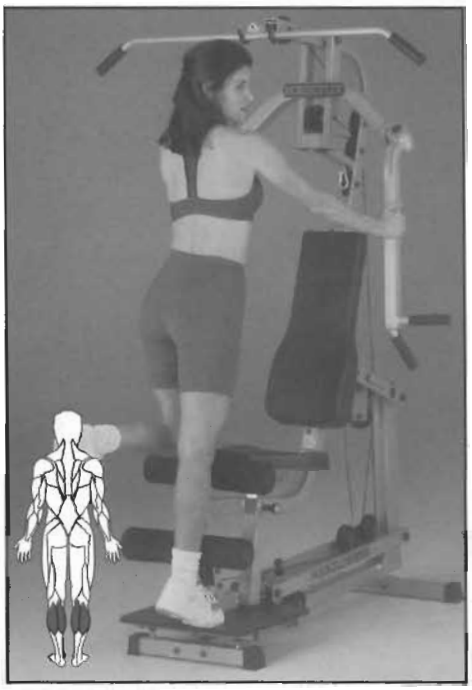
Calf Raise

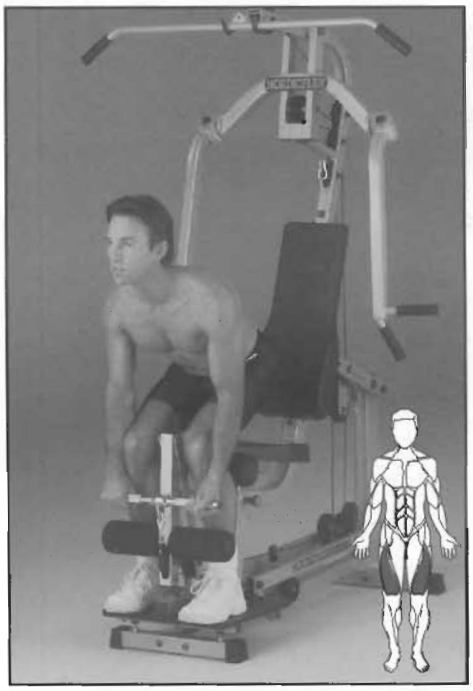
- Insert the detent pins.
- Stand with the ball of your foot on the front of the platform facing the machine.
- Hold onto the press bar for balance. Keep your back straight and do not allow your hips to rock forward or backward while performing this exercise.
- Lower your heels to the lowest comfortable position possible.
- Exhale as you raise up on your toes as high as possible.
- Hold this position momentarily and inhale as you return to the starting position.

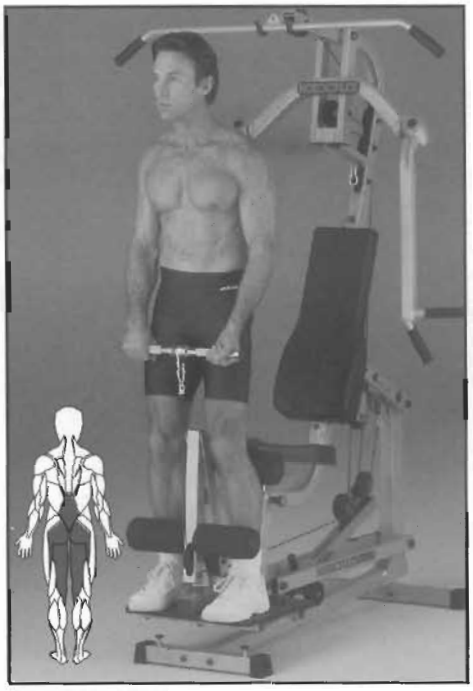
Muscles Used:

- Calves









Dead Lift

- Remove the seat and upper pads before performing the Dead Lift.
- Stand on the platform with your toes slightly hanging over the edge with your knees bent.
- Grasp the curl bar on the ends with one palm up and one palm down.
- Slowly straighten your legs and stand up.

Muscles Used:

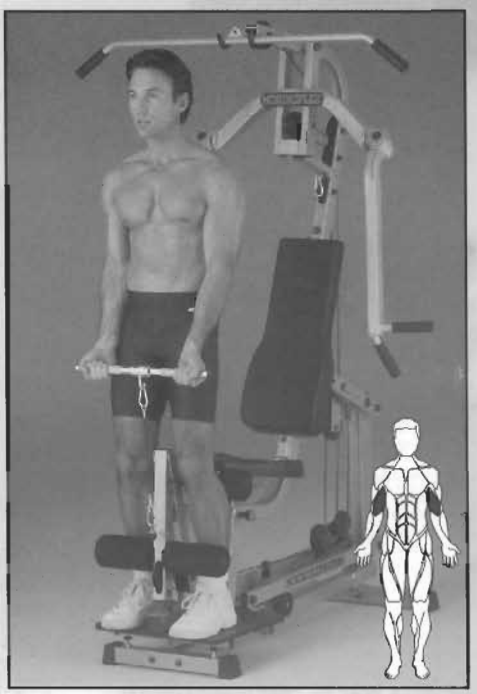
- Quadriceps
- Erector Spinae
- Gluteals
- Hamstrings

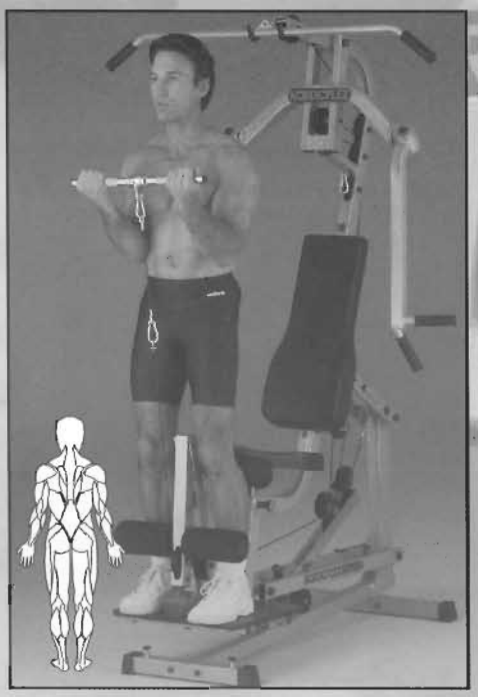
Standing Bicep Curl

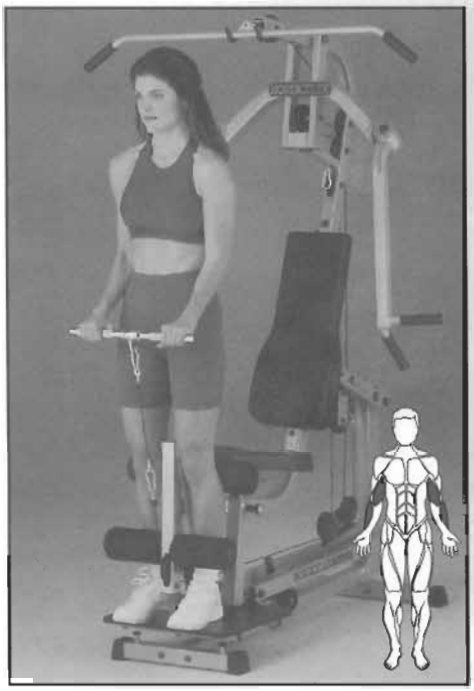
- Attach the curl bar with the extension cable to the low pulley at the front of the machine.
- Stand on the platform with your feet behind the lower pads, with your knees in front of the pads.
- Grip the curl bar with palms facing up.
- Exhale as you curl the bar up until the bicep is fully contracted. The elbows should remain stationary.
- While inhaling, return to the starting position in a controlled manner.

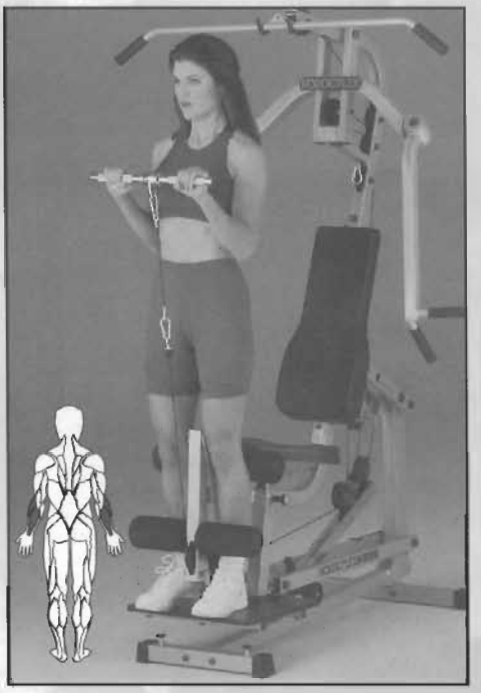
Muscles Used:

- Biceps









Standing Reverse Curl

- Attach the curl bar with the extension strap to the low pulley at the front of the machine.
- Stand on the platform with your feet behind the lower pads, with your knees in front of the upper pads.
- Grip the bar with palms facing down.
- Exhale as you curl the bar up until the bicep is fully contracted. The elbows should remain stationary.
- While inhaling, return to the starting position in a controlled manner.

Muscles Used:

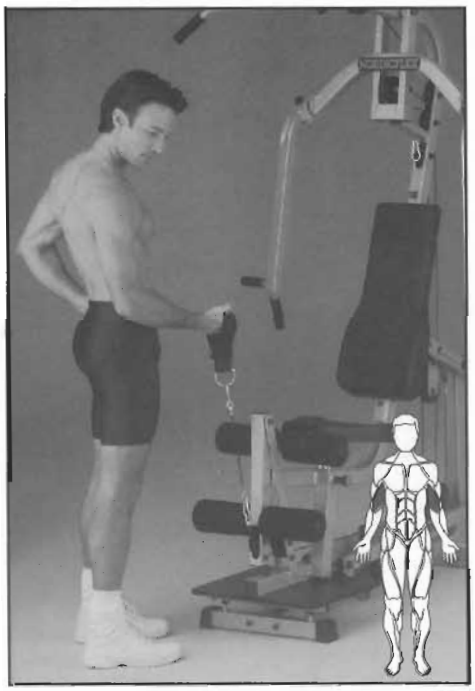
- Biceps
- Forearms

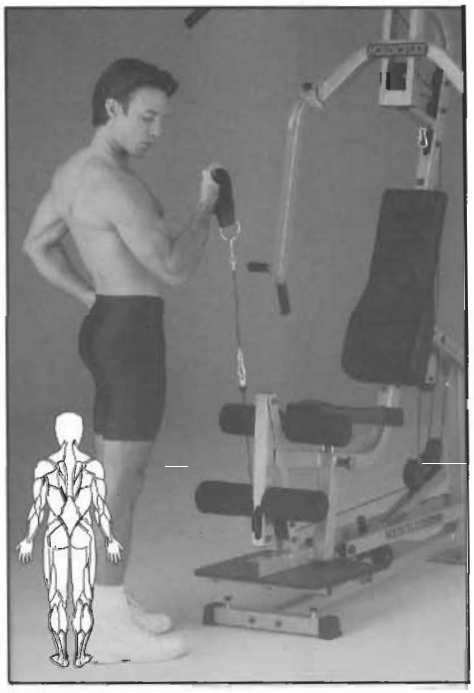
Concentration Curl

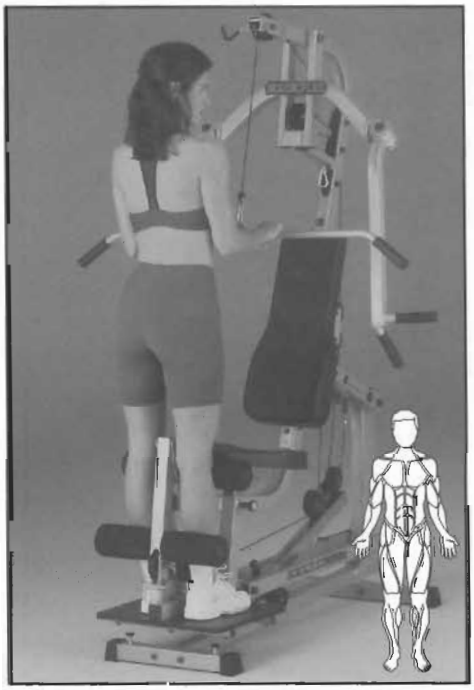
- Stand facing the machine
- Grasp the ankle strap with the extension cable with one hand. The ankle strap will be used like a handle for this exercise.
- Exhale as you curl the strap up until the bicep is fully contracted. Do not exceed position 6 for this exercise.
- While inhaling, return to the starting position in a controlled manner.

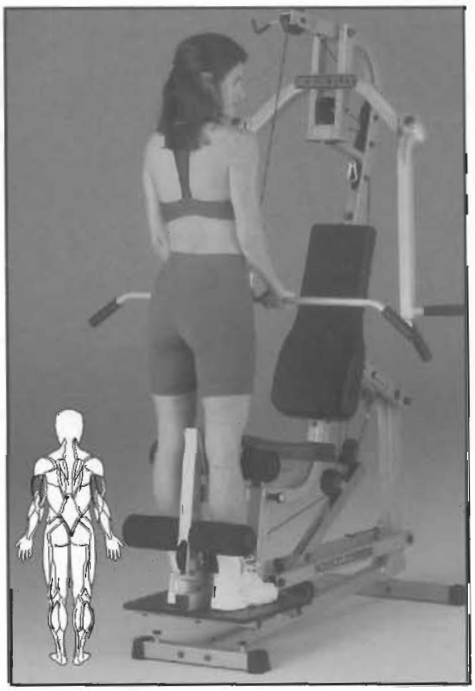
Muscles Used:

- Biceps









Standing Tricep Pushdown

- Stand on the platform facing the machine. Support the front of your legs against the upper pads of the seat.
- Grasp the lat bar from the high pulley with an overhand grip at shoulder width.
- Exhale as you push the bar down to full extension. The elbows should remain stationary.
- Inhale as you return to the starting position.

Muscles Used:

- Triceps

Remember:
All exercise movements are slow and controlled.

Overhead Tricep Extension

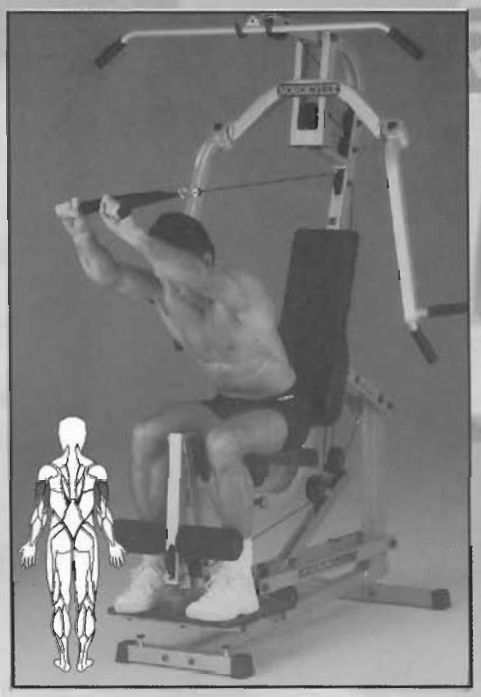
- Grasp the tricep strap/abdominal strap from behind.
- Extend your arms overhead and forward while exhaling.
- Inhale as you bring your arms back to starting position.

Muscles Used:

- Triceps

TIP

For a more advanced position, and fuller range of motion, lean your body forward during the exercise.



Tricep Kick-Back

- Stand facing the machine
- Grasp the ankle strap with the extension cable with one hand, palm down. The ankle strap will be used as a handle for this exercise.
- Hold the upper pad with the opposite hand for support.
- With the elbow stationary, extend your hand backward to a full extension while you exhale. Do not exceed position 6 while performing this exercise.
- Inhale as you return to the starting position.

Muscles Used:

- Triceps

Reverse Wrist Curl

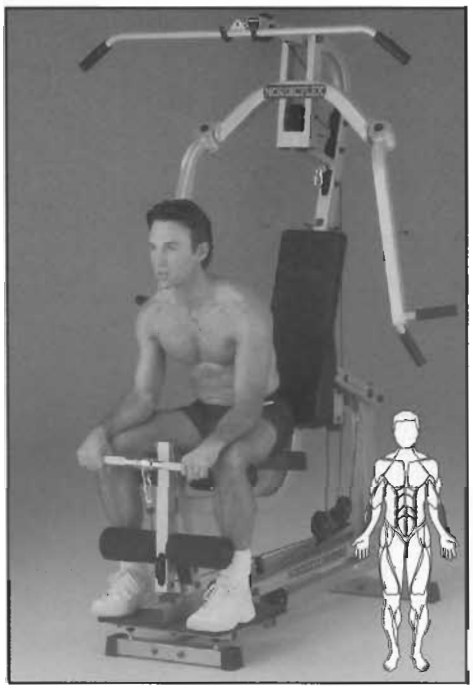
- Attach the curl bar to the low pulley at the front of the machine.
- Grasp the bar with both hands, palms facing down. Place your forearms on your thighs.
- Raise and lower the bar by pivoting at the wrist joint.

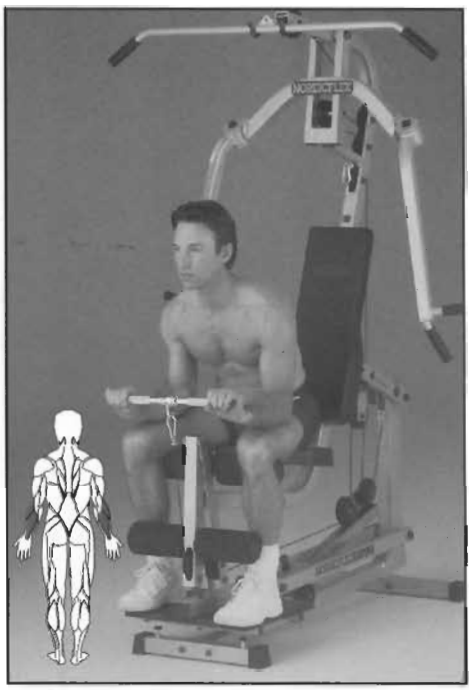
Muscles Used:

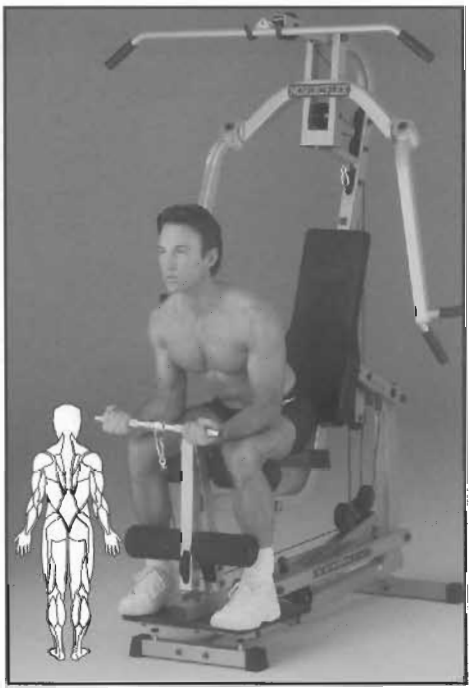
- Forearms

TIP

Remember:
All exercise movements are slow and controlled.







Wrist Curl

- Attach the curl bar to the low pulley at the front of the machine.
- Grasp the bar with both hands, palms facing up. Place your forearms on your thighs.
- Raise and lower the bar by pivoting at the wrist joint.

Muscles Used:

- Forearms

Workout Programs

Basic Program

The basic program is designed to develop all of the major muscle groups for a complete muscle strength and endurance building program in minimal time.

1. Converging Chest Press
2. Chest Fly
3. Rear Lat Pulldown
4. Seated Shoulder Press
5. Standing Tricep Pushdown
6. Standing Bicep Curl
7. Leg Extension
8. Standing Leg Curl
9. Abdominal Crunch

Combination Level

Sets:	1 – 3+
Reps:	8 – 12 (15)
How Often:	3 days per week (every other day)

Advanced Program

The advanced program builds off of the basic program, allowing more isolation movements to enhance strength, tone and definition. For more information on either strength or endurance program levels see the introduction page.

1. Converging Chest Press
2. Seated Incline Press
3. Chest Fly
4. Rear Lat Pulldown
5. Mid-pulley Row
6. Seated Shoulder Press
7. Overhead Tricep Extension
8. Lateral Raise
9. Standing Bicep Curl
10. Standing Tricep Pushdown
11. Concentration Curl
12. Leg Extension
13. Standing Leg Curl
14. Abdominal Crunch
15. Oblique Crunch

Combination Level

Sets:	1 – 3+
Reps:	8 – 12 (15)
How Often:	3 days per week (every other day)

Sports Programs

Cross-Country Skiing, Walking and Jogging Program

An in-depth sports program that focuses on your legs, but also works your back, shoulders and arms. Perform high repetitions with lower weight.

1. Dead Lift
2. Leg Extension
3. Leg Curl
4. Calf Raise
5. Bent-Over Row
6. Seated Shoulder Press
7. Standing Upright Row
8. Converging Chest Press
9. Standing Bicep Curl
10. Abdominal Crunch

Sets:	**1 – 3**
Reps:	**12 – 15**
How Often:	**3 days per week (every other day)**

Tennis and Racquet Sports Program

An in-depth sports program that focuses on a strong upper body as well as lower-body muscle power. To develop muscle power, perform low repetitions with higher weight.

1. Leg Extension
2. Leg Curl
3. Calf Raise
4. Front Lat Pulldown
5. Chest Fly
6. Bent-Over Raise
7. Concentration Curl
8. Overhead Tricep Extension
9. Abdominal Crunch
10. Oblique Crunch
11. Reverse Wrist Curl
12. Wrist Curl

Sets:	**2 – 4**
Reps:	**6 – 10**
How Often:	**3 days per week (every other day)**

Golf Program

An in-depth sports program that focuses on a strong, flexible upper body and a stable lower body. Build muscle endurance by performing high repetitions with lower weight.

1. Straight-Leg Dead Lift
2. Calf Raise
3. Reverse Lat Pulldown
4. Seated Incline Press
5. Seated Shoulder Press
6. Lateral Raise
7. Standing Tricep Pushdown
8. Standing Bicep Curl
9. Side Bend
10. Abdominal Crunch

Sets: 1 – 3
Reps: 12 – 15
How Often: 3 days per week (every other day)

Cycling Program

An in-depth sports program that focuses on a strong lower body.
Perform high repetitions with lower weight to build endurance.

1. Dead Lift
2. Leg Extension
3. Leg Curl
4. Calf Raise
5. Reverse Lat Pulldown
6. Mid-Pulley Row
7. Converging Chest Press
8. Standing Upright Row
9. Overhead Tricep Extension
10. Abdominal Crunch

Sets: 1 – 3
Reps: 12 – 15
How Often: 3 days per week (every other day)

Basic Program Log

You may want to photocopy this page before using it.

		Converging Chest Press	Chest Fly	Rear Lat Pulldown	Seated Shoulder Press	Standing Tricep Pushdown	Standing Bicep Curl	Leg Extension	Standing Leg Curl	Abdominal Crunch
Date	Sets									
	Reps									
	Weight									
	Resistance									
Date	Sets									
	Reps									
	Weight									
	Resistance									
Date	Sets									
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Date	Sets									
	Reps									
	Weight									
	Resistance									

Advanced Program Log

You may want to photocopy this page before using it.

		Converging Chest Press	Seated Incline Press	Chest Fly	Rear Lat Pulldown	Mid-Pulley Row	Seated Shoulder Press	Overhead Tricep Extension	Lateral Raise	Standing Bicep Curl	Standing Tricep Pushdown	Concentration Curl	Leg Extension	Standing Leg Curl	Abdominal Crunch	Oblique Crunch
Date	Sets															
	Reps															
	Weight															
	Resistance															
Date	Sets															
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	Weight															
	Resistance															

Cross-Country Skiing, Walking and Jogging Program Log

You may want to photocopy this page before using it.

		Dead Lift	Leg Extension	Leg Curl	Calf Raise	Bent-Over Row	Seated Shoulder Press	Standing Upright Row	Converging Chest Press	Standing Bicep Curl	Abdominal Crunch
Date	Sets										
	Reps										
	Weight										
	Resistance										
Date	Sets										
	Reps										
	Weight										
	Resistance										
Date	Sets										
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Date	Sets										
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Date	Sets										
	Reps										
	Weight										
	Resistance										

Tennis and Racquet Sports Program Log

You may want to photocopy this page before using it.

		Leg Extension	Leg Curl	Calf Raise	Front Lat Pulldown	Chest Fly	Bent-Over Raise	Concentration Curl	Overhead Tricep Extension	Abdominal Crunch	Oblique Crunch	Reverse Wrist Curl	Wrist Curl
Date	Sets												
	Reps												
	Weight												
	Resistance												
Date	Sets												
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Date	Sets												
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Golf Program Log

You may want to photocopy this page before using it.

		Straight-Leg Dead Lift	Calf Raise	Reverse Lat Pulldown	Seated Incline Press	Seated Shoulder Press	Lateral Raise	Standing Tricep Pushdown	Standing Bicep Curl	Side Bend	Abdominal Crunch
Date	Sets										
	Reps										
	Weight										
	Resistance										
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Date	Sets										
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	Weight										
	Resistance										

Cycling Program Log

You may want to photocopy this page before using it.

		Dead Lift	Leg Extension	Leg Curl	Calf Raise	Reverse Lat Pulldown	Mid-Pulley Row	Converging Chest Press	Standing Upright Row	Overhead Tricep Extension	Abdominal Crunch
Date	Sets										
	Reps										
	Weight										
	Resistance										
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Date	Sets										
	Reps										
	Weight										
	Resistance										

Customized Program Log

You may want to photocopy this page before using it. To customize your own program, choose two exercises from each major muscle group (shown at right). Remember to work large muscle groups first and progress to smaller muscle groups.

Date	Sets													
	Reps													
	Weight													
	Resistance													
Date	Sets													
	Reps													
	Weight													
	Resistance													
Date	Sets													
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Date	Sets													
	Reps													
	Weight													
	Resistance													

Choose TWO from each catagory:

Shoulders

Seated Shoulder Press
Converging Shoulder Press
Upright Row
Front Shoulder Raise
Bent-Over Raise
Lateral Raise
Shoulder Shrugs

Back

Rear Lat Pulldown
Reverse Lat Pulldown
Front Lat Pulldown
Bent-Over Row
Standing One Arm Mid-Raw
Straight-Leg Dead Lift
Mid-Pulley Row

Arms

Standing Bicep Curl
Standing Reverse Curl
Concentration Curl
Standing Tricep Pushdown
Overhead Tricep Extension
Tricep Kick-Back
Reverse Wrist Curl
Wrist Curl

Legs

Leg Extension
Standing Leg Curl
Hip Abduction
Hip Adduction
Hip Flexion
Hip Extension
Calf Raise
Dead Lift

Abdominals

Abdominal Crunch
Oblique Crunch
Side Bends

Chest

Seated Chest Press
Converging Incline Chest Press
Chest Press
Close-Grip Chest Press
Converging Chest Press
Seated Incline Press
Single Arm Chest Fly

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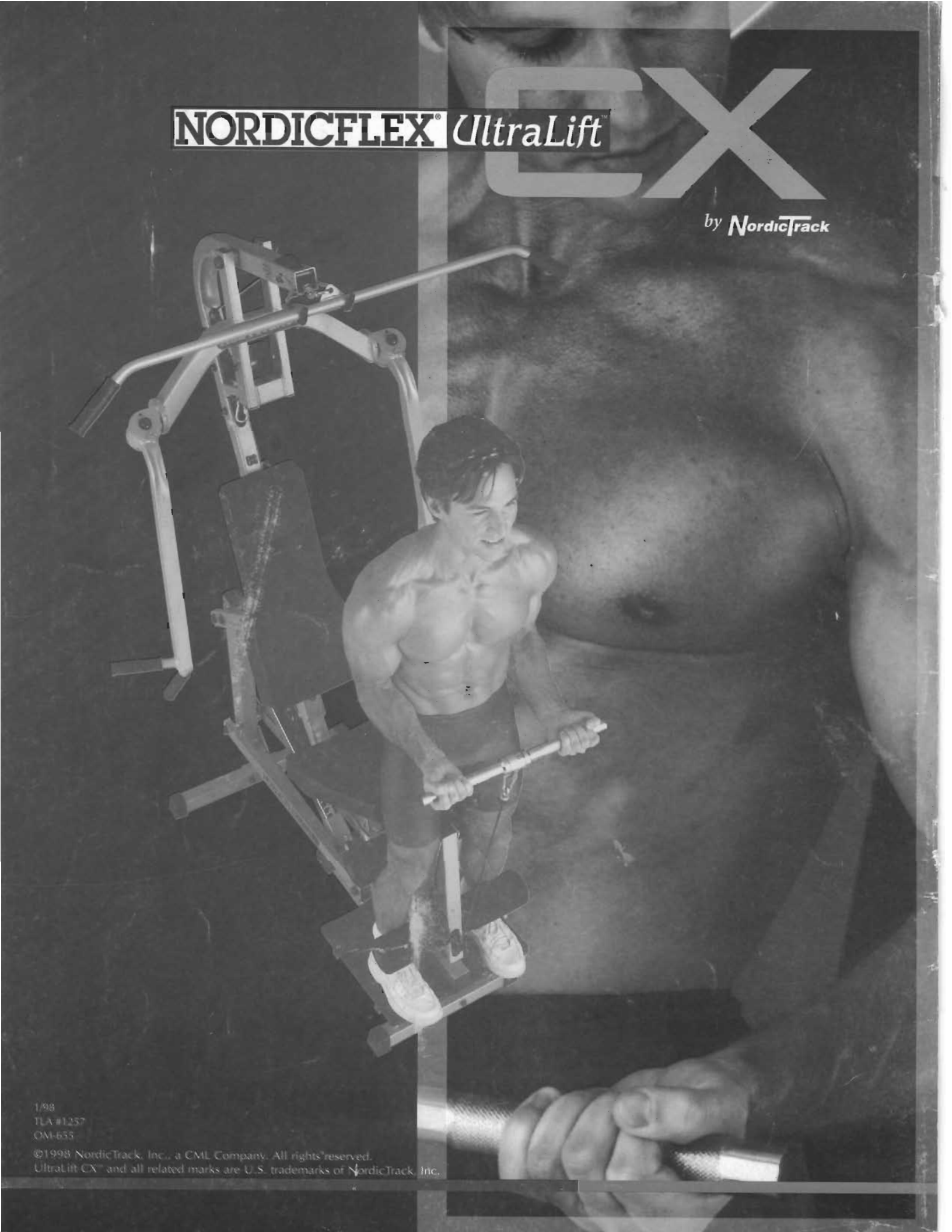

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