

MD-9010 EXERCISE CHART

STRENGTH SYSTEMS



DOUBLE BICEP CURL (BAR)
MUSCLE EMPHASIS: BICEP
 1. Select the desired weight.
 2. Attach straight bar and chain to the lower pulley using a spring clip.
 3. Stand, facing towards the pulley.
 4. Grasp the lat bar or pivoting short bar with hands shoulder width apart.
 5. Keep your elbows at your sides and curl the bar up to your chest. Return to the starting position in a slow and controlled manner and repeat exercise.
 Note: If the weights hit the top during this exercise, add the chain between the bar and the lower pulley to lower the starting position of the exercise.



SEATED PREACHER CURL
MUSCLE EMPHASIS: BICEP
 1. Select the desired weight.
 2. Adjust the preacher curl pad to the desired height level or similar to the example shown in the photo.
 3. Grip the leg curl/bicep curl bar with palms facing up.
 4. With your elbows positioned on the bicep pad and tucked close to your sides, curl the bar up to your chest.
 5. Return to the starting position in a slow and controlled manner and repeat exercise.



TRICEP EXTENSION
MUSCLE EMPHASIS: TRICEP
 1. Select the desired weight.
 2. Attach "D" handle (or ankle strap) to the upper cable pulley using a spring clip.
 3. Stand facing away from the upper pulley and grasp the handle using a palms up grip.
 4. With your elbow raised and arm fully bent, extend your arm outward by moving your hand away from your body.
 5. Return to the starting position in a slow and controlled manner and repeat exercise.
 Note: Concentrate all movement at the elbow. Try not to move your shoulder or body throughout the exercise.



TRICEP PUSH-DOWN (ROPE)
MUSCLE EMPHASIS: TRICEP
 1. Select the desired weight.
 2. Attach tricep rope or "D" handle to the overhead pulley using a spring clip.
 3. Stand, facing the upper pulley.
 4. Grasp the rope with a palms up grip.
 5. Keep your elbows at your sides and push the handle down, completing a full extension.
 6. Return to the starting position in a slow and controlled manner and repeat exercise.
 Note: If the weights hit the top during this exercise, add the chain between the lat bar and the upper pulley to lower the starting position of the exercise.



SEATED ROW
MUSCLE EMPHASIS: BACK
 1. Select the desired weight.
 2. Attach short bar to the low pulley using a spring clip.
 3. Sit on the floor and position your feet against support plate on both sides of the low pulley.
 4. Reach forward and grasp the bar.
 5. Keep lower back straight throughout the entire exercise.
 6. Pull the bar to your lower chest.
 7. Return to the starting position in a slow and controlled manner and repeat exercise.



PECTORAL FLY
MUSCLE EMPHASIS: CHEST
 1. Select the desired weight.
 2. Adjust back pad of the bench to the horizontal position.
 3. Sit facing away from the machine and position your back firmly against the pectoral fly back pad.
 4. Place your forearms on the fly pads.
 5. Rotate your arms forward, as far as possible, by contracting from the chest.
 6. Return to the starting position in a slow and controlled manner and repeat exercise.
 Note: Perform this exercise by pushing the pads with your forearms and not your hands.



FLAT BENCH PRESS
MUSCLE EMPHASIS: CHEST
 1. Select the desired weight.
 2. Adjust back pad to the flat position and place directly under press bar.
 3. Position the press bar to the desired height and secure by rotating latches forward into the securing holes on the frame uprights.
 4. Lie down on the bench with your back against the back pad.
 5. Grip the press bar and release latches by rotating press bar backward and allowing press bar to slide down towards your chest.
 6. Push the press bar away from your body to a full extension. Return to the starting position in a slow and controlled manner and repeat exercise.



INCLINE BENCH PRESS
MUSCLE EMPHASIS: CHEST
 1. Select the desired weight.
 2. Adjust back pad to the incline position and place directly under press bar.
 3. Adjust the press bar to the desired height and secure by rotating latches forward into the securing holes on the frame uprights.
 4. Lie down on the bench with your back against the back pad.
 5. Grip the press bar and release latches by rotating press bar backward and allowing press bar to slide down towards your chest.
 6. Push the press bar away from your body to a full extension. Return to the starting position in a slow and controlled manner and repeat exercise.



DECLINE BENCH PRESS
MUSCLE EMPHASIS: CHEST
 1. Select the desired weight.
 2. Adjust back pad to the decline position and place directly under press bar.
 3. Adjust the press bar to the desired height and secure by rotating latches forward into the securing holes on the frame uprights.
 4. Lie down on the bench with your back against the back pad.
 5. Grip the press bar and release latches by rotating press bar backward and allowing press bar to slide down towards your chest.
 6. Push the press bar away from your body to a full extension. Return to the starting position in a slow and controlled manner and repeat exercise.



CHEST CABLE CROSS
MUSCLE EMPHASIS: CHEST
 1. Select the desired weight.
 2. Attach the "D" handles to the overhead pulleys using spring clips.
 3. Stand, facing away from the machine and stagger your foot position for increased stability.
 4. Reach your hands above your head and grip the handles.
 5. Lean your body posture forward, slightly as you pull the handles down, rotating from your shoulders until your hands meet together in front of your chest.
 6. Return to the starting position in a slow and controlled manner and repeat exercise.



LEG CURL
MUSCLE EMPHASIS: LEG
 1. Select the desired weight.
 2. Adjust seat back pad to the decline position.
 3. Lie face down with your knees slightly in front and over the top of the round, black foam roller pads.
 4. Place the back of your ankles under the outer foam roller pads.
 5. Curl your legs upward and to your buttocks, completing a full range of motion.
 6. Return to the starting position in a slow and controlled manner and repeat exercise.



LEG EXTENSION
MUSCLE EMPHASIS: LEG
 1. Select the desired weight.
 2. Adjust back pad to the upright vertical position for increased back support.
 3. Position the back of your knees on top of the round, black foam roller pads.
 4. Position the top of your feet against the lower round foam roller pads.
 5. Extend your legs forward, pivoting from the knees, to a full extension.
 6. Return to the starting position in a slow and controlled manner and repeat exercise.



OUTER LEG KICK (ABDUCTORS)
MUSCLE EMPHASIS: LEG
 1. Select the desired weight.
 2. Wrap the ankle strap around the leg to be exercised.
 3. Attach spring clip of low pulley to the ankle strap.
 4. Stand beside the low pulley, placing the leg to be exercised (the outer leg) slightly in front of the other.
 5. Brace your hand on the back pad for support.
 6. Kick leg out to your side, pivoting only at the hip.
 7. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.



LEG KICK-BACK
MUSCLE EMPHASIS: LEG
 1. Select the desired weight.
 2. Wrap the ankle strap around the leg to be exercised.
 3. Attach spring clip of low pulley to the ankle strap.
 4. Stand facing the low pulley with feet a few inches apart.
 5. Brace your hands on the back pad for support.
 6. Kick leg back, pivoting only at the hip.
 7. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.



SQUAT
MUSCLE EMPHASIS: LEG
 1. Select the desired weight. Adjust the press bar to your desired upright standing height and secure by rotating latches forward into the securing holes on the frame uprights.
 2. Stand with press bar positioned across the top of your shoulders while placing your feet shoulder width apart.
 3. Grip the press bar and release latches by rotating press bar backward, allowing press bar to slide down.
 4. Keep your back straight, lower your body by pivoting from your knees. Do not allow your buttocks to drop below the level of your knees.
 5. Raise the press bar by pushing with your legs to a full extension. Return to the starting position in a slow and controlled manner and repeat exercise.
 Note: Never perform this exercise unless you are using a proper weight belt or back support.



SHOULDER PRESS
MUSCLE EMPHASIS: SHOULDER
 1. Select the desired weight.
 2. Adjust back pad to the horizontal position and position directly under press bar.
 3. Sit on the bench with your body positioned behind the press bar.
 4. Adjust the press bar to the desired height and secure by rotating latches forward into the securing holes on the frame uprights.
 5. Grip the press bar and release latches by rotating press bar backward and allowing press bar to slide down towards your upper chest.
 6. Push the press bar away from your body to a full extension. Return to the starting position in a slow and controlled manner and repeat exercise.



UPRIGHT ROW
MUSCLE EMPHASIS: SHOULDER
 1. Select the desired weight.
 2. Adjust the press bar to the desired height and secure by rotating latches forward into the securing holes on the frame uprights.
 3. Grip the bar with palms facing down, about 6-8 inches apart.
 4. Keep body straight, slightly flexing at the knees.
 5. Grip the press bar and release latches by rotating press bar backward. Pull the press bar up to the top of your chest. Return to the starting position in a slow and controlled manner and repeat exercise.

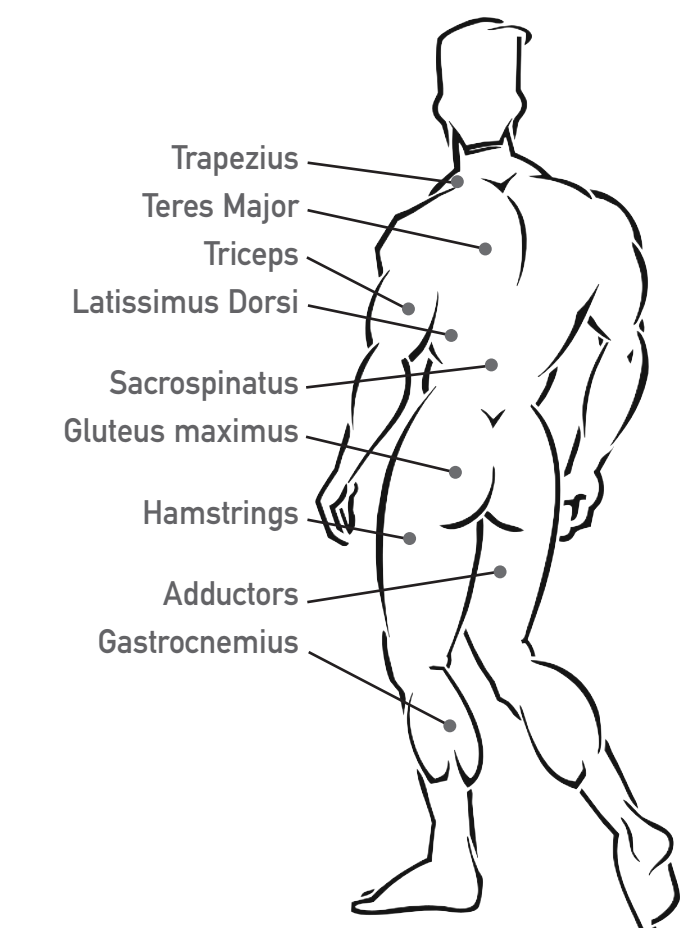
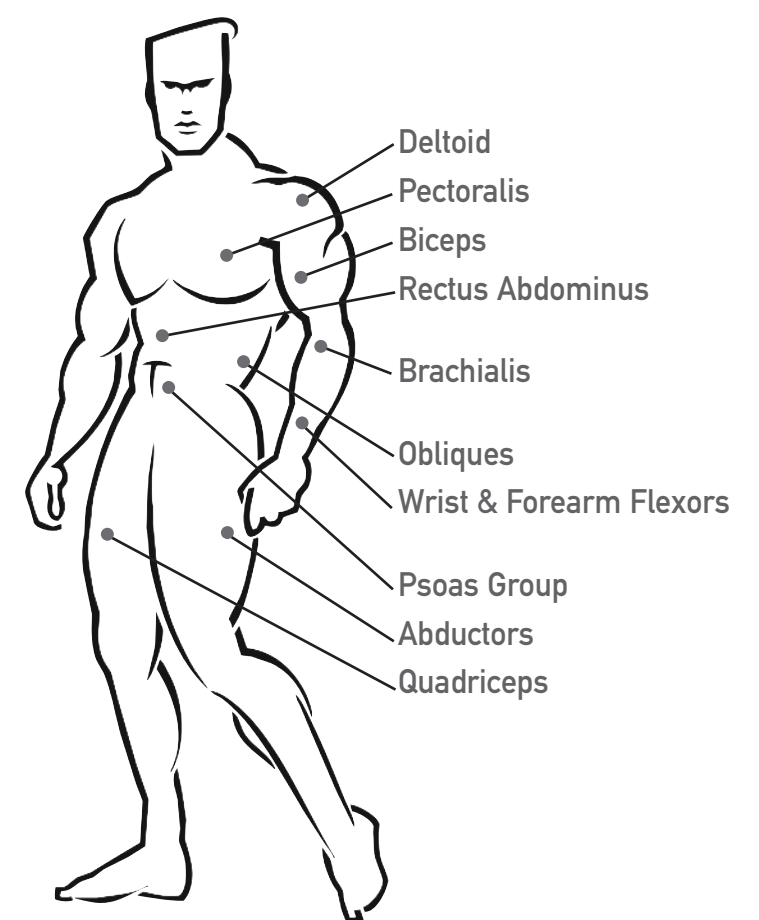


SHOULDER SHRUG
MUSCLE EMPHASIS: TRAPEZIUS
 1. Select the desired weight.
 2. Adjust the press bar to the desired height and secure by rotating latches forward into the securing holes on the frame uprights.
 3. Grip the bar with palms facing down, about 12-14 inches apart.
 4. Keep body straight, slightly flexing at the knees.
 5. Grip the press bar and release latches by rotating press bar backward. Pull the press bar up by shrugging your shoulders together.
 6. Return to the starting position in a slow and controlled manner and repeat exercise.



When You Finally Get Serious

IMPEX



WARNING. PLEASE READ BEFORE EXERCISING:

When working out, do the following for each exercise: A. Select a desired weight. B. Exhale while exerting/lifting the weights, and inhale while returning to the starting position in a slow and controlled manner. Before using the lat bar, remove from lat bar hooks. Replace lat bar on hooks after each use. 1. Read all caution and warning stickers before using this machine. 2. Before using, inspect this machine for loose, frayed, or worn parts, including cables and connectors. If in doubt, do not use machine until parts are replaced. 3. Weight plate clips must be secured completely before using this machine. 4. Should weights, pulleys, or other parts become jammed, do not attempt to free them yourself, obtain assistance. 5. Keep clear of weights and all moving parts. 6. Children should not be permitted to use the machine. 7. For consistent, smooth operation, the guide rods should be lubricated periodically with synthetic lubricant. 8. Prior to beginning any exercise program it is suggested to have a complete physical examination and obtain your physician's approval of your conditioning program. We recommend that you always exercise with a partner or someone who can act as a "spotter", should the weights become too heavy for you to lift on your own.

GETTING STARTED:

Always warm-up your muscles before exercising. Easy stretching (without bouncing) and light calisthenics, for several minutes, are recommended to prepare your body. A "repetition" is defined as one complete movement from the starting position, through the full range of motion, and back to the starting position. A "set" is defined as a series of continuous repetitions. Start your exercise program conservatively. Select a weight for each exercise that is easily performed for the full range of your motion. Learn to feel your body's responses and change your program accordingly. The number of repetitions for each set should range between eight and fifteen. As a general rule, the lower the number of repetitions performed (eight to ten),

the heavier the resistance of weight used. While heavy resistance increases muscular strength, the full range of movement is necessary to achieve maximum muscle strength and development. Rest between each set of repetitions long enough to catch your breath. Work up to three or four sets for each isolated exercise. When you can perform the desired number of repetitions at a given weight, increase the resistance by five or ten pounds. There may be a number of exercises isolating the same muscle. These exercises should be grouped together and performed on the same day, followed by a day of rest for that particular muscle.

EXERCISE PROGRAM SUGGESTION #1

Exercise the complete body every other day, up to three times a week. The one day rest enables the body to recover from the previous workout.

EXERCISE PROGRAM SUGGESTION #2

Alternating your daily workouts. One day isolate the upper body exercises, and the next day perform the lower body exercises. To reduce lactic acid build-up and consequently reduce muscle soreness, end each exercise with an increased number of repetitions at a lighter weight. Also, stretching the muscles is recommended upon completion of your weight resistance program.

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MUSCLE REFERENCE GUIDE