

# TOTAL BODY WORKOUT



**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**

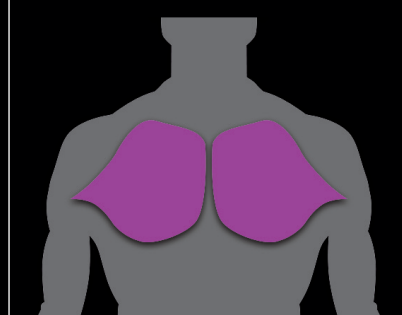
Exercise the complete body every other day, up to three times a week. The one day rest enables the body to recover from the previous workout.

**EXERCISE PROGRAM SUGGESTION #2**

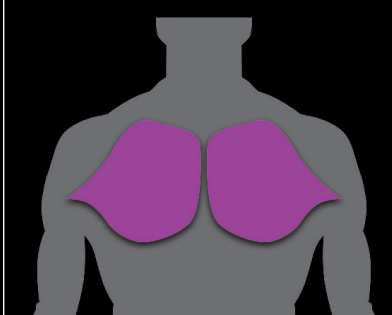
Alternating your daily workouts. One day isolate the upper body exercises, and the next day perform the lower body exercises. To reduce lactic acid build-up and consequently reduce muscle soreness, end each exercise with an increased number of repetitions at a lighter weight. Also, stretching the muscles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



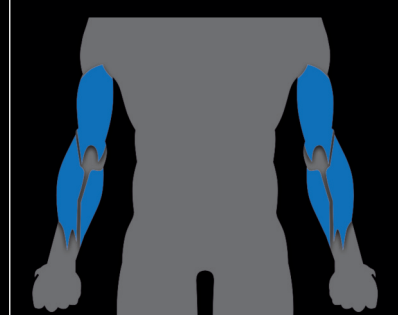
**SEATED BENCH PRESS**  
MUSCLE EMPHASIS: PECTORALIS



**PECTORAL FLY**  
MUSCLE EMPHASIS: PECTORALIS



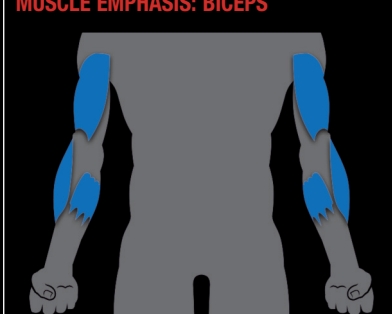
**TRICEP PUSH-DOWN**  
MUSCLE EMPHASIS: TRICEPS



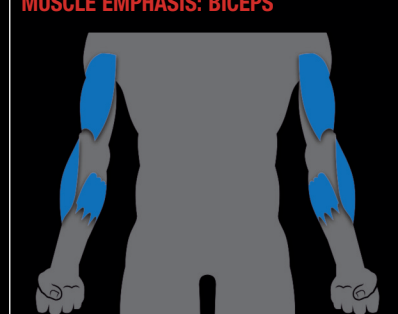
**WIDE LAT PULL-DOWN**  
MUSCLE EMPHASIS: LATISSIMUS DORSI



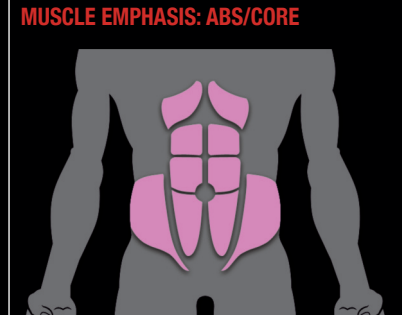
**SEATED BICEP CURL**  
MUSCLE EMPHASIS: BICEPS



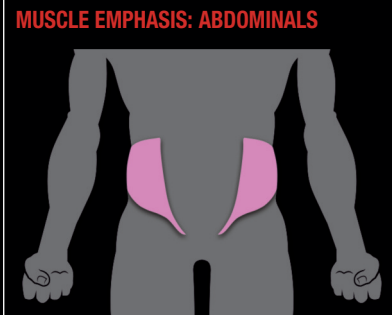
**STANDING BICEP CURL**  
MUSCLE EMPHASIS: BICEPS



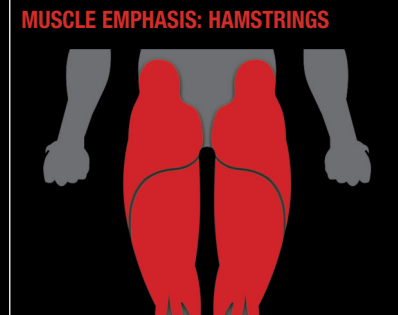
**HIGH PULLEY AB CRUNCH**  
MUSCLE EMPHASIS: ABS/CORE



**OBLIQUE SIDE BEND**  
MUSCLE EMPHASIS: ABDOMINALS



**LEG CURL**  
MUSCLE EMPHASIS: HAMSTRINGS



**OUTER LEG KICK**  
MUSCLE EMPHASIS: OUTER THIGH



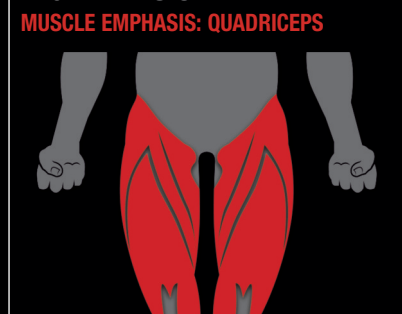
**LEG KICK BACK**  
MUSCLE EMPHASIS: GLUTES/LEG



**INNER THIGH LEG CROSS**  
MUSCLE EMPHASIS: INNER THIGH



**LEG EXTENSION**  
MUSCLE EMPHASIS: QUADRICEPS



**UPRIGHT ROW**  
MUSCLE EMPHASIS: DELTOIDS/TRAPEZIUS



**FRONT DELTOID RAISE**  
MUSCLE EMPHASIS: FRONT DELTOIDS

