



SEATED REVERSE GRIP ROW

GEAR RESISTANCE TUBE & BIONIC BAR



OVERHEAD TRICEP EXTENSION

GEAR RESISTANCE TUBE & BIONIC BAR



BICEP CURL

GEAR RESISTANCE TUBE & BIONIC BAR



UPRIGHT ROW

GEAR RESISTANCE TUBE, BIONIC BAR, & DOOR ANCHOR



CHEST PRESS

GEAR RESISTANCE TUBE, BIONIC BAR, & DOOR ANCHOR



SQUAT

GEAR RESISTANCE TUBE & BIONIC BAR

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN.

CAUTION: THIS PRODUCT CONTAINS NATURAL RUBBER LATEX WHICH MAY CAUSE ALLERGIC REACTIONS.

This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. IMPEX INC. assumes no responsibility for personal injury or property damage sustained through the use of this product.

Always warm-up. Easy stretching (without bouncing) and light cardio, for 15-20 minutes, are recommended to prepare your body for any type of resistance exercises.

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 continuous grouping of repetitions.

Start your exercise program conservatively.

Select a resistance level for each exercise that can be maintained for the full range of motion. Know your body's limits and change your program accordingly.

The number of repetitions for each exercise set should range between eight to fifteen, depending on the exercise routine. As a general rule, the lower the number of repetitions performed (eight to ten), the heavier the resistance should be used. While heavy resistance increases muscular strength, the full range of motion is necessary to achieve peak muscle 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 achieve the desired number of repetitions at a given set, increase the resistance.

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 or two of rest for that muscle group.

Prior to starting this or any exercise program, it is suggested that you have a complete physical examination and obtain your physician's approval of your exercise conditioning program.

Prior to use, inspect this product for frayed, torn or worn areas. Do not use this product if it is damaged or until original factory manufactured parts have been replaced.

This is not a toy. Children under the age of 12 should not be permitted to use this product.

For customer service, please contact IMPEX at 800 999-8899 or visit our website at www.impex-fitness.com.