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 caution and warning stickers before using this machine.  

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. 

Weight plate clips must be secured completely before using this machine.  

Should weights, pulleys, or other parts become jammed, do not attempt to free them yourself, obtain assistance.  

Keep clear of weights and all moving parts.  

Children should not be permitted to use the machine.  

For consistent, smooth operation; lubricate the guide rods should be lubricated periodically with synthetic lubricant.  

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.  

Alternating your daily workouts. One day isolate the upper body and leg exercises, and for the next day attend to the lower body parts.  

Muscle Emphasis: 

QUADRICEPS
LEG EXTENSION
INNER THIGH LEG CROSS
INNER THIGH LEG KICK

LEG EXTENSION
FRONT DELTOID RAISE
UPRIGHT ROW
BACK EXTENSION
CHEST EXTENSION
HUNTING BOW 
LATERAL RAISE
CROSS-LEG RAISE
LAT TEAR DOW N

OUTER LEG KICK
OUTER THIGH
MUSCLE EM PHASIS: GLUTES/LEG
LEG KICK BACK
SIDE LATERAL RAISE
HAMSTRING CURL
HANGING LEG CURL
POSTURE ROW
HAMSTRING CURL BACK
MUSCLE EM PHASIS: PECTORALIS
SEATED BENCH PRESS
PECTORAL FLY
TRICEP PUSH-DOWN
MUSCLE EM PHASIS: ABs/CORE
HIGH PULLEY AB CRUNCH
OBLIQUE SIDE BEND
MUSCLE EM PHASIS: LATISSIM US DORSI
WIDE LAT PULL-DOWN
MUSCLE EM PHASIS: DELTOIDS/TRAPEZIUS
OBLIQUE SIDE BEND
MUSCLE EM PHASIS: BICEPS
SEATED BICEP CURL
MUSCLE EM PHASIS: FRONT DELTOIDS
FRONT DELTOID RAISE
ALT. PULL DOW N
SIDE LATERAL RAISE
CHEST EXTENSION