

WARNING

IT IS THE OWNER/MANAGER'S RESPONSIBILITY TO INSURE THAT ALL USERS OF BODY MASTERS EQUIPMENT BECOME FAMILIAR WITH THE CONTENTS OF THIS MANUAL, AND TO INSTRUCT USERS ON THE PROPER OPERATION OF THE EQUIPMENT AND TO WARN THEM OF THE POTENTIAL HAZARDS.

Prior to Exercising:

CONSULT YOUR PHYSICIAN:

The exercise techniques described by Body Masters should not be used without prior consultation and recommendation of a medical doctor. We do not guarantee or warrant the safety of the techniques described herein! If at any time during exercise user feels faint, dizzy, or experiences pain, stop and consult your physician.

USE A CERTIFIED TRAINER!

Always consult a Certified Trainer to familiarize you with the exercise machine's performance characteristics and proper use! Be certain that you are familiar with the specific working functions of the exercise machine!

APPRECIATE THE RISKS!

Read carefully all warnings and instructional material on the exercise equipment! If you have any questions, consult the authorized personnel before use!

Be certain that weight stack pins are completely inserted!

Inspect machine carefully for any worn, loose, or missing parts! If any defect is suspected, do not use! Report suspected problem to authorized personnel immediately! Pay close attention to belts, cables, and their connections!

Never use dumbbells or other means to increase the intended weight resistance!

Utilize the selected exercise equipment only for its intended purpose!

Do not wear loose or dangling clothing or jewelry while using equipment. Stay clear of all moving components!

Use a competent spotter whenever exercising on any piece of Free Weight Equipment!

Keep children away from the equipment!

Never pin the weight stack while stack is in an elevated position! Do not use any machine found in this condition!

BE PREPARED TO EXERCISE!

Always warm-up adequately prior to engaging in any weight training exercise!

Know how to properly perform the desired exercise! Be sure that you are familiar with safe exercise technique! When in doubt, consult a Certified Trainer.

Know your limitations! Never exceed your known performance capabilities! When in doubt, consult a Certified Trainer.

EQUIPMENT MAINTENANCE

Follow carefully the maintenance schedule recommended in your maintenance and warranty manual.

Setup and operate equipment on a solid, level surface.

The safety and integrity designed into the equipment can only be maintained when the equipment is regularly examined for damage and repair! **It is the sole responsibility of the owner/user/facility operator to ensure that regular maintenance is performed!**

Worn or damaged components shall be replaced immediately or the equipment removed from service until the repair is made. Only manufacturer supplied components shall be used to maintain/repair the equipment.

FAILURE TO COMPLY WITH THESE GUIDELINES COULD RESULT IN SERIOUS INJURY OR EVEN DEATH!

For Any Questions Regarding Maintenance, Please Call Our Customer Service Hotline:
1-800-325-8964

CM 216 LOW BACK

MUSCLES TRAINED

Erector Spinae Muscle Group

GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

ADJUST THIGH BLOCK PAD to the desired position using pull pin mechanism and handle assembly located on the vertical upright. Be sure that the pull pin is in its fully engaged and locked position prior to exercise!

For proper fit, thigh block pad should contact upper thighs when standing with slight flexion in the ankle, knee and hip joints (semi-squat standing position).

ENTER MACHINE CAREFULLY! Assume a comfortable semi-squat stance with feet positioned squarely on foot platforms and thighs pressed firmly against thigh block pad.

BEND UPPER BODY OVER THE TOP OF THIGH BLOCK PAD (TRUNK FLEXION) and GRASP EXERCISE HANDLES FIRMLY using an OVERGRIP HANDGRASP (PALMS DOWN) POSITION!

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY EXTENDING BACKWARD WITH THE UPPER BODY (LUMBAR EXTENSION) AGAINST THIGH BLOCK PAD, PAUSE BRIEFLY IN THE NEAR FULLY EXTENDED POSITION, AND RETURN TO STARTING POSITION.

BE SURE TO KEEP ARMS FULLY EXTENDED (ARMS STRAIGHT) THROUGHOUT ENTIRE EXERCISE!

BREATHE NORMALLY!

UPON COMPLETION OF THE EXERCISE, lower weight gently to the original starting position.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE PULL PIN SECURING THE THIGH BLOCK PAD IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**



CM 222

SEATED LEVER ARM CURL

MUSCLES TRAINED

Biceps Brachii
Brachialis
Brachioradialis



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust seatpad to the desired height. Be sure your elbow joints are in direct alignment with the lever arm's axis of rotation (Red dot). Upon completion of adjustment, be sure the pull pin is in its fully engaged and locked position!

Enter machine carefully! Straddle the seat pad and grasp exercise handle with a palms-up grip. Assume an upright, seated position with upper arms and chest resting firmly against support pad.

Place feet squarely on the ground for stability.

In a slow, controlled manner, lift weight by curling arms toward body. Pause briefly in a fully contracted position and return slowly to starting position.

Breathe normally!

Upon completion of exercise, lower weights gently by extending arms to their original starting position.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

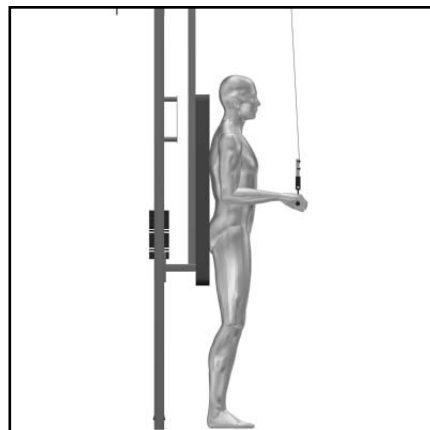
BE SURE TO ASSUME A FULLY SEATED POSITION. NEVER STAND DURING EXERCISE!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CM 226 TRICEPS PRESS

MUSCLES TRAINED

Triceps



GENERAL INSTRUCTIONS

CAREFULLY INSPECT TO INSURE THAT THE PROPERLY WEIGHTED BAR (5 LBS. MAX.) IS BEING EMPLOYED ON THIS MACHINE PRIOR TO SELECTING THE DESIRED WEIGHT! IF IN DOUBT, CONSULT A TRAINED SUPERVISOR BEFORE PROCEEDING!

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Check to insure the "SAFETY CLIP" attaching the exercise handle to the belt is in PROPER WORKING CONDITION and shows NO SIGNS OF WEAR!

Stand facing away from the machine with back resting against back pad, and firmly grasp exercise handle!

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY PRESSING DOWNWARD AGAINST THE EXERCISE HANDLE. PAUSE BRIEFLY IN THE NEAR FULLY EXTENDED POSITION AND RETURN SLOWLY TO THE STARTING POSITION.

Breathe normally!

UPON COMPLETION OF THE EXERCISE, LOWER WEIGHT GENTLY.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

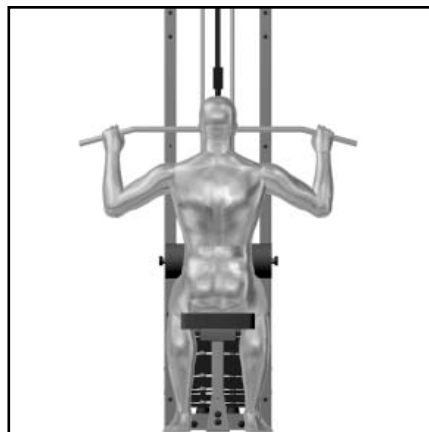
DO NOT USE ANY BAR WEIGHING MORE THAN 5 POUNDS ON THIS STATION. A HEAVIER BAR WILL FALL WHEN THE WEIGHT SELECTION PIN IS DISENGAGED.

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CM 240 LAT PULLDOWN

MUSCLES TRAINED

Latissimus Dorsi
Rhomboids
Teres Major
Biceps



GENERAL INSTRUCTIONS

CAREFULLY INSPECT TO INSURE THAT THE “PROPER” LAT BAR (15 LBS. MAXIMUM) IS BEING EMPLOYED ON THIS MACHINE PRIOR TO SELECTING THE DESIRED WEIGHT! IF IN DOUBT, CONSULT A TRAINED SUPERVISOR BEFORE PROCEEDING!

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Check to insure the “SAFETY CLIP” attaching the lat bar to the belt is in PROPER WORKING CONDITION and shows NO SIGNS OF WEAR!

ADJUST THIGH ROLLER PADS TO THE DESIRED HEIGHT. Be sure that the pull pin is in its FULLY ENGAGED AND LOCKED POSITION!

Stand straddling seat, facing machine, and firmly grasp lat handles!

SIT UPRIGHT on seat with thighs securely positioned under thigh roller pads. Place feet squarely on floor approximately shoulder width apart.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY PULLING LAT HANDLE DOWN TO UPPER CHEST. PAUSE BRIEFLY IN THE FULLY CONTRACTED POSITION AND RETURN SLOWLY TO THE STARTING POSITION.

Breathe normally!

UPON COMPLETION OF THE EXERCISE, LOWER WEIGHT GENTLY FIRST BY SLOWLY EXTENDING ARMS FULLY AND THEN BY RISING TO A STAND.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE’S PERFORMANCE CHARACTERISTICS AND PROPER USE!

DO NOT USE ANY BAR WEIGHING MORE THAN 15 POUNDS ON THIS STATION. A HEAVIER BAR WILL FALL WHEN THE WEIGHT SELECTION PIN IS DISENGAGED.

BE SURE THAT THE PULL PIN FOR ADJUSTING THE THIGH ROLLER PADS IN IT ITS FULLY ENGAGED AND LOCKED POSITION!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CM 242 LOW ROW

MUSCLES TRAINED

Latissimus Dorsi
Biceps
Rhomboids
Middle Trapezius
Posterior Deltoids
Triceps (Long Head)

GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Check to insure the “SAFETY CLIP” attaching the low row bar to the belt is in PROPER WORKING CONDITION and shows NO SIGNS OF WEAR!

Firmly grasp low row handles with both hands!

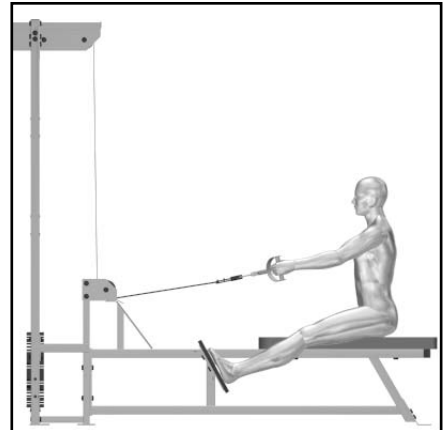
SIT UPRIGHT on seat and place feet squarely on foot plates. Keep knees slightly bent (flexed).

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY PULLING LOW ROW HANDLES INWARD, TOWARD LOWER CHEST AREA. PAUSE BRIEFLY IN THE FULLY CONTRACTED POSITION AND RETURN TO STARTING POSITION.

MAINTAIN UPRIGHT SEATED POSITION THROUGHOUT ENTIRE EXERCISE, DO NOT LEAN FORWARD OR BACKWARD OR USE YOUR LOWER BACK!

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY, FIRST BY SLOWLY EXTENDING ARMS FULLY AND THEN BY CAREFULLY BENDING (FLEXING) KNEES.



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

PRIOR TO USE, BE SURE THAT THE “SAFETY CLIP” IS IN PROPER WORKING CONDITION AND SHOWS NO SIGNS OF WEAR!

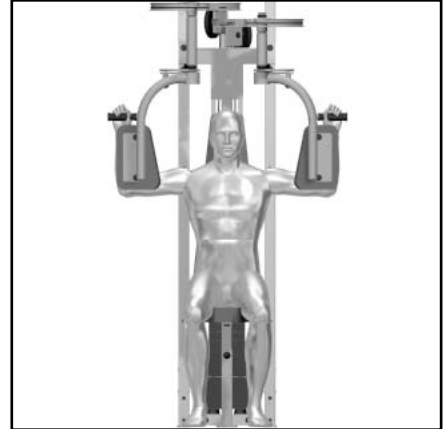
MAINTAIN UPRIGHT SEATED POSITION THROUGHOUT ENTIRE EXERCISE! DO NOT LEAN FORWARD OR BACKWARD OR USE YOUR LOWER BACK.

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CM 260 PEC DECK

MUSCLES TRAINED

Pectoralis Major



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

ADJUST SEAT TO THE DESIRED EXERCISE HEIGHT. Be sure that the pull pin is in its **FULLY ENGAGED AND LOCKED POSITION!**

ADJUST BOTH RANGE OF MOTION LIMITERS TO THE DESIRED STARTING POSITION. Be sure that the pull pins are in their **FULLY ENGAGED AND LOCKED POSITIONS!**

Enter machine carefully! **ASSUME A FULLY SEATED POSITION WITH BACK RESTING FIRMLY AGAINST VERTICAL SUPPORT PAD AND PLACE FEET SQUARELY ON FLOOR APPROXIMATELY SHOULDER WIDTH APART. NEVER STAND!**

PLACE FOREARMS FIRMLY AGAINST EXERCISE PADS AND GRASP EXERCISE HANDLES FOR STABILITY.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY PRESSING FOREARMS FORWARD AND INWARD TOWARD THE BODY'S MIDLINE. PAUSE BRIEFLY IN THE FULLY CONTRACTED POSITION AND RETURN SLOWLY TO THE STARTING POSITION.

Breathe normally!

UPON COMPLETION OF THE EXERCISE, LOWER WEIGHT GENTLY TO THE ORIGINAL STARTING POSITION.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT ALL PULL PINS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

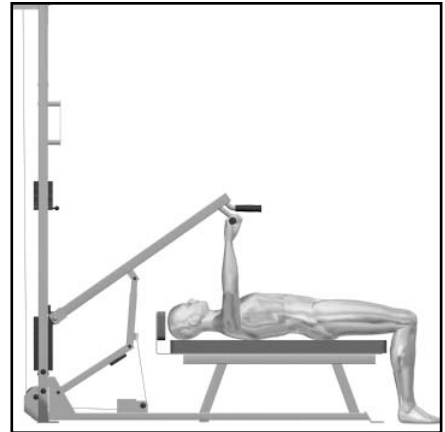
BE SURE TO ASSUME A FULLY SEATED POSITION. **NEVER STAND!**

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CM 262 BENCH PRESS

MUSCLES TRAINED

Pectoralis Major
Anterior Deltoid
Triceps
Serratus Anterior



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust carriage height to the desired position. Be sure that the pull pin is in its fully engaged and locked position!

Enter machine carefully! Assume a secure supine (back lying) position!

Place feet squarely on the ground approximately shoulder width apart. Grasp exercise handles firmly using either the wide-grip or the close-grip mode.

In a slow, controlled manner, lift weight by extending arms upward. Pause briefly in the near fully extended position and return slowly to starting position.

Do not arch back during exercise!

Breathe normally!

Upon completion of exercise, lower weight gently to the original starting position by slowly bending arms.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE CARRIAGE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CM 264 INCLINE PRESS

MUSCLES TRAINED

Deltoids
Upper Pectoralis Major
Triceps



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust seat height to the desired position. Be sure that the pull pin is in its fully engaged and locked position!

Adjust carriage height to the desired position. Be sure that the pull pin is in its fully engaged and locked position!

Enter machine carefully! Assume a secure recline seated position with back resting firmly against backrest!

Place feet squarely on the ground approximately shoulder width apart. Grasp exercise handles firmly using either the wide-grip or the close-grip mode.

In a slow, controlled manner, lift weight by extending arms overhead. Pause briefly in the near FULLY extended position and return Slowly to starting position.

Do not arch back during exercise!

Breathe normally!

Upon completion of exercise, lower weight gently to the original starting position by slowly bending arms.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE CARRIAGE AND SEAT ADJUSTMENT PULL PINS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CM 280 SHOULDER PRESS

MUSCLES TRAINED

Deltoids
Upper Pectoralis Major
Triceps



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust carriage height to the desired position. Be sure that the pull pin is in its fully engaged and locked position!

Enter machine carefully! Assume a secure upright seated position with back resting firmly against backrest!

Place feet squarely on the ground approximately shoulder width apart. Grasp exercise handles firmly using either the wide-grip or the close-grip mode.

In a slow, controlled manner, lift weight by extending arms overhead. Pause briefly in the near fully extended position and return. Slowly to starting position.

Do not arch back during exercise!

Breathe normally!

Upon completion of exercise, lower weight gently to the original starting position by slowly bending arms.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE CARRIAGE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CM 282 LATERAL RAISE

MUSCLES TRAINED

Deltoids
Upper Trapezius,
Serratus Anterior



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust seatpad to the desired height. **BE SURE THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!**

Enter machine carefully! Assume a **SECURE, seated position with CHEST RESTING FIRMLY AGAINST CHESTPAD!**

PLACE FEET SQUARELY ON THE GROUND, approximately shoulder width apart for additional stability.

Grasp exercise handles and with elbows bent, position arms firmly against roller pads.

In a slow, controlled manner, lift weight by **RAISING ARMS LATERALLY**. Pause briefly in the **HORIZONTAL POSITION AND RETURN SLOWLY TO STARTING POSITION**.

Breathe normally!

Upon completion of exercise, lower weights gently by **LOWERING ARMS TO THEIR ORIGINAL STARTING POSITION**.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

BE SURE TO ASSUME A FULLY SEATED POSITION. NEVER STAND DURING EXERCISE!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CM 290

SINGLE HI-LO PULLEY

MUSCLES TRAINED

Multi-exercise multi-pattern system for arms, shoulders, hips, and back



GENERAL INSTRUCTIONS

Carefully inspect to insure that the properly weighted bar (5 lbs. max.) is being employed on this machine prior to selecting the desired weight. if in doubt, consult a trained supervisor before proceeding!

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Check to insure that the “safety clip” attaching exercise handle to cable is in proper working condition and shows no signs of wear.

To adjust hi/lo pulley system, grasp adjustment handle with one hand and use other hand to disengage spring loaded pull pin. Position pulley system to desired height and release pull pin into its engaged position.

Be sure that the pull pin is in its fully engaged and locked position!

Perform exercise in a slow, controlled manner!

Breathe normally!

Upon completion of the exercise, lower weight gently to the original starting position.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

DO NOT USE ANY BAR WEIGHTING MORE THAN 5 POUNDS ON THIS STATION. A HEAVIER BAR WILL FALL WHEN THE WEIGHT SELECTION PIN IS DISENGAGED.

BE SURE THAT THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CM 292 CABLE CROSS-OVER

MUSCLES TRAINED

Multi-exercise multi-pattern system for arms, shoulders, hips, and back



GENERAL INSTRUCTIONS

Carefully inspect to insure that the properly weighted bar (5 lbs. max.) is being employed on this machine prior to selecting the desired weight. If in doubt, consult a trained Supervisor before proceeding!

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Check to insure that the “safety clip” attaching exercise handle to cable is in proper working condition and shows no signs of wear.

To adjust hi/lo pulley system, grasp adjustment handle with one hand and use other hand to disengage spring loaded pull pin. Position pulley system to desired height and release pull pin into its engaged position.

Be sure that the pull pin is in its fully engaged and locked position!

Perform exercise in a slow, controlled manner!

Breathe normally!

Upon completion of the exercise, lower weight gently to the original starting position.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

DO NOT USE ANY BAR WEIGHTING MORE THAN 5 POUNDS ON THIS STATION. A HEAVIER BAR WILL FALL WHEN THE WEIGHT SELECTION PIN IS DISENGAGED.

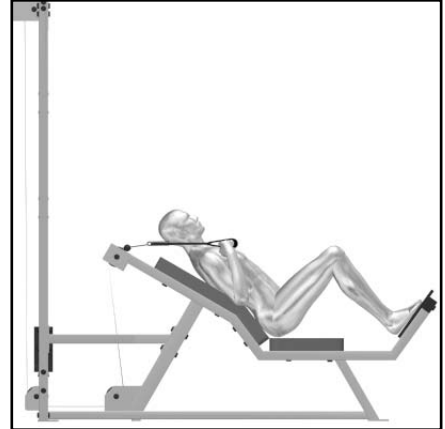
BE SURE THAT THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CM 320 ABDOMINAL CURL

MUSCLES TRAINED

Rectus Abdominis
Internal & External Obliques



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Enter machine carefully! Assume a comfortable, RECUMBENT POSITION WITH BUTTOCKS POSITIONED SQUARELY AGAINST LOWER SEATBACK AND TRUNK AGAINST UPPER SEATBACK. Position the feet securely on footrest platform.

Place exercise harness about shoulders and grasp exercise handles (normal grip). Keeping elbows in a flexed position, pull harness firmly against chest.

APPLY A FIRM, CONSTANT DOWNWARD PRESSURE AGAINST FOOTREST PLATFORM IN ORDER TO STABILIZE YOUR PELVIC GIRDLE! MAINTAIN THIS FIRM, CONSTANT PRESSURE THROUGHOUT THE DURATION OF THE EXERCISE!

In a slow, controlled manner, lift weight by curling (flexing) torso forward-downward against the exercise harness. Pause briefly in the fully contracted position and return slowly to starting position.

Breathe normally!

Upon completion of exercise, lower weight gently by slowly extending torso to the original starting position.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CM 330 DIP & AB CHAIR

MUSCLES TRAINED

AB STATION:

Rectus Abdominis
Hip Flexors

DIP STATION:

Pectoralis
Triceps
Anterior Deltoids



GENERAL INSTRUCTIONS

AB STATION:

Facing away from unit, carefully step onto foot platforms.

With back resting comfortably against back pad, firmly grasp vertical handles and let body weight rest on forearm pads.

IN A SLOW, CONTROLLED MANNER, RAISE LEGS. PAUSE BRIEFLY IN THE FULLY CONTRACTED POSITION AND RETURN TO STARTING POSITION.

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER BODY GENTLY TO FOOT PLATFORMS, THEN CAREFULLY STEP OFF.

DIP STATION:

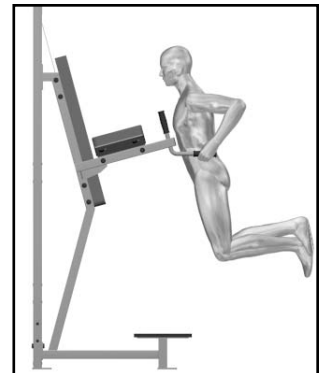
Facing unit, carefully step onto foot platforms.

Firmly grasp horizontal handles and raise body weight off of foot platforms.

IN A SLOW, CONTROLLED MANNER, LOWER BODY BY BENDING ELBOWS. PAUSE BRIEFLY IN THE NEAR FULLY CONTRACTED POSITION AND RETURN TO STARTING POSITION.

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER BODY GENTLY TO FOOT PLATFORMS, THEN CAREFULLY STEP OFF.



WARNING

PRIOR TO USING THIS MACHINE

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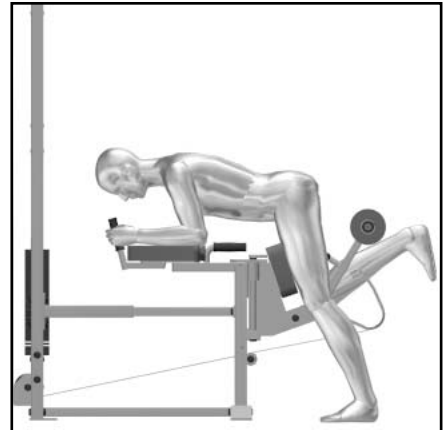
BE SURE TO GRASP HANDLES SECURELY BEFORE BEGINNING EXERCISE!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CM 420 STANDING LEG CURL

MUSCLES TRAINED

Hamstrings
Gastrocnemius



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust thigh pad to the desired height. **BE SURE THAT YOUR KNEE JOINT IS IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION (RED DOT).**

Adjust the leg curl lever arm to the desired length. Be sure that the roller pad is securely positioned behind lower leg and heel (just above ankle joint)!

Check to insure that both pull pins are in their fully engaged and locked positions!

ENTER MACHINE CAREFULLY! Assume a comfortable standing position with thighs resting securely against thigh pads.

Place forearms on forearm pads and firmly grasp handles for stability!

In a slow, controlled manner, lift weight by curling exercise leg inward towards buttocks. Pause briefly **IN THE FULLY CONTRACTED POSITION** and return slowly to starting position!

Breathe normally!

Upon completion of exercise, lower weight **GENTLY** to its resting position!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE THIGH PAD AND LEG CURL LEVER ARM PULL PINS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CM 422 LEG EXTENSION

MUSCLES TRAINED

Quadriceps



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust seatback to the desired depth. **BE SURE THAT YOUR KNEE JOINTS ARE IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION (RED DOT).**

Adjust leg extension lever arm to the desired length. **Be sure that the ROLLER PADS ARE SECURELY POSITIONED IN FRONT OF LOWER LEG AND FOOT (just above ankle joint)!**

Adjust range of motion limiter to the desired start/stop positions.

Assume a comfortable, upright seated position with upper body resting squarely against back pad.

PLACE LEGS SQUARELY BEHIND ROLLER PADS. Firmly grasp seat handles for stability.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY EXTENDING LEGS AGAINST ROLLER PADS, PAUSE BRIEFLY IN AN EXTENDED POSITION AND RETURN SLOWLY TO STARTING POSITION.

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY BY SLOWLY BENDING LEGS TO THEIR ORIGINAL STARTING POSITION.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

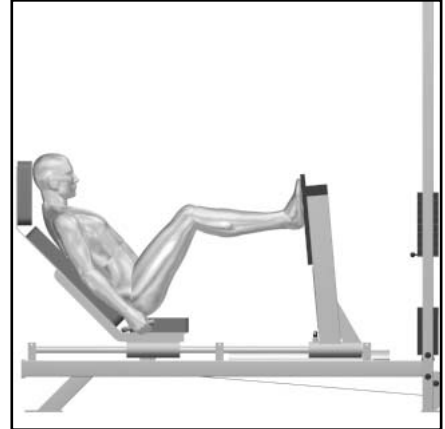
BE SURE THAT BOTH PULL PINS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CM 424 LEG PRESS

MUSCLES TRAINED

Quadriceps
Gluteus Maximus
Hamstrings



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

For ease of entry, position foot platform as far as possible away from seat by disengaging foot carriage pull pin. Be sure that the pull pin is in its **FULLY ENGAGED AND LOCKED POSITION PRIOR TO ENTRY!**

ENTER MACHINE CAREFULLY, placing feet completely on performing surface.

To adjust foot platform, disengage foot carriage pull pin and move platform to desired exercise position. Be sure that the pull pin is in its **FULLY ENGAGED AND LOCKED POSITION UPON COMPLETION OF ADJUSTMENT!**

IN A SLOW CONTROLLED MANNER, EXTEND LEGS AGAINST PLATFORM SURFACE. PAUSE BRIEFLY IN A NEAR FULLY EXTENDED POSITION AND RETURN SLOWLY TO STARTING POSITION.

DO NOT EXTEND KNEES TO THEIR FULLY LOCKED POSITION!

Breathe normally!

For ease of exit, disengage pull pin while slowly extending legs against platform surface.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

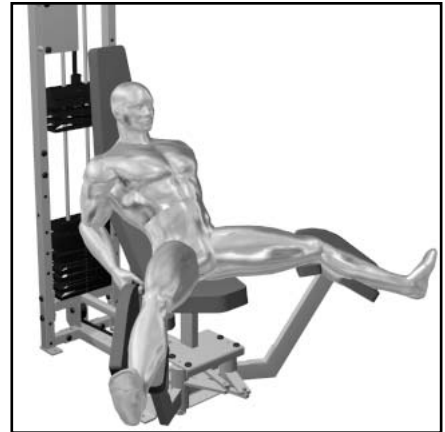
DO NOT EXTEND KNEES TO THEIR FULLY LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CM 430 ABDUCTOR

MUSCLES TRAINED

Abductor Group



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Enter machine carefully! Assume a secure recumbent seated position with back resting firmly against backrest!

Grasp handles for additional stability.

In a slow, controlled manner, lift weight by pressing outer thighs against thigh pads in a lateral (straddling) direction. Pause briefly in the fully contracted position and return **SLOWLY** to starting position.

Breathe normally!

Upon completion of exercise, lower weights gently to their original starting position.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

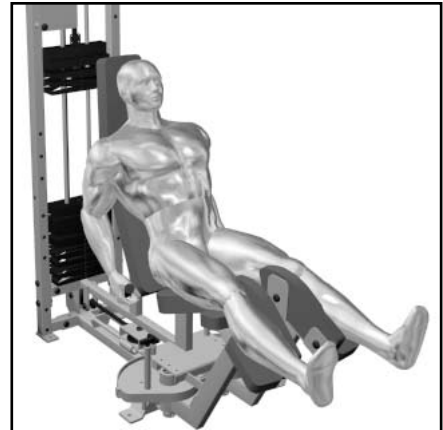
BE SURE TO GRASP HANDLES SECURELY DURING EXERCISE!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CM 432 ADDUCTOR

MUSCLES TRAINED

Adductor Group



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

ENTER MACHINE CAREFULLY! Assume a SECURE RECUMBENT SEATED POSITION WITH BACK RESTING FIRMLY AGAINST BACKREST!

Select the desired starting position for each leg. BE SURE THE PULL PINS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

Grasp handles for additional stability.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY PRESSING INNER THIGH PADS TOGETHER, MAKING SURE THE LEGS MOVE UNIFORMLY TOWARD THE MID-LINE OF THE BODY. PAUSE BRIEFLY IN THE FULLY CONTRACTED POSITION AND RETURN SLOWLY TO STARTING POSITION.

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHTS GENTLY TO THEIR ORIGINAL STARTING POSITION.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THE PULL PINS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

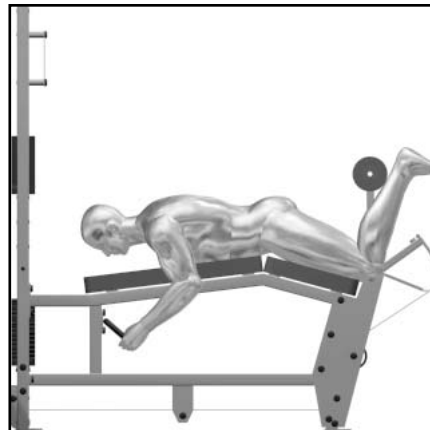
BE SURE TO GRASP HANDLES SECURELY DURING EXERCISE!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CM 434 PRONE LEG CURL

MUSCLES TRAINED

Hamstrings
Gastrocnemius



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust the leg curl lever arm to the desired length. **BE SURE THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!**

ENTER MACHINE CAREFULLY! Assume a prone position with body resting firmly against bench pads. **BE SURE YOUR KNEE JOINT IS IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION (RED DOT) AND THE ROLLER PAD IS SECURELY POSITIONED BEHIND LOWER LEG AND HEEL (just above ankle joint)!**

Grasp handles for additional stability.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY CURLING LEGS INWARD TOWARD BUTTOCKS. PAUSE BRIEFLY IN THE FULLY CONTRACTED POSITION AND RETURN SLOWLY TO STARTING POSITION.

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHTS GENTLY TO THEIR ORIGINAL STARTING POSITION.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

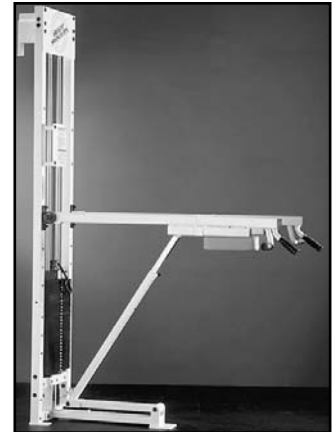
**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CM 550

BENCH PRESS/SQUAT & CALF

MUSCLES TRAINED

Bench Press: Pectoralis Major, Anterior Deltoids, Triceps
Squat: Quadriceps, Gluteus Maximus, Hamstrings
Calf Raise: Gastrocnemius, Soleus



GENERAL INSTRUCTIONS

Determine which exercise is to be performed.

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

ADJUST SEAT CARRIAGE TO DESIRED POSITION according to the intended exercise. Be sure the pull pin is in its fully engaged and locked position!

When using an exercise bench or a calf raise platform, be sure these devices are in proper working order and positioned according to the intended exercise. When in doubt, consult a trained supervisor!

PERFORM EXERCISE IN A SLOW, CONTROLLED MANNER. Avoid jerky movements.

BREATHE NORMALLY!

UPON COMPLETION OF EXERCISE, lower weight gently to original starting position.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THE CARRIAGE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

WHEN USING AN EXERCISE BENCH OR A CALF RAISE PLATFORM, BE SURE THESE DEVICES ARE IN PROPER WORKING ORDER AND POSITIONED ACCORDING TO THE INTENDED EXERCISE!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CX 108 SUPER LEG CURL

MUSCLES TRAINED

Hamstrings
Gastrocnemius



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust the leg curl lever arm to the desired length. **Be sure that the pull pin is in its FULLY ENGAGED AND LOCKED POSITION!**

Assume a prone position with body resting firmly against bench pads.

Straddle lever arm and place legs squarely under roller pads. **BE SURE THAT YOUR KNEE JOINT IS IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION (RED DOT) AND THAT THE ROLLER PAD IS SECURELY POSITIONED BEHIND LOWER LEG AND HEEL (just above ankle joint)!**

Firmly grasp carriage handles for stability!

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY CURLING LEGS INWARD TOWARDS BUTTOCKS. PAUSE BRIEFLY IN THE FULLY CONTRACTED POSITION AND RETURN SLOWLY TO STARTING POSITION.

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY BY SLOWLY EXTENDING LEGS TO THEIR ORIGINAL STARTING POSITION.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CX 109

SUPER LEG EXTENSION

MUSCLES TRAINED

Quadriceps



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust seatback to the desired depth. **BE SURE THAT YOUR KNEE JOINTS ARE IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION.**

Adjust leg extension lever arm to the desired length. Be sure that the **ROLLER PADS ARE SECURELY POSITIONED IN FRONT OF LOWER LEG AND FOOT** (just above ankle joint)!

Assume a comfortable, recumbent position with upper body resting squarely against back pad. Use pelvic strap for stabilization.

STRADDLE LEVER ARM AND PLACE LEGS SQUARELY BEHIND ROLLER PADS. Firmly grasp seat handles for stability.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY EXTENDING LEGS AGAINST ROLLER PADS. PAUSE BRIEFLY IN AN EXTENDED POSITION AND RETURN SLOWLY TO STARTING POSITION.

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHTS GENTLY BY SLOWLY BENDING LEGS TO THEIR ORIGINAL STARTING POSITION.

WARNING

PRIOR TO USING THIS MACHINE!

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE PULL PINS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CX 110 LEG EXTENSION

MUSCLES TRAINED

Quadriceps



GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Adjust seatback to the desired depth. BE SURE THAT YOUR KNEE JOINTS ARE IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION (RED DOT).

Adjust range of motion limiter to the desired start/stop positions.

Assume a comfortable, upright seated position with upper body resting squarely against back pad. Use lumbar support pillow and pelvic strap for stabilization.

PLACE LEGS SQUARELY BEHIND ROLLER PAD ENSURING PAD IS POSITIONED IN FRONT OF LOWER LEG AND FOOT (just above ankle joint). Firmly grasp seat handles for stability.

In a slow, controlled manner, lift weight by extending legs against roller pad, pause briefly in an extended position and return slowly to starting position.

Breathe normally.

Upon completion of exercise, lower weights gently by slowly bending legs to their original starting position.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT BOTH THE PULL PIN AND LEVER ARM ADJUSTMENTS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CX 111 LEG CURL

MUSCLES TRAINED

Hamstrings
Gastrocnemius

GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Adjust range of motion limiter to the desired start/stop positions.

Assume a prone position with body resting firmly against bench pads. BE SURE THAT YOUR KNEE JOINT IS IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION (RED DOT.)

USE PULL PIN TO ADJUST ROLLER PAD SO THAT THE ROLLER PAD IS SECURELY POSITIONED BEHIND LOWER LEG AND HEEL (just above ankle joint)!

Firmly grasp carriage handles for stability!

In a slow, controlled manner, LIFT WEIGHT BY CURLING LEGS INWARD TOWARDS BUTTOCKS. Pause briefly in the fully contracted position and return slowly to starting position.

BREATHE NORMALLY.

Upon completion of exercise, LOWER WEIGHT GENTLY BY SLOWLY EXTENDING LEGS TO THE ORIGINAL STARTING POSITION.



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT ALL PULL PIN ADJUSTMENTS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CX 115 ABDUCTOR

MUSCLES TRAINED

Gluteus Medius
Gluteus Minimus
(Outer Hip Muscles)



GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

ENTER MACHINE CAREFULLY FROM OPEN SIDE! Assume a SECURE SEATED POSITION WITH BACK RESTING FIRMLY AGAINST BACKREST!

Select the desired starting position. BE SURE THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION.

Grasp handles for additional stability.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY PRESSING OUTER THIGHS AGAINST THIGH PADS IN A LATERAL (STRADDLING) DIRECTION. PAUSE BRIEFLY IN THE FULLY CONTRACTED POSITION AND RETURN SLOWLY TO STARTING POSITION.

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHTS GENTLY TO THEIR ORIGINAL STARTING POSITION.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE TO GRASP HANDLES SECURELY DURING EXERCISE!

BE SURE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CX 116 ADDUCTOR

MUSCLES TRAINED

Adductor Muscles Group
(Inner Hip Muscles)



GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

ENTER MACHINE CAREFULLY! Assume a SECURE SEATED POSITION WITH BACK RESTING FIRMLY AGAINST BACKREST!

Select the desired starting position. BE SURE THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION.

Grasp handles for additional stability.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY PRESSING INNER THIGH PADS TOGETHER MAKING SURE THE LEGS MOVE UNIFORMLY TOWARD THE MID-LINE OF THE BODY. PAUSE BRIEFLY IN THE FULLY CONTRACTED POSITION AND RETURN SLOWLY TO STARTING POSITION.

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHTS GENTLY TO THEIR ORIGINAL STARTING POSITION.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITIONS!

BE SURE TO GRASP HANDLES SECURELY DURING EXERCISE!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CX 118 SEATED LEG CURL

MUSCLES TRAINED

Hamstrings

Gastrocnemius



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

ENTER MACHINE CAREFULLY! Assume a comfortable, recumbent sitting position with back resting firmly against seatback.

ADJUST SEATBACK DEPTH to the desired setting using toggle switch located on the right-hand side of the seatback. **CHECK TO INSURE YOUR KNEE JOINTS ARE IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION (RED DOT)!**

ADJUST LENGTH OF LEVER ARM by lifting and sliding roller pad assembly to the desired setting. **CHECK TO INSURE THE ROLLER PAD IS SECURELY POSITIONED UNDERNEATH LOWER LEGS AND HEELS (just above ankle joints).**

ADJUST LEVER ARM TO DESIRED "START" POSITION using upright handle located on the right side of seat. **CHECK TO INSURE PULL PIN LOCKING MECHANISM IS FULLY AND COMPLETELY ENGAGED!**

ADJUST THIGH PAD STABILIZER using toggle switch located on the right side of thigh pad assembly. **BE SURE THIGH PAD IS POSITIONED SECURELY AGAINST TOP OF LOWER THIGHS.**

FIRMLY GRASP EXERCISE HANDLES located on each side of seat.

IN A SLOW, CONTROLLED MANNER, lift weight by curling legs downward and inward toward buttocks. Pause briefly in the fully contracted position and return slowly to starting position.

BREATHE NORMALLY!

UPON COMPLETION OF EXERCISE, lower weight gently to the original starting position.

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

DO NOT EXTEND KNEES TO THEIR FULLY LOCKED POSITION!

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CX 119 GLUTE TRAINER

MUSCLES TRAINED

Hamstrings

Gastrocnemius



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

ENTER MACHINE CAREFULLY! Assume a comfortable, recumbent sitting position with back resting firmly against seatback.

ADJUST SEATBACK DEPTH to the desired setting using toggle switch located on the right-hand side of the seatback. **CHECK TO INSURE YOUR KNEE JOINTS ARE IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION (RED DOT)!**

ADJUST LENGTH OF LEVER ARM by lifting and sliding roller pad assembly to the desired setting. **CHECK TO INSURE THE ROLLER PAD IS SECURELY POSITIONED UNDERNEATH LOWER LEGS AND HEELS (just above ankle joints).**

ADJUST LEVER ARM TO DESIRED "START" POSITION using upright handle located on the right side of seat. **CHECK TO INSURE PULL PIN LOCKING MECHANISM IS FULLY AND COMPLETELY ENGAGED!**

ADJUST THIGH PAD STABILIZER using toggle switch located on the right side of thigh pad assembly. **BE SURE THIGH PAD IS POSITIONED SECURELY AGAINST TOP OF LOWER THIGHS.**

FIRMLY GRASP EXERCISE HANDLES located on each side of seat.

IN A SLOW, CONTROLLED MANNER, lift weight by curling legs downward and inward toward buttocks. Pause briefly in the fully contracted position and return slowly to starting position.

BREATHE NORMALLY!

UPON COMPLETION OF EXERCISE, lower weight gently to the original starting position.

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

BE SURE THE PULL PIN LOCKING MECHANISM OF THE LEG CURL LEVER ARM IS FULLY AND COMPLETELY ENGAGED!

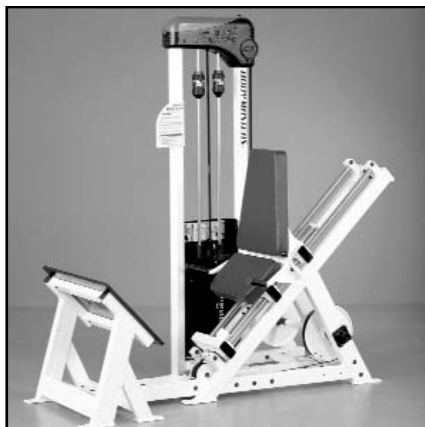
**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CX 121 QUAD/CALF

MUSCLES TRAINED

Quadriceps
Gluteus Maximus
Hamstrings
Gastrocnemius
Soleus

GENERAL INSTRUCTIONS



ENTER MACHINE CAREFULLY! Place feet squarely on foot platform with hips and back positioned firmly against seat carriage.

PRIOR TO ADJUSTING THE SEAT CARRIAGE, BE SURE THE WEIGHT STACK IS IN "FULL-DOWN" POSITION! NEVER DISENGAGE ADJUSTMENT LEVER ARM WITH WEIGHT STACK IN "RAISED" POSITION!

ADJUST SEAT CARRIAGE TO DESIRED POSITION by disengaging adjustment lever arm located on left side of seat carriage. Be sure the lever arm is fully engaged in its locked position upon completion of adjustment.

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

SELECT THE DESIRED EXERCISE:

- A. **QUADRICEPS EXERCISE:** Position feet squarely in center of foot platform approximately shoulder-width apart.
- B. **CALF EXERCISE:** Position balls of feet slightly above bottom edge of foot platform approximately shoulder-width apart.

PRIOR TO EXERCISE be sure that total body is securely positioned in machine with hands firmly grasping handles on each side of seat carriage.

PERFORM DESIRED EXERCISE IN A SLOW, CONTROLLED MANNER. Pause briefly in a near fully extended leg position and return slowly to starting position.

Breathe normally!

UPON COMPLETION OF EXERCISE, lower weights gently to original starting position.

FOR EASE OF EXIT, disengage adjustment lever arm while slowly extending legs against foot platform surface. **BE SURE ADJUSTMENT LEVER ARM IS IN ITS LOCKED POSITION PRIOR TO REMOVING FEET FROM PLATFORM**

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

NEVER DISENGAGE ADJUSTMENT LEVER ARM WITH WEIGHT STACK IN RAISED POSITION!

DO NOT EXTEND KNEES TO THEIR FULLY LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CX 122 SUPER LEG PRESS

MUSCLES TRAINED

Quadriceps
Gluteus Maximus
Hamstrings



GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Adjust seat back to either the upright or the reclined position.

Adjust range of motion limiter to the desired position. BE SURE THAT THE PULL PIN IS FULLY ENGAGED IN ITS LOCKED POSITION.

WARNING: FOOT PLATFORM IS SPRING LOADED! For ease of entry, position foot platform as far as possible away from seat by FIRST placing left hand on platform surface THEN disengaging lever arm (RED HANDLE). BE SURE THAT THE LEVER ARM (RED HANDLE) IS FULLY ENGAGED IN ITS LOCKED POSITION PRIOR TO ENTRY!

ENTER MACHINE CAREFULLY, placing feet completely on performing surface.

Adjust foot platform by FIRST disengaging lever arm (RED HANDLE) and THEN moving platform to desired exercise position. Use handle on platform for ease of adjustment. BE SURE THAT THE LEVER ARM (RED HANDLE) IS FULLY ENGAGED IN ITS LOCKED POSITION UPON COMPLETION OF ADJUSTMENT!

In a slow controlled manner, extend legs against platform surface. Pause briefly in a NEAR FULLY EXTENDED POSITION and return slowly to starting position.

Breathe normally!

For ease of exit, disengage lever arm (RED HANDLE) while slowly extending legs against platform surface.

BE SURE THAT THE LEVER ARM (RED HANDLE) IS IN ITS LOCKED POSITION PRIOR TO REMOVING FEET FROM PLATFORM SURFACE.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

FOOT PLATFORM IS SPRING LOADED! BE SURE TO CAREFULLY FOLLOW ADJUSTMENT INSTRUCTION. SEE NO. 4!

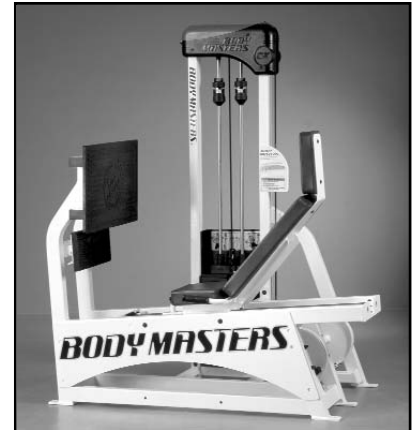
DO NOT EXTEND KNEES TO THEIR FULLY LOCKED POSITION!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CX 123 LEG PRESS

MUSCLES TRAINED

Quadriceps
Gluteus Maximus
Hamstrings



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust range of motion limiter to the desired position. **BE SURE THAT THE PULL PIN IS FULLY ENGAGED IN ITS LOCKED POSITION.**

ENTER MACHINE CAREFULLY, placing feet completely on performing surface.

In a slow controlled manner, extend legs against platform surface. Pause briefly in a **NEAR FULLY EXTENDED POSITION** and return slowly to starting position.

Breathe normally!

For calf exercise, place balls of feet securely on lower portion of lower platform. With legs in a near fully extended position, extend balls of feet fully in a slow controlled manner. Pause briefly and return slowly to starting position.

Breathe normally.

At completion of exercise, lower carriage carefully until it stops at the lower end of its travel.

Exit machine carefully.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

DO NOT EXTEND KNEES TO THEIR FULLY LOCKED POSITION!

BE SURE THAT PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CX 210

BACK EXTENSION

MUSCLES TRAINED

Erector Spinae Muscle Group



GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

ADJUST FOOT PLATFORM TO THE DESIRED POSITION by grasping the adjustment handle and disengaging the pull pin located under the front portion of the assembly. Be sure that the pull pin is in its fully locked and engaged position upon completion of adjustment!

ADJUST THE RANGE OF MOTION LIMITER TO THE DESIRED START ANGLE using the pull pin located on the exercise cam. BE SURE THAT THE PULL PIN IS IN ITS FULLY LOCKED AND ENGAGED POSITION upon completion of adjustment!

ENTER MACHINE CAREFULLY! Assume a comfortable seated position with feet positioned squarely on the foot platform. Fasten seat belt securely around hips. Knees and hips should be in a slightly flexed position!

GRASP EXERCISE HANDLES FIRMLY AND POSITION BACK SQUARELY AGAINST BACK PAD!

IN A SLOW, CONTROLLED MANNER, EXTEND BACKWARD AGAINST BACK PAD. PAUSE BRIEFLY IN THE EXTENDED POSITION AND RETURN TO STARTING POSITION.

Breathe normally!

UPON COMPLETION OF THE EXERCISE, LOWER WEIGHT GENTLY to the original starting position.

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE PULL PINS ON THE FOOT PLATFORM AND THE RANGE OF MOTION LIMITER ARE IN THEIR FULLY LOCKED AND ENGAGED POSITIONS!

BE SURE THAT SEAT BELT IS FASTENED SECURELY AROUND HIPS!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CX 213 SEATED ROWING

MUSCLES TRAINED

Latissimus Dorsi
Middle Trapezius
Posterior Deltoid
Rhomboid
Biceps
Triceps (Long Head)

GENERAL INSTRUCTIONS

Select desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

ENTER MACHINE CAREFULLY! Assume a comfortable straddled sit position.

ADJUST SEAT HEIGHT to the desired position using the pull pin located underneath the seat. The chest pad should be used as your guide to achieve proper seat height.

ADJUST THE CHEST PAD to the desired position using the pull pin located on the support arm of the chest pad.

Lean slightly forward and place CHEST DIRECTLY AGAINST CHEST PAD. Place FEET SQUARELY ON THE GROUND approximately shoulder width apart, or on the foot platforms provided.

GRASP EXERCISE HANDLES FIRMLY.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY PULLING THE HANDLES TOWARD THE BODY IN A ROWING FASHION. PAUSE BRIEFLY IN THE FULLY FLEXED ARM POSITION AND RETURN TO THE STARTING POSITION.

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY by slowly extending arms to the original starting position.

EXIT MACHINE CAREFULLY!



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THE PULL PIN ON THE CHEST PAD ADJUSTMENT IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CX 214 LOW ROW

MUSCLES TRAINED

Latissimus Forsi
Rhomboids
Middle Trapezius
Posterior Deltoids
Biceps
Tricep (LongHead)

GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Check to insure the “SAFETY CLIP” attaching the low row bar to the belt is in PROPER WORKING CONDITION and shows NO SIGNS OF WEAR!

Firmly grasp low row bar with both hands!

SIT UPRIGHT on seat and place feet squarely on foot plates. Keep knees slightly bent (flexed).

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY PULLING LOW ROW BAR INWARD, TOWARD LOWER CHEST AREA. PAUSE BRIEFLY IN THE FULLY CONTRACTED POSITION AND RETURN TO STARTING POSITION.

MAINTAIN UPRIGHT SITTING POSITION THROUGHOUT ENTIRE EXERCISE. DO NOT LEAN FORWARD OR BACKWARD OR USE YOUR LOWER BACK!

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHTS GENTLY, first by slowly extending arms fully and then by carefully bending (flexing) knees.



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

PRIOR TO USE, BE SURE THAT THE “SAFETY CLIP” IS IN PROPER WORKING CONDITION AND SHOWS NO SIGNS OF WEAR!

MAINTAIN UPRIGHT SEATED POSITION THROUGHOUT ENTIRE EXERCISE! DO NOT LEAN FORWARD OR BACKWARD OR USE YOUR LOWER BACK.

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CX 216 LOW BACK

MUSCLES TRAINED

Erector Spinae Muscle Group



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust height of kneeling platform to insure that **HIP BLOCK PAD COVERS ENTIRE PELVIC AREA.**

Adjust length of foot rest to insure proper fit and stability of lower leg.

Adjust hip block pad to insure that the **LOWER BACK IS DIRECTLY IN LINE WITH THE MACHINE'S AXIS OF ROTATION (RED DOT).**

Set range of motion limiter to desired **STOP** position.

Enter in kneeling position using handles for stability.

Set range of motion limiter to the desired **START** position. Place back squarely against roller pad, and grasp stabilizing arm with both hands.

IN A SLOW, CONTROLLED MANNER, EXTEND BACKWARD BY CONTRACTING BACK MUSCLES. PAUSE BRIEFLY IN FULLY EXTENDED POSITION AND RETURN TO STARTING POSITION.

Breath normally!

Upon completion of exercise, **LOWER WEIGHT GENTLY** and **DISENGAGE RANGE OF MOTION LIMITER** FOR EASE OF EXIT.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

IMPROPER USE OF THIS MACHINE CAN RESULT IN SERIOUS BACK INJURY!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CX 220B SEATED ABDOMINAL

MUSCLES TRAINED

Rectus Abdominis
Internal & External Obliques



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

TO FACILITATE EASE OF ENTRY, adjust exercise lever arm to the full forward position using pull pin located next to its axis of rotation.

ENTER MACHINE CAREFULLY! Assume a comfortable upright sitting position with feet securely positioned underneath foot roller pads, or on foot platform.

ADJUST SEAT HEIGHT AND DEPTH TO THE DESIRED SETTINGS using pull pins located on the right side of the seat. **CHECK TO INSURE YOUR LUMBAR AREA IS IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION (RED DOT)!**

ADJUST EXERCISE LEVER ARM TO DESIRED "START" POSITION using pull pin located next to its axis of rotation. ***CHECK TO INSURE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION.***

PLACE HANDS securely on the provided handgrips.

IN A SLOW, CONTROLLED MANNER, lift weight by curling (flexing) torso forward-downward against exercise chest pads. Pause briefly in the fully contracted position and return slowly to starting position.

Breathe normally!

UPON COMPLETION OF EXERCISE, lower weight gently by slowly extending torso to the original starting position.

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THE PULL PIN LOCKING MECHANISM OF THE EXERCISE LEVER ARM IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CX 221

ABDOMINAL CRUNCH

MUSCLES TRAINED

Rectus Abdominus
Internal and External Obliques



GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

ENTER MACHINE CAREFULLY! Assume a comfortable, reclined position.

Prior to adjusting leg support carriage, BE SURE THAT YOUR ABDOMINALS (LUMBAR VERTEBRAE) ARE IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION (RED DOT).

Adjust leg support carriage using the pull pin located beneath the seat on the right hand side. Upon completion of adjustment, BE SURE THAT THE CARRIAGE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

Prior to exercise, grasp ab-crunch handles for stability.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY CURLING UPPER BODY TOWARDS LEGS. Pause briefly in a fully contracted position and return slowly to starting position.

Breathe normally!

Upon completion of exercise, LOWER WEIGHTS GENTLY by returning slowly to original starting position.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CX 310

VERTICAL CHEST PRESS

MUSCLES TRAINED

Pectoralis Major
Anterior Deltoids
Triceps



GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Adjust seat height to the desired position. BE SURE THAT THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

Adjust carriage depth to the desired position. BE SURE THAT THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

ENTER MACHINE CAREFULLY! Assume a SECURE SEATED POSITION WITH BACK RESTING FIRMLY AGAINST BACKREST!

PLACE FEET SQUARELY ON THE GROUND approximately shoulder width apart. Grasp exercise handles firmly using either the mid-grip or the over-grip mode. (A foot rail press mechanism is provided to place the exercise handles in a more advantageous position for grasping).

In a slow, controlled manner, lift weight by extending arms forward. Pause briefly IN A NEAR FULLY EXTENDED POSITION and return to starting position.

Breathe normally!

Upon completion of exercise, LOWER WEIGHTS GENTLY to the original starting position by slowly bending arms!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE CARRIAGE AND SEAT ADJUSTMENT PULL PINS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CX 311 INCLINE CHEST PRESS

MUSCLES TRAINED

Pectoralis Major
Deltoids
Triceps



GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Adjust seat height to the desired position. Be sure that the pull pin is in its FULLY ENGAGED AND LOCKED POSITION!

Adjust carriage height to the desired position. Be sure that the pull pin is in its FULLY ENGAGED AND LOCKED POSITION!

ENTER MACHINE CAREFULLY! Assume a SECURE RECLINE SEATED POSITION WITH BACK RESTING FIRMLY AGAINST BACKREST!

PLACE FEET SQUARELY ON THE GROUND approximately shoulder width apart.

Grasp exercise handles firmly using either the wide-grip or the close-grip mode.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY EXTENDING ARMS OVERHEAD. PAUSE BRIEFLY IN A NEAR FULLY EXTENDED POSITION AND RETURN TO STARTING POSITION. DO NOT ARCH BACK DURING EXERCISE!

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHTS GENTLY TO THE ORIGINAL STARTING POSITION BY SLOWLY BENDING ARMS!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE CARRIAGE AND SEAT ADJUSTMENT PULL PINS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CX 320

SHOULDER PRESS

MUSCLES TRAINED

Deltoids
Upper Pectoralis Major
Triceps



GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Adjust seat height to the desired position. Be sure that the pull pin is in its FULLY ENGAGED AND LOCKED POSITION!

Adjust seat back to desired depth.

ENTER MACHINE CAREFULLY! Assume a SECURE UPRIGHT SEATED POSITION WITH BACK RESTING FIRMLY AGAINST BACKREST!

PLACE FEET SQUARELY ON THE GROUND approximately shoulder width apart. Grasp exercise handles firmly using either the wide grip or the close-grip mode.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY EXTENDING ARMS OVERHEAD. PAUSE BRIEFLY IN A NEAR FULLY EXTENDED POSITION AND RETURN TO STARTING POSITION.

DO NOT ARCH BACK DURING EXERCISE!

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHTS GENTLY TO THE ORIGINAL STARTING POSITION BY SLOWLY BENDING ARMS!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE SEAT PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CX 410 ARM CURL

MUSCLES TRAINED

Biceps Brachii
Brachialis
Brachioradialis



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust seatpad to the desired height. **BE SURE YOUR ELBOW JOINTS ARE IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION (RED DOT).** Upon completion of adjustment, BE SURE THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

ENTER MACHINE CAREFULLY! Straddle the seat pad and grasp exercise handle with a palms-up grip. Assume an upright, seated position with upper arms and chest resting firmly against support pad.

PLACE FEET SQUARELY ON THE GROUND.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY CURLING ARMS TOWARD BODY. PAUSE BRIEFLY IN A FULLY CONTRACTED POSITION AND RETURN SLOWLY TO STARTING POSITION.

Breathe normally!

UPON COMPLETION OF EXERCISE, **LOWER WEIGHTS GENTLY** BY EXTENDING ARMS TO THEIR ORIGINAL STARTING POSITION.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

BE SURE TO ASSUME A FULLY SEATED POSITION. **NEVER STAND!**

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CX 420

TRICEP PRESS / SEATED DIP

MUSCLES TRAINED

Triceps
Anterior Deltoids



GENERAL INSTRUCTIONS

Select desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES.

Adjust seat to desired height.

Adjust handle lengths for desired movement.

Place hands on desired hand grip using a loose grip and sit upright.

LIFT AND LOWER WEIGHT BY EXTENDING ARMS DOWN AND THEN RETURN TO STARTING POSITION IN A SMOOTH, CONTROLLED MANNER.

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY BY SLOWLY LIFTING ARMS TO ORIGINAL STARTING POSITION.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE PULL PINS ON THE SEAT HEIGHT ADJUSTMENT AND THE BACK STABILIZING PAD ARE IN THEIR FULLY LOCKED AND ENGAGED POSITIONS!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CX 421

TRICEP EXTENSION

MUSCLES TRAINED

Triceps
Anterior Deltoids



GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

ADJUST BACK STABILIZING PAD to the desired depth. Be sure to allow for sufficient space to enter and exit the machine safely! Also BE SURE THAT THE PULL PIN IS IN ITS FULLY LOCKED AND ENGAGED POSITION upon completion of adjustment!

ENTER THE MACHINE CAREFULLY! Assume a comfortable upright seated position facing towards the exercise handles and the chest/arm pad assembly.

ADJUST SEAT HEIGHT to desired position using pull pin located underneath the left hand side of the seat. Be sure that the back side of your upper arms and your chest fit snugly about the chest/arm pad. Also BE SURE THAT THE PULL PIN IS IN ITS FULLY LOCKED AND ENGAGED POSITION upon completion of adjustment!

Prior to exercise, place FEET SQUARELY ON THE GROUND approximately shoulder width apart. GRASP EXERCISE HANDLES FIRMLY!

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY EXTENDING ARMS IN THE FORWARD/DOWNWARD DIRECTION AGAINST THE EXERCISE HANDLES! PAUSE BRIEFLY IN THE EXTENDED ARM POSITION AND RETURN SLOWLY TO THE STARTING POSITION.

BREATHE NORMALLY!

UPON COMPLETION OF THE EXERCISE, LOWER WEIGHT GENTLY to the original starting position.

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE PULL PINS ON THE SEAT HEIGHT ADJUSTMENT AND THE BACK STABILIZING PAD ARE IN THEIR FULLY LOCKED AND ENGAGED POSITIONS!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CX 422 OVERHEAD TRICEP EXTENSION

MUSCLES TRAINED

Triceps



GENERAL INSTRUCTIONS

Select desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES.**

Adjust seat to correct height.

SIT BACK AGAINST SEAT. Press down on lever arm with right foot (this will bring lever arm up).

Grasp handle and press resistance up by raising arms overhead.

PAUSE BRIEFLY IN TOP POSITION BEFORE LOWERING WEIGHT.

Lift and lower weight resistance in a **SMOOTH, CONTROLLED MANNER.**

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY BY SLOWLY RETURNING ARMS TO ORIGINAL STARTING POSITION.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE PULL PINS ON THE SEAT HEIGHT ADJUSTMENT AND THE BACK STABILIZING PAD ARE IN THEIR FULLY LOCKED AND ENGAGED POSITIONS!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CX 510

SINGLE ADJUSTABLE HI/LO PULLEY

MUSCLES TRAINED

Chest, Arms, Back, and Hip Muscle Groups



GENERAL INSTRUCTIONS

The CX 510 can be used for a multitude of exercises by simply adjusting the HI/LO Pulley system to the appropriate height. Among the exercises that can be performed are arm curls, tricep extensions, shoulder joint internal and external rotations, hip joint abduction/adduction, extension/flexion, one arm low lat pulls, diagonal patterns of the shoulder and wrist joint flexion/extension.

CAREFULLY INSPECT TO INSURE THAT THE PROPERLY WEIGHTED BAR (5 LBS. MAX.) IS BEING EMPLOYED ON THIS MACHINE PRIOR TO SELECTING THE DESIRED WEIGHT. IF IN DOUBT, CONSULT A TRAINED SUPERVISOR BEFORE PROCEEDING!

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Check to insure that the “SAFETY CLIP” attaching exercise handle to cable is in PROPER WORKING CONDITION and shows NO SIGNS OF WEAR.

TO ADJUST HI/LO PULLEY SYSTEM, GRASP ADJUSTMENT HANDLE WITH ONE HAND AND USE OTHER HAND TO DISENGAGE SPRING LOADED PULL PIN. POSITION PULLEY SYSTEM TO DESIRED HEIGHT AND RELEASE PULL PIN INTO ITS ENGAGED POSITION.

Be sure that the pull pin is in its FULLY ENGAGED AND LOCKED POSITION!

PERFORM EXERCISE IN A SLOW, CONTROLLED MANNER!

Breathe normally!

UPON COMPLETION OF THE EXERCISE, LOWER WEIGHT GENTLY TO THE ORIGINAL STARTING POSITION.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

DO NOT USE ANY BAR WEIGHTING MORE THAN 5 POUNDS ON THIS STATION. A HEAVIER BAR WILL FALL WHEN THE WEIGHT SELECTION PIN IS DISENGAGED.

BE SURE THAT THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

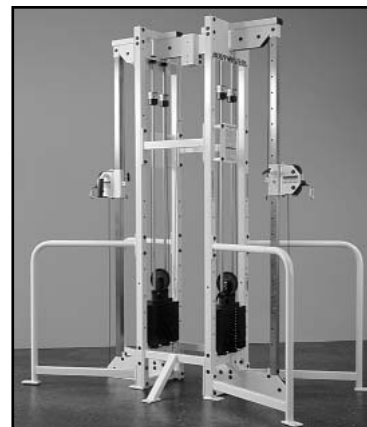
FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CX 511

DUAL ADJUSTABLE HI/LO PULLEY

MUSCLES TRAINED

Chest, Arms, Back, and Hip Muscle Groups



GENERAL INSTRUCTIONS

The CX 511 can be used for a multitude of exercises by simply adjusting the HI/LO Pulley system to the appropriate height. Among the exercises that can be performed are arm curls, tricep extensions, shoulder joint internal and external rotations, hip joint abduction/adduction, extension/flexion, one arm low lat pulls, diagonal patterns of the shoulder and wrist joint flexion/extension.

CAREFULLY INSPECT TO INSURE THAT THE PROPERLY WEIGHTED BAR (5 LBS. MAX.) IS BEING EMPLOYED ON THIS MACHINE PRIOR TO SELECTING THE DESIRED WEIGHT. IF IN DOUBT, CONSULT A TRAINED SUPERVISOR BEFORE PROCEEDING!

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Check to insure that the “SAFETY CLIP” attaching exercise handle to cable is in PROPER WORKING CONDITION and shows NO SIGNS OF WEAR.

TO ADJUST HI/LO PULLEY SYSTEM, GRASP ADJUSTMENT HANDLE WITH ONE HAND AND USE OTHER HAND TO DISENGAGE SPRING LOADED PULL PIN. POSITION PULLEY SYSTEM TO DESIRED HEIGHT AND RELEASE PULL PIN INTO ITS ENGAGED POSITION.

Be sure that the pull pin is in its FULLY ENGAGED AND LOCKED POSITION!

PERFORM EXERCISE IN A SLOW, CONTROLLED MANNER!

Breathe normally!

UPON COMPLETION OF THE EXERCISE, LOWER WEIGHT GENTLY TO THE ORIGINAL STARTING POSITION.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

DO NOT USE ANY BAR WEIGHTING MORE THAN 5 POUNDS ON THIS STATION. A HEAVIER BAR WILL FALL WHEN THE WEIGHT SELECTION PIN IS DISENGAGED.

BE SURE THAT THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

CXi 213 SEATED ROWING

MUSCLES TRAINED

Rhomboids
Trapezius
Posterior Deltoid
Latissimus Dorsi

GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

ENTER MACHINE CAREFULLY! Assume a comfortable straddled sit position.

ADJUST SEAT HEIGHT to the desired position using pull pin located on the right hand side of the seat. The chest pad should be used as your guide to achieve proper seat height.

ADJUST THE CHEST PAD to the desired position using the switch located on the support arm of the chest pad.

Lean slightly forward and place CHEST DIRECTLY AGAINST CHEST PAD. Place FEET SQUARELY ON THE GROUND or on the footrests provided approximately shoulder width apart.

GRASP EXERCISE HANDLES FIRMLY.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY PULLING THE HANDLES TOWARD THE BODY IN A ROWING FASHION. PAUSE BRIEFLY IN THE FULLY FLEXED ARM POSITION AND RETURN TO THE STARTING POSITION.

BREATHE NORMALLY!

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY by slowly extending arms to the original starting position.

EXIT MACHINE CAREFULLY!



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THE PULL PIN ON THE SEAT HEIGHT ADJUSTMENT IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CXi 262 CHEST PRESS

MUSCLES TRAINED

Anterior Deltoids
Pectoralis Major
Triceps



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

ADJUST SEAT HEIGHT to the desired position using the pull pin adjustment handle located on the left side of the seat. **BE SURE THAT THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!**

ENTER MACHINE CAREFULLY! Assume a comfortable recumbent sitting position with back resting firmly against seat back.

GRASP EXERCISE HANDLES FIRMLY.

PLACE FEET SQUARELY ON THE GROUND approximately shoulder width apart.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY EXTENDING ARMS FORWARD, PAUSE BRIEFLY IN THE NEAR FULLY EXTENDED POSITION, AND RETURN TO STARTING POSITION.

Breathe normally!

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

FEET SHOULD BE PLACED SQUARELY ON THE GROUND APPROXIMATELY SHOULDER WIDTH APART DURING EXERCISE!

BE SURE THAT SEAT ADJUSTMENT PULL PIN IS IN FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CXi 264 INCLINE CHEST PRESS

MUSCLES TRAINED

Anterior Deltoids
Pectoralis Major
Triceps



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

ADJUST SEAT HEIGHT to the desired position using the pull pin located on the side of the seat.

ADJUST SEAT DEPTH to the desired position using the pull pin located behind the seat.

ENTER MACHINE CAREFULLY! Assume a comfortable recumbent sitting position with back resting firmly against seat back.

GRASP EXERCISE HANDLES FIRMLY.

PLACE FEET SQUARELY ON THE GROUND approximately shoulder width apart.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY EXTENDING ARMS FORWARD AND UPWARD, PAUSE BRIEFLY IN THE NEAR FULLY EXTENDED POSITION, AND RETURN TO STARTING POSITION.

BREATHE NORMALLY!

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

FEET SHOULD BE PLACED SQUARELY ON THE GROUND APPROXIMATELY SHOULDER WIDTH APART DURING EXERCISE!

BE SURE THAT SEAT ADJUSTMENT PULL PINS ARE IN FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CXi 280 SHOULDER PRESS

MUSCLES TRAINED

Deltoids
Upper Pectoralis Major
Triceps



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

ADJUST SEAT HEIGHT to the desired position using the pull pin located on the side of the seat.

ENTER MACHINE CAREFULLY! Assume a comfortable recumbent sitting position with back resting firmly against seat back.

GRASP EXERCISE HANDLES FIRMLY.

PLACE FEET SQUARELY ON THE GROUND approximately shoulder width apart.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY EXTENDING ARMS OVERHEAD, PAUSE BRIEFLY IN THE NEAR FULLY EXTENDED POSITION, AND RETURN TO STARTING POSITION.

BREATHE NORMALLY!

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

FEET SHOULD BE PLACED SQUARELY ON THE GROUND APPROXIMATELY SHOULDER WIDTH APART DURING EXERCISE!

BE SURE THAT SEAT ADJUSTMENT PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CXi 322 LATERAL RAISE

MUSCLES TRAINED

Deltoids
Upper Trapezius
Serratus Anterior



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

ENTER THE MACHINE CAREFULLY! Assume a comfortable upright seated position facing **OUTWARD** with your back resting firmly against the back pad.

ADJUST SEAT HEIGHT to desired position using the pull pin located underneath the right hand side of the seat.

Adjust roller arms to desired starting position using the pull pins located in front of the cams

THE ARM ROLLER PADS SHOULD BE USED AS YOUR GUIDE to achieve proper seat height. When grasping the exercise handles the elbows should be flexed approximately 90 degrees and the arm roller pads should make firm contact with both the upper arms and the forearms.

Prior to exercise, place **FEET SQUARELY ON THE GROUND** approximately shoulder width apart, **GRASP EXERCISE HANDLES FIRMLY!**

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY RAISING ARMS Laterally AGAINST ROLLER PADS. PAUSE BRIEFLY IN THE RAISED ARM POSITION AND RETURN SLOWLY TO THE STARTING POSITION.

BREATHE NORMALLY!

UPON COMPLETION OF THE EXERCISE, LOWER WEIGHTS GENTLY to the original starting position.

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

THIS MACHINE IS INTENDED TO BE USED ONLY IN THE SEATED POSITION FACING OUTWARD!

BE SURE THAT THE SEAT ADJUSTMENT PULL PIN IS IN ITS FULLY LOCKED AND ENGAGED POSITION!

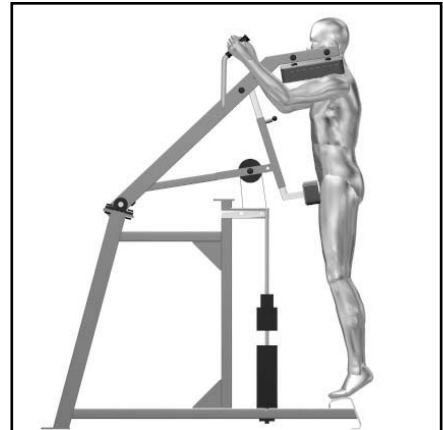
**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

S 100

STANDING CALF MACHINE

MUSCLES TRAINED

Gastrocnemius
Soleus



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust shoulder carriage to desired height. **PRIOR TO DISENGAGING THE PULL PIN**, be sure to provide adequate support for the carriage weight. Upon completion of adjustment, **be sure that the pull pin is in its FULLY ENGAGED AND LOCKED POSITION!**

ENTER MACHINE CAREFULLY! Using upright handles for stability, step squarely onto foot platform facing weight stack, position shoulders securely underneath shoulder pads and press hips firmly against hip block pad!

PRIOR TO THE EXERCISE, BE SURE THAT THE BALLS OF THE FEET ARE POSITIONED SECURELY ON THE FOOT PLATFORM!

Extend knees to lift weight into exercise-ready position.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY EXTENDING ANKLES. PAUSE BRIEFLY IN THE FULLY EXTENDED POSITION AND RETURN TO STARTING POSITION.

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY TO THE ORIGINAL STARTING POSITION BY SLOWLY BENDING KNEES!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

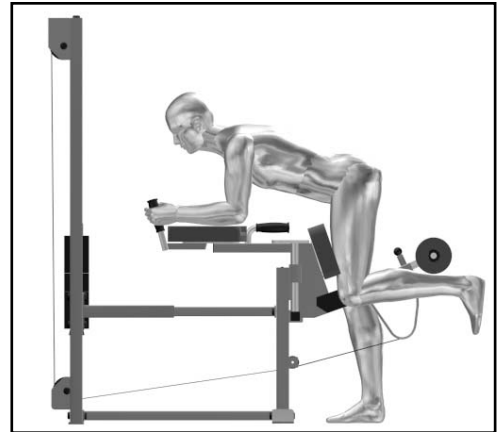
BE SURE TO PROVIDE ADEQUATE SUPPORT FOR THE CARRIAGE WEIGHT DURING ADJUSTMENT AND THAT ITS PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

S 110A STANDING LEG CURL

MUSCLES TRAINED

Hamstrings
Gastrocnemius



GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Adjust thigh pad to the desired height. BE SURE THAT YOUR KNEE JOINT IS IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION (RED DOT).

Adjust the leg curl lever arm to the desired length. BE SURE THAT THE ROLLER PAD IS SECURELY POSITIONED BEHIND LOWER LEG AND HEEL (JUST ABOVE ANKLE JOINT)!

Check to insure that both PULL PINS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

ENTER MACHINE CAREFULLY! Assume a comfortable standing position with thighs resting securely against thigh pads.

Place forearms on forearm pads and firmly grasp carriage handles for stability!

In a slow, controlled manner, lift weight by curling exercise leg inward towards buttocks. Pause briefly in the fully contracted position and return slowly to starting position!

Breathe normally!

Upon completion of exercise, LOWER WEIGHTS GENTLY to the original starting position.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE THIGH PAD AND LEG CURL LEVER ARM PULL PINS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

S 114A MULTI-HIP

MUSCLES TRAINED

All Hip Joint Muscles

GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Adjust base platform to the desired height. CHECK TO INSURE YOUR HIP JOINT IS IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION (RED DOT). Upon completion of adjustment, be sure pull pin is in its fully engaged and locked position!

Adjust leg pad to the desired starting position of the selected exercise. TO AVOID POTENTIAL INJURY TO THE KNEE, THE LEG PAD SHOULD ALWAYS BE POSITIONED ABOVE THE KNEE JOINT!

Check to insure the PULL PIN AND THE CORNER LOCK MECHANISM ARE ENGAGED.

ENTER MACHINE CAREFULLY by stepping up onto the base platform. Use handrails for additional stability.

Assume a stable stance with BOTH HANDS SECURELY GRASPING HANDRAILS. Place thigh of exercise leg firmly against roller pad and begin selected exercise.

Perform selected exercise in a slow, controlled manner.

Breathe normally!

UPON COMPLETION OF EXERCISE, CAREFULLY STEP DOWN FROM BASE PLATFORM using handrails for additional stability.



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THE PULL PIN AND THE CORNER LOCK MECHANISM ARE FULLY ENGAGED!

BE SURE TO GRASP HANDRAILS SECURELY DURING EXERCISE AS WELL AS WHEN ENTERING AND EXITING THE MACHINE!

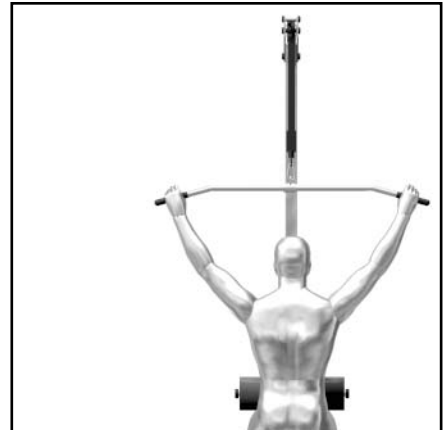
FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

S 212

LAT PULLDOWN

MUSCLES TRAINED

Latissimus Dorsi
Rhomboids
Teres Major
Biceps



GENERAL INSTRUCTIONS

CAREFULLY INSPECT TO INSURE THAT THE “PROPER” LAT BAR (6 LBS. MAXIMUM) IS BEING EMPLOYED ON THIS MACHINE PRIOR TO SELECTING THE DESIRED WEIGHT! IF IN DOUBT, CONSULT A TRAINED SUPERVISOR BEFORE PROCEEDING!

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Check to insure the “SAFETY CLIP” attaching the lat bar to the belt is in PROPER WORKING CONDITION and shows NO SIGNS OF WEAR!

ADJUST THIGH ROLLER PADS TO THE DESIRED HEIGHT. Be sure that the pull pin is in its FULLY ENGAGED AND LOCKED POSITION!

Stand straddling seat, facing machine, and firmly grasp lat handles!

SIT UPRIGHT on seat with thighs securely positioned under thigh roller pads. Place feet squarely on floor approximately shoulder width apart.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY PULLING LAT HANDLES DOWN TO UPPER CHEST. PAUSE BRIEFLY IN THE FULLY CONTRACTED POSITION AND RETURN SLOWLY TO THE STARTING POSITION.

BREATHE NORMALLY!

UPON COMPLETION OF THE EXERCISE, LOWER WEIGHTS GENTLY first by slowly extending arms fully and then by rising to a stand.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

DO NOT USE ANY BAR WEIGHING MORE THAN 6 POUNDS ON THIS STATION. A HEAVIER BAR WILL FALL WHEN THE WEIGHT SELECTION PIN IS DISENGAGED!

BE SURE THAT THE PULL PIN FOR ADJUSTING THE THIGH ROLLER PADS IS IN ITS FULLY ENGAGED AND LOCKED POSITION

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

S 215

SELECTORIZED CHIN & DIP

MUSCLES TRAINED

CHINNING:

Latissimus Dorsi, Rhomboids, and Biceps

DIPPING:

Anterior Deltoids, Pectoralis, and Triceps

GENERAL INSTRUCTIONS

GRASP HANDLES BEFORE STEPPING ONTO PLATFORM.

Select the desired weight. The larger the amount of resistance selected, the easier the exercise will be.

Enter machine carefully by stepping up onto the stair platform. Use handrails for additional stability.

Select the desired handgrip for exercising, i.e. wide grip or neutral grip for overhead chinning exercises and parallel grip on handrails for dipping exercise.

WARNING! BE SURE TO GRASP HANDLES SECURELY BEFORE STEPPING ONTO MOVABLE PLATFORM! FAILURE TO COMPLY COULD RESULT IN SERIOUS INJURY OR EVEN DEATH!

After securely grasping exercise handles, place both feet squarely on movable platform, and begin selected exercise.

Perform exercise in a slow, controlled manner.

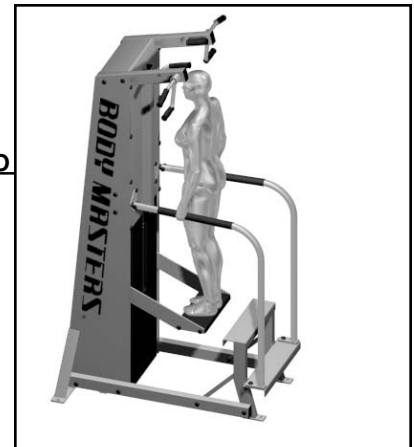
Breathe normally!

ONCE EXERCISE IS COMPLETED AND PRIOR TO STEPPING OFF MOVABLE PLATFORM, THE PLATFORM SHOULD BE CAREFULLY RETURNED TO ITS ORIGINAL STARTING (TOP) POSITION!

With movable platform in its top position, carefully step off movable platform onto stair platform BEFORE RELEASING HANDGRIP! Carefully step off stair platform using handrails for additional stability.



CHIN SYSTEM



DIP SYSTEM

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE TO GRASP HANDLES SECURELY BEFORE STEPPING ONTO MOVABLE PLATFORM!

IF ANY WEIGHT PLATES OTHER THAN THE TOP PLATE MARKED "40" HAVE BEEN PINNED WHEN THE FOOT PLATFORM IS LOCKED IN ITS "DOWN" POSITION, A POTENTIALLY *DANGEROUS CONDITION* EXISTS! DO NOT ATTEMPT TO ADJUST OR USE THIS MACHINE! NOTIFY INSTRUCTOR/CLUB OWNER IMMEDIATELY!

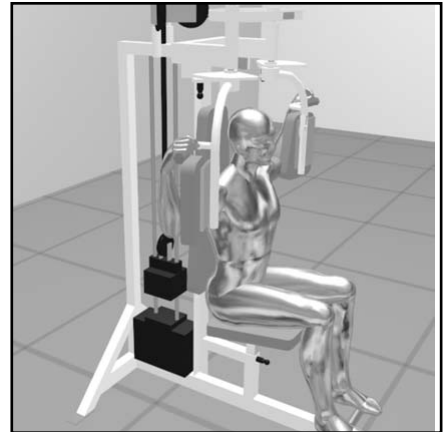
**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

S 314

VERTICAL SEATED PEC DEC

MUSCLES TRAINED

Pectoralis Major



GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

ADJUST THE SEAT TO THE DESIRED EXERCISE HEIGHT.

ADJUST BOTH RANGE OF MOTION LIMITERS TO THE DESIRED STARTING POSITION.

ASSUME A FULLY SEATED POSITION WITH BACK RESTING FIRMLY AGAINST VERTICAL SUPPORT PAD AND FEET SQUARELY ANCHORED TO GROUND AND/OR FOOT REST PLATFORM.

PERFORM EXERCISE IN A SLOW, CONTROLLED MANNER! AVOID JERKY MOVEMENTS.

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHTS GENTLY TO YOUR ORIGINAL STARING POSITION.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE TO ASSUME A FULLY SEATED POSITION. NEVER STAND!

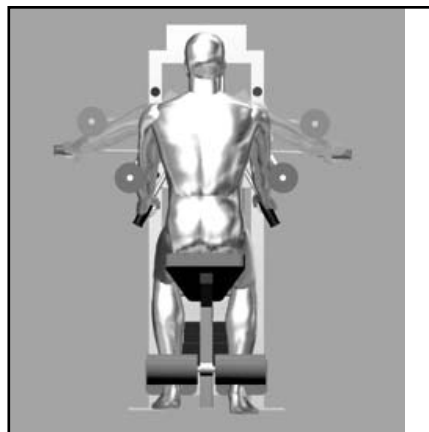
FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

S 321

LATERAL RAISE

MUSCLES TRAINED

Deltoids
Upper Trapezius
Serratus Anterior



GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Adjust seat height to the desired position. BE SURE THAT THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

ENTER MACHINE CAREFULLY! Assume a SECURE SEATED POSITION WITH CHEST RESTING FIRMLY AGAINST CHESTPAD!

PLACE FEET SQUARELY ON THE GROUND approximately shoulder width apart or directly behind ankle pads for additional stability.

Grasp exercise handles and, with bent elbows, position arms firmly against roller pads.

In a slow, controlled manner, lift weight by raising arms laterally. Pause briefly IN THE HORIZONTAL POSITION and return to starting position.

Breathe normally!

Upon completion of exercise, LOWER WEIGHTS GENTLY to the original starting position by slowly bending arms!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE SEAT ADJUSTMENT PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

S 435 LEVER ARM CURL

MUSCLES TRAINED

Biceps Brachii
Brachialis
Brachioradialis

GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Adjust seatpad to the desired height. BE SURE YOUR ELBOW JOINTS ARE IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION (RED DOT). Upon completion of adjustment, be sure the pull pin is in its fully engaged and locked position!

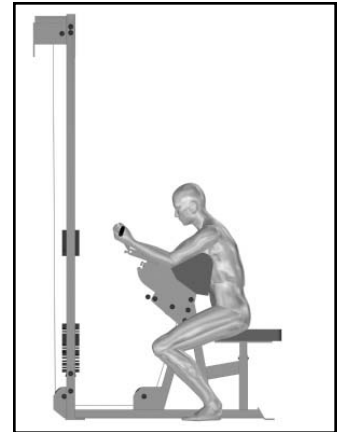
ENTER MACHINE CAREFULLY! Straddle the seat pad and grasp exercise handle with a palms-up grip. Assume an upright, seated position with upper arms and chest resting firmly against support pad.

PLACE FEET SQUARELY ON THE GROUND for stability.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY CURLING ARMS TOWARD BODY. PAUSE BRIEFLY IN A FULLY CONTRACTED POSITION AND RETURN SLOWLY TO STARTING POSITION.

Breathe normally!

UPON COMPLETION OF EXERCISE, LOWER WEIGHTS GENTLY BY EXTENDING ARMS TO THEIR ORIGINAL STARTING POSITION.



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

BE SURE TO ASSUME A FULLY SEATED POSITION. NEVER STAND DURING EXERCISE!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

S 504

SEATED PEC / REAR DELT

MUSCLES TRAINED

Chest:

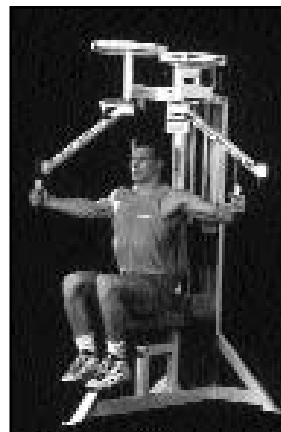
Pectoralis Major

Back:

Rear Deltoid

Middle Trapezius

Rhomboid



GENERAL INSTRUCTIONS

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

ADJUST THE SEAT TO THE DESIRED EXERCISE HEIGHT.

ADJUST BOTH RANGE OF MOTION LIMITERS TO THE DESIRED STARTING POSITION.

ASSUME A FULLY SEATED POSITION WITH TORSO RESTING FIRMLY AGAINST VERTICAL SUPPORT PAD AND FEET SQUARELY ANCHORED TO GROUND AND/OR FOOT REST PLATFORM.

PERFORM EXERCISE IN A SLOW, CONTROLLED MANNER! AVOID JERKY MOVEMENTS.

BREATHE NORMALLY.

UPON COMPLETION OF EXERCISE. LOWER WEIGHTS GENTLY TO YOUR ORIGINAL STARTING POSITION.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

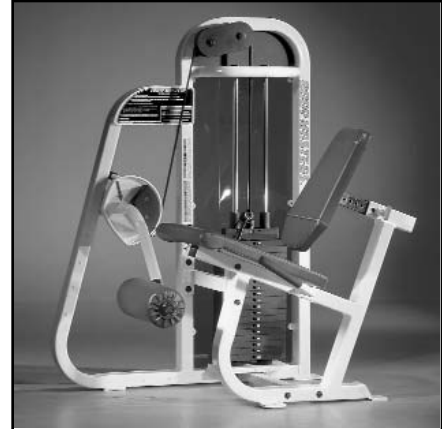
BE SURE TO ASSUME A FULLY SEATED POSITION. NEVER STAND!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

XB 900 LEG EXTENSION

MUSCLES TRAINED

Quadriceps



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust seat back to desired depth. **BE SURE THAT YOUR KNEE JOINTS ARE IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION.**

Adjust roller pad to position just above ankle joint.

Assume a comfortable, upright seated position with upper body resting squarely against back pad.

PLACE LEGS SQUARELY BEHIND ROLLER PAD ENSURING PAD IS POSITIONED IN FRONT OF LOWER LEG AND FOOT (just above ankle joint). Firmly grasp seat handles for stability.

In a slow, controlled manner, lift weight by extending legs against roller pad, pause briefly in an extended position and return slowly to starting position.

Breathe normally.

Upon completion of exercise, lower weights gently by slowly bending legs to their original starting position.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE PULL PIN ADJUSTMENTS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

XB 905 PRONE LEG CURL

MUSCLES TRAINED

Hamstrings
Gastrocnemius



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Assume a prone position with body resting firmly against bench pads. **BE SURE THAT YOUR KNEE JOINT IS IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION.**

USE THE PULL PIN TO ADJUST ROLLER PAD SO THAT THE ROLLER PAD IS SECURELY POSITIONED BEHIND LOWER LEG AND HEEL (just above ankle joint)!

FIRMLY GRASP HANDLES FOR STABILITY!

In a slow, controlled manner, **LIFT WEIGHT BY CURLING LEGS INWARD TOWARDS BUTTOCKS.** Pause briefly in the fully contracted position and return slowly to starting position.

Breathe normally.

Upon completion of exercise, **LOWER WEIGHTS GENTLY BY SLOWLY** extending legs to their original starting position.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE PULL PIN ADJUSTMENTS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

XB 910 LEG PRESS

MUSCLES TRAINED

Quadriceps
Hamstrings
Gluteus Maximus
Gastrocnemius

GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust range of motion limiter to the desired position. **BE SURE THAT THE PULL PIN IS FULLY ENGAGED IN ITS LOCKED POSITION.**

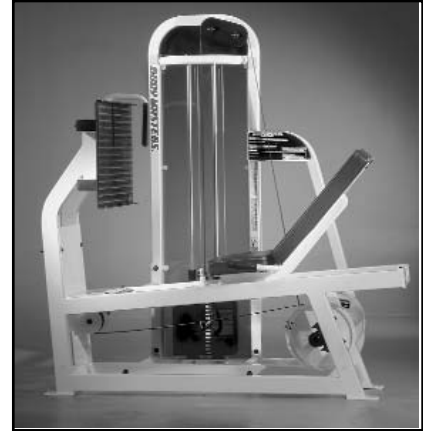
ENTER MACHINE CAREFULLY, placing feet completely on foot platform.

In a slow, controlled manner, extend legs against platform surface. Pause briefly in a **NEAR FULLY EXTENDED POSITION** and return slowly to starting position.

Breathe normally.

At completion of exercise, **LOWER CARRIAGE CAREFULLY** until it stops at the lower end of its travel.

Exit machine carefully.



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE PULL PIN ADJUSTMENTS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

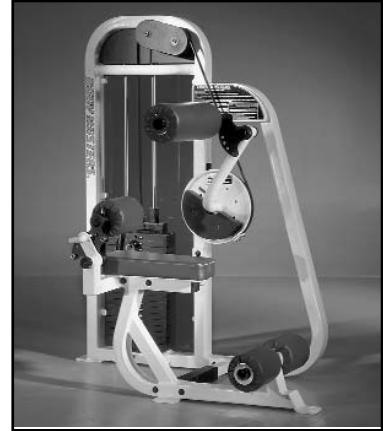
DO NOT EXTEND KNEES TO THEIR FULLY LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

XB 925 ABDOMINAL CURL

MUSCLES TRAINED

Rectus Abdominus



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Enter machine carefully! Assume a comfortable upright sitting position with feet securely positioned underneath foot roller pads.

ADJUST SEAT DEPTH TO THE DESIRED POSITION using pull pin located on the side of the seat. CHECK TO INSURE LUMBAR AREA IS IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OF ROTATION!

ADJUST ROLLER PAD TO DESIRED START POSITION using pull pin located next to its axis of rotation. CHECK TO INSURE PULL PIN IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

IN A SLOW, CONTROLLED MANNER, lift weight by curling (flexing) torso forward-downward against pad. Pause briefly in the fully contracted position and return roller slowly to starting position. Breathe normally!

UPON COMPLETION OF EXERCISE, lower weight gently by slowly extending torso to the original starting position.

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE PULL PIN ADJUSTMENTS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

XB 935 BACK EXTENSION

MUSCLES TRAINED

Spinal Erector



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

ADJUST FOOT PLATFORM TO THE DESIRED POSITION using the pull pin located on the side of the foot platform assembly. Be sure that the pull pin is in its fully locked and engaged position upon completion of adjustment!

ADJUST THE ROLLER PAD TO THE DESIRED STARTING HEIGHT using the pull pin located on the side of the roller pad assembly. BE SURE THAT THE PULL PIN IS IN ITS FULLY LOCKED AND ENGAGED POSITION upon completion of adjustment.

ENTER MACHINE CAREFULLY! Assume a comfortable seated position with feet positioned squarely on the foot platform. Knees and hips should be in a slightly flexed position!

IN A SLOW, CONTROLLED MANNER, EXTEND BACKWARD AGAINST PAD. Pause briefly in the fully extended position and return to starting position. Breathe normally!

UPON COMPLETION OF EXERCISE, lower weight gently to the original starting position.

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THE PULL PINS ON THE FOOT PLATFORM AND ROLLER ASSEMBLY ARE IN THE FULLY LOCKED AND ENGAGED POSITIONS!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

XB 940 LAT PULLDOWN

MUSCLES TRAINED

Latissimus Dorsi
Biceps

GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

ADJUST SEAT PAD TO THE DESIRED HEIGHT. Be sure that the seat is in its **FULLY ENGAGED AND LOCKED POSITION!**

Stand straddling seat, **FACING MACHINE**, and firmly grasp lat handles!

SIT UPRIGHT on seat with thighs securely positioned under thigh roller pads. Place feet squarely on floor approximately shoulder width apart.

IN A SLOW, CONTROLLED MANNER, lift weight by pulling lat handles down to upper chest. Pause briefly in the fully contracted position and return slowly to starting position.

Breathe normally.

Upon completion of exercise, **LOWER WEIGHTS GENTLY FIRST BY SLOWLY** extending arms fully and then by rising to a stand.



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE SEAT IS IN ITS FULLY ENGAGED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

XB 950 SEATED ROW

MUSCLES TRAINED

Rhomboids
Latissimus Dorsi
Rear Deltoids

GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

ENTER MACHINE CAREFULLY! Assume a comfortable straddle sitting position.

PLACE FEET SQUARELY on the foot platforms provided.

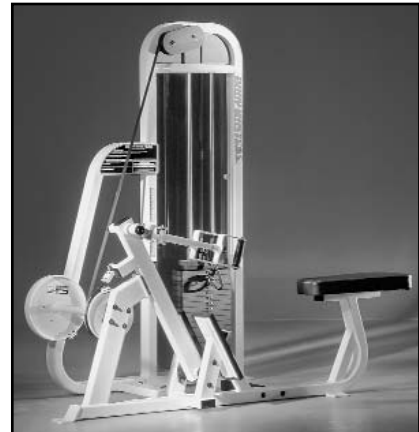
GRASP EXERCISE HANDLES FIRMLY.

IN A SLOW, CONTROLLED MANNER, lift weight by pulling the exercise handles toward the body in a rowing fashion. Pause briefly in the fully flexed arm position and return to the starting position.

Breathe normally.

Upon completion of exercise, **LOWER WEIGHTS GENTLY BY SLOWLY** extending arms to the original starting position.

EXIT MACHINE CAREFULLY!



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

XB 960 VERTICAL CHEST PRESS

MUSCLES TRAINED

Pectoralis Major



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust seat height to desired position. **BE SURE THAT THE SEAT IS FULLY ENGAGED.**

ENTER MACHINE CAREFULLY! Assume a **SECURE SEATED POSITION WITH BACK RESTING FIRMLY AGAINST BACKREST!**

PLACE FEET SQUARELY ON THE GROUND approximately shoulder width apart. Grasp exercise handles firmly using either the prone or neutral grips.

IN A SLOW, CONTROLLED MANNER, lift weight by extending arms forward. Pause briefly in a near fully extended position and return slowly to starting position.

Breathe normally.

Upon completion of exercise, **LOWER WEIGHTS GENTLY** to the original starting position by slowly bending arms!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE SEAT IS IN ITS FULLY ENGAGED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

XB 965 PEC DECK

MUSCLES TRAINED

Pectoralis Major



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust seat height to the desired exercise height. **BE SURE THAT THE SEAT IS IN ITS FULLY ENGAGED POSITION.**

ASSUME A FULLY SEATED POSITION with back resting firmly against vertical support pad and feet squarely anchored to ground.

PERFORM EXERCISE IN A SLOW, CONTROLLED MANNER! Avoid jerky movements.

Breathe normally.

Upon completion of exercise, **LOWER WEIGHTS GENTLY** to the original starting position.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE SEAT IS IN ITS FULLY ENGAGED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

XB 980 SHOULDER PRESS

MUSCLES TRAINED

Deltoids
Triceps



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust seat height to the desired position. **BE SURE THAT THE SEAT IS IN ITS FULLY ENGAGED POSITION.**

ENTER MACHINE CAREFULLY! Assume a **SECURE UPRIGHT SEATED POSITION WITH BACK RESTING FIRMLY AGAINST BACKREST!**

PLACE FEET SQUARELY ON THE GROUND approximately shoulder width apart. Grasp exercise handles firmly.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY EXTENDING ARMS OVERHEAD. Pause briefly in a near fully extended position and return to starting position.

DO NOT ARCH BACK DURING EXERCISE!

Breathe normally.

Upon completion of exercise, **LOWER WEIGHTS GENTLY** to the original starting position by slowly bending arms.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE SEAT IS IN ITS FULLY ENGAGED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

XB 985 BICEP CURL

MUSCLES TRAINED

Biceps Brachii
Biceps Brachioradialis
Brachialis

GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Adjust seatpad to the desired height. **BE SURE YOUR ELBOW JOINTS ARE IN DIRECT ALIGNMENT WITH THE LEVER ARM'S AXIS OR ROTATION.** Upon completion of adjustment, **BE SURE THE SEAT IS IN ITS FULLY ENGAGED POSITION!**

ENTER MACHINE CAREFULLY! Straddle the seat pad and grasp exercise handle with a palms up grip. Assume an upright seated position with upper arms and chest resting firmly against support pad.

PLACE FEET SQUARELY ON THE GROUND.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY CURLING ARMS TOWARD BODY. Pause briefly in a fully contracted position and return slowly to starting position.

Breathe normally.

Upon completion of exercise, **LOWER WEIGHTS GENTLY** by extending arms to their original starting position.



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE SEAT IS IN ITS FULLY ENGAGED POSITION!

BE SURE TO ASSUME A FULLY SEATED POSITION. NEVER STAND!

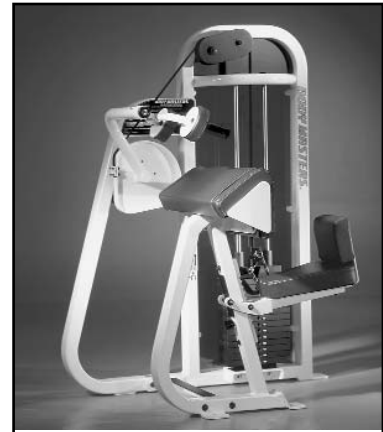
**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

XB 995

TRICEPS EXTENSION

MUSCLES TRAINED

Triceps



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

ENTER MACHINE CAREFULLY! Assume a comfortable upright seated position facing towards the exercise handles and chest/arm pad assembly.

ADJUST SEAT HEIGHT to desired position. Be sure that the back side of your upper arms and your chest fit snugly about the chest/arm pad. Also, **BE SURE THAT THE SEAT IS IN ITS FULLY ENGAGED POSITION** upon completion of adjustment.

Prior to exercise, place **FEET SQUARELY ON THE GROUND** approximately shoulder width apart. **GRASP EXERCISE HANDLES FIRMLY!**

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY EXTENDING ARMS IN THE FORWARD/DOWNWARD DIRECTION against the exercise handles! Pause briefly in the fully extended arm position and return slowly to the starting position. Breathe normally!

Upon completion of exercise, **LOWER WEIGHTS GENTLY** to the original starting position.

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE SEAT IS IN ITS FULLY ENGAGED POSITION!

BE SURE TO ASSUME A FULLY SEATED POSITION. NEVER STAND!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CXp 712 LAT PULLDOWN

MUSCLES TRAINED

Latissimus Dorsi
Rhomboids
Anterior Deltoids
Biceps



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

EXERCISE EXTREME CAUTION WHEN LOADING AND UNLOADING WEIGHT PLATES! Consult trained supervisor for the proper techniques for safely loading and unloading the weight plates.

Be sure that the weights are evenly distributed on each side of the machine and that the **"SAFETY CLIPS"** are securely fastened at the ends of the plate rungs.

Adjust seat to the desired height. Be sure that the pull pin is in its fully engaged and locked position.

Adjust thigh roller pads to desired height. Be sure that pull pin is in its fully engaged and locked position.

Stand straddling the seat, facing the machine, and firmly grasp lat handles.

SIT UPRIGHT on seat with thighs securely positioned under thigh roller pads. Place feet squarely on floor approximately shoulder width apart.

In a slow, controlled manner, lift weight by pulling lat handles down to upper chest. Pause briefly in the fully contracted position and return slowly to starting position.

Breathe normally!

Upon completion of exercise, lower weight gently **FIRST** by slowly extending arms fully and then by carefully rising to a stand.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

EXERCISE EXTREME CAUTION WHEN LOADING AND UNLOADING WEIGHT PLATES! CONSULT TRAINED SUPERVISOR FOR THE PROPER TECHNIQUES FOR SAFELY LOADING AND UNLOADING THE WEIGHT PLATES.

SAFETY CLIPS MUST BE SECURELY FASTENED AT THE ENDS OF THE PLATE RUNGS!

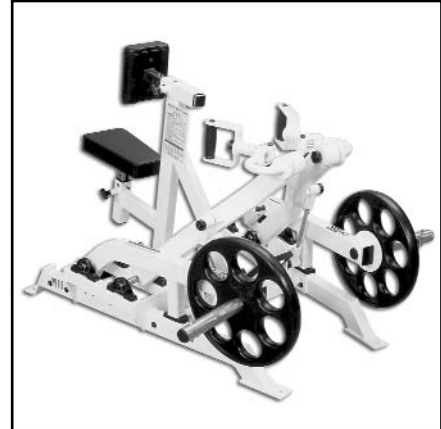
CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CXp 713 SEATED ROW

MUSCLES TRAINED

Biceps
Posterior Deltoids
Rhomboids
Trapezius
Latissimus Dorsi



GENERAL INSTRUCTIONS

CAREFULLY load the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Exercise **EXTREME CAUTION** WHEN LOADING AND UNLOADING WEIGHT PLATES! Consult trained supervisor for the proper techniques of safely loading and unloading weight plates.

Be sure that the weights are evenly distributed on each side of the machine and that the "SAFETY CLIPS" are securely fastened at the ends of the plate rungs.

ADJUST SEAT HEIGHT to the desired position using the pull pin located underneath the seat.

ADJUST CHEST PAD to the desired **DEPTH** using the pull pin located on its support arm. Be sure that the pull pin is in its fully engaged and locked position!

ENTER MACHINE CAREFULLY! Assume a comfortable seated position with chest squarely against the chest pad and feet positioned on the foot platforms provided.

GRASP EXERCISE HANDLES FIRMLY.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY PULLING THE HANDLES TOWARD THE BODY IN A ROWING FASHION. PAUSE BRIEFLY IN THE FULLY FLEXED ARM POSITION AND RETURN TO THE STARTING POSITION.

BREATHE NORMALLY!

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY by slowly extending arms to the original starting position.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE SAFETY CLIPS ARE SECURELY FASTENED AT THE ENDS OF THE PLATE RUNGS!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CXp 762 CHEST PRESS

MUSCLES TRAINED

Pectoralis Major
Anterior Deltoids
Triceps



GENERAL INSTRUCTIONS

CAREFULLY load the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Exercise **EXTREME CAUTION** WHEN LOADING AND UNLOADING WEIGHT PLATES! Consult trained supervisor for the proper techniques of safely loading and unloading the weight plates.

Be sure that the weights are evenly distributed on each side of the machine and that the "SAFETY CLIPS" are securely fastened at the ends of the plate rungs.

ADJUST SEAT HEIGHT to desired position using the adjustment located underneath the seat.

ENTER MACHINE CAREFULLY! Assume a comfortable reclining position with back resting firmly against seat back and feet on the provided foot rest.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY EXTENDING ARMS FORWARD, PAUSE BRIEFLY IN THE NEAR FULLY EXTENDED POSITION, AND RETURN TO STARTING POSITION.

BREATHE NORMALLY!

UPON COMPLETION OF THE EXERCISE, lower weight gently to the original starting position.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

EXERCISE EXTREME CAUTION WHEN LOADING AND UNLOADING THE WEIGHT PLATES!

BE SURE THAT THE SAFETY CLIPS ARE SECURELY FASTENED AT THE ENDS OF THE PLATE RUNGS!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CXp 764 INCLINE CHEST PRESS

MUSCLES TRAINED

Pectoralis Major
Anterior Deltoids
Triceps



GENERAL INSTRUCTIONS

CAREFULLY load the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Exercise **EXTREME CAUTION** WHEN LOADING AND UNLOADING WEIGHT PLATES! Consult trained supervisor for the proper techniques of safely loading and unloading the weight plates.

Be sure that the weights are evenly distributed on each side of the machine and that the "SAFETY CLIPS" are securely fastened at the ends of the plate rungs.

ADJUST SEAT HEIGHT to the desired position using the pull pin located underneath the seat.

Adjust seat back to desired position using the pull pin located behind the seat back.

ENTER MACHINE CAREFULLY! Assume a comfortable recumbent sitting position with back resting firmly against seat back.

PLACE FEET SQUARELY ON THE GROUND approximately shoulder width apart. (For shorter individuals, use footrest pegs).

GRASP EXERCISE HANDLES FIRMLY and begin exercising.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY EXTENDING ARMS OVERHEAD, PAUSE BRIEFLY IN THE NEAR FULLY EXTENDED POSITION, AND RETURN TO STARTING POSITION.

BREATHE NORMALLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

EXERCISE EXTREME CAUTION WHEN LOADING AND UNLOADING THE WEIGHT PLATES!

BE SURE THAT THE SAFETY CLIPS ARE SECURELY FASTENED AT THE ENDS OF THE PLATE RUNGS!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

CXp 780 SHOULDER PRESS

MUSCLES TRAINED

Deltoids
Upper Pectoralis Major
Triceps



GENERAL INSTRUCTIONS

CAREFULLY load the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Exercise **EXTREME CAUTION** WHEN LOADING AND UNLOADING WEIGHT PLATES! Consult trained supervisor for the proper techniques of safely loading and unloading the weight plates.

Be sure that the weights are evenly distributed on each side of the machine and that the "SAFETY CLIPS" are securely fastened at the ends of the plate rungs.

ADJUST SEAT HEIGHT to the desired position using the pull pin located underneath the seat.

ADJUST SEAT BACK to desired position using the adjustment located behind the seat back.

ENTER MACHINE CAREFULLY! Assume a comfortable recumbent sitting position with back resting firmly against seat back.

PLACE FEET SQUARELY ON THE GROUND approximately shoulder width apart. (For shorter individuals, use footrest pegs).

GRASP EXERCISE HANDLES FIRMLY and begin exercising.

IN A SLOW, CONTROLLED MANNER, LIFT WEIGHT BY EXTENDING ARMS OVERHEAD, PAUSE BRIEFLY IN THE NEAR FULLY EXTENDED POSITION, AND RETURN TO STARTING POSITION.

BREATHE NORMALLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

EXERCISE EXTREME CAUTION WHEN LOADING AND UNLOADING THE WEIGHT PLATES!

BE SURE THAT THE SAFETY CLIPS ARE SECURELY FASTENED AT THE ENDS OF THE PLATE RUNGS!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

BE 218A MULTI-PRESS COUNTERBALANCED (SMITH MACHINE)

MUSCLES TRAINED

CHEST PRESS:

Pectoralis Major, Deltoids, and Triceps

SQUAT:

Gluteus Maximus, Quadriceps, and Hamstrings

GENERAL INSTRUCTIONS

ALWAYS FACE OUTWARD ON EVERY EXERCISE!

BE SURE THAT BOTH SAFETY STOPS ARE PROPERLY ENGAGED PRIOR TO THE EXERCISE!

Select the desired weight by adding weight plates. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Be sure that the WEIGHT PLATES ARE EVENLY DISTRIBUTED on each side of the machine!

POSITION YOUR BODY'S BASE OF SUPPORT DIRECTLY UNDERNEATH THE BAR FOR ALL EXERCISES!

LIFT AND THEN ROTATE BAR TO FULLY DISENGAGE BAR HOOKS!

APPLY YOUR EXERCISE FORCE DIRECTLY IN LINE WITH THE PATH OF THE GUIDE RODS!

PERFORM EXERCISE IN A SLOW, CONTROLLED MANNER. AVOID JERKY MOVEMENTS.

Upon completing exercise and prior to releasing bar, BE SURE THAT BOTH BAR HOOKS ARE FULLY ENGAGED IN THEIR LOCKED POSITION!



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT YOU KNOW HOW TO PROPERLY ENGAGE BAR HOOK LOCKING MECHANISMS AND SAFETY STOPS!

THIS MACHINE IS DESIGNED ONLY TO ACCOMMODATE EXERCISES IN WHICH BOTH HANDS ARE SECURELY GRASPING THE BAR.

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

FC 100

SHOULDER PRESS/ARM CURL

MUSCLES TRAINED

Deltoids
Triceps
Biceps Brachii
Serratus Anterior
Upper Trapezius

GENERAL INSTRUCTIONS

Check to insure that the SAFETY LINKS attaching the handles to the cables are in PROPER WORKING CONDITION and show NO SIGNS OF WEAR!

Carefully inspect to insure that the proper nylon webbing handles are being employed on this machine prior to selecting the desired weight. USE ONLY ORIGINAL EQUIPMENT HANDLES SUPPLIED BY BODYMASTERS. IF IN DOUBT, CONSULT A TRAINED SUPERVISOR BEFORE PROCEEDING!

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Assume a comfortable seated position facing away from the machine. SIT UPRIGHT on seat with feet squarely on the floor approximately shoulder width apart.

Firmly grasp one handle in each hand.

Perform the desired exercise, shoulder press, bicep curl or anterior deltoid fly by lifting and lowering weight in a slow, controlled manner, pausing briefly in the fully contracted position.

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY TO ITS STARTING POSITION!

EXIT MACHINE CAREFULLY!



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

FC 101 CHEST, INCLINE, DECLINE PRESS/OVERHEAD TRICEP/PEC FLY

MUSCLES TRAINED

Pectoralis Major/Minor
Triceps Brachii
Serratus Anterior
Anterior Deltoids



GENERAL INSTRUCTIONS

Check to insure that the SAFETY LINKS attaching the handles to the cables are in PROPER WORKING CONDITION and show NO SIGNS OF WEAR!

Carefully inspect to insure that the proper nylon webbing handles are being employed on this machine prior to selecting the desired weight. USE ONLY ORIGINAL EQUIPMENT HANDLES SUPPLIED BY BODYMASTERS. IF IN DOUBT, CONSULT A TRAINED SUPERVISOR BEFORE PROCEEDING!

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Adjust seated to the desired position by pulling seat bottom forward, or lifting handle on side of seat while lowering seat. Be sure that seat is fully engaged prior to exercising!

Assume a comfortable seated position facing away from the machine. SIT UPRIGHT on seat with feet squarely on the floor approximately shoulder width apart.

Firmly grasp one handle in each hand.

Perform the desired exercise, incline/decline/chest press, pec fly or overhead tricep by lifting and lowering weight in a slow, controlled manner, pausing briefly in the fully contracted position.

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY TO ITS STARTING POSITION!

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE SEAT IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

FC 102 DUAL HI-LO PULLEY

MUSCLES TRAINED

Multiple Exercise Capability



GENERAL INSTRUCTIONS

Check to insure that the SAFETY LINKS attaching the handles to the cables are in PROPER WORKING CONDITION and show NO SIGNS OF WEAR!

Carefully inspect to insure that the proper nylon webbing handles are being employed on this machine prior to selecting the desired weight. USE ONLY ORIGINAL EQUIPMENT HANDLES SUPPLIED BY BODYMASTERS. IF IN DOUBT, CONSULT A TRAINED SUPERVISOR BEFORE PROCEEDING!

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

To adjust hi/lo pulley system, grasp adjustment handle with one hand and use other hand to disengage spring loaded pull pin. Position pulley system to desired height and release pull pin into its engaged position.

Perform the desired exercise in a slow, controlled manner.

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY TO ITS STARTING POSITION!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE PULL PIN ADJUSTMENTS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITIONS!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

FC 103

STANDING ABDOMINAL/INT. & EXT. OBLIQUE

MUSCLES TRAINED

Rectus Abdominus
Obliquus Externus Abdominis
Obliquus Internus Abdominis

GENERAL INSTRUCTIONS

Check to insure that the SAFETY LINKS attaching the handles to the cables are in PROPER WORKING CONDITION and show NO SIGNS OF WEAR!

Carefully inspect to insure that the proper nylon webbing handles are being employed on this machine prior to selecting the desired weight. USE ONLY ORIGINAL EQUIPMENT HANDLES SUPPLIED BY BODYMASTERS. IF IN DOUBT, CONSULT A TRAINED SUPERVISOR BEFORE PROCEEDING!

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Assume a comfortable seated position facing away from the machine with feet squarely on the floor approximately shoulder width apart.

Firmly grasp one handle in each hand.

Perform the desired exercise by curling your torso downward lifting and lowering weight in slow, controlled manner, pausing briefly in the fully contracted position.

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY TO ITS STARTING POSITION!

EXIT MACHINE CAREFULLY!



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

FC 104

LAT PULLDOWN/ROWING/REAR DELTOID

MUSCLES TRAINED

Latissimus Dorsi
Teres Major
Rhomboides Major
Deltoideus Posterior
Biceps Brachii

GENERAL INSTRUCTIONS

Check to insure that the SAFETY LINKS attaching the handles to the cables are in PROPER WORKING CONDITION and show NO SIGNS OF WEAR!

Carefully inspect to insure that the proper nylon webbing handles are being employed on this machine prior to selecting the desired weight. USE ONLY ORIGINAL EQUIPMENT HANDLES SUPPLIED BY BODYMASTERS. IF IN DOUBT, CONSULT A TRAINED SUPERVISOR BEFORE PROCEEDING!

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Adjust seat to the desired height.

Assume a comfortable seated position facing the machine with feet positioned squarely on the foot platforms provided.

Firmly grasp one handle in each hand.

Perform the desired exercise by lifting weight in a slow controlled manner, pausing briefly in the fully contracted position.

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY TO ITS STARTING POSITION!

EXIT MACHINE CAREFULLY!



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THE THAT SEAT IS IN ITS FULLY ENGAGED AND LOCKED POSITION!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

FC 105

SEATED CALF EXTENSIONS

MUSCLES TRAINED

Soleus
Gastrocnemius
Lateral and Medial Head
Tibialis Anterior



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Assume a comfortable seated position facing the machine.

Adjust the seat to the proper depth so that you can position your feet squarely on the foot platforms with your legs in a near fully extended position.

Perform the exercise by lifting the weight in a slow controlled manner by plantar-flexion of your feet. Pause briefly in the fully contracted position. Lower the weight by dorsi-flexion of your feet to the starting position.

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY TO ITS STARTING POSITION!

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE SEAT IS IN ITS FULLY ENGAGED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

FC 106 MULTI-HIP & LEG

MUSCLES TRAINED

Gluteus Maximus
Adductor Group
Medius and Minimus Hamstring Group
Quadriceps

GENERAL INSTRUCTIONS

Check to insure that the SAFETY LINKS attaching the foot harnesses to the cable are in PROPER WORKING CONDITION and show NO SIGNS OF WEAR!

Carefully inspect to insure that the proper nylon foot harnesses are being employed on this machine prior to selecting the desired weight. USE ONLY ORIGINAL EQUIPMENT FOOT HARNESSSES SUPPLIED BY BODYMASTERS. IF IN DOUBT, CONSULT A TRAINED SUPERVISOR BEFORE PROCEEDING!

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Fasten foot harness securely to the foot of the leg desired to be exercised.

Assume a comfortable standing position on the platform, stabilizing yourself by holding on to the handrails provided.

Perform the desired exercise by lifting weight in a slow controlled manner, pausing briefly in the fully contracted position.

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY TO ITS STARTING POSITION!

EXIT MACHINE CAREFULLY!



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

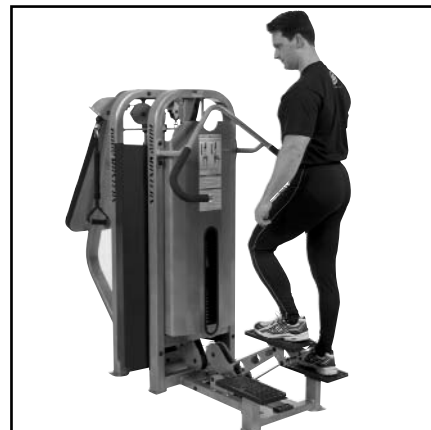
FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

FC 107

CORE BODY STABILIZER

MUSCLES TRAINED

Quadriceps Femoris
Gluteus Maximus
Hamstring Group



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Assume a comfortable standing position facing the machine.

Stabilize yourself by firmly grasping the handrails provided.

Place the foot of the leg to be exercised squarely on the foot platform of the elevated carriage.

Perform the exercise by lifting the weight in a slow controlled manner by pressing downward on the foot to be exercised. Pause briefly in the fully contracted position. Lower the weight by raising the foot slowly to the starting position.

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY TO ITS STARTING POSITION.

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

FC 108

QUADRICEPS EXTENSION

MUSCLES TRAINED

Quadriceps Femoris



GENERAL INSTRUCTIONS

Check to insure that the SAFETY LINKS attaching the foot harnesses to the cables are in PROPER WORKING CONDITION and show NO SIGNS OF WEAR!

Carefully inspect to insure that the proper nylon webbing foot harnesses are being employed on this machine prior to selecting the desired weight. USE ONLY ORIGINAL EQUIPMENT FOOT HARNESSSES SUPPLIED BY BODYMASTERS. IF IN DOUBT, CONSULT A TRAINED SUPERVISOR BEFORE PROCEEDING!

Select the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Assume a comfortable seated position facing away from the machine with legs over roller pads.

Insert feet into loops of foot harnesses.

Perform the exercise by lifting the weight in a slow controlled manner, pausing briefly in the fully contracted position.

UPON COMPLETION OF EXERCISE, LOWER WEIGHT GENTLY TO ITS STARTING POSITION!

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

FT 1000 FUNCTIONAL TRAINER

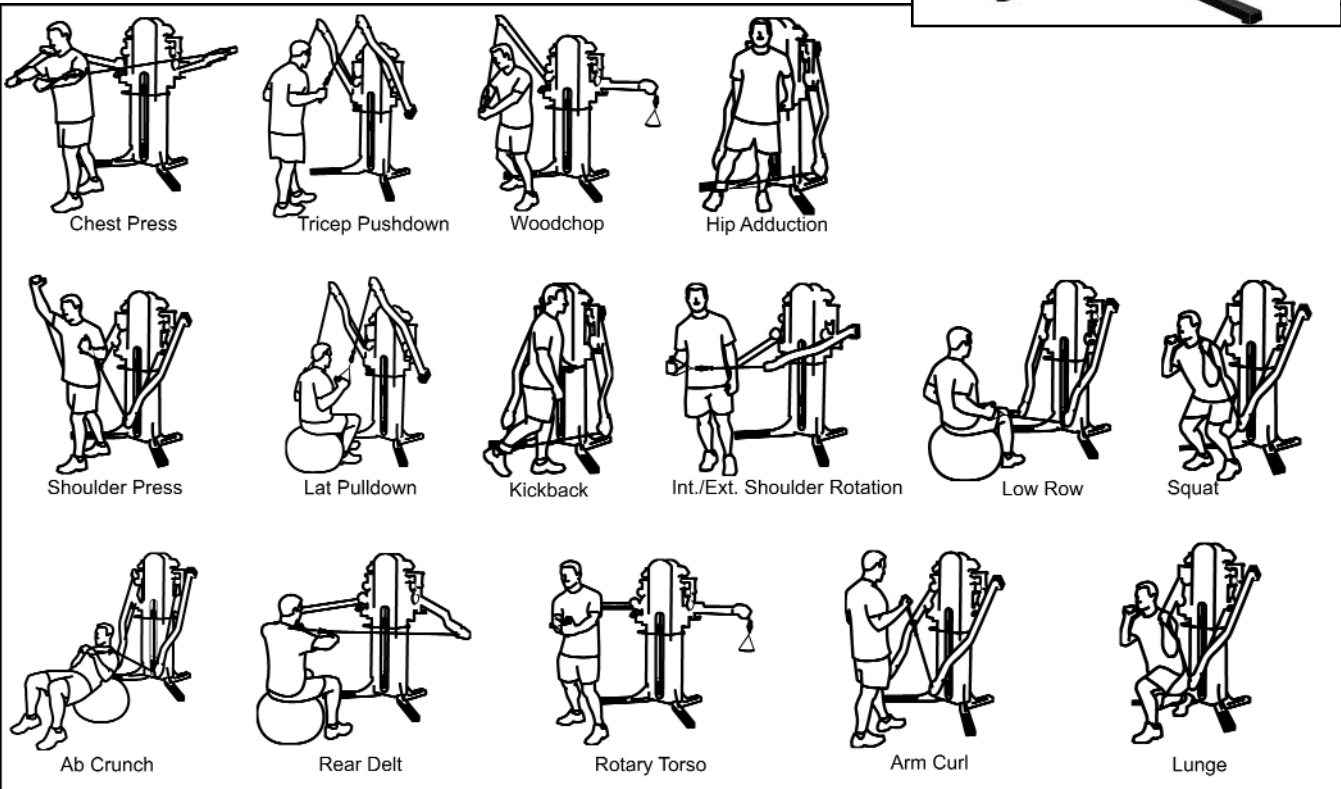
UPPER/LOWER BODY STATIONS

MUSCLES TRAINED

Multi-Exercise, Multi-Pattern Movements for Upper and Lower Body



GENERAL INSTRUCTIONS



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE PULL PINS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

LXP 740 LEG PRESS

MUSCLES TRAINED

Quadriceps
Hamstrings
Gluteus Maximus
Gastrocnemius
Soleus

GENERAL INSTRUCTIONS

HOW TO ADJUST CARRIAGE RANGE OF MOTION (R.O.M.) STOPS TO SAFELY ACCOMMODATE YOUR BODY SIZE AND RANGE OF MOTION FOR THE LEG PRESS EXERCISE!

Prior to making any adjustments, REMOVE ALL WEIGHT PLATES!

Adjust the seatback to the desired position. MAKE CERTAIN THAT THE ADJUSTMENT PIN IS FULLY ENGAGED!

VERIFY THAT BOTH SAFETY STOPS (red handgrips) are properly engaged (rotated inward toward legs) and that both R.O.M. stops are properly engaged in the uppermost position!

ENTER THE MACHINE CAREFULLY! Assume a comfortable seated position. Place feet squarely on platform approximately shoulder width apart.

CAREFULLY PRESS WEIGHT TO A NEAR FULLY EXTENDED LEG POSITION in order to "manually disengage" BOTH SAFETY STOPS (rotate both red handles outward away from legs).

SLOWLY ALLOW carriage TO DESCEND TO A LEVEL THAT SAFELY AND COMFORTABLY ACCOMMODATES YOUR PHYSICAL SIZE AND RANGE OF MOTION.

If descent of carriage makes contact with the R.O.M. stops before reaching your desired level of comfort and safety, return carriage to original position and engage red handles.

Adjust R.O.M. stops to their lowermost position and repeat steps 5 and 6. If descent of carriage still makes contact with the R.O.M. stops before reaching your desired level of comfort and safety, return carriage to original position and engage red handles.

Completely disengage R.O.M. stops (rotate outward away from legs).

Proceed to Instructions on Use.

SAFETY INSTRUCTIONS-LEG PRESS EXERCISE

Carefully load the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Be sure that the WEIGHT PLATES ARE EVENLY DISTRIBUTED on each side of the machine!

Adjust the seatback to the desired position. MAKE CERTAIN THAT THE PULL PIN ADJUSTMENT IS FULLY ENGAGED!

ENTER MACHINE CAREFULLY! Assume a comfortable seated position. Place feet squarely on platform approximately shoulder width apart.

CAREFULLY PRESS WEIGHT TO A NEAR FULLY EXTENDED LEG POSITION in order to manually disengage both safety stops (rotate red handles outward away from legs).

In a slow and controlled manner, lower weight by flexing knees, pause briefly in the flexed position, and return slowly (extending knees) to the starting position. **AVOID JERKY MOVEMENTS!**

Upon completion of exercise, lift weight slowly by carefully pressing to near fully extended position.

ENGAGE BOTH SAFETY HANDLES (rotate red handles inward toward legs) PRIOR TO LOWERING CARRIAGE PLATFORM TO ITS ORIGINAL POSITION!

EXIT MACHINE CAREFULLY!

SAFETY INSTRUCTIONS-CALF EXERCISE

Carefully load the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Be sure that the WEIGHT PLATES ARE EVENLY DISTRIBUTED on each side of the machine!

Adjust the seatback to the desired position. **MAKE CERTAIN THAT THE PULL PIN ADJUSTMENT IS FULLY ENGAGED!**

VERIFY THAT BOTH SAFETY STOPS (red handgrips) are properly engaged (rotated inward toward legs) and that both R.O.M. stops are properly engaged in their uppermost position!

ENTER MACHINE CAREFULLY! Assume a comfortable seated position with the balls of the feet securely placed on the lower edge of the platform approximately shoulder width apart.

CAREFULLY PRESS WEIGHT TO A NEAR FULLY EXTENDED LEG POSITION.

To perform calf exercise, lift and lower weight by plantar and dorsi flexing ankles.

Upon completion of exercise, lower weight slowly to the original start position by carefully flexing legs.

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT THE SEAT IS IN ITS FULLY ENGAGED POSITION!

BE SURE TO ASSUME A FULLY SEATED POSITION. NEVER STAND!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

LXp 742

40 DEGREE HACK SQUAT

MUSCLES TRAINED

Quadriceps
Hamstrings
Gluteus Maximus
Gastrocnemius
Soleus



GENERAL INSTRUCTIONS

HOW TO ADJUST CARRIAGE RANGE OF MOTION (R.O.M.) STOPS TO SAFELY ACCOMMODATE YOUR BODY SIZE AND RANGE OF MOTION FOR THE HACK SQUAT EXERCISE!

Prior to making any adjustments, REMOVE ALL WEIGHT PLATES!

Adjust the seatback to the desired position. MAKE CERTAIN THAT THE ADJUSTMENT PIN IS FULLY ENGAGED!

VERIFY THAT BOTH SAFETY STOPS (red handgrips) are properly engaged (rotated inward toward legs) and that both R.O.M. stops are properly engaged (rotated inward toward legs)!

ENTER THE MACHINE CAREFULLY! Assume a comfortable recumbent position. Place feet squarely on platform approximately shoulder width apart.

CAREFULLY PRESS WEIGHT TO A NEAR FULLY EXTENDED LEG POSITION in order to "manually disengage" BOTH SAFETY STOPS (rotate both red handles outward away from legs).

SLOWLY ALLOW carriage TO DESCEND TO A LEVEL THAT SAFELY AND COMFORTABLY ACCOMMODATES YOUR PHYSICAL SIZE AND RANGE OF MOTION.

If descent of carriage makes contact with the R.O.M. stops before reaching your desired level of comfort and safety, return carriage to original position and engage red handles.

Disengage R.O.M. stops (rotate outward away from legs).

Proceed to Instructions on Use.

SAFETY INSTRUCTIONS - HACK SQUAT EXERCISE

Carefully load the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

Be sure that the WEIGHT PLATES ARE EVENLY DISTRIBUTED on each side of the machine!

ENTER MACHINE CAREFULLY! Assume a comfortable recumbent position. Place feet squarely on platform approximately shoulder width apart.

CAREFULLY PRESS WEIGHT TO A NEAR FULLY EXTENDED LEG POSITION in order to manually disengage both safety stops (rotate red handles outward away from legs).

In a slow and controlled manner, lower weight by flexing knees, pause briefly in the flexed position, and return slowly (extending knees) to the starting position. AVOID JERKY MOVEMENTS!

Upon completion of exercise, lift weight slowly by carefully pressing to near fully extended position.

ENGAGE BOTH SAFETY HANDLES (rotate red handles inward toward legs) PRIOR TO LOWERING CARRIAGE PLATFORM TO ITS ORIGINAL POSITION!

EXIT MACHINE CAREFULLY!

SAFETY INSTRUCTIONS-CALF EXERCISE

Carefully load the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**

Be sure that the **WEIGHT PLATES ARE EVENLY DISTRIBUTED** on each side of the machine!

VERIFY THAT BOTH SAFETY STOPS (red handgrips) are properly engaged (rotated inward toward legs) and that both R.O.M. stops are properly engaged (rotated inward toward legs)!

ENTER MACHINE CAREFULLY! Assume a comfortable recumbent position with the balls of the feet securely placed on the lower edge of the platform approximately shoulder width apart.

CAREFULLY PRESS WEIGHT TO A NEAR FULLY EXTENDED LEG POSITION.

To perform calf exercise, lift and lower weight by plantar and dorsi flexing ankles.

Upon completion of exercise, lower weight slowly to the original start position by carefully flexing legs.

EXIT MACHINE CAREFULLY!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT PULL PINS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

AG 1000 GLUTE/HAM TRAINER

MUSCLES TRAINED

Erector Spinae Muscle Group
Gluteus Maximus
Hamstring Group



GENERAL INSTRUCTIONS

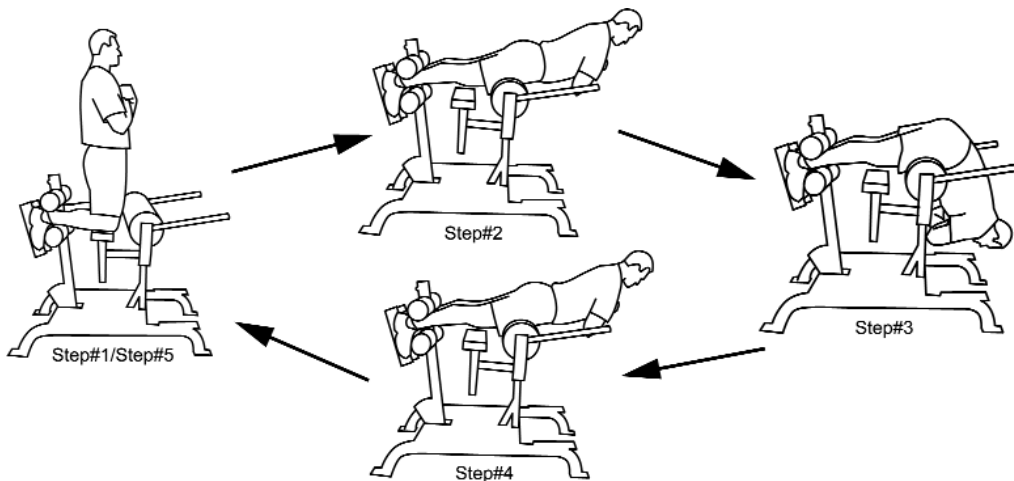
This apparatus should be used only by conditioned athletes under proper supervision of a certified trainer!

Refer to the illustrations and the instructions of a certified trainer for proper exercise technique.

Make sure that all pull pin adjustments are engaged.

Perform steps 1-5 for each rep.

Enter and exit machine carefully.



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

BE SURE THAT PULL PINS ARE IN THEIR FULLY ENGAGED AND LOCKED POSITION!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**

AP 1010, 1012, 1014, 1016 ATHLETIC POWER RACK & HALF RACK

TOTAL BODY STATIONS

MUSCLES TRAINED

Multi-Exercise & Multi-Planar movement

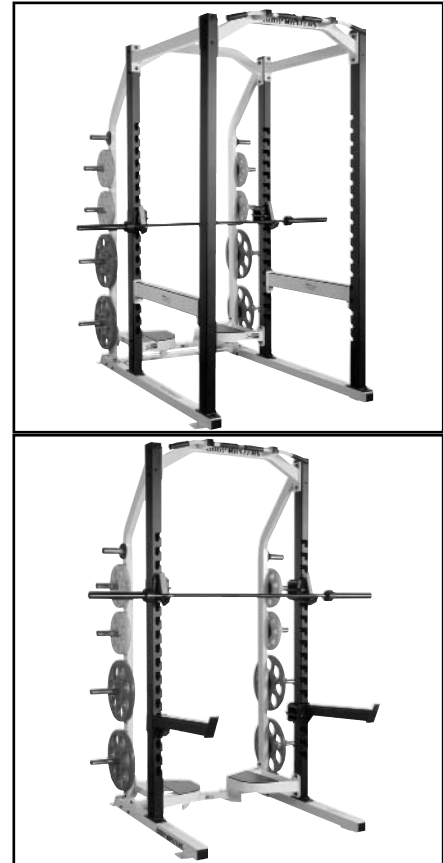
GENERAL INSTRUCTIONS

This apparatus should be used only by conditioned athletes under proper supervision of a certified trainer.

Refer to the instructions of a certified trainer for proper exercise technique.

Make sure that both safety bars are set at the proper height to limit the lowest desired safe range of travel of the olympic bar and weights!

Always use properly trained spotters to ensure your safety!



WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!

FW 1100, 1101, 1103, 1104, 1105, 1106, 1108, 1300 OLYMPIC BENCH PRESSES & SQUAT RACK

MUSCLES TRAINED

Multi-Exercise for Upper and Lower Body



GENERAL INSTRUCTIONS

Select the desired weight. **DO NOT EXCEED** your known performance capabilities! **AVOID** exercising beyond the point of fatigue.

Ensure that the bar is centered on the apparatus and that weights are evenly distributed on each side of the bar. Always use locking collars to secure the weight plates to the bar.

Maintain a stable base of support with your feet planted securely on the floor when performing the exercise.

Prior to unracking the bar, be sure to securely grip the bar with hands properly spaced equidistant from the center of the bar.

Keep hands and shoulders directly under the weight and press in a vertical direction.

Perform the exercise in a slow controlled manner. Avoid jerky movements.

When racking the bar, make sure that the bar is securely retained by the barbell supports before releasing your pressure and grip on the bar!

Always use a trained spotter who is familiar with the exercise being performed.

Employ active hands-on spotting to ensure maximum safety!

WARNING

PRIOR TO USING THIS MACHINE

CONSULT YOUR PHYSICIAN TO INSURE PHYSICAL READINESS!

CONSULT A TRAINED SUPERVISOR TO FAMILIARIZE YOU WITH THE MACHINE'S PERFORMANCE CHARACTERISTICS AND PROPER USE!

**FAILURE TO COMPLY COULD RESULT IN
SERIOUS INJURY OR EVEN DEATH!**