

# PLAN A BIKE RIDE

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Plan a bike ride with family or friends. It can be in the neighborhood or out of town. Many communities have bike lanes on the street or bike paths that connect to other communities. Make sure you visit your local bike shop for a quick tune-up and safety check.

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POWER  
IN NUMBERS



**STANDING**  
EXERCISES

*LifeFitness*

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# INTRODUCE STRENGTH FOR HEALTHIER KIDS

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Typically if a child is old enough to participate in organized sports it is safe for them to start strength training. Children prior to puberty should start by using light weights for 6-8 exercises. Have them focus on large muscle groups with one set of 10-15 repetitions. Strength training is shown to benefit a child's balance, coordination, and body awareness.

– Faigenbaum, Avery D. Ed.D.(Chair) and Micheli, Lyle J. M.D., FACSM  
*American College of Sports Medicine*, Fall 2002: 5, 14.

# HIGH ROW

## STANDING EXERCISES

### START



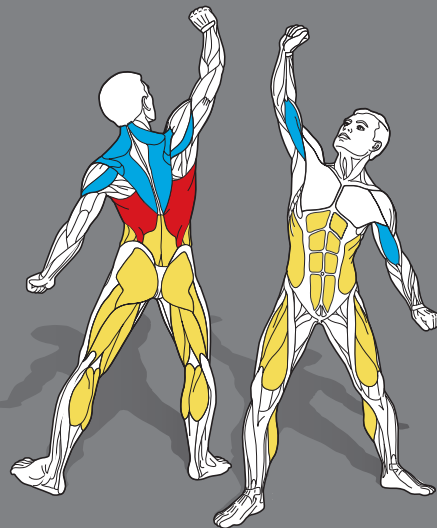
- High-pulley position
- Split stance
- Cross hands and grasp opposite pulley handles in palms-down position

### FINISH



- Pull with both arms keeping palms down

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

UPPER BODY

# MYTH: OVERNIGHT RESULTS ARE A REAL THING

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Fitness goals are achieved over time, so don't expect them to happen overnight. It's important to realize this so you don't become frustrated when the changes you desire aren't happening fast enough. Remember the story about the Tortoise and the Hare, slow and steady wins the race.

# LOW ROW

## STANDING EXERCISES

### START



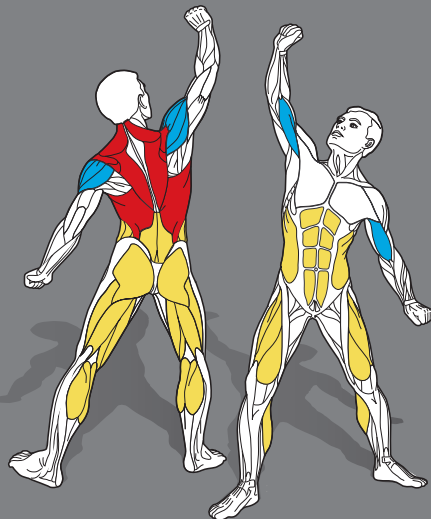
- Low-pulley position
- Lean forward slightly
- Cross hands and grasp opposite pulley handles in palms-down position

### FINISH



- Pull handles up and back until elbows are shoulder height
- Keep forward lean throughout

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# RECOVER WITH A COOL DOWN

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Cool downs help your body recover from the stress placed upon it during exercise.

Slowing your heart rate and breathing can help to decrease the risk of blood pooling in your legs, which can lead to dizziness and fainting.

A typical cool down is accomplished by performing low-intensity cardiovascular exercise and slowly decreasing the intensity until you feel relaxed.

# KNEELING DECLINE FLY

## STANDING EXERCISES

### START



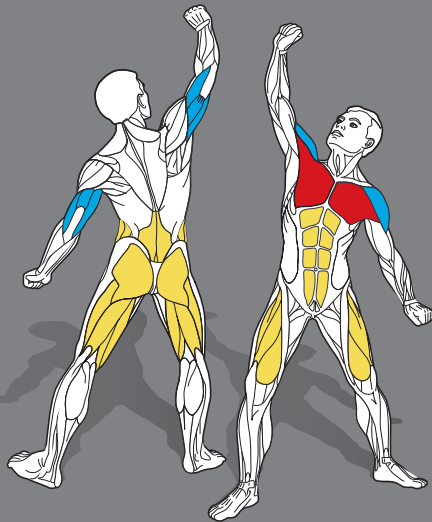
- High-pulley position
- Back upright
- Extend arms out to side with hands in palms-down position

### FINISH



- Pull arms downward toward mid-line of body

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			



# STRETCHING IS KEY

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One of the most overlooked aspects of physical fitness is flexibility. Stretching to gain flexibility is important to all exercise programs. Make sure your body is warmed up before attempting any rigorous stretching routine. Remember that everything in your body is connected.

# LATERAL RAISE

## STANDING EXERCISES

### START



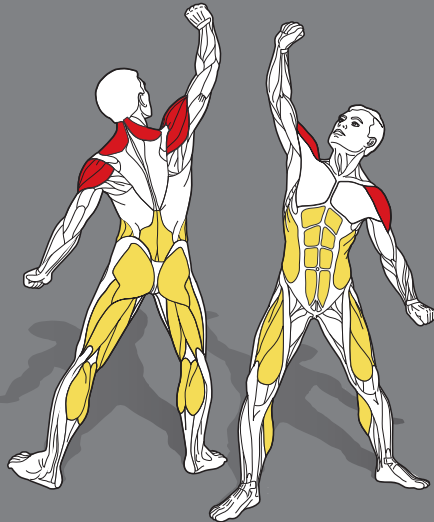
- Low-pulley position
- Back upright
- Cross hands and grasp opposite pulley handles in palms-down position

### FINISH



- Extend arms upward and backward until parallel to floor

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# BROWN BAG IT

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Packing your own lunch gives you a little more control over your mid-day meal. It allows you to control portion size and variety. Pack water, fruits, vegetables and a sandwich that is made with whole grain bread and low in fat.

# SHOULDER PRESS

## STANDING EXERCISES

### START



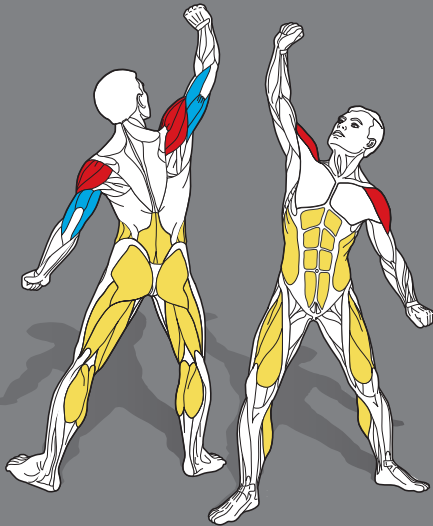
- Low-pulley position
- Back upright
- Hands in palms-up position

### FINISH



- Bring hands together as you press

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# COMPRESS YOUR WORKOUT WHEN SHORT ON TIME

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When you don't have a lot of time for a workout, don't skip it. Compress it. A short workout is always better than no workout. Focus on just cardio or strength for that day. Get in either your upper or lower body routine. Reduce your rest period between sets to 30 seconds. Even a partial workout will keep you motivated and on track with your program.

# CHEST PRESS

## STANDING EXERCISES

### START



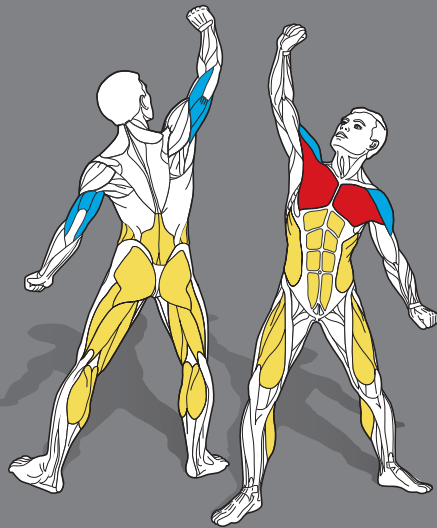
- Mid-pulley position
- Split stance
- Hands in palms-down position
- Elbows in line with cables

### FINISH



- Bring hands together as you press

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

UPPER BODY

# INCREASE CORE STRENGTH

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Most people don't realize that all movement of the human body originates from the core. The deep abdominal muscles are activated before any arm or leg movement. Core activation is essential to stabilize the entire kinetic chain (foot, ankle, knees, hips, shoulders, neck, and head.) Strengthening the deep abdominal muscles is essential to reducing lower back pain.

# BODY WEIGHT PULL UP - WIDE GRIP

## STANDING EXERCISES

### START



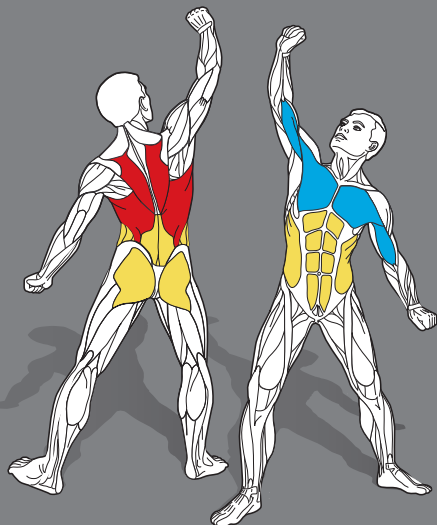
- Hands slightly wider than shoulders
- Grasp pull-up handles in palms-down position
- Bend knees

### FINISH



- Pull up until shoulders are parallel to hands

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

UPPER BODY



# FOCUS ON VITAMINS AND MINERALS

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Researchers have suggested that people who are deficient in various vitamins and minerals may overeat in an attempt to obtain the missing nutrients. A well balanced diet that addresses your vitamin and mineral needs can help prevent overeating. In addition to a healthy diet, consider taking a multivitamin that will work well with your body type, age, and gender.

# TRICEPS PRESSDOWN

## STANDING EXERCISES

### START



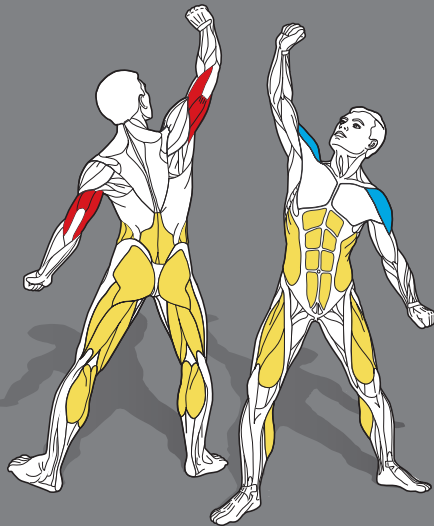
- High-pulley position
- Back upright
- Attach both handles to carabiner, and carabiner to pulley
- Grasp handles at your chest keeping elbows at a 90° angle

### FINISH



- Press handles down and apart
- Keep elbows next to sides throughout

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# KEEP IT CONVENIENT AND CONSISTENT

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There is an ongoing debate on what time of day is best to exercise. Success really depends on having a consistent time of day to exercise in your schedule. Add your exercise time to your calendar and work your other obligations around it to make sure you prioritize your health and well-being.

# DOUBLE ARM BICEPS CURL

## STANDING EXERCISES

### START



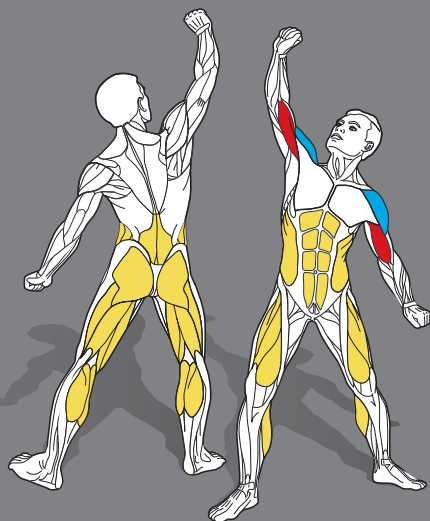
- Low-pulley position
- Back upright
- Hands in palms-up position

### FINISH



- Pull handles by bending your arms at elbows
- Keep elbows next to your sides throughout

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# ANY AGE IS A GREAT AGE TO START

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It's almost always a great time to start an exercise program. Whether you're younger, older, or somewhere in between, there are excellent benefits to getting active. You'll look better, feel better, and be your best at all you do.

# BICEP/TRICEP COMBO

## STANDING EXERCISES

### START



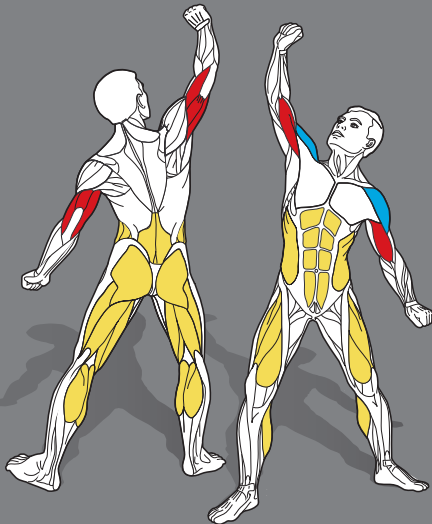
- High and low pulley positions
- Split stance
- Palms-up position for low pulley
- Palms-down position for high pulley

### FINISH



- Simultaneously push and pull high and low pulleys
- Bend arm at elbow with low pulley
- Extend arm down, elbow at side with high pulley

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# HELP EACH OTHER MAKE IT FUN

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Keeping exercise and physical activity a lifelong habit requires a good strategy. Incorporate your entire family, from your children on up, to make exercise more fun. Try new activities and find unique ways to keep active so you won't get bored. From biking to mowing the lawn, swimming to dancing, the key is to keep moving. So take that martial arts class that you've been thinking about...adding new activities, equipment, and challenges stimulates the brain and keeps us young.

# OVERHEAD TRICEPS EXTENSION

## STANDING EXERCISES

### START



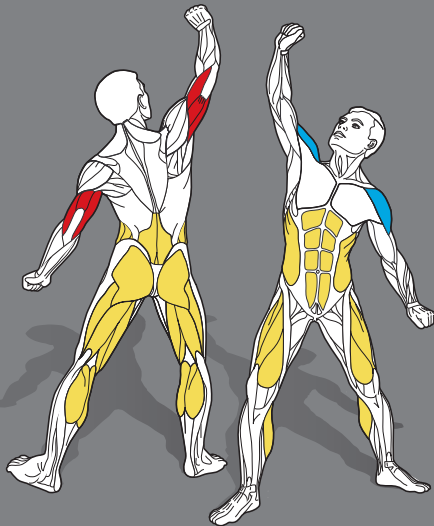
- Low-pulley position
- Back upright
- Attach both handles to carabiner, and carabiner to pulley
- Grasp handles behind head keeping elbows at a 90° angle

### FINISH



- Press handles overhead
- Keep upper arms next to ears as you extend

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			



# GET YOUR KIDS MOVING NOW

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The rise of childhood obesity is frightening. It's also a big factor in chronic health problems later in life. Diabetes, heart disease, and hypertension are just a few that cripple our society. Give your child an edge against these by getting them active at an early age. Plus, fit children do better in school, have more self-confidence, and higher self-esteem. Get your child out running, jumping, biking... playing! Help them make fitness a lifelong pursuit.

# INCLINE FLY

## STANDING EXERCISES

### START



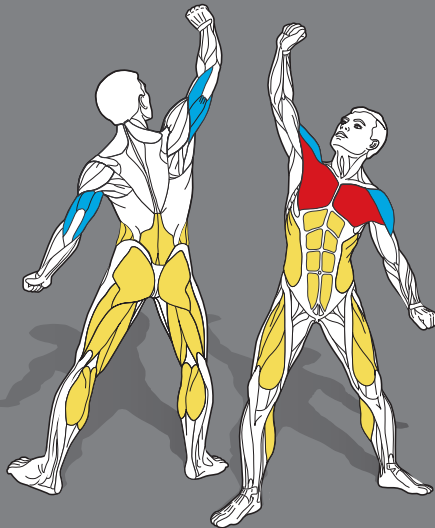
- Low-pulley position
- Split stance
- Hands in palms-up position

### FINISH



- Extend arms and pull hands together toward mid-line of body
- Pull until arms are parallel to floor

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

UPPER BODY

# SAFETY FIRST

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It's very important to exercise safely. If you are returning to exercise after a long time, it's a good idea to see your family doctor for a complete physical before you begin. When exercising for rehabilitation, enlist the skills of a trained professional such as a personal trainer, physiotherapist, or chiropractor to ensure a well-balanced and safe exercise program. Once you begin your program, use safe practices including a warm up and cool down routine, as well as slowly building your time and intensity for both cardio and strength programs.

# FRONT RAISE

## STANDING EXERCISES

### START



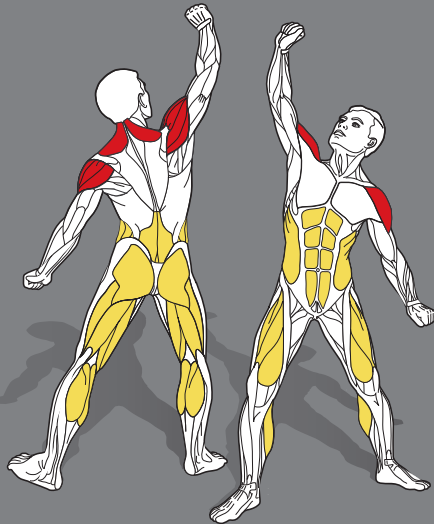
- Low-pulley position
- Back upright
- Hands in palms-down position

### FINISH



- Extend arms, pivot shoulders and raise arms
- Raise until arms are parallel to floor

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# DESIGN A PROGRAM

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People spend more time planning and researching the purchase of a computer or car than their health and fitness goals. There are many great workout plans in fitness magazines and on the internet. It's also an excellent idea to hire a personal trainer to help you formulate your goals and design a program that complements those goals.

# HAMMER GRIP FRONT RAISE

## STANDING EXERCISES

### START



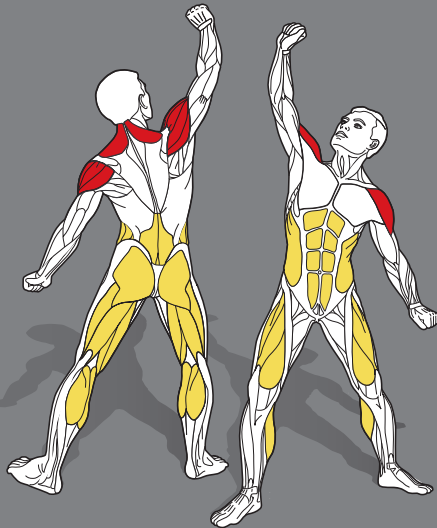
- Low-pulley position
- Hands in palms-inward position

### FINISH



- Extend arms, pivot at shoulders, pull hands together toward mid-line of body
- Finish when arms are parallel to floor

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# ESTABLISH YOUR GOALS

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Everyone has exercise goals. Write down exactly what you want to accomplish. Hang it up, recite it, and give it some thought every day. The mind has a truly amazing effect on the body. If you can visualize your success, you will be amazed at how well your body responds.

# DOUBLE ARM UPRIGHT ROW

## STANDING EXERCISES

### START



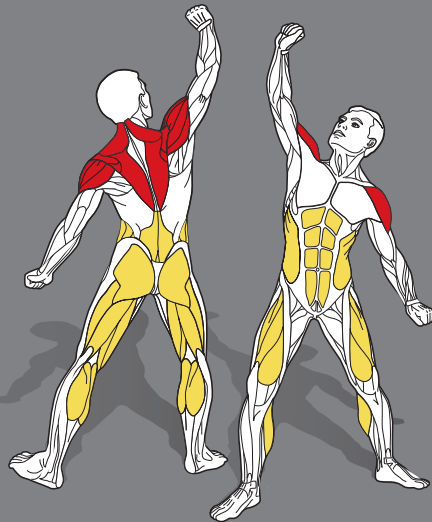
- Low-pulley position
- Back upright
- Cross hands and grasp opposite pulley handles in palms-down position

### FINISH



- Pull handles up and back until elbows are shoulder height
- Keep back straight throughout

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			



# TRACK YOUR PROGRESS

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Keeping a log is a great way for you to monitor your progress and see when it's a good time to move to the next level. Don't feel that you have to track daily; track for a short time after adding a new exercise to your routine or increasing the amount of weight you're lifting so the process doesn't become tedious. You can even use this book to record your workouts. By writing down your progress you can avoid boredom and the pattern of using the same weights and resistance levels for extended periods. When you feel ready, slowly increase your load, up your reps, or do an additional set. But always listen to your body. Joint and muscle pain, lack of sleep, and decreased energy are some signs that you might not be ready to take on the next level.

# ALTERNATING CURL TO PRESS

## STANDING EXERCISES

### START



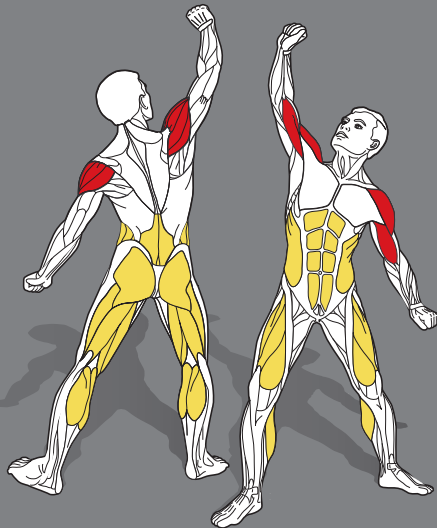
- Low-pulley position
- Feet shoulder width apart
- Hands in palms-up position

### FINISH



- Pull handles by bending your arms at elbows
- Rotate hands away from you
- Bring hands together as you press overhead

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# REWARD YOURSELF ALONG THE WAY

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Set many small goals that are easy for you to measure and possible to attain. When you reach each goal reward yourself with a healthy or fun gift. This can help keep you motivated and on the path to your fitness goal.

# INCLINE PRESS

## STANDING EXERCISES

### START



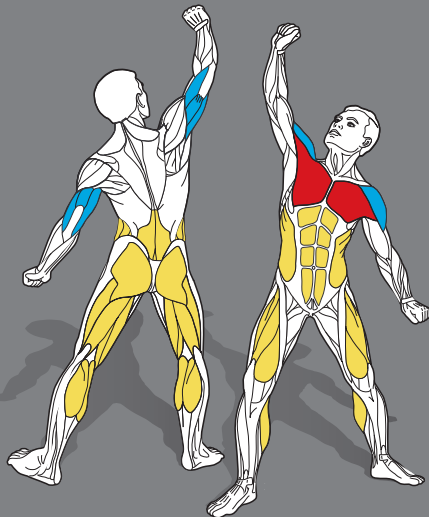
- Low-pulley position
- Split stance
- Hands in palms-up position

### FINISH



- Bring hands together as you press

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# GET YOURSELF MOVING IN THE MORNING

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Add exercise to your morning routine. Wake up 30 minutes earlier than usual and go for a walk, a short bike ride, or exercise at home before going to work. Exercise in the morning can give you more energy throughout the day and help to increase your metabolism. You're also less likely to talk yourself out of it than at the end of a long day.

# DECLINE PRESS

## STANDING EXERCISES

### START



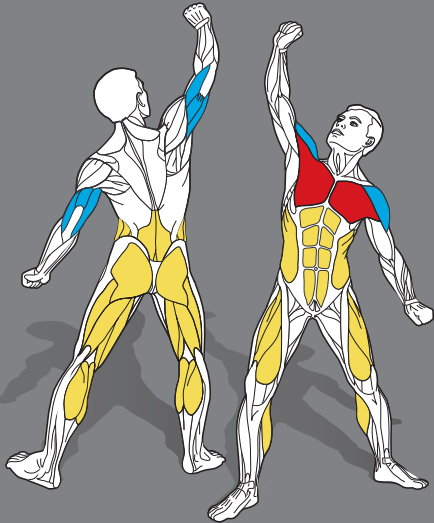
- High-pulley position
- Split stance
- Hands in palms-down position
- Elbows at shoulder height

### FINISH



- Press downward at a 45° angle

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

UPPER BODY

# BEGIN THE RIGHT WAY

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Warming up properly enhances workout performance and decreases the risk of injury. Just 5-10 minutes of light cardiovascular work raises your body temperature, helps get the blood flowing, and lubricates your leg joints. Warm up on cardio equipment or by simply jogging in place, performing some jumping jacks, body weight squats, or going for a quick run outside. A safe warm up prevents injuries and allows your heart to adequately prepare for the activity ahead.

# DECLINE FLY

## STANDING EXERCISES

### START



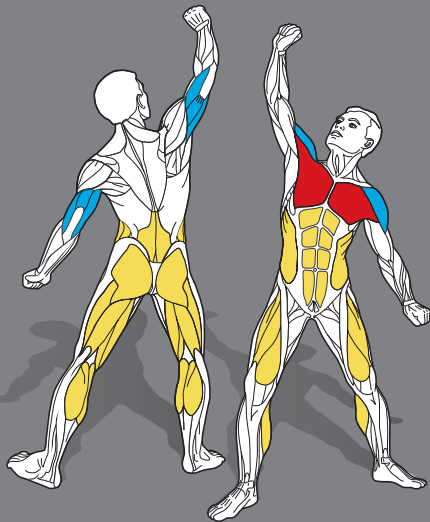
- High-pulley position
- Split stance
- Hands in palms-inward position
- Elbows at shoulder height

### FINISH



- With elbows bent, pull arms towards mid-line of body

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			



# STABILIZE YOUR JOINTS

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Walking, running, jumping, bending, and twisting all place unpredictable forces throughout the kinetic chain (foot, ankle, knees, hips, shoulders, neck, and head.)

A major cause of injuries is the lack of strength, stability, and control of the muscles that stabilize these areas of the body.

A strength training program that consists of core and balance training, such as standing and ball exercises, will teach your muscles how to properly stabilize your joints.

# KNEELING LAT PULLDOWN

## STANDING EXERCISES

### START



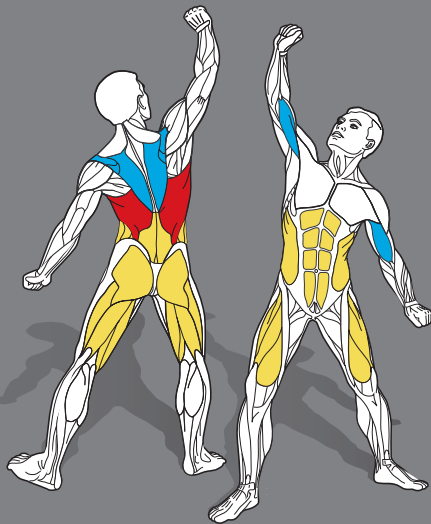
- High-pulley position
- Back upright
- Hands in palms-down position

### FINISH



- Pull with both arms keeping palms down

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# FOCUS ON FLEXIBILITY

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Flexibility is the normal extension of all soft tissue to allow full range of motion at a joint. When muscles are at their optimal length, your risk of injury is greatly reduced and maximum strength can be achieved. Training with poor posture or muscle imbalance can lead to injury.

# INTERNAL ROTATION

## STANDING EXERCISES

### START



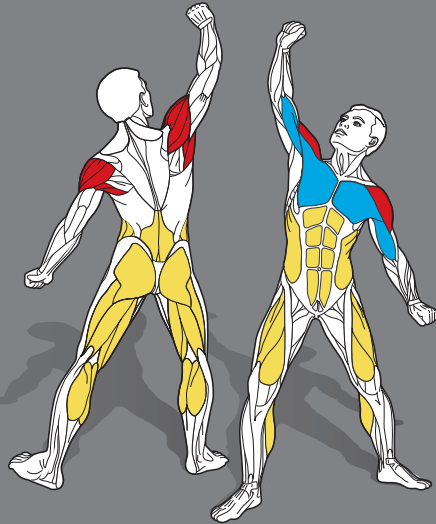
- Mid-pulley position
- Grasp pulley handle with elbow at 90° angle, forearm extended

### FINISH



- Rotate hand inward
- Keep elbow at side throughout

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# STRENGTH TRAINING BURNS FAT

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Strength training is an essential part of a healthy weight management program. Building muscle through strength training helps you burn fat. Even when you are sitting still, muscle burns more energy than fat.

# EXTERNAL ROTATION

## STANDING EXERCISES

### START



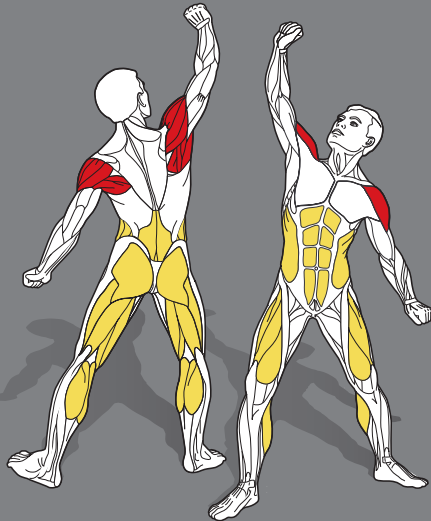
- Mid-pulley position
- Grasp pulley handle with opposite hand, elbow at a 90° angle

### FINISH



- Rotate hand outward to full extension
- Keep elbow at side throughout

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# USE PROPER FORM

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Be sure to keep good form and posture when performing exercises and execute each move in a slow and controlled manner. A personal trainer can help you determine the appropriate form.

# LOW TO HIGH PRESS WITH ROTATION

## STANDING EXERCISES

### START



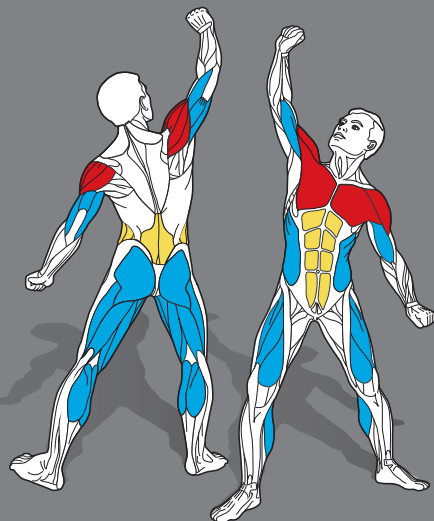
- Low-pulley position
- Squat stance
- Hands in palms-inward position

### FINISH



- Rotate up and away from G7
- Extend arm upward

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

CORE



# TRAIN OPPOSING MUSCLES

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Try training opposing muscle groups in pairs for more efficient workouts. After performing a pushing exercise go directly to a pulling exercise. For example, after a Chest Press, go to a Row, after the Row go to a Shoulder Press, after the Shoulder Press go to a Pulldown, etc.

# BALL HUG WITH ROTATION

## STANDING EXERCISES

### START



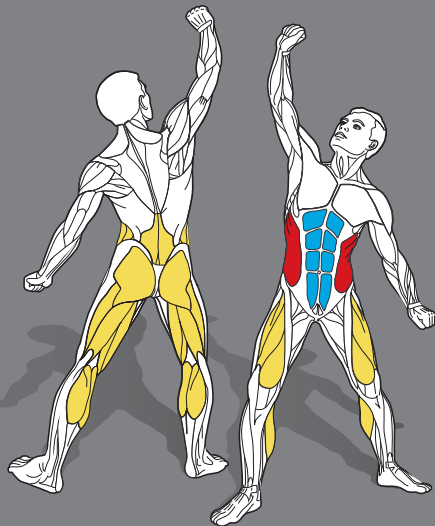
- Mid-pulley position
- Hug ball and grasp pulley handle around ball with opposite hand

### FINISH



- Rotate upper body away from G7

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# REACH YOUR THRESHOLD

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Studies show that in order for a muscle to grow it must reach a load threshold. There needs to be enough resistance on the muscle to stimulate it to grow. Optimum muscle growth occurs during an 8-12 max repetition scheme. Therefore, weight should be chosen to reach muscle fatigue during this period. In addition, an aerobic and weight management plan should be implemented. Your overall results will be a stronger, leaner body.

# HIGH TO LOW WITH CORE ROTATION

## STANDING EXERCISES

### START



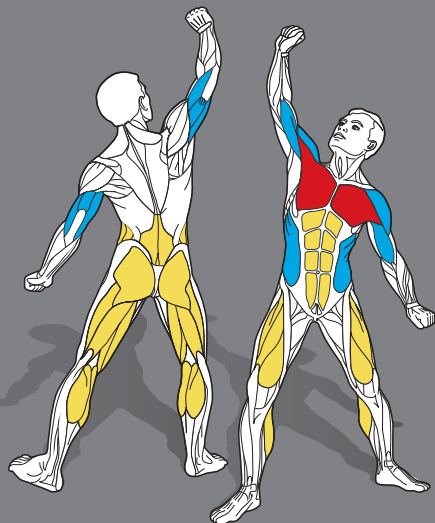
- High-pulley position
- Reach across body, grasp pulley handle with two-handed grip

### FINISH



- Rotate down and away from G7
- Keep arms extended

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

CORE

# VARY YOUR FOOT PLACEMENT

---

Doing something as simple as adjusting your foot position from exercise to exercise can turn a simple Leg Press into a total leg workout. Placing your feet a couple of inches apart will target the middle of your thigh. Align your feet to the width of your hips to train the outer portion of your thigh. Place them at hip width with toes pointed outward at 45 degrees to work your inner thighs and glutes.

# KNEELING AB CRUNCH

## STANDING EXERCISES

### START



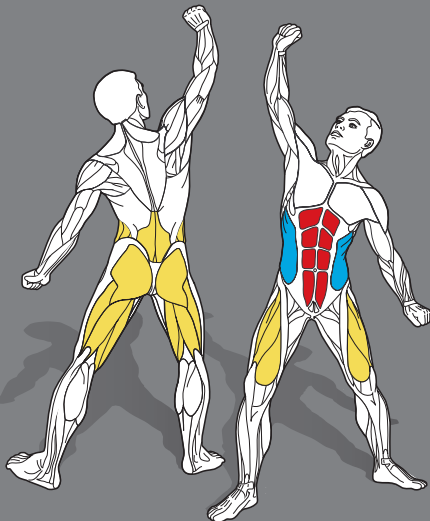
- Mid-pulley position
- Attach both handles to carabiner, and carabiner to pulley
- Grasp pulley handles keeping hands at the top of your chest
- Elbows next to sides

### FINISH



- Contract abdominal muscles
- Shorten distance between lower rib and hips

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# MYTH: STRENGTH TRAINING IS FOR MEN ONLY

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Many women avoid strength training for fear of “getting big”. A woman’s genetic makeup will not allow them to get really big without taking hormones. Weight-bearing exercise is great for a woman’s bones. Plus, increasing muscle helps both men and women burn more calories, even at rest.

# HIGH TO LOW PRESS WITH ROTATION

## STANDING EXERCISES

### START



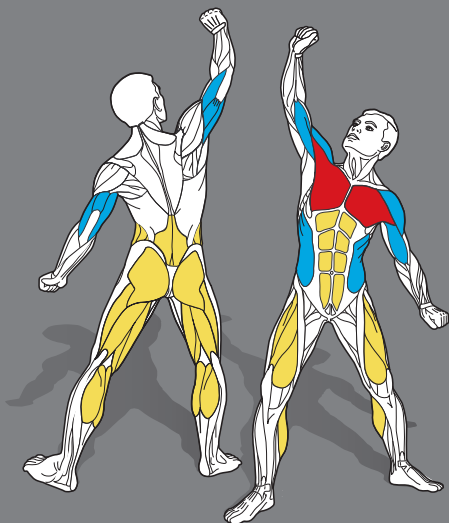
- High-pulley position
- Hand in palm-down position
- Elbow at a 90° angle

### FINISH



- Rotate down and away from G7
- Extend arm downward

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

CORE



# STAND UP FOR BETTER TRAINING

---

If you want to get into great shape, you need to spend as much time as possible in a standing position while you exercise. By standing up during your exercise routine you bring into the mix the largest group of muscles – the legs. Using your legs promotes rapid calorie expenditure, which ultimately leads to quicker weight loss.

# HANGING LEG RAISE

## STANDING EXERCISES

### START



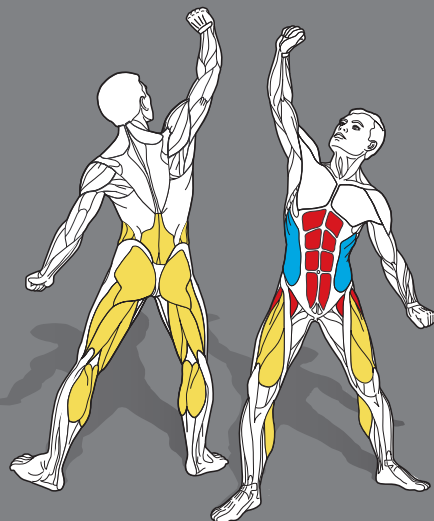
- Hands shoulder width apart
- Grasp pull-up handles in palms-inward position
- Bend knees

### FINISH



- Lift legs up and into chest

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

CORE

# ENHANCE YOUR SEATED EXERCISE

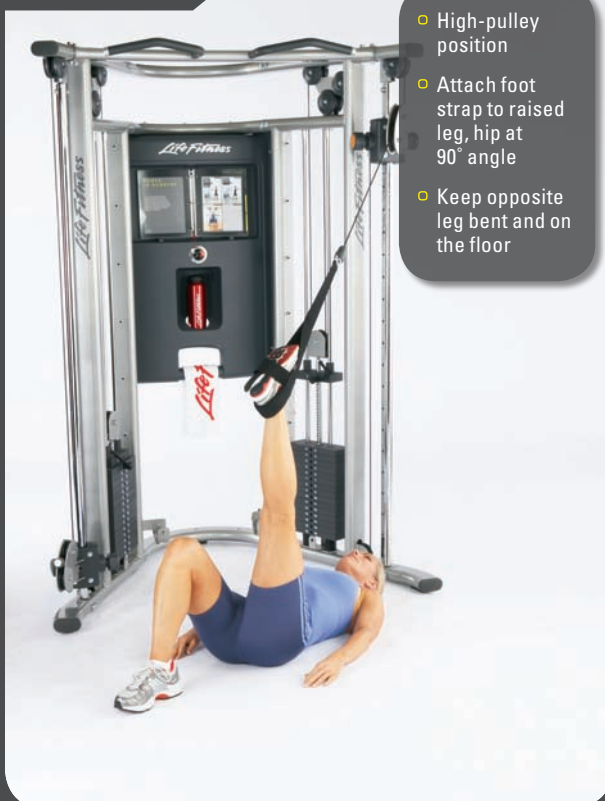
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Normally, when you do seated exercises you focus on keeping both feet firmly planted on the ground. Add a functional twist by alternating your feet with each press or pull. The unbalanced nature of the movement forces the rest of your body to wake up and provide additional stability.

# LYING HIP EXTENSION

## STANDING EXERCISES

### START



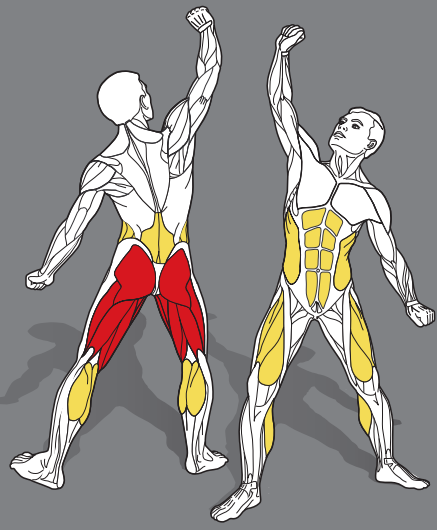
- High-pulley position
- Attach foot strap to raised leg, hip at 90° angle
- Keep opposite leg bent and on the floor

### FINISH



- Extend hip to full extension

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

LOWER BODY

# ADD IN POWER TRAINING

---

All of us at some point need the ability to move faster and react to outside stimuli. Power training is essential for life because the nature of life requires quick movements. This concept does not have to involve advanced power exercises such as lifting a bar over your head or jumping up to a box. A power exercise can simply consist of exercises where you are moving under control with additional weight at a faster than normal speed. Example: Alternating Chest Presses done in a more rapid fashion.

# ABDUCTION WITH THIGH STRAP

## STANDING EXERCISES

### START



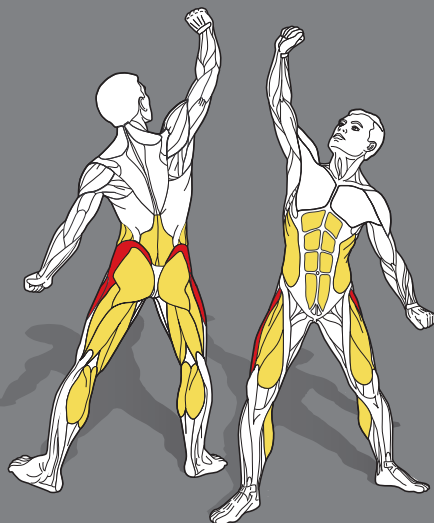
- Mid-pulley position
- Attach thigh strap to far leg
- Bring far leg across mid-line of body

### FINISH



- Extend leg across the mid-line and to the side of body

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# INCORPORATE AEROBIC AND ANAEROBIC EXERCISE

---

Aerobic exercise refers to exercise that increases the need for oxygen and requires the heart and lungs to work harder. This type of exercise includes running, swimming, or cycling, to name a few.

Anaerobic exercise usually refers to weight lifting or training with quick maximum exertions.

Cardiovascular exercise can become Anaerobic if you are working out too hard and can't catch your breath. The key to a healthy exercise routine is for you to incorporate a balance of both.

# ADDUCTION WITH THIGH STRAP

## STANDING EXERCISES

### START



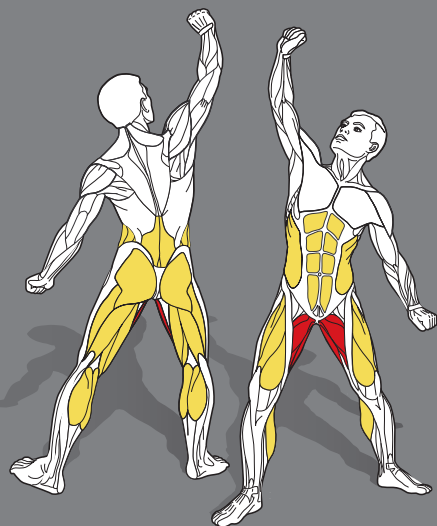
- Mid-pulley position
- Attach thigh strap to leg closest to pulley
- Extend leg toward pulley

### FINISH



- Bring extended leg across the mid-line and to the side of body

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			



# CHOOSE A MIX

---

Productive, effective workouts include both cardiovascular and strength training. Most people tend to concentrate on one of these and neglect the other. Cardiovascular exercise not only helps burn extra calories, but is helpful to your heart and lungs. One of the many benefits of strength training is increasing your metabolism. More muscle means more calories burned every day...even when you are sleeping.

# ABDUCTION WITH FOOT STRAP

## STANDING EXERCISES

### START



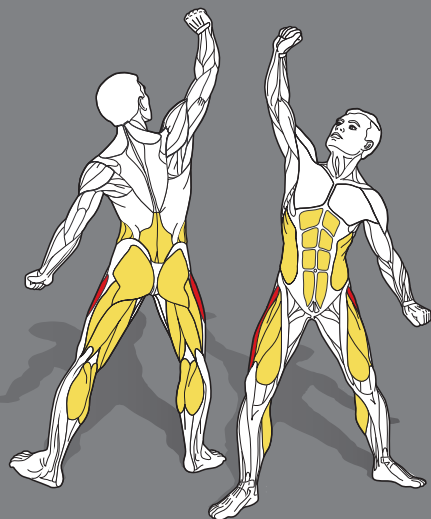
- Low-pulley position
- Attach foot strap to far leg
- Bring far leg across mid-line of body

### FINISH



- Extend leg across the mid-line and to the side of body

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# IMPROVE YOUR CARDIOVASCULAR ENDURANCE

---

Effective cardiovascular training should consist of sustaining an activity continuously for over 20 minutes. Most commonly, this is done on a treadmill, bike, or elliptical cross-trainer. Don't limit yourself to those activities. You can get cardiovascular benefits from gardening, rollerblading, walking, or simply doing housework. 3-5 days per week for at least 20-30 minutes is ideal.

# ADDUCTION WITH FOOT STRAP

## STANDING EXERCISES

### START



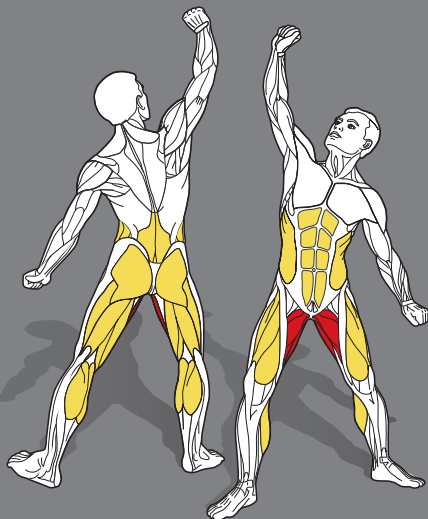
- Low-pulley position
- Attach foot strap to leg closest to pulley
- Extend leg toward pulley

### FINISH



- Bring extended leg across the mid-line and to the side of body

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# GIVE A BOOST TO YOUR RUNNING

---

Following a regular strength training program even helps to improve running economy. Regular strength training for runners usually results in greater speed and muscular endurance, especially at the end of a race. Strength training is also the key to helping prevent most running injuries.

# LEG EXTENSION WITH FLEXED HIP

## STANDING EXERCISES

### START



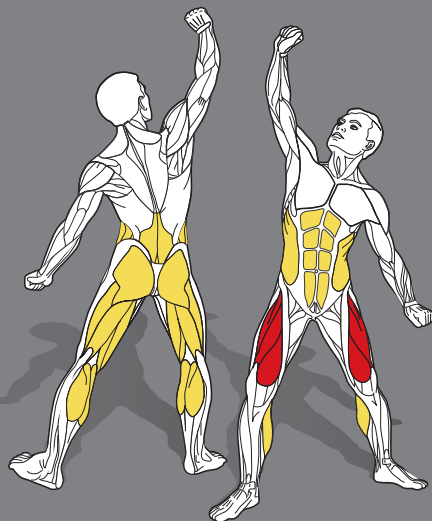
- Low-pulley position
- Face away from pulley
- Attach foot strap
- Hip at 45° angle

### FINISH



- Extend leg at knee
- Keep hip at 45° angle throughout

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# BUILD YOUR MUSCLES WITH RECOVERY

---

Rest is the most important aspect of achieving optimal fitness. During exercise your body breaks down muscle, and the muscle doesn't begin to grow and get stronger until you have given it adequate recovery time. Remember, your body needs more rest after vigorous workouts and strength training.

# LEG CURL WITH FOOT STRAP

## STANDING EXERCISES

### START



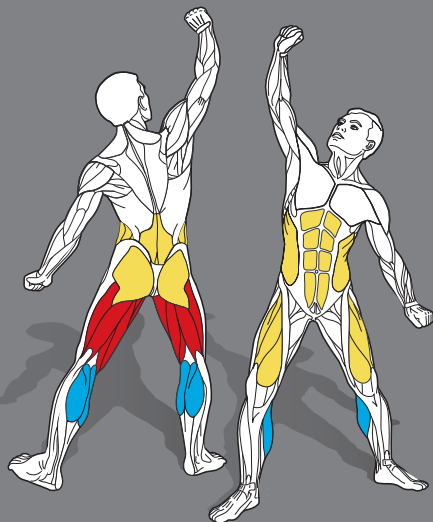
- Low-pulley position
- Face the pulley
- Attach foot strap
- Lean slightly

### FINISH



- Bend leg at knee to 90° angle

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			



# NEVER WORKOUT ON EMPTY

---

It is important to eat a small carbohydrate and protein snack a few hours before a workout. This will help keep your blood sugar levels stable and will give you more energy to work out harder and longer. However, avoid working out on a full stomach, as your blood flow will be pulled away from the stomach where it is needed for digestion.

# GLUTE KICKBACK

## STANDING EXERCISES

### START



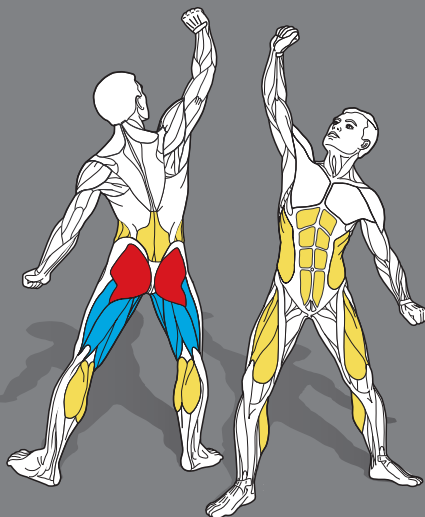
- Low-pulley position
- Face the pulley
- Attach foot strap
- Thigh at 45° angle
- Knee at 45° angle

### FINISH



- Extend leg and hip to full extension away from pulley

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# SAY YES TO BREAKFAST

---

Research shows that those who are most successful in their weight loss never skip breakfast. Try to keep it balanced with some protein, healthy carbohydrates, and a small amount of fat.

# SQUAT WITH HANDS AT SHOULDERS

## STANDING EXERCISES

### START



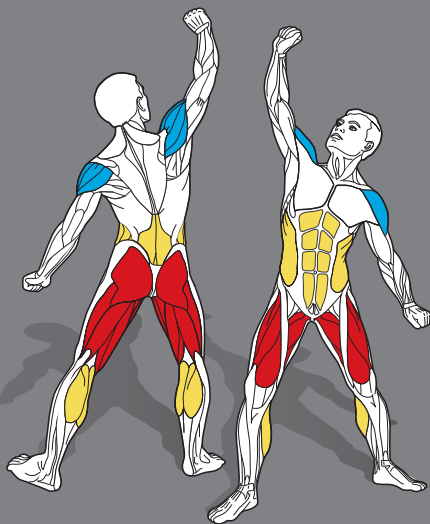
- Low-pulley position
- Feet slightly wider than shoulder width
- Slight bend in knees
- Hands in palms-up position

### FINISH



- Simultaneously bend hips and knees
- Pause when knees reach 90° angle
- Keep lower back upright throughout

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# CHOOSE A HEALTHY DIET

---

When it comes to food, don't just focus on the number of calories that you are consuming. Your food choices can positively or negatively affect your health. A diet deficient of necessary vitamins and minerals can lead to serious health problems. Your food choices affect many things such as the growth and repair of tissue, reinforcing your immune system, preventing chronic diseases, maintaining good mental health, and ensuring healthy teeth and bones.

# SPLIT SQUAT/LUNGE

## STANDING EXERCISES

### START



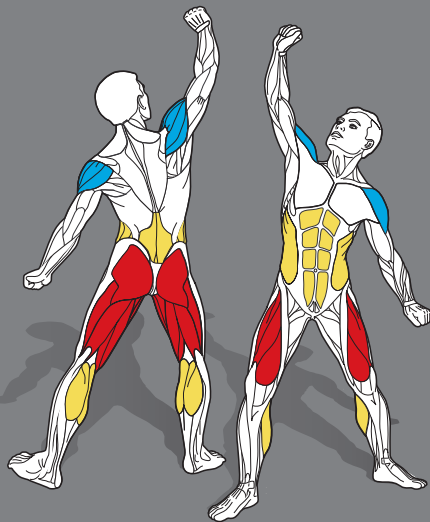
- Low-pulley position
- Split stance
- Hands shoulder width apart in palms-up position

### FINISH



- Lower self down by bending front and back knee
- Pause when front knee is near 90° angle

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# BE A COMPLEX THINKER

---

Carbohydrates provide your body with energy. Cutting all carbohydrates from your diet decreases your body's ability to function. Instead, cut back on the simple sugars found in processed foods. Choose complex carbohydrates and unprocessed foods instead.

# FORWARD WALKING LUNGE

## STANDING EXERCISES

### START



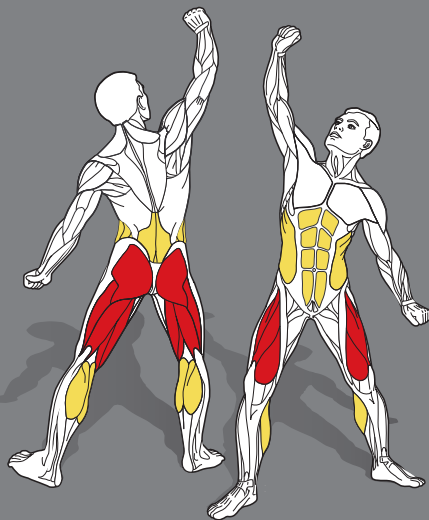
- Mid-pulley position
- Attach the thigh strap to cables
- Press hips against thigh strap bridge

### FINISH



- With hands on waist lunge forward
- Pause when knee of forward leg is at 90° angle
- Stand up and bring back foot forward
- Pause when upright and lunge forward
- Continue until end of cables' range

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			



# ARM YOURSELF AGAINST CANCER

---

According to research conducted by the American Institute for Cancer (AIC), eating a healthy diet combined with staying physically active and maintaining a healthy weight can cut cancer risk by 30 to 40 percent. The AIC also reported that eating the recommended five or more servings of vegetables and fruits each day could, by itself, reduce cancer rates by more than 20 percent.

# LATERAL WALKING LUNGE

## STANDING EXERCISES

### START



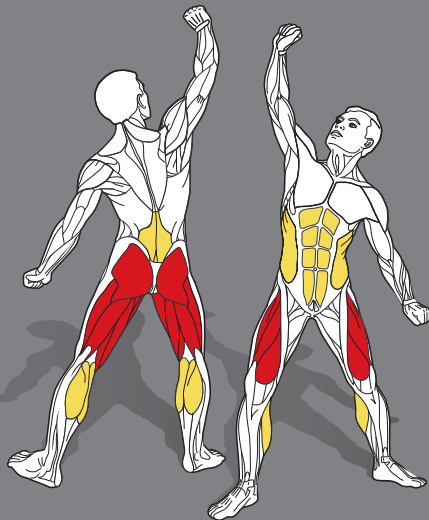
- Mid-pulley position
- Attach thigh strap to cables
- Place hip against thigh strap bridge

### FINISH



- Step away from G7
- Squat after each step
- Continue until end of cables' range
- Slowly return by repeating steps in opposite direction
- Use caution when returning

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# BE SURE YOU DRINK, DRINK, DRINK

---

Drink the normal amount that you would usually drink, and then drink a little more. When you're working out you often forget to drink water to fight off dehydration. If you wait until you're thirsty to drink, then you're more than likely already dehydrated. Drink early and often.

# DECELERATING LUNGE

## STANDING EXERCISES

### START



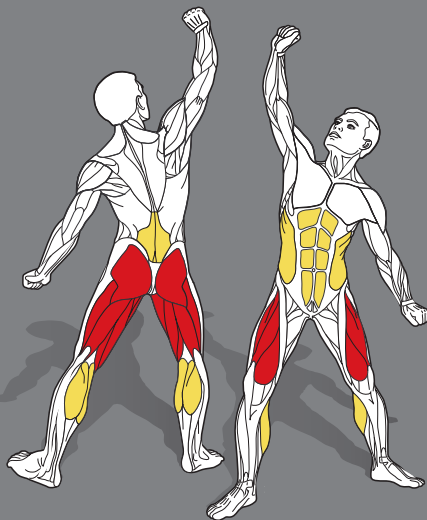
- Mid-pulley position
- Attach the thigh strap to cables
- Lower back against thigh strap bridge
- Walk back slowly until end of cables' range

### FINISH



- With hands on waist lunge forward
- Pause when knee of forward leg is at 90° angle
- Stand up and bring back foot forward
- Pause when upright and lunge forward

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			



