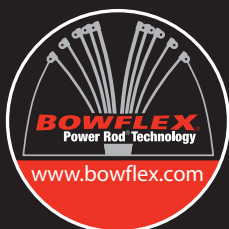




The Bowflex® Blaze®
Home Gym
Owner's Manual



To validate warranty support, keep the original proof of purchase and record the following information:

Serial Number _____

Date of Purchase _____

To register your product warranty, go to: **www.bowflex.com/register**
or call 1 (800) 605-3369.

If you have questions or problems with your product, please call 1 (800) 605-3369
Or go to: www.bowflex.com

Table of Contents

Important Safety Instructions	5	Narrow Pulldowns with Handgrips	30
Safety Warning Labels/Serial Number	7	Lying Lat Fly	31
Get to Know Your Machine	10	Lying Narrow Lat Pulldowns	31
How to Use Your Machine	11	Seated Lat Rows	32
Power Rod® Resistance	11	Stiff-Arm Pulldown	32
Adjusting/Understanding The Resistance	11	Bent Over Row	33
Hooking Power Rod® Unit to Cables	11		
Safety	11	Arm Exercises	34
When You Are Not Using Your Gym	11	Triceps Pushdown	34
The Workout Bench	12	Single Arm Pushdown	34
Removing the Bench	12	French Press	35
Flat Bench	12	Lying Triceps Extension	35
45° Incline Bench	12	Cross Triceps Extension	36
Leg Extension	12	Lying 45° Triceps Extension	36
Free-Sliding Seat	12	Seated Triceps Extension	37
Storing Your Bowflex® Blaze® Home Gym	12	Standing Biceps Curl	37
Maintenance and Care	12	Seated Biceps Curl	38
How to Use Your Machine	13	Lying Biceps Curl	38
Accessories and Equipment	13	Seated Wrist Extension	39
Using Your Leg Press Belt and		Standing Wrist Curl	39
Squat Bar Pulleys	14	Reverse Curl	40
Define Your Goals	16	Seated Wrist Curl	40
Warm Up / Cool Down	17	Standing Wrist Extension	41
		“Rope” Pushdown	41
Chest Exercises	18		
Shoulder Horizontal Adduction	18	Abdominal Exercises	42
Bench Press	18	Reverse Crunch	42
Decline Bench Press	19	Resisted Reverse Crunch	42
Incline Bench Press	19	Seated (Resisted) Ab Crunch	43
Decline Chest Fly	20	Seated (Resisted) Oblique Ab Crunch	43
Incline Chest Fly	20	Trunk Rotation	44
Resisted Punch	21		
Lying Cable Crossover	21	Leg Exercises	45
		Leg Extension	45
Shoulder Exercises	22	Squat	45
Rear Deltoid Rows	22	Lying Leg Extension	46
Standing Lateral Shoulder Raise	22	Ankle Eversion	46
Seated Shoulder Press	23	Ankle Inversion	47
Front Shoulder Raise	23	Standing Hip Extension	47
Shoulder Extension	24	Standing Hip Extension	48
Shoulder Shrug	24	Standing Hip Abduction	48
Scapular Protraction	25	Seated Hip Adduction	49
Scapular Depression	25	Seated Hip Abduction	49
Lying Front Shoulder Raise	26	Standing Leg Kickback	50
Reverse Fly	26	Leg Press	51
Shoulder Rotator Cuff	27	Prone Leg Curl	52
Shoulder Rotator Cuff	27		
Seated Lateral Shoulder Raise	28	Muscle Chart	53
Scapular Retraction	28	The Workouts	54
Back Exercises	29	Bowflex™ Body Weight Loss Guide	56
Lying Lat Pulldowns	29		
Low Back Extension	29		
Pulldowns	30		

Product Specifications:

Product Weight	191 lbs. (86.5 kg)
Product Dimensions	90" L x 38" W x 83" H (229 cm L x 97 cm W x 211 cm H)
Folded Footprint	52" L x 38" W x 83" H (132 cm L x 97 cm W x 211 cm H)
Workout Area	100" L x 78" W (254 cm L x 198 cm W)
Number of Exercises	Over 60
Power Rod[®] Resistance	210 lbs. (95 kg)
Power Rod[®] Upgradability	310 lbs. (141 kg.) 410 lbs. (186 kg.)
User Weight Limit	300 lbs. (136 kg)

Regulatory Approvals:

ASTM Fitness standards compliant

Important Safety Instructions



Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Before using this equipment, obey the following warnings:



Read and understand the complete Owner's Manual. Keep Owner's Manual for future reference.

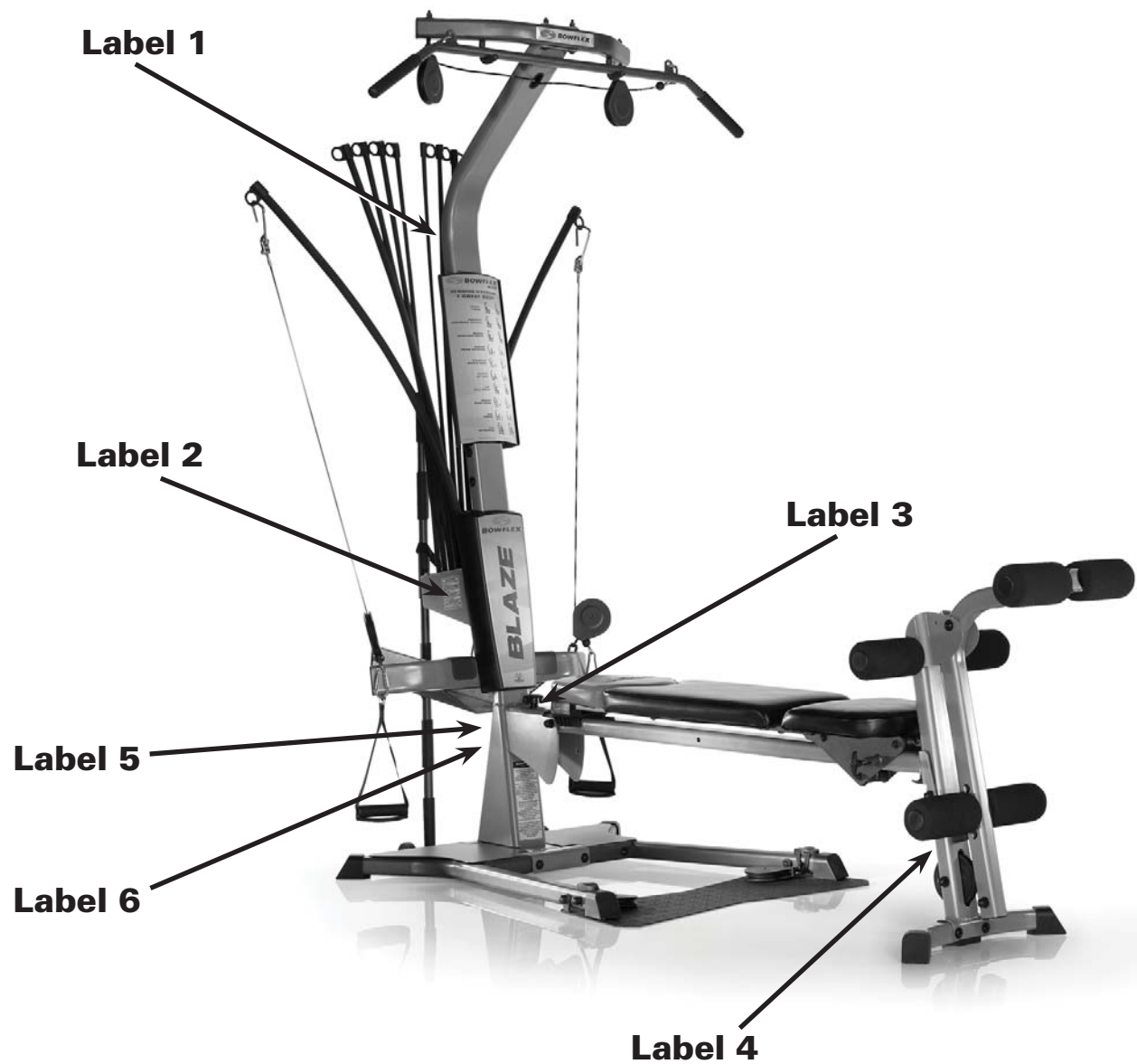
Read and understand all warnings on this machine. If at any time the Warning stickers become loose, unreadable or dislodged, contact Nautilus Customer Service for replacement stickers.

- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again.
- Before each use, examine this machine for loose parts or signs of wear. Inspect all cables, pulleys and their connections, making sure they are properly secured and attached, and show no signs of visible wear or damage. Contact Nautilus Customer Service for repair information.
- Maximum user weight limit: 300 lb. (136 kg). Do not use if you are over this weight.
- This machine is for home use only.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Always wear rubber soled athletic shoes when you use this machine. Do not use the machine with bare feet or only wearing socks.
- Set up and operate this machine on a solid, level, horizontal surface.
- Do not operate this machine outdoors or in moist or wet locations.
- Keep at least 6" (15 cm) clear behind the rod box, and 36" (91 cm) in front of the machine. Keep 15" (38 cm) on the sides of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Do not use Dumbbells or other weight equipment to incrementally increase the weight resistance. Use only the weight resistance designed for use with this gym.

Important Safety Instructions

- Correctly engage the Selector Hook to the Rod End.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.
- Keep clear of Power Rod[®] movement path during operation. Keep any bystanders clear of machine and Power Rod[®] movement path during operation.
- Do not move the machine without aid. Injury to you or damage to the machine can occur.
- Children should be supervised to ensure that they do not play with the appliance.

Safety Warning Labels and Serial Number



Safety Warning Labels and Serial Number

Label 1: Please make sure all users read, understand, and follow the warning labels on the home gym. See Figure 1 for general use safety label.

Location: The warning label in Figure 1 is located on the back of the lat tower.

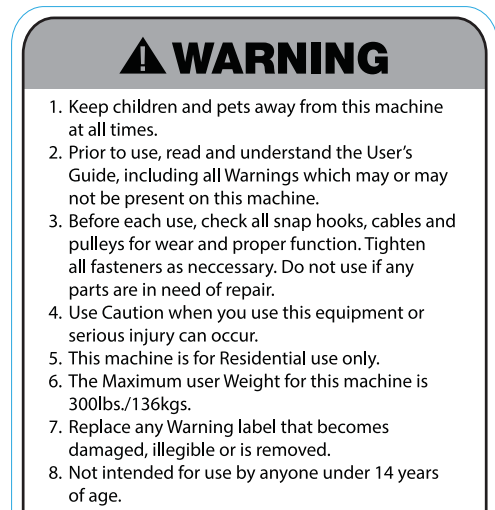


Figure 1

Label 2: See figure 2 for "Caution" safety label.

Location: Left and right side of rod box.



Figure 2

Safety Warning Labels and Serial Number

Label 3: See Figure 3 for “Caution” safety label. Avoid crush hazard when folding the bench.

Location: Top of the seat rail bracket.



Figure 3

Label 4: See Figure 4 for “Caution” safety label. Stay clear of the leg when folding the leg extension.

Location: Back of rear leg of leg extension.



Figure 4

Label 5: Product specifications and regulatory information.

Location: Back of the lower lat tower, below chest bar.

Label 6: Serial number.

Location: Back of the lower lat tower, below chest bar.

Record this number in the Serial Number field at the beginning of this manual.

Get to Know Your Machine

CONGRATULATIONS on your commitment to improving your health and fitness! With the Bowflex® Blaze® home gym, you have everything you need to exceed all of your physical fitness, strength and health expectations!

The Bowflex® Blaze® home gym's exceptional resistance and quality is unmatched by any other single piece of home fitness equipment available. You will not believe the amazing results your body will get with the Bowflex® Blaze® home gym!

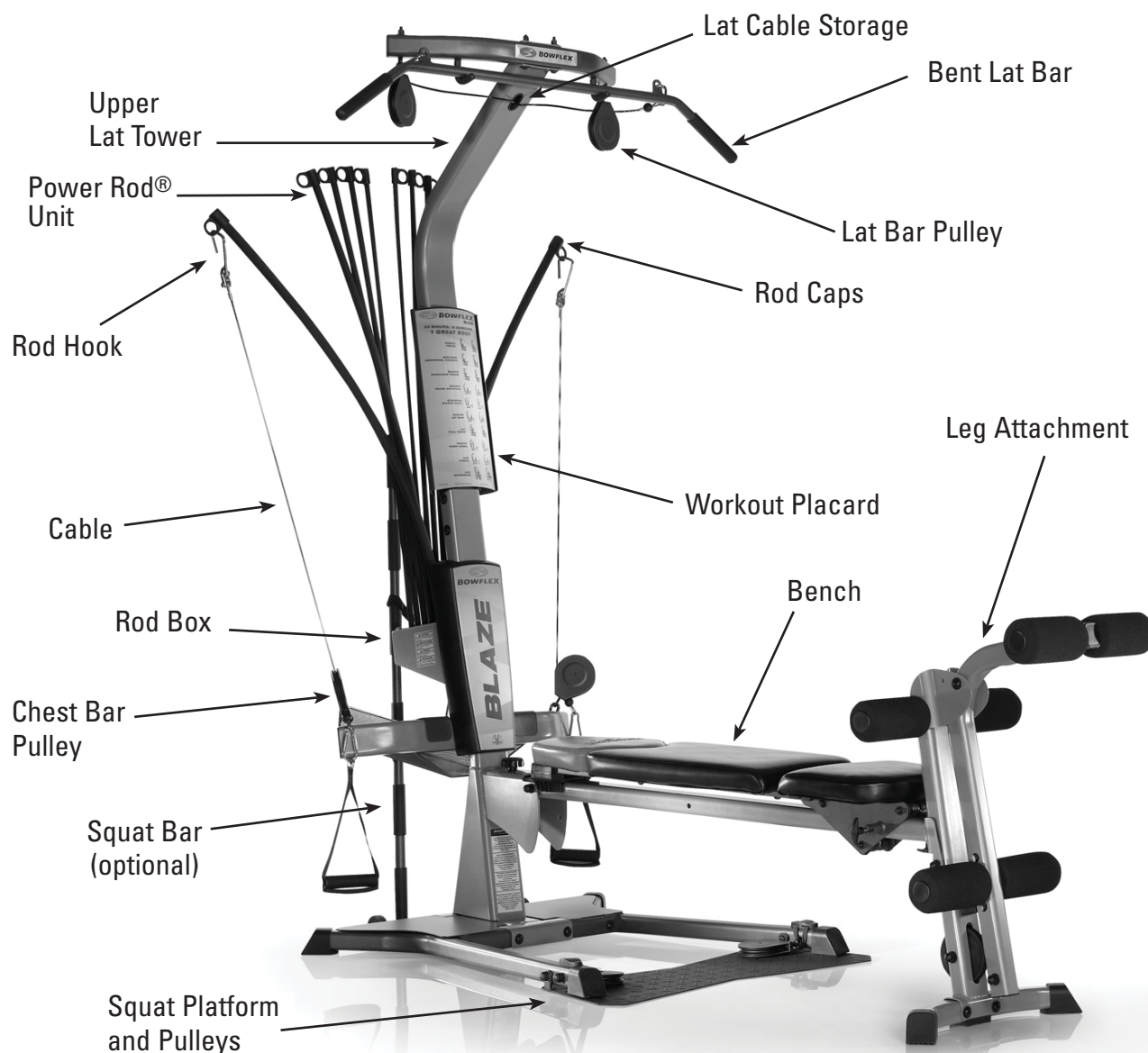
Please take your time to read through the entire manual and follow it carefully before attempting to use your Bowflex® Blaze® home gym. Also locate and read all warning labels that are posted on the machine. It's important to understand

how to properly perform each exercise before you do so using Power Rod® Resistance.

With all of the fitness choices available today, finding the best workout equipment for your needs can be very confusing. Everyone at Nautilus would like to thank you for selecting the Bowflex® Blaze® home gym.

Bowflex® Blaze® home gym is the finest home fitness product available, and you're just about to prove it to yourself.

BOWFLEX Home Gym **BLAZE**



How to Use Your Machine

Power Rod® Resistance

Power Rod® resistance rods are made from a special composite material. Your rods are sheathed with a protective black rubber coating. Each rod is marked with its weight rating on the “Rod Cap.”

Adjusting and Understanding the Resistance

The standard Bowflex® Blaze® home gym comes with 210 pounds of nominal resistance (one pair of 5 lb. (2.25 kg) rods, two pairs of 10 lb. (4.5 kg) rods, one pair of 30 lb. (13.5 kg) rods, and one pair of 50 lb. (22.5 kg) rods.

Note: Power Rod® Resistance Rods are manufactured using nylon composite material. The weight resistance measurements are estimates and resistance can vary based on environmental and usage patterns and other factors. Rod resistance will normally degrade over time and after extensive usage. If you have any questions regarding the resistance of your Power Rod® Resistance Rods, contact our Bowflex Customer Service department for assistance.

If you upgraded to a 310 (140 kg) or 410 pound (186 kg) capacity you will have an additional one or two pair of 50 lb. (22.5 kg) rods, respectively.

Connecting the Power Rod® Unit to the Cables



When hooking the Power Rod® resistance rods to the cable hooks, do not stand directly over the tops or in the path of the rods. Stand off to one side when connecting and disconnecting the Power Rod® resistance rods from the cables. Be sure to securely grip the resistance rod with dry hands before attempting to connect.

You may use one rod or several rods in combination, to create your desired resistance level.

To hook multiple rods up to one cable, bend the closest rod toward the cable and place the cable hook through that rod cap. You can then hook up the next closest rod through the same cable hook.

Hooking up the closest rod first prevents rods from crossing over the top of one another.

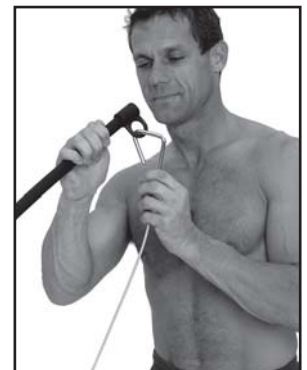
When You Are Not Using Your Home Gym

Disconnect the cables from the Power Rod® resistance rods when you are not using your Bowflex® Blaze® home gym.



Be sure your hands are dry and free of perspiration before attempting to disconnect the resistance rods. Be sure not to be above or in the path of the resistance rods.

Keep the cables and Power Rod® units bound with the rod binding strap when not in operation, and be sure and remove the binding strap before beginning any exercises using the rods.



**To Order Additional Sets
of 50 lb. (22.5 kg) Power Rod®
Resistance Rods, Please Call (800) 605-3369.**

How to Use Your Machine

The Workout Bench

Your Bowflex® Blaze® home gym has a number of seat and bench positions: flat bench forward, flat bench back, 45° incline and free-sliding seat extension.

To adjust the seat, pull out the Seat Rail Knob, then slide the seat to one of the three locking holes on the Seat Rail.

Release the Seat Rail Knob to secure when finished.

Removing the Bench:

The Bench easily attaches and releases from the Seat. To attach the Bench, insert the half hinge on the end of the Bench into the half hinge on the seat. To remove the Bench, lift up on the long portion and pull away from seat.

Flat Bench:

The Flat bench position is used for most exercises. You may lock the bench into a Back (closest to Power Rod® unit) or Forward (farthest from Power Rod® unit) position to accommodate height/reach needs.

45° Incline Bench:

Start with a flat bench, following the above instructions to release and move the seat and bench. Lift the bench while sliding the seat toward the Power Rod® unit until the bench back is resting against the Lat Tower.

Leg Extension:

Refer to page A-14 of the Assembly Manual for instructions on installing the Leg Extension Seat.

Free-Sliding Seat:

Remove the Bench, pull out the Seat Rail Knob, give it half a turn and release to place the Seat in a "free sliding" position for Aerobic Rowing.

Storing Your Bowflex® Blaze® Home Gym

Folding your Bowflex® Blaze® home gym for storage is easy.

! Do not move the machine without aid. Injury to you or damage to the machine can occur.

Failure to attach the Seat Rail Securing Device into the seat rail can cause injury.

Do not stand on the base below the Seat Rail when you lift or lower it. This can cause injury.

! Always use two hands to lift and lower the Seat Rail. Bend at the knees when you lift or lower the Seat Rail. Failure to use correct lifting procedure can cause injury.

- 1) Lock the Seat and Bench into the flat position.
- 2) Remove all Power Rod® resistance and then bind the Power Rod® unit with the rod binding strap.
- 3) Ensure that the Leg Extension Lock-out Pin is installed. (Refer to page A-11 for instructions.)
- 4) Remove the Seat Rail Knob from the seat rail.
- 5) Tilt the bench toward the Power Rod® unit.
- 6) While holding the Rear Leg with one hand, disengage the seat Rail Pull Pin to allow the Rear Leg to fold against the Seat Rail. (See figure 8b on page A-9.)
- 7) Secure the bench by inserting the Seat Rail Knob into the hole in the side of the Seat Rail Bracket.



Maintenance and Care of Your Bowflex® Blaze® Home Gym

Inspect your machine for any worn or loose components prior to use. Tighten or replace any worn or loose components prior to use. Pay close attention to cables, or belts and their connections.

Review all warning notices.

! The safety and integrity designed into a machine can only be maintained when the equipment is regularly examined for damage and repaired. It is the sole responsibility of the owner 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.

Clean the bench with a non-abrasive household cleanser after each use. This will keep it looking new. Do not use automotive cleaner, which can make the bench too "slick."

How to Use Your Machine

Accessories and Equipment

Hand Grips:

The Hand Grips fit snugly around your hand, ankle, or wrist. Attach the pulley cable clips to the D-Rings on the Hand Grips to attach them to the cables.

Standard Grip: Grasp the grip and cuff together to form a grip without inserting your hand through the cuff portion. Most of the exercises you perform utilize this grip. The Standard Grip also is used for Hammer Grip exercises, when you need to hold the Hand Grip vertically for greater wrist support.



Hand Cuff Grip: Slip your hand through the cuff portion of the grip so that the foam pad rests on the back of your hand. Then grasp the remainder of the grip that is sitting in your palm. This method of gripping is great for exercises like front shoulder raises or any exercise where your palm is facing down.



Ankle Cuff Grip: The cuff opening can be made larger to accommodate the ankle. Place your hand in the cuff and slide it away from the grip. Insert your foot or ankle and tighten by sliding the grip back toward the cuff.



Lat Cross Bar:

The Lat Cross Bar enhances exercises that work back, shoulders and triceps muscles.

Safety:

- Before using the Lat Cross Bar, make sure that all fasteners are in place and tightened.
- Make sure that the Lat Tower cables are securely fastened to the regular Bowflex® cables and the Bent Lat Bar, Squat Bar or Hand Grips.
- Always use the Bent Lat Bar holders to support the Bent Lat Bar, or remove the bar when not in use.
- Do not hang from or attempt to perform “chin ups” from the Lat Cross Bar.
- Never pull on the Bent Lat Bar unless there is resistance attached to it.

Leg Extension:

Designed to add more effective exercises that target your legs, thighs, calves, etc.

Safety:

- Before using the Leg Extension, make sure that all fasteners are in place and tightened.
- Make sure that the Extension's cables are securely fastened to the regular cables.
- When installing the Leg Extension Seat always ensure that the Support Tube Bracket Hooks fully engage with the Roller Tube Spacers.
- Always use the supplied Lockout Pin to secure the Leg Extension Pivot Tube to the Rear Leg when not in use.

Accessory Basket:

Accessory Basket, which hooks onto the Chest Bar, provides convenient storage for the Squat Bar and small accessories.



Workout Placard:

The Workout Placard, which snaps onto the Lat Tower, displays workout descriptions for easy reference while you're exercising.



How to Use Your Machine

Using Your Leg Press Belt and Squat Bar Pulleys

Leg Press Belt: The Leg Press Belt is used for the Leg Press exercise.

- With the Bowflex® seat adjusted to the “free sliding” position (spring lock seat pin unlocked), the hand grips removed, and the desired amount of resistance hooked up, sit on the seat and position the leg press belt around your hips.
- Slide forward to the pulleys and place your feet through the right and left openings under the rod cables.
- Attach the rod cables to the D-rings on the Leg Press Belt so that the belt is taut.
- Place hands on vertical main frame and push yourself back while placing feet, one at a time, onto the pulley frame.
- Grasp belt near where it’s attached to the cables and begin to press back.

Squat Bar Pulleys: Used with Hand Grips to perform Squat, Bent Rows and other exercises.

Safety:

- Always check fasteners, hooks, cables and each workout to functioning.
- Remove workout bench and lock seat into closest position to the Power Rod® unit.
- Always wear shoes with non-skid soles when using the Squat Bar Pulleys.
- Fasten each squat cable to a D-ring on each squat harness to the corresponding D-ring on the squat bar using a snap hook.
- You can now add Power Rod® resistance and adjust the squat straps to your height using adjuster buckles.
- Always adjust tension of the squat harness in such a manner that it will not cause a hazard.



Keep your body weight centered on the machine, seat or base frame platform while exercising.

When using the machine for standing leg exercises, always hold the Lat Tower of the machine for stability.

Do not make any adjustments to the seat while sitting on it. Do not stand on the seat.

All exercises in this manual are based on the calibrated resistance and capacity levels of this machine. Only exercises included in this manual or in written materials authorized and supplied by Bowflex® are recommended for operation with this machine.

Do not try to exercise when the seat rail is in the folded position.

Define Your Goals

Your body will do what you train it to do. That's why it's important to define your goals and focus them. Here are some fitness components that will help you define your goals and choose your fitness program.

Muscle Strength is the maximum force that you can exert against resistance at one time. Your muscle strength comes into play when you pick up a heavy bag of groceries or lift a small child. It is developed when a localized muscle is worked both positively (concentric) and negatively (eccentric) at a resistance—great enough so you can perform only five to eight repetitions of the exercise before the muscle fails. Each set of repetitions is followed by a rest interval that typically runs three times longer than the set. Later, between exercise sessions, the muscle overcompensates for the stress and usually increases in both strength and size.

Muscle Endurance is the ability to perform repeated contractions. It comes into play when you cross-country ski or work on your feet all day. Endurance training addresses the slow twitch, endurance muscle fibers, which depend on oxygen for energy. To develop muscle endurance, use low resistance and high repetitions about 15-20 repetitions in each set, three sets to each exercise, working the muscle only to fatigue.

Muscle Power is the combination of strength and speed of the muscular contraction. This is often misinterpreted as a) being directly associated with certain skill or sport and/or b) meaning that you must move fast. Load is actually a more important factor than speed when attempting to improve power. When training to achieve muscular power, pick a resistance that fatigues you in the 3-5 repetition range. When performing these reps, it is more important to think of contracting the muscles faster rather than attempting to move faster. Performing sport simulation exercises usually results in a deterioration of the motor pattern or skill. The biomechanically sound method of improving power in your sport is to train for power using the correct joint movements, as described in this manual. Then practice the skill associated with your sport, learning to apply this newly achieved power.

Body Composition is the ratio of fat weight (fat) to lean weight (muscles, bones and tissue). As you age, the ratio shifts. The fat weight increases and the lean weight decreases. Training for muscle strength will generally

increase muscle size and aerobic conditioning will help burn extra calories. Performing these two forms of exercise, either at different times or together, will create the greatest changes in body fat weight.

Balanced Strength and alignment are the result of equal strength developed in all parts of the body. It comes into play in your standing and sitting posture, and in your ability to perform just about any activity safely and effectively. An over-development of the back will round the shoulders; weak or stretched abdominals can cause lower back pain. You want a balance of muscle strength in front and back. In addition, you need a balance of strength between your middle, lower, and upper body.

Flexibility is the ability of a muscle or group of muscles to move the joint through a full range of motion. Flexibility comes into play when you execute an overhand serve or stretch for the top shelf in the kitchen. It is a cooperative movement of opposite muscle groups. When a muscle contracts, its opposite muscle group must relax for the action to occur. Increased flexibility means an increased range of motion, made possibly by this simultaneous contracting and relaxing. Good flexibility is important in protecting the body from injury and can be achieved through the balanced strength training programs that are included in this manual.

Cardiovascular Endurance is the ability of the heart and lungs to supply oxygen and nutrients to exercising muscles over an extended period of time. It comes into play when you jog a mile or ride a bike. It is a critical component of overall fitness and health.

Define Your Goals

Design Your Own Program

You may want to design your own personal program specifically geared to your goals and lifestyle. Designing a program is easy, as long as you follow the guidelines below.

Understand fitness and its components: Improperly designed programs can be dangerous. Take some time to review this manual as well as other fitness guides.

Know your current fitness level: Before you start any fitness program you should consult a physician who will help you determine your current abilities.

Identify your goals: Goals are critical to choosing and designing an exercise program that fits and enhances your lifestyle, but so is strategy. It's important not to rush the process and try to accomplish too much too soon. That will lead to setbacks and discouragement. Instead, set a series of smaller achievable goals.

Select complementary exercises: Be sure to pair exercises that address compound joint movements and single joint movements. In addition, select exercises that address complementary muscle groups.

Put first things first: During each session, first work muscle groups that need the most training.

Remember your cardiovascular component: Any fitness program must contain a cardiovascular fitness component to be complete. So complement your resistance training with aerobic exercise such as walking, running, or bicycling.

Training variables: When designing your own program there are several variables that, when mixed properly, will equal the right fitness formula for you. In order to find out the best formula, you must experiment with several combinations of variables.

The variables are as follows:

- **Training Frequency:** The number of times you train per week. We recommend daily activity but not daily training of the same muscle group.
- **Training Intensity:** The amount of resistance used during your repetition.
- **Training Volume:** The number of repetitions and sets performed.
- **Rest intervals:** The time you rest between sets and the time you rest between workouts.

Once you've established a base of fitness, follow these basic principles:

- **Isolate muscle groups:** Focus work on specific muscle groups.
- **Progressive Loading:** The gradual systematic increase of repetitions, resistance and exercise period.

Define Your Goals

Working Out

A workout begins in your mind's eye. With concentration and visualization, you can approach your workout with a positive, constructive attitude. A good pre-workout mental routine is to sit and relax so that you can focus on what you are about to do and think about achieving your end goal.

Warming Up

We recommend that you warm up by doing light stretching and performing light exercises on the Bowflex® Blaze® home gym.

Cooling Down

An essential part of the exercise routine is the cool down. Gradually reduce the level of exercise intensity so that blood does not accumulate in one muscle group but continues to circulate at a decreasing rate.

Remember to gradually move yourself into a relaxed state.

Breathing

The most important part of breathing during exercise is, quite simply, that you do it. Breathing in or out during the actual performance is not dependent upon the direction of air flow relative to exertion. It is, in fact, a mechanical process that changes the position of your spine as your rib cage moves. Here are some tips for breathing:

- 1) Be cautious when you are concentrating or exerting effort. This is when you will probably hold your breath. **DO NOT** hold your breath. Do not exaggerate breathing. Depth of inhalation and exhalation should be natural for the situation.
- 2) Allow breathing to occur naturally; don't force it.

Warm Up / Cool Down

Aerobic Rowing – Warm Up or Cool Down

Muscles Worked:

Pectoralis Major, Latissimus Dorsi, Anterior Deltoids, Quadriceps, and Hamstrings

Bench Position:

Removed, Free Sliding Seat

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Remove the Bench, and place the Seat in the free-sliding position.
- Attach resistance, and sit facing the Power Rod® unit.
- Brace your feet against the Chest Bar.



Action

- Initiate movement by extending your knees while simultaneously bending your arms and pinching your shoulder blades together.
- Control the return to the Start position by slowly bending your legs.

Success Tips

- Maintain good spinal alignment. Keep chest lifted.
- Bend from the hip during movement, not from the waist.

Chest Fly – Shoulder Horizontal Adduction (elbow stabilized)

Muscles Worked:

Pectoralis Major and Anterior Deltoid

Bench Position:

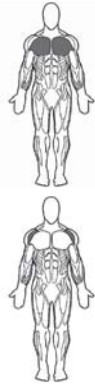
45° incline

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Grasp the Handgrips in both hands.
- Open your arms into a wide position while maintaining a bend in your elbows. Start with your elbows and forearms below chest level, palms forward.
- Raise your chest, pinch shoulder blades together, and maintain a slight, comfortable arch in lower back.



Action

- Maintaining the slight bend in your elbow, slowly bring your arms together.
- Rotate your wrists and forearms upward.
- Slowly return to the Start position, stopping before the upper arms/elbows move behind the bench.

Success Tips

- Maintain a 90-180° angle between your arms and torso during the exercise.
- Keep your chest muscles tightened. Limit and control your range of motion.
- Keep your knees bent, feet on floor, and your head back against the Bench.
- To improve your pectoralis involvement, keep your shoulder blades pinched together throughout the upward and downward movements.

Bench Press – Shoulder Horizontal Adduction (and elbow extension)

Muscles Worked:

Pectoralis Major, Deltoids, and Triceps

Bench Position:

45° incline

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Grasp the Handgrips in both hands.
- Raise your upper arms until they are in line with your shoulders.
- Bend your elbows until your forearms are in line with the cables. Keep your wrists straight.
- Raise your chest, pinch shoulder blades together, and maintain a slight, comfortable arch in lower back.



Action

- Press your hands forward, straightening your arms while moving your hands together.
- Return to the Start position, keeping your wrists at shoulder width and in line with the cables, stopping before the upper arms/elbows move behind the bench.

Success Tips

- Maintain a 90° angle between your upper arms and torso throughout the motion.
- Keep your chest muscles tightened. Limit and control your range of motion.
- Keep your knees bent, feet on floor, and your head back against the bench.
- Keep your shoulder blades pinched together, and maintain good spinal alignment.

Chest Exercises

Decline Bench Press—Shoulder Horizontal Adduction (and elbow extension)

Muscles worked:

Pectoralis Major, Deltoids, and Triceps

Bench Position:

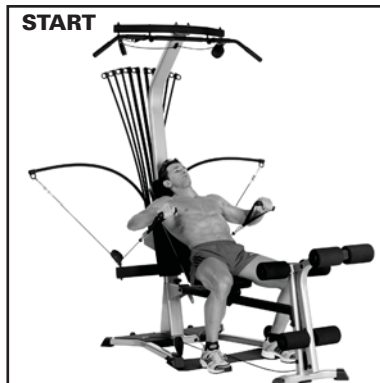
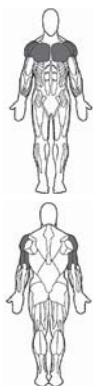
45° incline

Accessory:

Handgrips

Pulleys:

Chest Bar



Start



Action

Success Tips

- Maintain a 90° angle between your upper arms and torso at the start of the motion and slightly less than 90° at the finish.
- Keep your knees bent, feet on floor, and your head back against Bench.
- Do not let your elbows travel behind your shoulders.
- Keep your shoulder blades pinched together, and maintain good spinal alignment.

- Grasp the Handgrips in both hands, cables travel beneath your arms, forearms aligned with cables.
- Bend your elbows back, keeping your forearms at a 90° angle from your torso. Elbows should be 10° (5-6" or 13-15 cm) lower than the standard Bench Press position.
- Raise your chest, pinch shoulder blades together, and maintain a comfortable arch in lower back.

- Slowly press your hands forward, straightening your arms while moving your hands to the center and downward, at least 10° below your shoulders. Do not lock your elbows.
- Slowly return to the starting position, keeping your wrists steady and your movements slow and controlled.

Incline Bench Press—Shoulder Horizontal Adduction (and elbow extension)

Muscles worked:

Pectoralis Major, Deltoids, and Triceps

Bench Position:

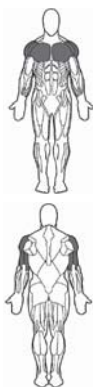
45° incline

Accessory:

Handgrips

Pulleys:

Chest Bar



Start



Action

Success Tips

- Maintain a 90° angle between your upper arms and torso at the start of the motion and slightly less than 90° at the finish.
- Keep your knees bent, feet on floor, and your head back against bench.
- Do not let your elbows travel behind your shoulders.
- Keep your shoulder blades pinched together, and maintain good spinal alignment.

- Grasp the Handgrips in both hands.
- Cables travel above your fore-arms. Keep your forearms in line with the cables at all times.
- Bend your elbows back, keeping your forearms at a 90° angle from your torso and forearms 10-15° (6-8" or 13-20 cm) higher than the Bench Press position.
- Raise your chest, pinch shoulder blades together, and maintain a slight arch in lower back.

- Slowly press your hands forward, straightening your arms and moving your hands to the center and downward at least 10° above your shoulders.
- Slowly return to the Start position, keeping your wrists steady and your movements slow and controlled.

Decline Chest Fly—Shoulder Horizontal Adduction (elbow stabilized)

Muscles Worked:

Pectoralis Major and Anterior Deltoid

Bench Position:

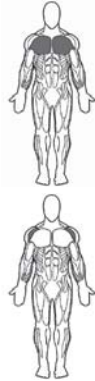
45° incline

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Grasp the Handgrips in both hands.
- Open your arms into a wide position while maintaining a bend in your elbows.
- Press your forearms downward. At full extension, your hands should be level with your hips.
- Raise your chest, pinch shoulder blades together, and maintain a slight, comfortable arch in lower back.



Action

- Press your arms forward and upward, straightening your arms and moving your hands together.
- Return to the Start position, slowly returning your arms in front of you just below chest level.

Success Tips

- Maintain a 60-90° angle between your upper arms and torso during exercise.
- Keep your chest muscles tightened. Limit and control your range of motion.
- Keep your knees bent, feet on floor, and your head back against bench.
- To improve your pectoralis involvement, keep your shoulder blades pinched together throughout the upward and downward movements.

Incline Chest Fly—Shoulder Horizontal Adduction (elbow stabilized)

Muscles Worked:

Pectoralis Major and Anterior Deltoid

Bench Position:

45° incline

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Grasp the Handgrips in both hands.
- Open your arms into a wide position while maintaining a bend in your elbows.
- Press your forearms upward. At full extension, your elbows should be level with your ears.
- Raise your chest, pinch shoulder blades together, and maintain a slight, comfortable arch in lower back.



Action

- Press your arms forward and upward, straightening your arms and moving your hands together.
- Return to the Start position, slowly returning your arms in front of you just below chest level.

Success Tips

- Maintain a 60-90° angle between your upper arms and torso during exercise.
- Keep your chest muscles tightened. Limit and control your range of motion.
- Keep your knees bent, feet on floor, and your head back against the bench.
- To improve your pectoralis involvement, keep your shoulder blades pinched together throughout the upward and downward movements.

Chest Exercises

Resisted Punch—Shoulder Flexion, Elbow Extension, Scapular Protraction

Muscles worked:

Anterior Deltoid and Triceps

Bench Position:

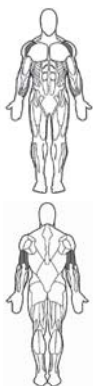
Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Sit on the bench, facing away from the Power Rod® unit.
- Reach behind your body and grasp the Handgrips with an overhand grip, as shown above.
- Bend your elbows until your hands are level with your waist.



Action

- Using moderate speed, press your arm forward to full extension, allowing your shoulder blade to move forward at the end of the punch.
- Slowly return to the Start position without relaxing the tension in your arms.
- You may vary this exercise by using bilateral movement with both arms or punching upward or downward.

Success Tips

- Maintain an upright, erect posture as your trunk rotates with the punch.
- Keep knees bent and feet on floor.
- Maintain good spinal alignment.

Lying Cable Crossover—Shoulder Extension/Adduction (elbow stabilized)

Muscles worked:

Pectoralis Major

Bench Position:

Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Lie flat on your back with your head toward the Power Rod® unit.
- Position yourself far enough down the Bench to grasp the Handgrips over your head with your arms straight.
- Grasp the Handgrips, palms facing up.
- Tighten your abdominals to stabilize your spine. Maintain a slight, comfortable arch in lower back.



Action

- Keeping your arms straight, move your hands in an arc upward and across your torso toward the opposite thigh.
- Control the return to the Start position by slowly moving your arms back overhead, releasing the shoulder blades and keeping your arms straight.

Success Tips

- Keep chest lifted throughout exercise.
- Keep knees bent, feet on floor, and your head back against bench.

Rear Deltoid Rows—Shoulder Horizontal Abduction (and elbow flexion)

Muscles Worked:

Rear and Middle Deltoids, Posterior Rotator Cuff, Upper Latissimus, Teres Major, Trapezius, and Rhomboids

Bench Position:

Horizontal

Accessory:

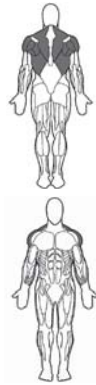
Handgrips

Pulleys:

Chest Bar

Success Tips

- Keep your knees bent and feet on floor.
- To work one arm at a time, place non-working hand on the Bench to stabilize.
- Keep your shoulder blades pinched together and maintain good spinal alignment.



Start

- Sit on the Bench, facing the Power Rod® unit.
- Grasp the Handgrips with your opposite hands. Keep your palms down and arms straight.
- Sit up straight.
- Lift your chest, and keep your shoulder blades together.
- Keep your forearms in line with the cables.



Action

- Allowing your arms to bend slowly, move your elbows outwards and backwards, keeping a 70-90° angle between your forearms and torso.
- Move until your elbows are slightly behind your shoulders, then slowly reverse back to the Start position.
- Keep your shoulder blades tightened throughout the motion.

Standing Lateral Shoulder Raise—Shoulder Extension (elbow stabilized)

Muscles Worked:

Middle Deltoids and Upper Trapezius

Bench Position:

Removed

Accessory:

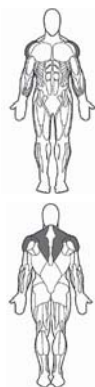
Handgrips

Pulleys:

Chest Bar

Success Tips

- Do not swing your arms upward or move your trunk during the motion.
- Keep your feet on floor.



Start

- Remove the Bench, straddle the Seat Rail, and face the Power Rod® unit.
- Grasp the Handgrips, palms facing each other.
- Align your spine, and bend forward slightly at your hips (15-20°).
- Let your arms hang in line with the cables.
- Elevate your shoulders slightly toward the back of your head, keeping your spine aligned.



Action

- Slowly raise your arms out to your sides at a 90° angle from your body.
- Keep your forearms facing outward throughout the movement.
- Slowly return to the Start position without relaxing muscle tension.

Shoulder Exercises

Seated Shoulder Press—Shoulder Adduction (and elbow extension)

Muscles worked:

Front Deltoids, Upper Trapezius, and Triceps

Bench Position:

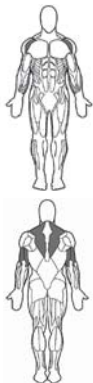
Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Sit on the Bench, facing away from the Power Rod® unit.
- Keep your chest up, abs tight, and maintain a slight arch in your lower back.
- Grasp the Handgrips, palms facing out.
- Raise the Handgrips to shoulder level, keeping your palms facing forward.



Action

- Straighten your arms slowly over your head, focusing on moving your elbows up and inward toward your ears.
- Slowly return to the Start position, keeping tension in your front shoulder muscles.

Success Tips

- Keep your knees bent and feet on the floor.
- Do not increase the arch in your lower back as you raise your arms, but keep your spine steady and tight.
- Keep your abdominals tight, and maintain good spinal alignment.

Front Shoulder Raise—Shoulder Flexion (elbow stabilized)

Muscles worked:

Front and Middle Deltoids

Bench Position:

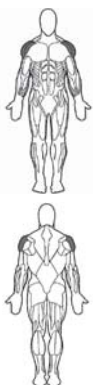
Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Sit on the Bench, facing away from the Power Rod® unit.
- Keep your chest up, abs tight, and maintain a slight arch in your lower back.
- Grasp the Handgrips, palms facing back and arms straight at your sides.



Action

- Keeping your arms straight, move them forward, leading with your forearms, until your arms are extended in front of you at shoulder height.
- Arms may be moved alternately or together.
- Slowly return to the Start position.

Success Tips

- Keep your abdominals tight, and maintain good spinal alignment.
- Keep your knees bent and feet on floor.
- Do not increase the arch in your lower back as you raise your arms, but keep your spine steady and tight.

Shoulder Extension – (elbows stabilized)

Muscles Worked:

Latissimus Dorsi, Teres Major, Rear Deltoid, Middle Trapezius, Rhomboids, and Triceps



Bench Position:

Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar

Success Tips

- Keep your knees bent and feet flat on the floor.
- Keep your lats tightened throughout the motion.
- Keep your abdominals tight, and maintain good spinal alignment.
- Release your shoulder blades at the end of each rep, and initiate new rep by retracting your shoulder blades.

START



Start

- Sit on the Bench, facing the Power Rod® unit.
- Grasp the Handgrips, palms facing down, arms straight and at approximately a 45° angle from your torso.
- Tighten your trunk muscles to stabilize your spine while maintaining a slight arch in your lower back.

FINISH



Action

- Initiate movement by pinching your shoulder blades together.
- Continue the movement by moving your hands in an arc downward along your sides until your hands are level with your hips.
- With controlled movement, slowly return to the Start position.

Shoulder Shrug – Scapular Elevation

Muscles Worked:

Upper Trapezius



Bench Position:

Removed

Accessory:

Handgrips

Pulleys:

Chest Bar

Success Tips

- Keep your abdominals tight, and maintain good spinal alignment.
- Do not bend your neck or slouch during this exercise.
- Raise your shoulders evenly.
- For variation, try this exercise bent forward slightly from the hips.

START



Start

- Straddle the Seat Rail, facing the Power Rod® unit.
- Reach down and grasp the Handgrips, palms facing each other.
- Let your arms hang at your sides.

FINISH



Action

- Slowly raise your shoulders toward the back of your head, keeping your neck and head still.
- Slowly reverse back to the Start position, keeping your upper trapezius muscles tight throughout the motion.

Shoulder Exercises

Scapular Protraction—(elbows stabilized)

Muscles worked:

Serratus Anterior

Bench Position:

45° incline

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Sit on the Bench, facing away from the Power Rod® unit.
- Reach behind your body and grasp the Handgrips. Straighten your arms in front of you at a 90° angle from your torso.
- Keep your arms in line with the cables, palms facing down and wrists straight.



Action

- Keeping your arms straight and in line with the cables, slowly move your shoulder blades forward off the bench. Bring your hands together using only your shoulder muscles.
- Slowly return to the Start position, keeping tension in your shoulder blades.

Success Tips

- Keep your knees bent and feet flat on floor. Lean your head back against the Bench.
- Keep your spine aligned and a slight arch in your lower back.
- Maintain a 90° angle between your upper arms and torso throughout this exercise.
- Do not slouch forward or use your arm muscles to assist this motion. Keep this motion only in your shoulder blades.



Muscles worked:

Lower Trapezius

Bench Position:

Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Lie on the bench with your head toward the Power Rod® unit.
- Grasp the Handgrips, and bring your arms straight down your sides along your trunk.
- Tighten your trunk muscles to stabilize your spine while maintaining a slight arch in your lower back.



Action

- Keeping your arms straight, slide your shoulder blades downward toward your hips.
- When your shoulder blades have fully depressed, slowly return to the Start position.

Success Tips

- Do not lose spinal alignment—keep your chest lifted and head on the Bench.
- Keep your knees bent and feet flat on the floor.

Lying Front Shoulder Raise—Shoulder Flexion (elbows stabilized)

Muscles Worked:

Front and Middle Deltoids

Bench Position:

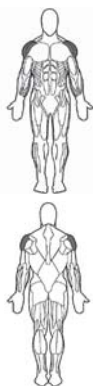
Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Sit on the Bench, facing the Power Rod® unit.
- Grasp the Handgrips, palms facing down, arms straight.
- Lie back slowly, supporting your head on the Bench.
- Keep your chest lifted, maintaining a slight arch in your lower back.



Action

- Keeping your arms straight, move them in an arc upward until they are directly over your shoulders.
- You may perform this move with both arms simultaneously or one at a time.
- With controlled movement, slowly return to the Start position.

Success Tips

- Keep your knees bent and feet flat on the floor.
- Keep your abdominals tight, and maintain good spinal alignment.
- Do not increase the arch in your lower back while you are lifting your arms.

Reverse Fly—Shoulder Horizontal Abduction (elbows stabilized in slight flexion)

Muscles Worked:

Rear Deltoids, Middle Deltoids, Trapezius, and Rhomboids

Bench Position:

Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Sit on the Bench, facing the Power Rod® unit.
- Grasp the Handgrips, palms facing floor, arms nearly straight.
- Sit up straight, and bend slightly forward from the hips until your arms and the cables are in front of your body at a 90° angle from your torso.



Action

- Maintaining the bend in your arms, move your arms outward and backward.
- When your elbows are slightly behind your shoulders, slowly return to the Start position, keeping your rear shoulder muscles tightened throughout movement.

Success Tips

- Do not lose spinal alignment—keep your chest lifted.
- Keep your knees bent and feet flat on the floor.
- Keep your spine aligned and a slight arch in your lower back.

Shoulder Exercises

Shoulder Rotator Cuff—Internal Rotation

Muscles worked:

Subscapularis

Bench Position:

Flat Bench Forward

Accessory:

Handgrips

Pulleys:

Chest Bar



START



Start

- Sit on the Bench, one side toward the Power Rod® unit.
- Grasp the Handgrip nearest you, and draw your upper arm into your torso, keeping your forearm at a 90° angle from torso.
- Give yourself enough distance to eliminate slack in the cable.
- Use a light resistance.

FINISH



Action

- Rotate your forearm toward your abdomen, keeping your elbow at your side throughout motion.
- Slowly return to the Start position, maintaining controlled motion.

Success Tips

- Keep your knees bent and feet flat on the floor.
- Keep your spine aligned and a slight arch in your lower back.
- Keep your upper arm alongside your torso.
- Do not rotate the spine to get additional range of motion.

Shoulder Rotator Cuff—External Rotation

Muscles worked:

Infraspinatus and Teres Minor

Bench Position:

Flat Bench Forward

Accessory:

Handgrips

Pulleys:

Chest Bar



START



Start

- Sit on the Bench, one side toward the Power Rod® unit.
- Using the arm farthest from the Power Rod® unit, grasp the Handgrip nearest you, and draw that upper arm into your torso, keeping your forearm at a 90° angle from torso.
- Allow your forearm to rest against your abdomen, elbow at your side to remove cable tension
- Use a light resistance.

FINISH



Action

- Rotate your forearm away from your abdomen, keeping your elbow at your side throughout motion.
- Slowly return to the Start position, maintaining controlled motion.

Success Tips

- Keep your knees bent and feet flat on the floor.
- Keep your spine aligned and a slight arch in your lower back.
- Maintain a 90° angle between your forearm and upper arm throughout the exercise.
- Do not rotate the spine to get additional range of motion.

Seated Lateral Shoulder Raise—Shoulder Flexion (elbows stabilized)

Muscles Worked:

Supraspinatus, Middle Deltoids, and Trapezius

Bench Position:

Flat Bench Forward

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Sit on the bench, facing the Power Rod® unit.
- Spread the cuff on the Handgrips
- Slide the cuffs onto the opposite forearms and place them near the elbows so that the cables cross each other.
- Keep your chest lifted, maintaining a slight arch in your lower back.



Action

- Raise your arms directly out to your sides, nearly shoulder level.
- At the top of the movement you may need to rotate your hands slowly to prevent the cuff from sliding off.
- With controlled movement, slowly return to the Start position.

Success Tips

- Keep your knees bent and feet flat on the floor.
- Keep your abdominals tight, and maintain good spinal alignment.
- Do not swing arms upward or move trunk during movement.

Scapular Retraction

Muscles Worked:

Middle Trapezius and Rhomboids

Bench Position:

Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Sit on the Bench, facing the Power Rod® unit.
- Grasp the Handgrips, arms straight, palms facing down.



Action

- Keeping your arms straight, slowly pinch your shoulder blades together.
- When shoulder blades are fully retracted, slowly return to the Start position.

Success Tips

- Do not lose your spinal alignment—keep your chest lifted.
- Keep your knees bent and feet flat on the floor.
- Keep your spine aligned and a slight arch in your lower back.
- Do not use your arm muscles for this movement.

Back Exercises

Lying Lat Pulldowns

Muscles worked:

Latissimus Dorsi, Teres Major, and Rear Deltoids

Bench Position:

Flat Bench Forward

Accessory:

Handgrips

Pulleys:

Chest Bar



START



Start

- Lie on your back on the Bench with your head near the Power Rod® unit.
- Slip your arms through the Handgrips, slide the cuffs past your elbows, and tighten them enough to stabilize.
- With your palms facing inward, slide your body down the Bench far enough that your arms are fully extended.

FINISH



Action

- Initiate the movement by pulling your shoulder blades downward.
- Slowly start bending your elbows, pulling them down toward your hips and then inward into your trunk.
- Slowly return to the Start position, allowing your arms and shoulder blades to move back without relaxing the tension in your shoulders.

Success Tips

- Keep your knees bent and feet flat on the floor. Lean your head back against the Bench.
- Keep your spine aligned, abs tight, and a slight arch in your lower back.
- Keep your lats tightened throughout this exercise.
- Release your shoulder blades at the top of each rep. Initiate each new rep by depressing your shoulder blades.

Low Back Extension—Seated (with hip extension)

Muscles worked:

Lower Trapezius

Bench Position:

Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



START



Start

- Sit on the bench, facing the Power Rod® unit.
- Grasp the Handgrips and slide them over your forearms, tightening near your elbows.
- Brace your heels on the platform, knees bent comfortably, and arms crossed in front of your chest. Pull the Handgrips into your chest.
- Pinch shoulder blades together, and lean forward from the hips only.

FINISH



Action

- Keeping your chest lifted, move your entire torso backwards by pivoting at the hips.
- Slowly return to the Start position without slouching or changing spinal alignment.

Success Tips

- Keep your knees bent and feet flat on the floor.
- Keep your spine aligned, abs tight, and a slight arch in your lower back.
- Keep your lats tightened throughout this exercise.
- Release your shoulder blades at the top of each rep. Initiate each new rep by depressing your shoulder blades.

Pulldowns—Shoulder Adduction (with elbow flexion)

Muscles Worked:

Latissimus Dorsi, Teres Major, Rear Deltoids, and Biceps

Bench Position:

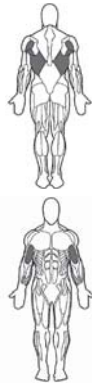
Flat Bench Forward

Accessory:

Bent Lat Bar

Pulleys:

Lat Tower



Start

- Grasp the Bent Lat Bar using the wide grip determined by following the directions in the Success Tips, then sit on the bench and face the Power Rod® unit.
- Position your thighs directly under the Lat Tower Pulleys.
- Sit upright.
- Keep your arms extended and straight.



Action

- Initiate movement by pulling shoulder blades together while simultaneously drawing elbows down and inward.
- Bent Lat Bar may not touch your chest. At the end of the motion, arms should be near your sides and shoulder blades fully depressed.
- Keep forearms facing upward.
- Slowly return to Start position.

Success Tips

- Keep your knees bent and feet flat on the floor.
- To determine the appropriate grip width for you, hold your arms straight out to your sides at shoulder height. Bend your elbows approximately 90°. Hands should be no wider apart than your elbows (beginners may narrow their grip to increase comfort).
- Keep your spine aligned, abs tight, and a slight arch in your lower back.

Narrow Pulldowns with Handgrips—Shoulder Extension (with elbow flexion)

Muscles Worked:

Latissimus Dorsi, Teres Major, Rear Deltoids, and Biceps

Bench Position:

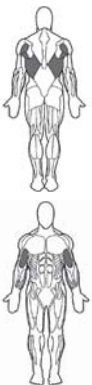
Flat Bench Forward

Accessory:

Handgrips

Pulleys:

Lat Tower



Start

- Attach a Handgrip to each cable on the Lat Tower Pulleys.
- Straddle the bench, facing the Power Rod® unit.
- Grasp a Handgrip in each hand, palms facing each other, and sit down on the bench.
- Position your thighs directly under the Lat Tower Pulleys.
- Sit upright.



Action

- Keep your hands at shoulder width, arms straight. Initiate movement by pulling your shoulder blades down and together while simultaneously bending your elbows, drawing them down and inward toward your sides.
- At the end of the motion, arms should be near your sides, shoulder blades depressed, and forearms facing upward.
- Slowly return to Start position.

Success Tips

- Keep your chest lifted, abs tight, and a very slight arch in your lower back.
- Keep your knees bent and feet flat on the floor.
- Keep the lats tightened throughout the entire motion.

Back Exercises

Lying Lat Fly – Shoulder Adduction

Muscles worked:

Latissimus Dorsi, Teres Major, Rear Deltoids, and Biceps

Bench Position:

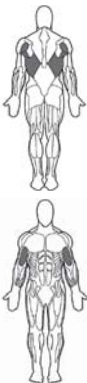
Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



START



Start

- Lie on your back with your head toward the Power Rod® unit, knees at the edge of Bench.
- Grasp the Handgrips, then straighten your arms out to your sides, hands slightly above your head and palms facing away from the Pulleys.
- Tighten your abs to stabilize your spine while maintaining a slight arch in your lower back.

FINISH



Action

- Initiate the movement by moving your arms in an arch down toward your hips, using slow, controlled movement. Keep your forearms in line with the cables.
- Slowly return to the Start position, allowing your arms to move back upward in an arch toward the Power Rod® unit.

Success Tips

- Keep your knees bent and feet flat on the floor.
- Keep your lats tightened throughout the entire motion.
- Keep your spine aligned, abs tight, and a slight arch in your lower back.
- Release your shoulder blades at the end of each rep. Initiate each new rep by depressing your shoulder blades.

Lying Narrow Lat Pulldowns

Muscles worked:

Latissimus Dorsi, Teres Major, Rear Deltoids, and Biceps

Bench Position:

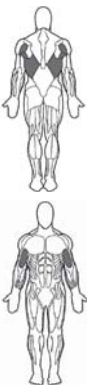
Flat Bench Forward

Accessory:

Handgrips

Pulleys:

Chest Bar



START



Start

- Lie on your back on the Bench with your head near the Power Rod® unit.
- Slip your arms through the Handgrips, slide the cuffs past your elbows and tighten them enough to stabilize.
- With your palms facing inward, slide your body down the Bench far enough that your arms are fully extended.

FINISH



Action

- Initiate the movement by pulling your shoulder blades downward.
- Slowly start bending your elbows, pulling them down toward your hips and then inward to your torso.
- Slowly return to the Start position, allowing your arms and shoulder blades to move back without relaxing the tension in your shoulders.

Success Tips

- Keep your knees bent and feet flat on the floor. Lean your head back against the Bench.
- Keep your spine aligned, abs tight, and a slight arch in your lower back.
- Keep your lats tightened throughout this exercise.
- Release your shoulder blades at the top of each rep. Initiate each new rep by depressing your shoulder blades.

Seated Lat Rows—Shoulder Extension (and elbow flexion)

Muscles Worked:

Latissimus Dorsi, Teres Major, Rear Deltoids, and Biceps

Bench Position:

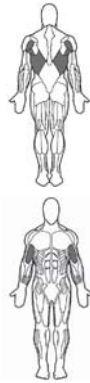
Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Sit on the Bench, facing the Power Rod[®] unit, with your posterior near the back (leg extension) end of the Bench.
- Grasp the Handgrips, palms facing each other.
- Place your heels on the edge of the Standing Platform, and bend your knees comfortably.



Action

- Initiate the movement by pinching your shoulder blades together.
- Pull your upper arms downward and backward while rotating your palms inward, brushing past the sides of your body while keeping your forearms pointing in the direction of the cable.
- Slowly return to the Start position.

Success Tips

- Keep your knees bent and feet flat on the floor.
- Do not bend your torso forward.
- Keep your chest lifted, and maintain spinal alignment.
- Release your shoulder blades at the end of each rep. Initiate each new rep by pinching your shoulder blades.

Stiff-Arm Pulldown—Shoulder Extension (elbow stabilized)

Muscles Worked:

Latissimus Dorsi, Teres Major, Rear Deltoids, Lower Trapezius, and Biceps

Bench Position:

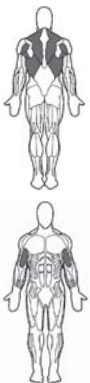
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Accessory:

Handgrips

Pulleys:

Lat Tower



Start

- Straddle the Seat Rail, facing the Power Rod[®] unit.
- Grasp the Handgrips with your palms facing down.
- Step back slightly, making sure there is enough movement in the cable to complete your full range of motion with this exercise.
- Bend slightly at the hips, lift your chest, and tighten your abs to stabilize spine.



Action

- Initiate the movement by lowering your shoulder blades, bringing them down and together.
- Keep your arms straight, moving your hands downward in an arc and slowly in toward your thighs.
- Slowly return to the Start position without relaxing muscle tension.

Success Tips

- Keep your lats tightened throughout the entire motion.
- Keep your chest lifted, and maintain spinal alignment, keeping a very slight arch in your lower back.
- Release your shoulder blades at the end of each rep. Initiate each new rep by depressing your shoulder blades.
- Keep your elbows nearly straight (do not lock elbows) throughout the exercise.

Back Exercises

Bent Over Row

Muscles worked:

Latissimus Dorsi, Teres Major,
Rear Deltoids, and Biceps

Bench Position:

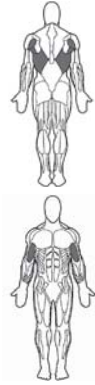
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Accessory:

Handgrips

Pulleys:

Squat Pulley Frame



Start



Action

Success Tips

- Keep your knees bent and feet flat on the floor.
 - Do not bend your torso forward. Bend at your hips.
 - Keep your chest lifted, and maintain spinal alignment.
 - Release your shoulder blades at the end of each rep. Initiate each new rep by pinching your shoulder blades.
- Stand on platform.
 - Reach down and grasp the handgrips, with palms facing backward.
 - Let your arms hang, extending in the direction of the pulleys
 - Keep your back flat and knees bent.
- Begin your motion by moving your elbows back as you bring the handgrips to a point below your chest line.
 - Slowly reverse the motion, keeping your knees bent and back flat

Triceps Pushdown—Elbow Extension

Muscles Worked:

Triceps

Bench Position:

Removed

Accessory:

Handgrips

Pulleys:

Lat Tower



START

Start

- Straddle the Seat Rail, facing the Power Rod® unit.
- Grasp the Handgrips, palms facing down.
- Stand approximately 2–3 feet (.6–.9 meters) from the Lat Tower (adjust for comfort).
- Bring your hands in front of you, keeping the Lat Bar approximately at rib level.
- Bend over slightly at the hips, shoulders directly over hands.



FINISH

Action

- Keeping your upper arms stationary, elbows next to your trunk, slowly push your arms downward in a gentle arc until your hands are near the tops of your thighs.
- Keeping your triceps tightened, slowly reverse the arcing motion and bring the Bent Lat Bar back to the Start position.

Success Tips

- Keep your upper arms motionless and your wrists straight.
- Keep your chest lifted, abs tight, and maintain a slight arch in lower back.
- Tighten the triceps throughout the exercise, using controlled motion.

Single Arm Pushdown—Elbow Extension

Muscles Worked:

Triceps

Bench Position:

Removed

Accessory:

Handgrips

Pulleys:

Lat Tower



START

Start

- Straddle the Seat Rail, facing the Power Rod® unit.
- Grasp one Handgrip, palm facing down.
- Stand approximately 1–2 feet (.3–.6 meters) from the Lat Tower (adjust for comfort).
- Bring your arm in front of you, keeping the Handgrip at chest level.
- Bend over slightly at the hips so that your shoulder is directly over your hand.



FINISH

Action

- Keeping your upper arm stationary and your elbow next to your trunk, slowly push your arm downward in a gentle arc until your hand is near the top of the thigh.
- Keeping your triceps tightened, slowly reverse the arcing motion, bringing the Handgrip back to the Start position.

Success Tips

- Keep your upper arms motionless and your wrists straight.
- Keep your chest lifted, abs tight, and maintain a slight arch in lower back.
- Tighten the triceps throughout the exercise, using controlled motion.

Arm Exercises

French Press—Elbow Extension (overhead)

Muscles worked:

Triceps

Bench Position:

Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Sit on the Bench, facing away from the Power Rod® unit, keeping your knees bent and feet flat on the floor.
- Reach behind and grasp one or both of the Handgrips, palms facing inward.
- Draw your arms up until elbows are pointing forward, hands behind head.



Action

- Keeping your upper arms stationary, straighten your elbows, bringing your hands overhead, palms facing out.
- Stop your motion before your elbows are completely straight, and then reverse your motion, slowly returning to the Start position without relaxing muscle tension.

Success Tips

- Keep your upper arms motionless and your wrists straight.
- Keep your chest lifted, and maintain spinal alignment, keeping a very slight arch in your lower back.
- Tighten the triceps throughout the exercise, using controlled motion.

Lying Triceps Extension—Elbow Extension

Muscles worked:

Triceps

Bench Position:

Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Lie on the Bench with your head toward the Power Rod® unit, knees bent, and feet flat on the floor.
- Reach overhead and grasp the Handgrips, palms facing upward.
- Keep your hands up near your shoulders, spreading your back and shoulders into the Bench.
- Raise your chest, and pinch your shoulder blades together.



Action

- Keeping your arms stationary, slowly straighten your elbows, bringing your hands in an arcing motion until they are approximately 1 foot (.3 meters) above your thighs.
- Slowly reverse the arcing motion, bringing your hands back to the Start position.

Success Tips

- Keep your chest lifted, and maintain a very slight arch in your lower back.
- Keep your knees bent and feet flat on the floor.
- Keep your upper arms motionless and your wrists straight.
- Tighten the triceps throughout the exercise, using controlled motion.

Cross Triceps Extension

Muscles Worked:

Triceps

Bench Position:

45° incline

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Sit facing away from the Power Rod® unit.
- Reach one hand over the opposite shoulder (right hand over left and vice versa) and grasp a Handgrip.
- Bend your elbow until your hand is above your chest, palm facing up.



Action

- Keeping your upper arm stationary, straighten your elbow, slowly extending your arm outward using an arcing motion and stopping approximately 90° from your chest.
- Keeping your triceps tightened, slowly reverse the arcing motion, and bring your arm back to the Start position.

Success Tips

- Keep your upper arm motionless and your wrists straight.
- Keep your chest lifted, pinch your shoulder blades together, and maintain a slight arch in lower back.
- Tighten the triceps throughout the exercise, using controlled motion.

Lying 45° Triceps Extension – Elbow Extension

Muscles Worked:

Triceps

Bench Position:

Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Lie flat on the Bench with your head toward the Power Rod® unit. Keep your knees bent and your feet flat on the floor.
- Reach overhead and grasp the Handgrips, palms facing up.
- Keep your elbows bent, bringing your upper arms to the front at approximately a 45° angle from the front of your torso.



Action

- Keeping your upper arms stationary and next to your torso, straighten your arms in an arcing motion down toward your legs.
- Fully straighten your arms. Then, with a controlled motion, slowly bring your arms back to the Start position without moving your upper arms.

Success Tips

- Keep your upper arms motionless and your wrists straight throughout the entire exercise.
- Keep your chest lifted, spine aligned, and a slight arch in your lower back.
- Tighten the triceps throughout the exercise, using controlled motion.

Arm Exercises

Seated Triceps Extension—Elbow Extension

Muscles worked:

Triceps

Bench Position:

Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Sit facing away from the Power Rod[®] unit.
- Using an overhand grip, reach behind you and grasp the Handgrips, bending your elbows until your hands are near the top of your head, palms facing up.
- Keep your arms in line with the cables.



Action

- Keeping your upper arms stationary, slowly straighten your elbows, moving your arms in an arcing motion upward over your head until they are approximately 90° from your torso.
- Stop the motion before your elbows are completely straight, and then reverse your motion, slowly returning to the Start position without relaxing muscle tension.

Success Tips

- Keep your knees bent, feet flat on the floor.
- Lay your head back against the bench.
- Keep your chest lifted, shoulders pinched together, and a very slight arch in your lower back.
- Keep your upper arms and shoulders motionless and your wrists straight.
- Tighten the triceps throughout the exercise, using controlled motion.

Standing Biceps Curl—Elbow Flexion (in supination)

Muscles worked:

Biceps

Bench Position:

Removed

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Straddle the Seat Rail, facing the Power Rod[®] unit.
- Reach down and grasp the Handgrips, palms facing forward.
- Straighten, keeping your arms by your sides, elbows loose.



Action

- Keeping your upper arms stationary and your elbows at your sides, slowly curl the Handgrips forward, then upward and in toward your shoulders.
- Slowly reverse the arcing motion, bringing your hands back to the Start position.

Success Tips

- Keep your chest lifted, abs tight, and a very slight arch in your lower back.
- Keep your elbows at your sides and your wrists straight.

Seated Biceps Curl—Flexion (in supination)

Muscles Worked:

Biceps

Bench Position:

Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



Start



Action

- Keep your upper body motionless and your wrists straight.
- Keep your chest lifted, trunk muscles tight, and maintain a slight arch in lower back.
- Keep your spine aligned throughout movement

- Sit on the Bench, facing the Power Rod® unit. Keep one foot flat on the floor, and bend the other leg, bringing your foot up onto the Chest Bar with your knee turned slightly outward.
- With the arm on the same side as your lifted leg, reach forward and grasp a Handgrip, keeping your elbow bent. Allow your forearm (not elbow) to rest on the elevated knee.

- Slowly curl your forearm up toward your shoulder, keeping the upper arm completely still.
- Keeping your biceps tightened, slowly reverse the curling motion and bring your arm back to the Start position.

Lying Biceps Curl—Elbow Flexion (in supination)

Muscles Worked:

Biceps, Brachialis, and Brachioradialis

Bench Position:

Flat Bench Forward

Accessory:

Handgrips

Pulleys:

Chest Bar



Start



Action

- Keep your upper arms motionless and your wrists straight throughout the entire exercise.
- Keep your chest lifted, spine straight, and a slight arch in your lower back.

- Sit on the Bench, facing the Power Rod® unit. Keep your knees bent and feet flat on the floor.
- Grasp the Handgrips, keeping your arms straight and palms up.
- Lie back completely with your head supported by the Bench.

- Curl the Handgrips forward and up toward your shoulders, making sure to keep your upper arms completely motionless and your elbows at your sides.
- Slowly bring your arms back to the Start position, maintaining the same arc of motion.

Arm Exercises

Seated Wrist Extension

Muscles worked:

Forearms

Bench Position:

Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



START



Start

- Sit on the Bench, facing the Power Rod® unit, knees bent, and feet together and flat on the Bench. Sit far enough back on the Bench to maintain physical and cable tension throughout the exercise.
- Grasp the Handgrips, palm facing down, and rest your mid-forearms on your lower thighs, keeping your elbows flared slightly to the side.

FINISH



Action

Success Tips

- Move slowly, and keep tension in the back of the forearms at all times.
- Keep your chest lifted, trunk muscles tightened, and a very slight arch in your lower back.
- You may perform this exercise one arm at a time to make it easier to focus and isolate the back of your forearms, or you can perform it with both arms simultaneously to save time.

- Slowly curl the back of your fists backward toward your forearms.
- Stop when wrists are 90° from forearms or when you experience discomfort.
- Slowly return to the Start position.

Standing Wrist Curl

Muscles worked:

Biceps and Forearms

Bench Position:

Removed

Accessory:

Handgrips

Pulleys:

Chest Bar



START



Start

- Straddle the Seat Rail, facing the Power Rod® unit.
- Reach down and grasp the Handgrips.
- Straighten, keeping your upper arms and elbows by your sides, elbows loose.
- Bend your elbows 90°, palms up, and maintain that position throughout the entire exercise.

FINISH



Action

Success Tips

- Keep your chest lifted, trunk muscles tight, and a very slight arch in your lower back.
- Move slowly, keeping tension in the front of your forearms at all times.
- Do not increase or decrease the bend in your elbow during this exercise—keep all motion in the wrist.
- Do not rock your body back and forth during wrist motion.

- With your upper arms stationary and your elbows at your sides, slowly curl your fists toward the front of your forearms.
- Keeping your forearms still, slowly let your fists return to the Start position.

Reverse Curl—Elbow Flexion (in pronation)

Muscles Worked:

Brachialis, Brachioradialis, and Biceps

Bench Position:

Removed

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Straddle the Seat Rail, facing the Power Rod® unit.
- Reach down and grasp the Handgrips, palms facing backward.
- Straighten, keeping your upper arms and elbows by your sides, elbows loose.



Action

- Keeping your palms facing down, use your forearms to slowly bend your elbows, curling the Handgrips forward, then upward and in toward your shoulders.
- Keep your elbows at your sides and your upper arms completely still.
- Slowly reverse the curling motion and bring your arms back to Start position.

Success Tips

- Keep your upper body motionless, elbows at your sides, and your wrists straight.
- Keep your trunk muscles tight, and maintain a slight arch in lower back.

Seated Wrist Curl — Wrist Flexion

Muscles Worked:

Forearms

Bench Position:

Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Sit on the Bench, facing the Power Rod® unit, knees bent, feet together and flat on the Chest Bar. Sit far enough back on the bench to maintain physical and cable tension throughout exercise.
- Grasp the Handgrips, palm facing up, and rest your mid-forearms on your lower thighs, allowing the wrists to bend downward.



Action

- Slowly curl your fists toward the front of your forearms.
- Slowly return to the Start position without relaxing the muscle tension in your wrists.

Success Tips

- Move slowly, keeping tension in the front of your forearms at all times.
- Keep your chest lifted, trunk muscles tightened, and a slight arch in your lower back.
- You can perform this exercise one arm at a time to make it easier to focus and isolate the front of your forearms, or you can perform it with both arms simultaneously to save time.

Arm Exercises

Standing Wrist Extension

Muscles worked:

Forearms; Brachialis

Bench Position:

Removed

Accessory:

Handgrips

Pulleys:

Chest Bar



Start



Action

Success Tips

- Move slowly, and keep tension in the wrists at all times.
- Keep your chest lifted, trunk muscles tightened, and a very slight arch in your lower back.
- Do not increase or decrease the bend in your elbow—perform the entire motion at your wrist.
- Do not rock your body during this exercise.

- Straddle the Seat Rail, facing the Power Rod® unit.
- Reach down and grasp the Handgrips, palms facing backward.
- Straighten, keeping your upper arms and elbows by your sides.
- Bend your elbows 90°, and hold that position for the duration of this exercise.

- Slowly curl the back of your fists backward toward your forearms.
- Stop when wrists are 90° from forearms or when you experience discomfort.
- Keeping your forearms still, slowly return to the Start position.

“Rope” Pushdown—Elbow Extension

Muscles worked:

Triceps

Bench Position:

Removed

Accessory:

Handgrips

Pulleys:

Lat Tower



Start



Action

Success Tips

- Keep your upper arms motionless and your wrists straight.
- Keep your chest lifted, abs tight, and maintain a slight arch in lower back.
- Tighten the triceps throughout the exercise, using controlled motion.
- Keep your chest lifted, trunk muscles tightened, and a very slight arch in your lower back.

- Straddle the Seat Rail, facing the Power Rod® unit.
- With each hand, grasp the opposite Handgrip (right to left, etc.), palms facing down.
- Stand approximately 2–3 feet (.6–.9 meters) from Lat Tower (adjust for comfort).
- Cross the cables, palms facing each other, as if grabbing a rope.
- Keep your elbows bent and upper arms at your sides.

- Keeping your upper arms stationary, elbows next to trunk, slowly straighten your arms downward in a gentle arc until your hands are near the tops of your thighs, hands and elbows straightened and directly in line with shoulders.
- Keeping your triceps tightened, slowly reverse the arcing motion and bring the Handgrips back to the Start position.

Reverse Crunch—Spinal Flexion

Muscles Worked:

Rectus Abdominus

Bench Position:

Horizontal

Accessory:

None

Pulleys:

None



Start

- Lie on the Bench with your head toward the Power Rod® unit, and grasp the Bench for support.
- Bend your hips and knees until your legs are in a “seated” position, as shown above, your knees and hips at 90° angles.
- If maintaining this position is difficult, adjust to one you can maintain for the duration of this exercise. As you strengthen, this position will become easier.



Action

- Tighten your abs, and then slowly curl your hips toward your rib cage. Move as far as you can without using your legs to get momentum.
- Do not curl up onto your shoulder blades.
- Slowly reverse the motion, returning to the Start position without relaxing.

Success Tips

- Keep your upper body, knees, and hips stationary. Relax your neck.
- Tighten your abs before you move.
- Allow exhalation up and inhalation down without exaggerating breathing.
- Contract as far into the movement as possible. Lower under control. Keep your abs tight during entire motion.

Resisted Reverse Crunch—Spinal Flexion

Muscles Worked:

Rectus Abdominus and Obliques

Bench Position:

Flat Bench Forward

Accessory:

Ankle Cuffs

Pulleys:

Chest Bar



Start

- Face the Power Rod® unit, and attach an Ankle Cuff to each foot.
- Lie back on the Bench with your head away from the Power Rod® unit.
- Bend your hips and knees at 90° angles, as shown.
- Reach behind your head and grasp the Seat.
- Relax your neck.



Action

- Tighten your abs, and slowly curl your hips toward your rib cage. Move as far as you can without using your legs or curling onto your shoulder blades.
- Slowly reverse the motion, returning to the Start position without relaxing your abs.

Success Tips

- Allow exhalation up and inhalation down without exaggerating breathing.
- Do not “kick” into the motion, but allow body to slowly initiate movement.
- Tighten your abs throughout the entire exercise, relaxing only at the end of each set. Keep your hips and knees motionless.
- Move slowly to eliminate momentum.

Abdominal Exercises

Seated (Resisted) Abdominal Crunch—Spinal Flexion

Muscles worked:

Rectus Abdominus and Obliques

Bench Position:

45° incline

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Grasp the Handgrips in both hands, drawing them over your shoulders. Rest the back of your fists on your chest or shoulders, palms facing up.
- Lower back can start out flat or in a normal arch. Keep your knees and hips bent and your feet flat on the floor.



Action

- Tighten your abs, and curl only your torso, slowly moving your ribs toward your hips. Move as far as you can without moving your hips or neck.
- Do not allow your lower back to lose contact with the Bench during this entire exercise.
- Slowly reverse the motion, returning to the Start position without relaxing your abs.

Success Tips

- Do not lift your head or chin—your head should follow the rib motion rather than lead it. Maintain normal neck posture.
- Tighten your abs throughout the entire exercise, relaxing only at the end of each set.
- Move slowly to eliminate momentum.
- Allow exhalation up and inhalation down without exaggerating breathing.

Seated (Resisted) Oblique Abdominal Crunch—Spinal Flexion/Rotation

Muscles worked:

Rectus Abdominus and Obliques

Bench Position:

45° incline

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Cross one arm over the opposite shoulder and grasp a Handgrip. Rest the hand on your shoulder or chest, palm facing down.
- Lower back can start out flat or in a normal arch. Keep your knees and hips bent and your feet flat on the floor.



Action

- Tighten your abs on the side with the active arm, focusing on the side of your ribs to the front of your pelvis on that side.
- Slowly move diagonally, rotating torso away from the side holding the Handgrip, ribs turned toward the front of your pelvis.
- Crunch as deeply as you can, keeping lower back on bench.
- Slowly reverse to the Start position without resting.

Success Tips

- Do not lift your head or chin—your head should follow the rib motion rather than lead it. Maintain normal neck posture.
- Tighten your abs throughout the entire exercise, relaxing only at the end of each set.
- Move slowly to eliminate momentum.
- Allow exhalation up and inhalation down without exaggerating breathing.

Trunk Rotation

Muscles Worked:

Rectus Abdominus, Obliques, and Serratus Anterior

Bench Position:

Horizontal

Accessory:

Handgrips

Pulleys:

Chest Bar



Start

- Sit sideways on the Bench, one side toward the Power Rod[®] unit.
- Grasp the Handgrip closest to you with both hands.
- Raise both arms up near shoulder level, hands extended over the leg closest to the Power Rod[®] unit.
- Keep your elbows slightly bent.



Action

- Tighten your entire abdominal area, and slowly rotate your rib cage and arms away from the Power Rod[®] unit 30-40°, as if you were rotating with a rod through the middle of your spine.
- Slowly reverse the motion, returning to the Start position without relaxing muscle tension.

Success Tips



Failure to perform this exercise correctly could result in injury. Use only low resistance rods.

- Keep your chest lifted, shoulders pinched, abs tight, and a slight arch in your lower back.
- Keep all motion in your torso.
- Move only as far as your muscles will take you—do not use momentum to increase your range of motion.

Leg Exercises

Leg Extension

Muscles worked:

Quadriceps

Bench Position:

Leg Extension Seat

Accessory:

None

Pulleys:

Leg Extension

Leg Extension:

Engaged

Success Tips

- Use slow, controlled motion—do not “kick” into the extension.
- Do not let your knees rotate outward during the exercise. Keep kneecaps pointing up and straight forward.



START



Start

- Sit on the Leg Extension Seat with your knees near the pivot point and the lower roller pads in front of your shins.
- Adjust your thighs to hip width, pointing your knee caps forward.
- Grasp the sides of the Seat to stabilize yourself.
- Sit up straight, chest lifted, abs tight, and a slight arch in your lower back.

FINISH



Action

- Tighten your quads.
- Slowly straighten your legs, moving your feet forward then upward until your legs are completely straight and your knee-caps point toward the ceiling.
- Slowly reverse the motion, returning to the Start position without relaxing your quads.

Squat — Knee Extension, Hip Extension, Ankle Plantarflexion

Muscles Worked:

Although the squat is often considered a total body exercise, the glutes, adductors, hamstrings, and quads are primary movers, and the spinal erectors are key to stabilization.

Bench Position:

Removed

Accessory:

Handgrips

Pulleys:

Base

Success Tips

- Keep your knees pointed in the same direction as your toes.
- Keep your head and neck in line with your trunk.
- Never attempt to exercise with more resistance than you are physically able to handle.



START



Start

- Remove the Bench, and straddle the Seat Rail, facing away from the Power Rod® unit.
- Grasp the handgrips and stand.
- Flatten your back, keep your chest up, and position your feet in line with the Cable/Pulley.
- Place your feet wider than hip width, and point your toes outward slightly. Direct the thighs to the same outward angle as the feet.

FINISH



Action

- While keeping your back straight, tighten your abs, and move to a standing position.
- Keep the pressure through the middle of the arches in your feet.
- Using control, slowly squat down by sticking the hips out as the knees start to bend. Keep the chest up and back flat as the hips continue to move backward.
- Lower to approximately 90° at your knees.

Lying Leg Extension

Muscles worked:

Quadriceps

Bench Position:

Flat Bench Forward

Accessory:

Ankle Cuff

Pulleys:

Chest Bar



START



FINISH

Success Tips

- Keep your chest lifted, spine aligned, abs tight, and a very slight arch in your lower back.
- Keep your upper thigh motionless throughout this exercise.

Start

- Sit on the Bench, facing the Power Rod® unit.
- Secure the Ankle Cuff around the ball of one foot.
- Lie back on the Bench with your head supported.
- Bend the active leg approximately 90°.
- Clasp your hands around the active thigh behind the knee, and brace the inactive leg on the Bench or the floor.

Action

- Slowly straighten your leg, moving only your knee and lower leg. Do not lock your knee.
- Slowly return to the Start position without relaxing your quadriceps.

Ankle Eversion

Muscles Worked:

Peroneals

Bench Position:

Flat Bench Forward

Accessory:

Ankle Cuff

Pulleys:

Chest Bar



START



FINISH

Success Tips

- Movement should occur only at your ankle—keep the rest of your body motionless.
- Keep your abs tight, and do not lift your hips or excessively arch your back.
- You should feel tension in the outside of your calf throughout the entire motion.

Start

- Sit on the Bench, with one side toward the Power Rod® unit.
- Attach an Ankle Cuff around the ball of your outside foot (farthest from the Pulley).
- Straighten your cuffed leg, and sit up straight.
- Allow your foot to rotate toward the Power Rod® unit, keeping tension in the cables.

Action

- Slowly rotate your foot outward away from Power Rod® unit.
- While maintaining tension, slowly return to the Start position.

Leg Exercises

Ankle Inversion

Muscles Worked:

Tibialis Anterior and Posterior

Bench Position:

Flat Bench Forward

Accessory:

Ankle Cuff

Pulleys:

Chest Bar



Start

- Sit on the Bench with one side toward the Power Rod® unit.
- Attach an Ankle Cuff around the ball of your inside foot (closest to the Pulley).
- Straighten your cuffed leg, and sit up straight.
- Allow your foot to rotate toward the Power Rod® unit, keeping tension in the cables.



Action

- Slowly rotate your foot outward away from Power Rod® unit.
- While maintaining tension, slowly return to the Start position.

Success Tips

- Movement should occur only at your ankle—keep the rest of your body motionless.
- Keep your abs tight, and do not lift your hips or excessively arch your back.
- You should feel tension in the inside of your calf throughout the entire motion.

Standing Hip Extension—(knee flexed)

Muscles worked:

Gluteus Maximus

Bench Position:

Removed

Accessory:

Ankle Cuff

Pulleys:

Chest Bar



Start

- Stand to one side of the Seat Rail, facing the Power Rod® unit.
- Secure the Ankle Cuff around your outside ankle (farthest from the Rail).
- Bend your outside leg approximately 90°.
- Bend forward 30-40° from your hips (not your waist), and very slightly bend the knee of your supporting leg.



Action

- Initiate the movement by tightening your glutes, and slowly pivot your leg from your hip. Move your entire leg backward to a straight position.
- Slowly move your leg as far as you can without allowing any movement at the waist or lower back.
- Slowly return to the Start position.

Success Tips

- Keep your chest lifted, spine aligned, abs tight, and a very slight arch in your lower back.
- Do not bend from your waist or lower back.

Standing Hip Extension—(knee stabilized)

Muscles worked:

Gluteus Maximus; Biceps Femoris;
Semimembranosus; Semitendinosus

Bench Position:

Removed

Accessory:

Ankle Cuff

Pulleys:

Chest Bar



Start

- Stand to one side of the Seat Rail, facing the Power Rod® unit.
- Secure the Ankle Cuff around your outside ankle (farthest from the rail).
- Bend forward 30-40° from your hips (not your waist), and very slightly bend the knee of your supporting leg.



Action

- Initiate the movement by tightening your glutes, and slowly pivot your leg from your hip. Move your entire leg backward, and then lift it slightly behind you.
- Slowly move your leg as far as you can without allowing any movement at the waist, knee, or lower back.
- Slowly return to the Start position.

Success Tips

- Keep your chest lifted, spine aligned, abs tight, and a very slight arch in your lower back.
- Do not bend from your waist or lower back.
- Keep your knee stabilized in the 90° angle position.

Standing Hip Abduction

Muscles Worked:

Gluteus Maximus

Bench Position:

Removed

Accessory:

Ankle Cuff

Pulleys:

Chest Bar



Start

- Stand to one side of the Seat Rail, one side next to the Power Rod® unit.
- Secure the Ankle Cuff around your ankle farthest from the Power Rod® unit. Keep your leg straight but your knee loose.
- Adjust your position so that there is some tension in the Cables at the start of this exercise.
- Grasp the Upper Lat Tower to stabilize your movement.



Action

- Slowly move your leg with the Ankle Cuff outward away from the Power Rod® unit at a 30-45° angle, keeping your hips and spine motionless.
- Slowly return to the Start position without relaxing tension in your leg.
- Keep your hips level during movement.

Success Tips

- Movement should occur only at your hip—keep the rest of your body motionless.
- Keep your abs tight, and do not lift your hips or excessively arch your back.
- You should feel tension in the outside of your glutes throughout the entire motion.

Leg Exercises

Seated Hip Adduction

Muscles Worked:

Adductor Longus and Gluteus Medius

Bench Position:

Horizontal

Accessory:

Ankle Cuff

Pulleys:

Chest Bar



Start



Action

Success Tips

- Do not cross your leg with the attached Cuff in front of your stabilized leg.
- Keep your abs tight, and do not lift your hips or excessively arch your back.
- Keep your spine straight and your hips level—do not raise your hips during motion.
- Use only a small range of motion.

- Sit sideways on the Bench, and attach an Ankle Cuff to your ankle closest to the Power Rod® unit.
- Sit far enough from the Power Rod® unit to maintain tension in the cable at the start of the exercise.
- Lift your cuffed leg in front of you at a 45° angle from your trunk (toward the Power Rod® unit)—do not lock your knee.
- You may hold onto the Bench for added stability.

- Slowly allow your leg with the attached Cuff to move inward toward the center, as you face forward, keeping your hips and spine perfectly still.
- Keeping your leg still, slowly move it back to the Start position.

Seated Hip Abduction

Muscles worked:

Piriformis and Gluteus Maximus

Bench Position:

Flat Bench Forward

Accessory:

Ankle Cuff

Pulleys:

Chest Bar



Start



Action

Success Tips

- Keep your spine straight and your hips level—do not raise your hips during the motion.
- Use only a small range of motion.
- Keep your hips motionless throughout this exercise.

- Sit sideways on the Bench, and secure an Ankle Cuff to your ankle farthest from the Power Rod® unit.
- Sit far enough from the Power Rod® unit to maintain tension in the cable at the start of the exercise.
- Lift your cuffed leg in front of you at a 45° angle from your trunk (toward Power Rod® unit)—do not lock your knee.
- You may hold onto the Bench for added stability.

- Slowly allow your cuffed leg to move outward away from the Power Rod® unit, keeping your hips and spine perfectly still.
- Keeping your leg still, slowly move it back to the Start position.

Standing Leg Kickback—Hip and Knee Extension

Muscles worked:

Gluteus Maximus

Bench Position:

Removed

Accessory:

Ankle Cuff

Pulleys:

Chest Bar



Start

- Stand to one side of the Seat Rail, facing the Power Rod[®] unit.
- Secure the Ankle Cuff around your foot farthest from the Rail. Bend this leg approximately 90°.
- Bend forward 30-40° from your hips (not your waist), and very slightly bend the knee of your supporting leg.
- Grasp the Upper Lat Tower to stabilize your movement.



Action

- Extend your leg with the Ankle Cuff attached backwards, straightening your knee.
- Slowly move your leg as far as you can without allowing any movement at your waist, knee, or lower back.
- Slowly return to the Start position.

Success Tips

- Keep your chest lifted, spine aligned, abs tight, and a very slight arch in your lower back.
- Do not bend from your waist or lower back.

Leg Exercises

Leg Press—Hip and Knee Extension

Muscles Worked:

Quadriceps, Gluteus Maximus and Adductor muscle groups

Bench Position:

Removed

Accessory:

Leg Press Belt

Pulleys:

Chest Bar



Start



Action

Success Tips

- Generate the force for the leg press by mentally directing your pushing/pressing effort through the lower leg and squarely into the frame of the machine. In other words, push in the direction the calf bone is pointing throughout the motion, rather than just pushing your body backward. This will decrease the shearing forces at the knee.
- Keep your knees pointed in the same direction as your feet. DO NOT let the knees travel inward/closer during the motion.
- Keep your spine in good posture.
- Straighten but do not “lock out” your knees. Keep your quads tightened throughout the entire motion.
- Do not use momentum. MOVE SLOWLY! Do not “launch” yourself when you straighten your knees.

- Remove the bench and unlock the rowing seat.
- Sit on the seat facing the Power Rod® unit with the leg press belt attached and adjusted. Support your feet on the upright pulley frame or foot rests as shown. The belt should be placed around the pelvis, NOT the low back/spine.
- Lift your chest, tighten your abs and maintain a very slight arch in your lower back.
- Slowly straighten your legs, but do not lock your knees.
- You may rest your hands around the sides of the belt, on the sides of the seat, or you may fold your arms across your chest, whichever is more comfortable.

- Bend your knees and hips slowly allowing yourself to slide toward the Power Rod® unit.
- Limit your slide to a position that allows you to still maintain good spinal posture, with your chest lifted, abs tight and a slight arch in your lower back.
- Slowly return to the starting position.

Prone Leg Curl – Knee Flexion

Muscles Worked:

Hamstring muscle group (biceps femoris, semimembranosus, semitendinosus) and Gastrocnemius

Bench Position:

Leg Extension Seat

Accessory:

None

Pulleys:

Leg Extension

Leg Extension:

Engaged

Success Tips

- Make sure you straighten your legs under control, do not allow your knees to hyper-extend.
- Keep your chest lifted, abs tight and maintain a very slight arch in your lower back.
- Try to relax your calf and foot muscles.



Start

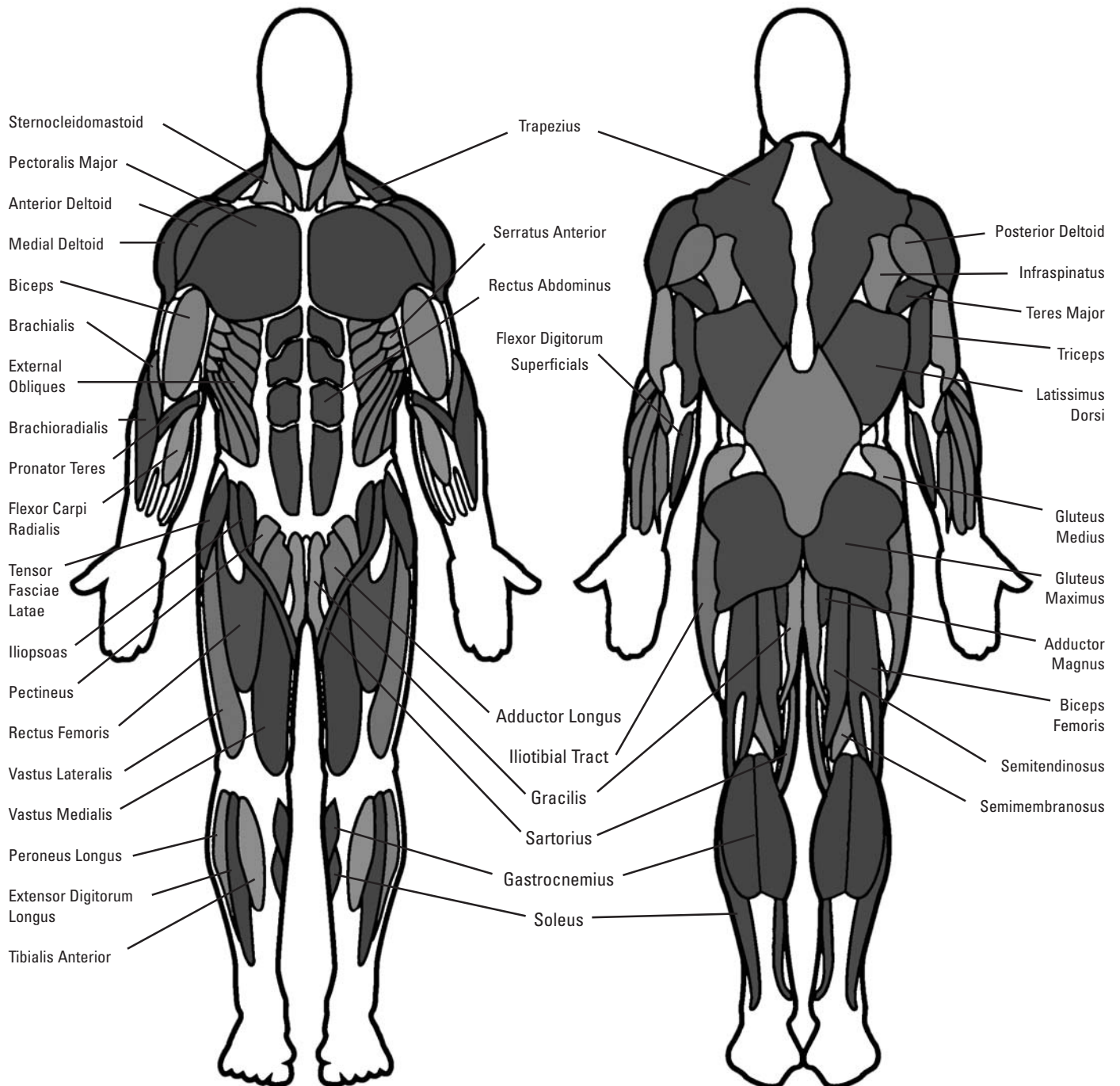
- Lie face down on the bench with your lower thighs on the leg extension seat, the knees near the pivot point and ankles under the upper roller pads .
- Point your knees and feet straight down and tighten your inner thigh muscles (as if squeezing your knees together) to stabilize.
- Place your hands on the floor or grasp the rail or bench for stability.
- Place your forehead on the bench or look to the side, but do not look up, hyper-extending your neck.
- Tighten your abs to prevent spinal motion and very slightly lift your knees (approximately 1 inch), placing the pressure on your thighs.



Action

- Slowly bend your knees, upward and then toward your hips without moving your spine and without your hips lifting from the bench.
- Keeping the hamstrings tight, slowly allow your legs to straighten and return near the starting position. Do not fully extend your legs.

Muscle Chart



The Workouts

GUIDELINES Week 1&2

All exercises should be practiced with one set of 8 to 12 repetitions. The style of performance is very important. The movement for each repetition should be 4 seconds in the positive phase and 4 seconds in the negative. Keep the motion slow and smooth. When 12 repetitions are accomplished, increase the resistance by approximately 5 percent. Keep the time between exercises to a minimum, no longer than **60** seconds. No workout should take more than 30 minutes to complete. Perform each workout three days a week.

Exercise	Sets	Reps
Leg Curl	1	8-12
Leg Extension	1	8-12
Bench Press	1	8-12
Lying Biceps Curl	1	8-12
Seated Shoulder Press	1	8-12
Seated Abdominal Crunch	1	8-12

GUIDELINES Week 3&4

All exercises should be practiced with one set of 8 to 12 repetitions. The style of performance is very important. The movement for each repetition should be 4 seconds in the positive phase and 4 seconds in the negative. Keep the motion slow and smooth. When 12 repetitions are accomplished, increase the resistance by approximately 5 percent. Keep the time between exercises to a minimum, no longer than **45** seconds. No workout should take more than 30 minutes to complete. Perform each workout three days a week.

Exercise	Sets	Reps
Leg Curl	1	8-12
Leg Extension	1	8-12
Bench Press	1	8-12
Lying Biceps Curl	1	8-12
Seated Shoulder Press	1	8-12
Rear Deltoid Rows	1	8-12
Seated Triceps Extension	1	8-12
Seated Abdominal Crunch	1	8-12

GUIDELINES Week 5&6

All exercises should be practiced with one set of 8 to 12 repetitions. The style of performance is very important. The movement for each repetition should be 4 seconds in the positive phase and 4 seconds in the negative. Keep the motion slow and smooth. When 12 repetitions are accomplished, increase the resistance by approximately 5 percent. Keep the time between exercises to a minimum, no longer than **30** seconds. No workout should take more than 30 minutes to complete. Perform each workout three days a week.

Exercise	Sets	Reps
Leg Curl	1	8-12
Leg Extension	1	8-12
Leg Press	1	8-12
Bench Press	1	8-12
Lying Biceps Curl	1	8-12
Lying Shoulder Pullover	1	8-12
Reverse Fly	1	8-12
Rear Deltoid Rows	1	8-12
Seated Triceps Extension	1	8-12
Seated Abdominal Crunch	1	8-12

Exercise Log

Please feel free to make copies of this chart to continue your exercise log.

EXERCISE		DATE		DATE		DATE		DATE		DATE	
<i>Bench Press</i>	Sets	2									
	Reps	10, 9									
	Resistance	120, 130									
	Sets										
	Reps										
	Resistance										
	Sets										
	Reps										
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Bowflex™ Body Weight Loss Guide

Introduction and Overview

Welcome to the Bowflex™ Body Weight Loss Guide. This guide is designed to be used with your Bowflex® equipment and will help you:

- Lose weight and get lean
- Improve your health and wellness
- Increase your energy and vitality



Consult a physician before you start an exercise program or a new health and diet plan. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again.

By focusing on the main three elements of the Bowflex™ Body Weight Loss Guide- quality, balance, and consistency- you'll be able to reach and maintain your weight loss and fitness goals for the next six weeks and beyond.

- **Quality** – The emphasis of this plan is on eating more whole foods and getting the most nutrients from your calories as possible. Making the majority of your diet from foods that have a single ingredient (for example fruits, vegetables, fish, lean protein, eggs, beans, nuts, and whole grains) provides the vitamins, minerals, fiber, protein, and healthy fats your body needs.
- **Balance** – Each of the meals and snacks in this guide have a source of fiber or smart carbohydrate, protein, and healthy fat to keep your energy levels consistent throughout the day to fuel your workouts. By having this balance you'll feel fuller longer, which is critical to weight loss success.
- **Consistency** – Getting about the same number of calories each day is important for your metabolism and your mindset. If you overdo it one day, don't try to make up for it the next day by not eating or cutting your calories drastically. Get right back on track by following this guide!

3. **Measure portions** – To avoid portion creep, use measuring cups and spoons for grains (rice, pasta, cereal), beans, nuts, oils, and dairy. Use the Portion Sizes Guide for other foods.
4. **Plan ahead** – Make a meal plan for the week or log your food a day in advance. Planning sets you up for success, especially for social events and eating out.
5. **Practice your desired long-term habits** – It's easy to justify poor eating choices when you're only focused on the short term. Focus on the long term satisfaction of a slimmer, healthier you rather than the temporary gratification you'll get from splurging.

How to Use this Guide

- **Eat breakfast within 90 minutes of waking up and balance your meals and snacks throughout the day**
 - Don't go longer than 5-6 hours without eating
 - If you're not used to eating breakfast, start out small with a piece of fruit and have something else 1-2 hours later. Your body adapts to not eating breakfast, but as soon as you start eating early in the day and cutting back on dinner portions you'll notice your hunger will increase. This is a good sign your metabolism is working!
- **Mix and match meal options**
 - Select 1 option from the appropriate meal plan (male or female) for breakfast, lunch, and dinner, paying close attention to portion sizes
 - Select 1-2 snack options per day
 - You have the option to substitute one snack for one treat under 150 calories
 - Use the meal plan, sample options, and grocery list to create your own meals for more variety

Results & Expectations

Results will vary depending on your age, starting weight, and exercise level but on average you can expect to lose 1-3 lbs per week and experience increased energy levels.

5 Tips for Long-Term Success

1. **Keep a food log** including hunger levels and water intake. Free online food logs and mobile apps are available at www.myfitnesspal.com and www.loseit.com
2. **Weigh and/or take measurements weekly** – no more and no less. Weighing weekly rather than daily or every other day is best. You'll track your progress and keep yourself in check without getting discouraged if the scale doesn't move for a few days. And remember, weight is just a number and it's influenced by muscle gain as well as fat loss. Feeling how your clothes fit can often be a better indicator of progress as your body adapts to exercise and nutrition changes.

- You can swap out any type of protein, vegetables or smart carbs for the suggested meal options. For example:
 - Turkey for tuna
 - Any fish or seafood for chicken
 - Cooked vegetables instead of salad
- Eat your calories
 - Cut out high calorie beverages like soda, juices, coffee drinks, and alcohol
 - Stick with water, unsweetened tea, and coffee. Aim for a minimum of 64oz (1.9 liters) of water per day to stay well hydrated
- If you're still hungry after or in between meals:
 - Have a glass of water and wait 15-20 minutes. Many times we mistake thirst (or even boredom!) for hunger. Wait out the initial urge to eat and sometimes it will pass.
 - If you're still hungry after waiting 15-20 minutes have a snack or mini-meal with fruit, vegetables, and protein.

If your goal is muscle gain or strength:

- Use the same meal plan but increase portion sizes in the same ratios to increase the total number of calories you eat every day. For example, increase portion sizes of protein and smart carbs at meals by 50%. Adding a snack is another option to meet your body's increased calorie needs in order to gain muscle and strength.
- Focus on post-workout nutrition by having one of your snacks within 30 minutes after you complete your workout. Make sure to have a combination of carbohydrates such as fruit with protein (yogurt, milk, or protein powder) to promote muscle growth and recovery. Chocolate milk is also a great option.

Meal Plan Overview

The female meal plan provides about 1400 calories, and the male plan provides about 1600 calories, of high quality nutrition to not only help you lose weight and feel great but get the most out of your calories. The vitamins, minerals, and antioxidants from eating mostly whole foods help support optimal health. These calorie levels will result in healthy weight loss for the majority of people. Keep in mind that everyone's metabolism is very different depending on age, height, weight, activity level, and genetics. Pay close attention to your weight, hunger levels, and energy and adjust your calories if needed.

Follow these guidelines if you're over 55:

- If you're over 55, you need fewer calories because your metabolism slows as you age. Stick with three meals with one optional snack per day.

Follow these guidelines if you're under 25:

- If you're under 25 you may need more calories. Add another snack if you feel low on energy or are extremely hungry.

Breakfast

Breakfast includes a smart carb, fruit, and a source of protein, which will also have fat. With a balance of carbohydrates and fiber from the smart carb and fruit combined with protein and fat, you'll energize your day and help control hunger levels throughout the day.

Snacks

Each snack is a balance of carbohydrates and protein to keep your blood sugar more consistent, which means you won't experience hunger and energy level spikes and drops.

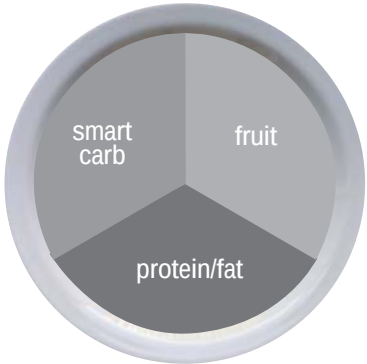
This happens when you have a high carb-only snack like chips, candy, soda, crackers, or pretzels.

Lunch and Dinner

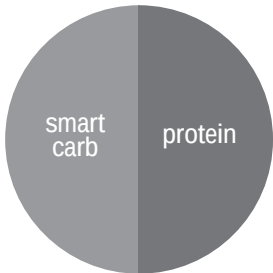
Lunch combines filling fiber from vegetables and smart carbs with a lean, or low-fat, protein. The healthy fat can come either from the protein added during cooking (nuts on a salad) or as a dressing or sauce (such as oil and vinegar salad dressing).

Here's an overview of what an ideal day looks like:
(See Portion Size Guide for proper serving sizes)

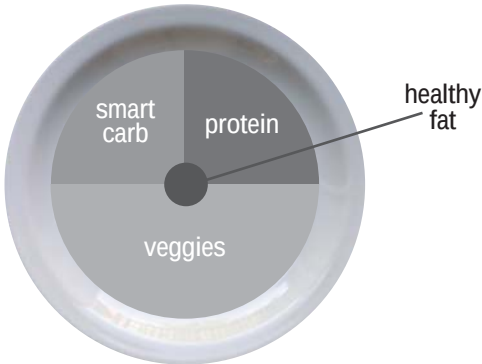
Breakfast



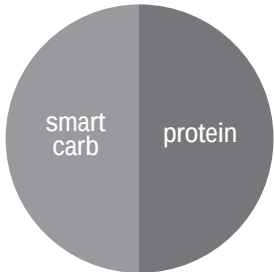
Snack #1



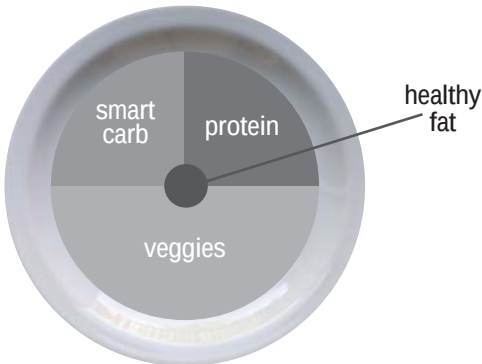
Lunch



Snack #2



Dinner



Breakfast Options	Fruit	Smart Carb	Protein/Fat
Fruit and Nut Oatmeal Cook plain oats in water. Top with fruit, nuts, milk, cinnamon, and honey.	Berries or banana	Plain oats (Regular or quick-cook)	Nuts and milk
Egg Muffin Cook egg/s. Toast bread and top with 1 slice of cheese, 1 slice of ham, and tomato.	Tomato	English muffin or sandwich thin	Egg, ham, and cheese
Yogurt Power Parfait Top yogurt with fruit. Sprinkle with 1 serving of nuts, 2-3 tbsp wheat germ, or ground flaxseed, 1 tbsp oats, and cinnamon.	Chopped fruit of your choice	Oats, wheat germ, and ground flaxseed	Plain non-fat Greek yogurt and nuts
On the Go PB & Apple Sandwich Toast bread. Spread on peanut butter, thin slices of ½ an apple, and 1 teaspoon of honey.	Sliced apple	Sandwich thin, bread, or bagel thin	Peanut butter

Lunch & Dinner Options	Lean Protein	Smart Carb	Veggies
Pork Loin, Sweet Potato & Green Beans	Grilled or baked pork loin	Baked Sweet Potato	Green Beans
Chicken Stir Fry Flavor with 2 tablespoon teriyaki sauce	Chicken breast or boneless skinless thigh	Brown or wild rice	Mixed stir fry vegetables (fresh or frozen)
Steak Tacos with Side Salad (3 for males, 2 for females) Top with salsa, cilantro, and sprinkle of shredded cheese	Flank or sirloin steak	Corn tortillas	Salad
Whole Wheat Pasta with Shrimp or Cannellini Beans & Marinara Sauce	Shrimp (frozen or fresh) or cannellini beans	Whole wheat pasta	Steamed broccoli
Bunless Burgers with Oven Fries, Corn, & Salad Grill burgers. Bake sliced potatoes on sprayed cookie sheet for 25-30 minutes @ 425°F.	93% lean ground beef or turkey	Oven baked fries	Corn on the cob + side salad
Tuna & Avocado Wrap with Vegetable Soup Use 3oz of tuna (1 can). Top with lettuce, tomato, avocado, and mustard.	Tuna	High-fiber wrap	Vegetable soup (homemade or low-sodium canned)

Snack Options	
Smart Carb	Protein
1 medium apple	10-15 almonds
Baby carrots	2 tbsp hummus
1 serving of crackers*	1 string cheese
Energy or protein bar with <200 calories*	

*See www.Bowflex.com/Resources for brand recommendations

Optional Treats

You have the choice of replacing Snack #2 with a 100-150 calorie treat. You can have an optional treat every day but for optimal health it is recommended to limit small splurges to 3-4 times per week. Use the approach that works best for you. Here are a few examples:

- ½ cup lowfat ice cream
- 1 small bag of baked potato chips
- 4oz of wine or 12oz light beer
- 3 cups of air-popped or light popcorn

Sample 3 Day Plan

Based on each of the meal options listed above, a typical 3 day plan could look like this:

	Day 1	Day 2	Day 3
Breakfast	Egg muffin	Power yogurt parfait	Fruit + nut oatmeal
Snack 1	Apple with almonds	Nut Thins® + string cheese	Baby carrots and hummus
Lunch	Tuna & avocado wrap with soup	Leftovers from dinner- day 1	Leftovers from dinner- day 2
Optional Snack 2 or Treat	½ cup ice cream bar	Energy bar	100 calorie bag of light popcorn
Dinner	Shrimp pasta	Chicken stir fry	Bunless burgers

Portion Size Guide

Each of the items listed are for one serving

MALE		FEMALE	
PROTEIN			
2 eggs 5oz chicken, fish, lean meat, or tofu 2/3 cup beans or lentils* 1 cup greek yogurt* 1.5oz cheese*		1 egg 3oz chicken, fish, or lean meat 1/2 cup beans or lentils* 1/2 cup greek yogurt* 1.5oz cheese*	
HEALTHY FAT			
2 Tblspn peanut or nut butter* 2 tspn olive, flax, or walnut oil 1/4 cup of nuts 1/3 medium avocado		1 tblspn peanut or nut butter* 1 tspn olive, flax or walnut oil 1/8 cup or 2 tablespoons of nuts (approx.15 almonds) 1/4 medium avocado	
SMART CARB			
1 cup cooked grains (1/2 cup raw): oats, brown rice, quinoa, pasta 1 medium sweet or regular potato 2 corn tortillas 1 slice of bread (or 2 light slices equaling 120 calories or less) 1 english muffin, sandwich thin, or high-fiber wrap		1/2 cup cooked (1/4 cup raw) grains 1/2 medium sweet potato or regular potato 2 corn tortillas 1 slice of bread (or 2 light slices equaling 120 calories or less) 1 english muffin, sandwich thin, or high-fiber wrap	
FRUIT			
1 medium apple, orange, or pear 1 small banana (length of your hand) 1 cup berries or chopped fruit 1/4 cup dried fruit (fresh or frozen is optimal)			
Vegetables* You can have unlimited vegetables except for peas and corn; stick with 1/2 cup serving			
2 cups spinach or lettuce = 2 cupped hands 1 cup raw vegetables 1/2 cup cooked vegetables 6oz low sodium vegetable juice			
OPTIONAL TREATS			
1/2 cup lowfat ice cream 1 small bag of baked potato chips 1oz dark chocolate 4oz of wine or 12oz light beer 3 cups air-popped or light popcorn			

* some foods are a combination of protein and carbs or protein and fat



1 cup = baseball



1/2 cup = lightbulb



1 oz or 2 tbsp
= golf ball



1/4 cup nuts
= Altoids tin



3 oz chicken or meat
= deck of cards



1 medium potato
= computer mouse



1 medium piece of
fruit = tennis ball



1 - 1/2 oz cheese
= 3 dice

Grocery List

BREAD & GRAINS			
100% whole wheat bread Sprouted grain breads Light or whole wheat english muffins Sandwich or bagel thins Corn or low-carb whole wheat tortillas High-fiber wraps Plain oats: 1 minute or old fashioned Whole grains: brown rice, bulgar, barley, quinoa, couscous		Tips: Look for 100% whole wheat as the first ingredient. Look for 4g of fiber per slice or 5g per 2 slices of light or diet bread. Aim for bread with less than 100 calories per slice.	
DAIRY & DAIRY ALTERNATIVES		CRACKERS, SNACKS & ENERGY BARS	
Plain non-fat greek yogurt Kefir (yogurt like drink) Organic low-fat milk Enriched almond or soy milk Cheese: feta, parmesan, mozzarella, light havarti, provolone, swiss, string cheese, or single serving packages		Any unsalted nuts or seeds Air-popped or light popcorn Edamame in the pod	Energy bars Crackers Hummus
MEAT, FISH, POULTRY & PROTEIN		Tips: Limit crackers, pretzels, and chips to 2-3 servings per week. Always pair with protein such as hummus, cheese, or nuts. Look for energy bars with less than 200 calories and 20g of sugar and at least 3g of protein and 3g of fiber. Look for crackers with less than 130 calories and 4g or less of fat per serving.	
Wild game Salmon, halibut, tuna, tilapia, shrimp, catfish, scallops, or crab Pork loin, pork chops, or pork roast Chicken or turkey breast or thighs (no skin) Eggs and 100% egg whites Lean beef: sirloin, chuck, round, tenderloin, 93% lean (organic and grass fed is best) Canned salmon or tuna (in water) Nitrate-free, reduced sodium ham, turkey, chicken, or roast beef lunch-meat Any type of bean, dry or canned low-sodium varieties Tofu and tempeh		FATS & OILS	
Tips: Look for “Choice” or “Select” cuts of meat rather than “Prime”. Prime cuts are fattier. Limit intake of highly processed meat and imitation meat products like sausage, bacon, pepperoni, and hot dogs to once a week or less.		Avocado Olive, grapeseed, walnut, sesame, or flaxseed oil Butter/spreads: look for products free of trans fats and partially hydrogenated oils on the ingredient list.	
		Tips: Light olive oil refers to the flavor, not the calorie content. Always measure oil and butter. Even if a fat is considered healthy, it’s still very high in calories and portions need to be controlled.	
		DRESSINGS, CONDIMENTS & SAUCES	
FROZEN FOODS		Vinegars: rice, wine, balsamic All fresh or dried herbs and spices Mustard Salsa and chili sauce Marinara sauce with no high-fructose corn syrup Lemon and lime juice Bottled minced garlic and ginger Low-sodium soy sauce	
All vegetables without sauce All fruit Grains and grain medleys		Tips: Look for products free of MSG, added colors, and high fructose corn syrup. Look for sauces under 50 calories per serving. Avoid cream based sauces and dressings like ranch, bleu cheese, and alfredo.	

All fruits and vegetables, fresh and frozen, are great choices. Since every meal has one or both, your shopping cart should reflect this.

Keep It Going

Tips for continued weight loss and maintaining changes

- Keep weighing yourself weekly, even after you've reached your goal weight
- Continue keeping a food log. If you have your meal plan well-established, log your food every other week to keep yourself on track. Don't feel like you have to do it every day.
- Prepare for plateaus. The scale might not budge for a few weeks or even months after some initial weight loss. This is normal and to be expected. It's the body's natural process for adjusting to your new lower weight. Stay focused on your long-term goal, celebrate your successes and changes, and mix up your workouts to help overcome the plateau.
- Calorie adjustments for maintaining weight loss. Once you've reached your goal weight, you can increase your calories 100-200 per day as long as your activity level stays the same
- Treat yourself. Have a non-food reward for each goal you hit such as a massage, a new outfit, or an outing with friends and family
- Use the resources below to find new recipes, get expert advice, and support to stay motivated

Resources

Downloadable Resources from Bowflex® Website (www.Bowflex.com/Resources)

- Grocery Shopping List for Fridge (Blank Form)
- 7 Day Meal Planning Form
- Additional Dinner Options
- Pre and Post Workout Fueling Guide

Questions & Support

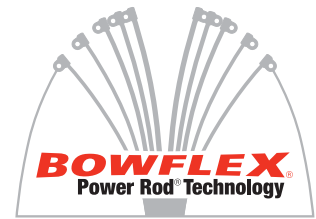
- Ask questions, post suggestions, and connect with our online Bowflex® Dietitian on the Bowflex® Facebook page

Recipes

- www.wholeliving.com
- www.eatingwell.com
- www.whfoods.org
- www.livebetteramerica.org

Online food logs

- www.myfitnesspal.com
- www.loseit.com



 **BOWFLEX**
BLAZE