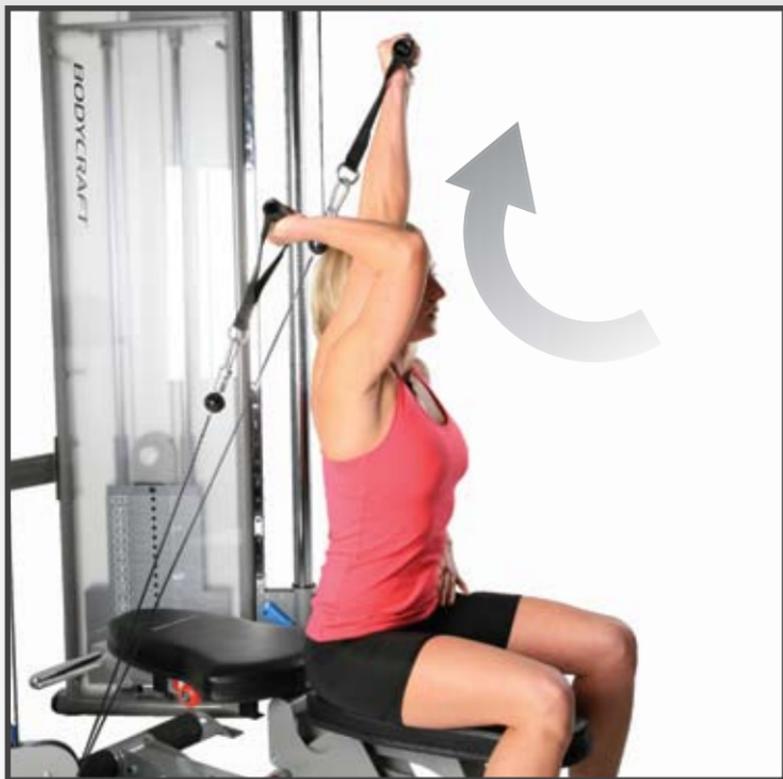




### Concentration Curl

For the **Concentration Curl**, first position your bench near the front of the machine, then position one handle to its lowest position. Grab the handle with one hand then sit on the bench. Place your elbow on the inside of your thigh. This exercise places emphasis on the upper half of the curl motion. Curl all the way to the top, giving a little extra 'squeeze' at the top. Repeat this exercise with your other arm. This exercise can also be performed sitting on a bench, chair, or even from a squatting position.

**Primary muscles worked:** Biceps (front of arm), Brachioradials (forearms).



### Overhead Triceps Extension

For the **Overhead Triceps Extension**, first position your bench near the front of the machine, then position one handle to a lower position. Grab the handle with one hand then sit on the bench, facing away from the machine. Carefully lift the handle into position at full arm's length. Lock your elbow into place overhead, keeping your upper arm stationary. Slowly lower the handle by bending your elbow. Push the handle back upward, extending at the elbow. Repeat this exercise with your other arm. This exercise can also be performed sitting on a bench, or a chair.

**Primary muscles worked:** Triceps (back of arm), Brachioradials (forearms).



### One Arm Curl-Supinating

The **Supinating Arm Curl** is meant to take advantage of the complete range of motion of your biceps muscles. First, position one handle to its lowest position. Stand in the middle of the machine and grab the handle with an overhand grip. Try to keep your upper arm stationary, and curl the handle upward while rotating the wrist, ending with an underhand grip. Get that extra 'squeeze' by rotating your wrist as far to the outside as possible. Rotate your wrist in the opposite motion while lowering to the starting position. Repeat this exercise with your other arm.

**Primary muscles worked:** Biceps (front of arm), Brachioradials (forearms).



### One Arm Overhead Triceps Extension



For **One Arm Overhead Triceps** Extension, adjust one handle to about a waist high position. Stand facing away from the machine and one step forward so that you feel the resistance pulling downward and slightly backward. Grab the handle, stabilize your body and then carefully lift the handle into position at full arm's length. Lock your elbow into place overhead, keeping your upper arm stationary. Slowly lower the handle by bending your elbow. Push the handle back upward, extending at the elbow. Repeat this exercise with your other arm.

**Primary muscles worked:** Triceps (back of arm), Brachioradials (forearms).



### One Arm Underhand Push Down

For **One Arm Underhand Push Down**, adjust one handle to its highest position. Stand facing the machine and grab the handle with an underhand grip. This motion is the opposite of an arm curl. Try to keep your elbow pinned to your side, and your upper arm stationary. Pull the handle down to your side by extending the elbow, then return slowly. You can kneel, or sit, to help extend the range of motion.

**Primary muscles worked:** Triceps (back of arm), Brachioradials (forearms).



### One Arm Push Down

For **One Arm Push Down**, adjust one handle to its highest position. Stand facing the machine and grab the handle with an overhand grip. This motion is the opposite of an arm curl. Try to keep your elbow pinned to your side, and your upper arm stationary. Push the handle down to your side by extending the elbow, then return slowly. You can kneel, or sit, to help extend the range of motion.

**Primary muscles worked:** Triceps (back of arm), Brachioradials (forearms).



### Standing Arm Curl

For **Standing Arm Curls**, lower both handles to their lowest positions. Grab both handles. Stand facing away from the machine and one step forward so that you feel the resistance pulling downward and slightly backward. Stabilize your body and lock your elbows at your sides. Curl both arms simultaneously. Remember to use a full range of motion and to keep your upper body stationary. Do not swing your upper body.

**Primary muscles worked:** Biceps (front of arm), Brachioradials (forearms).



### Standing Hammer Curl

For **Standing Hammer Curls**, attach both handles to one side and then adjust to the lowest position. Grab both handles with a neutral grip as if you were swinging a hammer. Stand in the middle of the machine. Stabilize your body and lock your elbows at your sides. Curl both arms simultaneously. Remember to use a full range of motion and to keep your upper body stationary. Do not swing your upper body.

**Primary muscles worked:** Biceps (front of arm), Brachioradials (forearms).



## Triceps Kickback

The **Triceps Kickback** exercise is best performed utilizing an inclined bench. Position the bench in front of one side of the machine and then adjust that handle to its lowest position. Grab the handle with one hand, then stabilize yourself by placing the opposite hand and knee on the bench, bending slightly forward at your waist. Using a neutral grip extend your arm backward at the elbow. Try to keep your upper arm stationary.

**Primary muscles worked:** Triceps (back of arm), Brachioradials (forearms).



### Underhand Push Down

For **Underhand Push Down**, attach both handles to one side then adjust to their highest position. Stand facing the machine and grab the handles with an underhand grip. This motion is the opposite of an arm curl. Try to keep your elbows pinned to your side, and your upper arms stationary. Pull the handles down to your sides by extending your elbows, then return slowly. Converge to the middle at the top of the motion and pull outward to your sides at the bottom of the motion. You can also kneel, or sit, to help extend the range of motion.

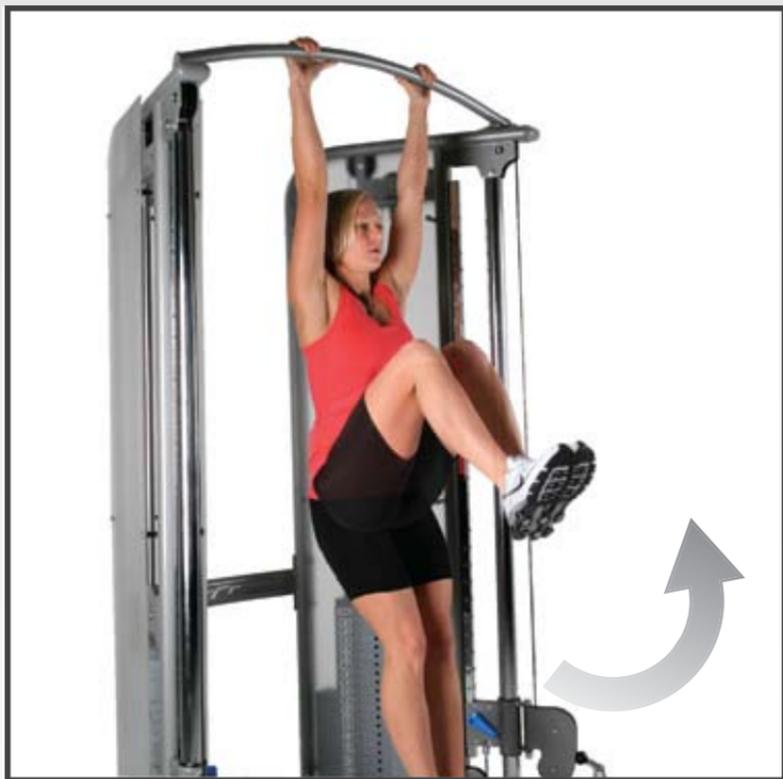
**Primary muscles worked:** Triceps (back of arm), Brachioradials (forearms).



### Ab Crunch

To perform the **Ab Crunch**, attach both handles to one side then adjust to their highest position. Grab the handles and then kneel in front of the machine. Place both handles behind your head and hold them there. Do not pull on the handles as this can cause unnecessary strain on your neck. Concentrate on using your abdominal muscles to roll and crunch downward. This is a rather limited range of motion. Further motion engages the hip flexors. Remember to stand up slowly when done.

**Primary muscles worked:** Abdominals (stomach).



### Hanging Knee Raise

The **Hanging Knee Raise** is performed while hanging from the chin up bar. Concentrate on squeezing your abdominal muscles. Tightening your abdominal muscles will cause your knees to rise. Concentrating on lifting your knees, as opposed to tightening your abdominal muscles will result in more hip flexor involvement. The hip flexors are a bit stronger and will need to be exhausted before your abdominals will take over and be worked effectively. So, concentrate on using your abdominal muscles to lift your legs.

**Primary muscles worked:** Abdominals (stomach).



### Reverse Ab Crunch

The **Reverse Ab Crunch** is performed on a flat bench with the cable at bench level. Attach an ankle strap to each ankle. Attach the cable to your ankle straps then lay on the bench, head way from the machine. Pull your knees toward your head all the way to the point where your rear lifts off the pad. Concentrate on squeezing your abdominal muscles to achieve this motion. This exercise can also be performed by inserting your feet into the handles, both attached to one side.

**Primary muscles worked:** Abdominals (stomach).



### Bench One Arm Row

The **One Arm Row** is best performed utilizing an inclined bench. Position the bench in the center of the machine and then adjust one handle to its lowest position. Grab the handle with one hand, then stabilize yourself by placing the opposite hand and knee on the bench, bending slightly forward at your waist. Grab the handle with an overhand grip, rotating to a neutral grip as you pull toward your mid section.

**Primary muscles worked:** Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Biceps (front of arm).



### Kneeling High Row

To perform the **Kneeling High Row**, attach both handles to one side then adjust to their highest position. Grab the handles and then kneel in front of the machine. Pull the handles to your chest as far back as possible. Converge to the middle at the top of the motion and pull outward to your shoulders at the bottom of the motion. Try to pinch your shoulder blades together for maximum affect. You can maintain a neutral grip, or twist your hands throughout the motion.

**Primary muscles worked:** Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Biceps (front of arm).



### Kneeling Lat Pull Down

For **Kneeling Lat Pull Down**, adjust both handles to their highest positions. Grab the handles with each hand and kneel facing the machine, about one step in front. Keep your body stationary and simultaneously pull both handles down to shoulder level. Try to pinch your shoulder blades together for maximum affect. Resist as you return slowly to the starting position.

**Primary muscles worked:** Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Biceps (front of arm).



### Mid Diverging Row

For **Mid Diverging Row**, adjust both handles to about chest height. Stand facing the machine about one step out. Grab each handle with the opposite hand. Keep your body stationary and pull the handles across the front of your body and back as far as possible, with bent elbows. Try to pinch your shoulder blades together for maximum affect.

**Primary muscles worked:** Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Rear Deltoids (rear shoulders), Biceps (front of arm).



## Pull Up



You can perform **Pull Ups** on the curved pull up bar at the top of the machine. Use an underhand grip to concentrate more on your biceps muscles, or a wide overhand grip to concentrate more on your upper back muscles. Try not to swing.

**Primary muscles worked:** Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Biceps (front of arm).



### Assisted Pull Up

You can aid your **Pull Up** by standing on the rear frame member. You can use either an underhand or overhand grip. Remember to concentrate on only giving the needed assistance from your legs.

**Primary muscles worked:** Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Biceps (front of arm).



## Reverse Fly

For **Reverse Fly**, stand facing the machine with both handles adjusted to their highest positions. Grab each handle with the opposite hand. Keep your arms fairly straight and pull the handles across the front of your body and back as far as possible.

**Primary muscles worked:** Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Rear Deltoids (rear shoulders), Biceps (front of arm).



### Seated Lat Pull Down

The **Seated Lat Pull Down** is best performed using the Bodycraft F603 bench placed in the center of the machine. Adjust the bench seat back to its upright position and slide the back pad into a position where your knees can be tucked up under the pad. Adjust both handles to their highest positions then sit facing the machine. Keep your body stationary and simultaneously pull both handles down to shoulder level. Try to pinch your shoulder blades together for maximum affect. If needed, weight plates can be added to the aluminum stabilizer bars on the bench for added ballast.

**Primary muscles worked:** Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Biceps (front of arm).



### Seated Rear Delt Row

For **Seated Rear Delt Row**, attach both handles to one side. Place a flat bench, or chair about a step away from the machine. Adjust the handles to your seated head height. Keep your elbows high while pulling the handles back. Converge to the middle when extending and pull outward to your ears. You can maintain a neutral grip, or twist your hands throughout the motion. **Primary muscles worked:** Deltoids (shoulder), Trapezius (upper back).



### Standing One Arm Row

For **Standing One Arm Row**, first adjust one handle to its lowest position. Grab the handle with one hand facing the machine then step back one or two steps. Stabilize your body with one foot forward and bending slightly forward at your waist. Grab the handle with an overhand grip, rotating to a neutral grip as you pull toward your mid section.

**Primary muscles worked:** Latissimus Dorsi (mid back), Rhomboideus (upper back), Trapezius (upper back), Biceps (front of arm).



## Bench Press



To perform the **Bench Press**, first adjust both handles to their lowest position. Place a prone bench in the middle of the machine. Lie on the bench with your chest aligned with the handles. Grab the handles, bring them to chest level and press them upward, perpendicular to your body. Then lower back to the starting position.

**Primary muscles worked:** Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



### Bench Press-Converging

To perform the **Converging Bench Press**, first adjust both handles to their lowest position. Place a prone bench in the middle of the machine. Lie on the bench with your chest aligned with the handles. Grab the handles, bring them to chest level and press them upward and together, converging at the top. Then lower back to the starting position.

**Primary muscles worked:** Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



### Low Pec Fly

For **Low Pec Fly** adjust both handles to their lowest position. Stand in the middle of the machine, facing away. Grab the handles and take one step forward. Using an underhand grip and keep your arms straight. Slowly raise both handles to chest height while also converging to the middle. Then lower to the starting position.

**Primary muscles worked:** Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



### Pec Fly



To perform a **Pec Fly**, first adjust both handles to their lowest position. Place a prone bench in the middle of the machine. Lie on the bench with your chest aligned with the handles. Grab the handles and hold out to your side, at arms length, elbows slightly bent. Bring your arms up and together, in a circular motion. Then lower back to starting position.

**Primary muscles worked:** Pectorals Major and Minor (chest), Anterior Deltoids (shoulder).



### Pec Fly-Standing

For Standing Pec Fly, adjust the handles to chest height. Stand in the middle of the machine facing outward, grab the handles and take a step forward. Position the handles at chest level with arms extended to the sides. Use a neutral grip, and keep a slight bend at the elbows. Bring Your arms together in a circular motion.

**Primary muscles worked:** Pectorals Major and Minor (chest), Anterior Deltoids (shoulder).



### Seated Incline Press

For **Seated Incline Press**, adjust both handles to a low position and place a bench in the center of the machine. Incline the bench to your desired angle. Sit on the bench and lay back against the pad. Grab each handle and press upward, perpendicular to the floor. Then slowly lower to the starting position.

**Primary muscles worked:** Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



### Seated Incline Press-Converging

For **Converging Seated Incline Press**, adjust both handles to a low position and place a bench in the center of the machine. Incline the bench to your desired angle. Sit on the bench and lay back against the pad. Grab each handle and press upward and together, converging at the top. Then slowly lower to the starting position.

**Primary muscles worked:** Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



### Standing Chest Press



For **Standing Chest Press**, adjust both handles to about chest height. Stand in the middle of the machine, one step forward. Grab the handles and press forward, parallel to the floor. Resist as you return to the starting position. Primary muscles worked: Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).

**Primary muscles worked:** Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



### Standing Chest Press-Converging



For Standing Chest Press- Converging, adjust both handles to about chest height. Stand in the middle of the machine, one step forward. Grab the handles and press forward, parallel to the floor, while also converging to the middle. Resist as you return to the starting position.

**Primary muscles worked:** Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



### Standing Incline Press



For **Standing Incline Press**, adjust both handles to about chest height, or below. Stand in the middle of the machine, one step forward. Grab the handles and hold them at chest level. Press the handles forward and upward, at about a 45 degree angle to the floor. Slowly return the handles to chest level.

**Primary muscles worked:** Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



### Standing Incline Press-Converging

For **Converging Standing Incline Press**, adjust both handles to about chest height, or below. Stand in the middle of the machine, one step forward. Grab the handles and hold them at chest level. Press the handles forward and upward, at about a 45 degree angle to the floor while also converging to the middle. Slowly return the handles to chest level.

**Primary muscles worked:** Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of the arm).



### External Rotator

For the **External Rotator** exercise, we recommend you use a rolled up towel in between your torso and your elbow. First, position the handle at elbow height. Stand in the middle of the machine, grab the handle and rotate it outwards. Try to keep your elbow pinned to your side, and your upper arm stationary.

**Primary muscles worked:** Rear Deltoids (shoulder), Rotator Cuff.



### Internal Rotator

For the **Internal Rotator** exercise, we recommend you use a rolled up towel in between your torso and your elbow. First, position the handle at elbow height. Stand in the middle of the machine, grab the handle and rotate it inwards, across your body. Try to keep your elbow pinned to your side, and your upper arm stationary.

**Primary muscles worked:** Deltoids (shoulder), Rotator Cuff.



### One Arm Rear Delt



**One Arm Rear Delt** works the back of your shoulders. Adjust one handle to about chest height. Stand one step in front of the machine facing away. Grab the handle with your opposite hand. While maintaining a slight bend at the elbow, pull the handle across the front of your body and toward the rear. Concentrate on pivoting at the shoulder.

**Primary muscles worked:** Deltoids (shoulder), Trapezius (upper back).



### Front Raise

To perform a **Front Raise**, lower one handle to a low position. Grab the handle and standing facing away from the machine, one step forward. Keep your arm fairly straight and raise it forward, to shoulder height. Then slowly lower to the starting position.

**Primary muscles worked:** Deltoids (shoulder).



### Lateral Raise

For **Lateral Raise**, adjust both handles to a low position. Stand in the middle of the machine and grab each handle with the opposite hand. Keep your arms fairly straight and raise them to the side and to shoulder height. Then slowly lower to the starting position.

**Primary muscles worked:** Deltoids (shoulder).



### One Arm Lateral Raise

For **One Arm Lateral Raise**, adjust one handle to a low position. Stand aside the machine, holding onto the upright column for support. Grab the handle with the opposite hand. Keep your arm fairly straight and raise it to the side and to shoulder height. Then slowly lower to the starting position.

**Primary muscles worked:** Deltoids (shoulder).



### One Arm Shoulder Press



For **One Arm Standing Shoulder Press**, adjust one handle to about chest high, or lower. Grab the handle and carefully raise it to shoulder level. To perform the exercise, press your arm straight over head, then lower to the starting position.

**Primary muscles worked:** Deltoids (shoulder), Triceps (back of arm).



### Seated Shoulder Press

For Seated Shoulder Press, place a bench in the middle of the machine. Adjust the handles to a low position. Grab each handle and carefully raise them to shoulder level. To perform the exercise, press your arms straight over head, then lower to the starting position.

**Primary muscles worked:** Deltoids (shoulder), Triceps (back of arm).



### Seated Shoulder Press-Converging

For **Seated Shoulder Press-Converging**, place a bench in the middle of the machine. Adjust the handles to a low position. Grab each handle and carefully raise them to shoulder level. To perform the exercise, press your arms over head and together, converging at the top. Then lower to the starting position.

**Primary muscles worked:** Deltoids (shoulder), Triceps (back of arm).



## Shrugs

For **Shrugs**, lower both handles to their lowest position. Stand in the middle of the machine and grab each handle with the corresponding hand. Keep the handles at arm's length and pull, or shrug your shoulders up as far as possible. Relax and slowly lower your shoulders.

**Primary muscles worked:** Trapezius (upper back), Deltoids (shoulder).



### Standing Shoulder Press

For **Standing Shoulder Press**, adjust both handles to about chest high. Grab each handle and carefully raise them to shoulder level. To perform the exercise, press your arms straight over head, then lower to the starting position.

**Primary muscles worked:** Deltoids (shoulder), Triceps (back of arm).



### Upright Row

To perform an **Upright Row**, first lower one pulley to its lowest position. Grab the handle with both hands and stand facing the machine. In the starting position, the handle should be at arm's length. Pull the bar upward to shoulder level. Lower slowly.

**Primary muscles worked:** Deltoids (shoulder), Trapezius (upperback).



## Front Squat

To perform a **Front Squat**, first attach both handles to one side and adjust to the lowest position. Stand facing the handles, and grab a handle in each hand. Pull the handles up to your chest and hold them there. In a controlled fashion, squat until your thighs are parallel to the floor. Slowly stand up tall. Remember to keep a flat back. Do not arch!

**Primary muscles worked:** Entire leg! Quadriceps (front of upper leg), Hamstrings (back of upper legs), Gluteals (rear end), Gastrocnemius (rear of calf), Soleus (lower part of calf).



### Glute Kick

The **Glute kick** is best performed with the aid of the BODYCRAFT F603 bench, or something similar to provide stabilization. First, attach the ankle strap to one ankle. Adjust one cable to its lowest position and attach the ankle strap. Carefully position yourself so that you can hold onto the stabilization bar of the F603 Bench with the opposite side hand. To perform the exercise, extend your leg backwards at the hip. Keep your leg straight to emphasize the glute and hip muscles.

**Primary muscles worked:** Gluteus Maximus (butt), Hamstrings (back of upper legs).



## Hip Abduction

For **Hip Abduction**, first attach the ankle strap to one ankle. Adjust one cable to its lowest position and attach the ankle strap. Carefully position yourself so that the attached ankle is to the outside and so that you can hold onto the upright column of the machine. To perform the exercise, extend your leg outward at the hip.

**Primary muscles worked:** Abductors (outside of upper thigh).



## Hip Adduction



**Hip Adduction** is best performed with the aid of the BODYCRAFT F603 bench, or the opposite upright column to provide stabilization. First, attach the ankle strap to one ankle. Adjust one cable to its lowest position and connect the ankle strap. Carefully step away from the machine and stand sideways with the connected ankle to the inside. Be sure to hold onto the opposite upright column, or the stabilization bar of the F603 Bench. To perform the exercise, pull your leg inward at the hip. Resist as you let the weight pull your leg outward.

**Primary muscles worked:** Adductors (inside of upper thigh).



## Lunge

For **Lunge**, adjust both handles to waist high. Stand in the middle of the machine holding both handles at about waist level. To perform the exercise, carefully step forward with one leg and squat until your rear knee almost touches the ground. Then push back up to your original stance. Repeat the exercise with the opposite leg.

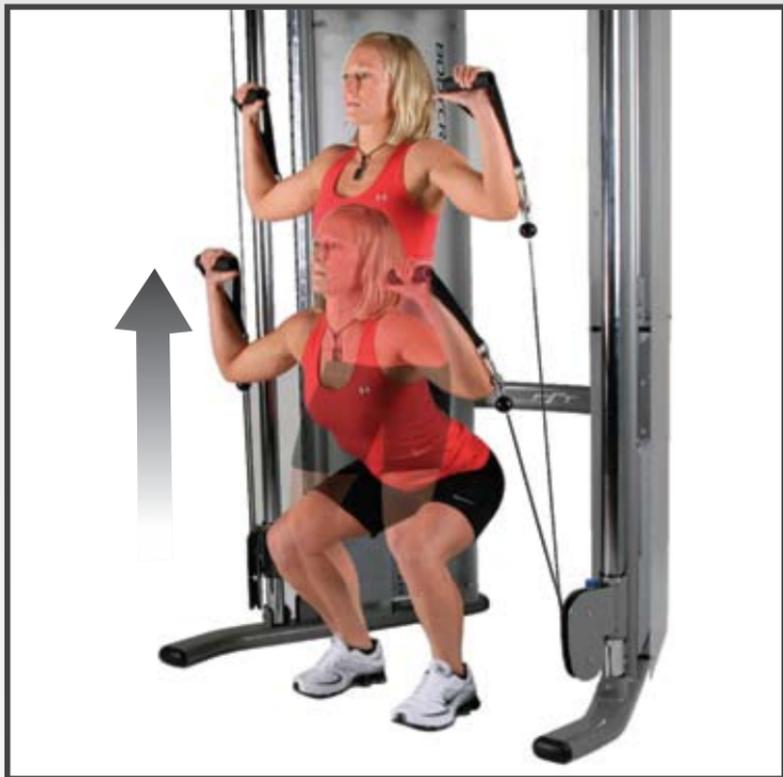
**Primary muscles worked:** Entire leg! Quadriceps (front of upper leg), Hamstrings (back of upper legs), Gluteals (rear end), Gastrocnemius (rear of calf), Soleus (lower part of calf).



## Reverse Lunge

For **Reverse Lunge**, adjust both handles to their lowest position. While facing the machine, grab each handle and step back two steps. To perform the exercise, hold the handles at arm's length and carefully step forward with one leg and squat until your rear knee almost touches the ground. Then push back up to your original stance. Repeat the exercise with the opposite leg.

**Primary muscles worked:** Entire leg! Quadriceps (front of upper leg), Hamstrings (back of upper legs), Gluteals (rear end), Gastrocnemius (rear of calf), Soleus (lower part of calf).



## Squat

For **Squat**, adjust both handles to their lowest positions. Stand in the middle of the machine, grab both handles and raise them to shoulder height. While holding the handles at shoulder height carefully squat down until your thighs are parallel to the floor. Slowly stand up tall. Remember to keep a flat back. Do not arch!

**Primary muscles worked:** Entire leg! Quadriceps (front of upper leg), Hamstrings (back of upper legs), Gluteals (rear end), Gastrocnemius (rear of calf), Soleus (lower part of calf).



### Standing Leg Curl

For **Standing Leg Curl** attach the ankle strap to one ankle. Lower one pulley to its lowest position and connect the ankle strap. Hold onto the upright column for support. To perform the exercise curl your lower leg backward as far as possible, pivoting at the knee. Try to keep your upper leg stationary. Slowly return to starting position. Repeat this exercise with the other leg.  
**Primary muscles worked:** Hamstrings (back of upper legs), Gastrocnemius (rear of calf).



### Standing Leg Extension

For **Standing Leg Extension**, attach the ankle strap to one ankle. Lower one pulley to its lowest position and connect the ankle strap. Hold onto the upright column, or a bench for support. To perform the exercise, lift your leg until your upper thigh is parallel to the floor. While trying to keep your upper thigh stationary, extend your lower leg at the knee, then lower. Repeat this exercise for the other leg.

**Primary muscles worked:** Quadriceps (front of upper leg)



Optional Long Bar

### Long Bar Wood Chop

For **Long Bar Wood Chop**, first adjust one pulley to its top position and attach one end of the Long Bar. Stand out in front and sideways to the machine. Place your outer most hand at the end of the bar not attached, and your other hand further up the bar at slightly wider than shoulder width. The motion is one similar to swinging an axe, or casting a fishing rod. Remain in control at all times. Repeat for other side.

**Primary muscles worked:** This is a complete upper body workout. Especially good for Core muscles.



Optional Long Bar

### Long Bar Standing Clean & Jerk

For **Long Bar Standing Clean & Jerk**, adjust both pulleys to their lowest position and attach the Long Bar. Stand in the middle of the pulleys facing away from the machine. Grab the bar using a shoulder width overhand grip. Stand upright with Long Bar at arms length. While maintaining correct posture, simultaneously pull the bar to shoulder height while flipping your wrists and elbows around the bar. Press the bar straight over head. Stay in control and lower to the starting position.

**Primary muscles worked:** Deltoids (shoulder), Trapezius (upper back).



Optional Long Bar

### Long Bar Chest Press

For **Long Bar Chest Press**, first adjust both pulleys to bout chest height and attach the Long Bar. Stand in the middle of the machine and grab the Long Bar with an overhand shoulder width grip. Press the bar forward, parallel to the floor. Resist as you return to the starting position.

**Primary Muscles Worked:** Pectorals Major and Minor (chest), Anterior Deltoids (shoulder), Triceps (back of arm).



### Sports Stick Golf Swing

To strengthen your golf swing, adjust one pulley to its lowest position and attach the Sports Stick. stand sideways to the pulley and assume your golf stance. Grip the Sports Stick as if it were a golf club and practice your swinging motion. Try adjusting the pulley to varying heights to emphasize different areas of your swing.



Optional Sports Stick

### Sports Stick Baseball Swing

To strengthen your baseball, or softball swing, first adjust one pulley to shoulder level and attach the Sports Stick. Stand sideways to the pulley and assume your swing stance. Grab the Sports Stick as if it were a bat and practice your swinging motion. Try adjusting the pulley to varying heights to strengthen your swing in multiple planes.



### Boxing Punch

For the Boxing Punch, adjust one handle to about shoulder height. Grab the handle and face away from the machine. Practice a boxing punch. This exercise can also be done with both hands simultaneously.



### Core Twist

The Core Twist works your entire mid section. Adjust one handle to about waist height. Grab the handle and step away from the machine, standing sideways. Stabilize your lower body. Hold the handle at waist level and twist away from the machine. Remember to keep your hips stationary and twist using your oblique and abdominal muscles. Repeat for the other direction.



### Golf Swing

To strengthen your golf swing, adjust one handle to the lowest position. Grip the handle as you would a golf club and practice your swing. Adjust the handle to different heights to emphasize different areas of your swing.



### Lunge to Press

Lunge to Press is a great full body exercise for strength and coordination. Adjust both handles to their lowest positions and stand in the middle of the machine. Raise both handles to shoulder height, and carefully step forward with one foot. While maintaining this lunge position, carefully squat down until your rear knee almost touches the floor. As you stand up, simultaneously raise the handles over head. Lower the handles to your shoulders while you repeat the squat.



### Overhand Pitch

To strengthen your throwing motion, adjust one handle to shoulder height. Grab the handle and practice your throw.



### Press to Twist

For Press to Twist, adjust both handles to chest height. Stand one step in front of the machine facing away. Grab each handle and hold at chest level. Slowly press one arm out and across your body. Simultaneously twist your torso to full range of motion. Repeat the motion with the other arm.



### Squat to Press

Squat to Press is a great full body exercise that requires a bit of coordination. Adjust both handles to their lowest positions. Stand in the middle of the machine, grab both handles and raise them to shoulder height. While holding the handles at shoulder height carefully squat down until your thighs are parallel to the floor. As you stand up, simultaneously raise the handles over head. Lower the handles to your shoulders before you repeat the squat.



### Squat to Press- Converging

Converging Squat to Press is a great full body exercise that requires a bit of coordination. Adjust both handles to their lowest positions. Stand in the middle of the machine, grab both handles and raise them to shoulder height. While holding the handles at shoulder height carefully squat down until your thighs are parallel to the floor. As you stand up, simultaneously raise the handles over head and together. Lower the handles to your shoulders before you repeat the squat.



### Lunge to Press

Lunge to Press is a great full body exercise for strength and coordination. Adjust both handles to their lowest positions and stand in the middle of the machine. Raise both handles to shoulder height, and carefully step forward with one foot. While maintaining this lunge position, carefully squat down until your rear knee almost touches the floor. As you stand up, simultaneously raise the handles over head. Lower the handles to your shoulders while you repeat the squat



### Tennis Backhand



To strengthen your tennis swing, adjust one handle to about knee level. Grip the handle as you would a tennis racquet and practice your swing. Adjust the handle to different heights to practice different angles.



### Wood Chop High to Low

For Wood Chop High to low, adjust one handle to its highest position. Grab the handle and stand one step away from the machine, sideways to the handle. Grab the handle with both hands. Keep your arms straight and pull the handle down and across your body as if chopping a tree with an axe. Twisting your torso during the exercise is a great way to incorporate all the core muscles.



### Wood Chop Low to High

For Wood Chop Low to High, adjust one handle to its lowest position. Grab the handle and stand one step away from the machine, sideways to the handle. Grab the handle with both hands. Keep your arms straight and pull the handle up and across your body as if chopping a tree with an axe. Twisting your torso during the exercise is a great way to incorporate all the core muscles.