

PROGRESSIVE POWER ARMS

EXERCISE GUIDE

BODYCRAFT
The Art and Science of Movement



Shoulder Press

Adjust the Power Arms to the 1 or 2 Position. Grabbing the Handles, Hold Your Arms Upright with Palms Facing Forward to Shoulder Height. Push Upward Until You Reach the Top and Pause. Slowly Lower the Handles Back to the Starting Position.



Chest Fly

Adjust the Power Arms to the 3 or 4 Position. Grabbing the Handles, Extend Your Arms to the Side with Palms Facing Forward at Chest Height. With a Slight Bend in Your Elbows Bring Your Palms Together in Front of You, Almost Touching. Slowly Bring Your Arms Back Out to Your Sides to the Starting Position.



Chest Press

Adjust the Power Arms to the 2 or 3 Position. Grabbing the Handles, With Your Palms Down Position Your Arms at a 90 Degree Angle with Shoulder Blades Together. Extend Through the Elbows and Press the Handles Forward. Drawing them Together in Front of you. Pause at the Top and Return to the Starting Position.



Shoulder Press Combo

Adjust the Power Arms to the 4 or 5 Position. Hold Your Arms Upright with Palms Facing Forward to Shoulder Height. Push Upwards with One Arm Until you Reach the Top and Pause. Slowly Lower that Arm to the Starting Position and Repeat the Motion with the Opposite Arm. Slowly Return that arm to the Starting Position and then Perform a Standard Shoulder Press.



Bicep Curl

Adjust the Power Arms to the 5 or 6 Position. Grabbing the Handles, With Your Palms Up Position Your Arms Down and Out to Your Sides. Moving Only Your Forearms, Pull the Handles Up to Shoulder Height Until Biceps are Fully Contracted. Slowly Lower the Handles Back to Your Sides at the Starting Position.



Crossbody Press

Adjust the Power Arms to the 3 or 4 Position. Grabbing the Handles, With Your Palms Inwards Position Your Arms at Chest Height with Shoulder Blades Together. Extend Through the Elbows and Press One Handle Forward Across Your Body. Return this Arm to the Starting Position and Repeat With Opposite Arm.

We hope you enjoy many healthy years of use. Learning to use and maintain your R400 with Progressive Power Arms is very important for your personal safety and the proper function of the machine. Be sure to read all of the information carefully before using. The information in this guide is general in nature; for detailed information about exercise, consult your physician and your local fitness dealer. Your local fitness dealer can provide reputable books and referrals to personal trainers. **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35, or with preexisting health problems. Recreation Supply, Inc. assumes no responsibility for injury or property damage sustained by or through the use of this product. **VARIATIONS:** The Progressive Power Arms have various angle adjustments. Adjusting the angles can enhance your comfort and add new angles to strengthen your muscles. Each different angle will engage your muscles differently.