



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).