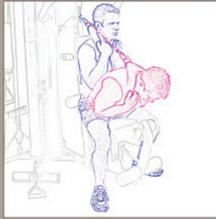




WORKOUT CHART

Abs



Ab Crunch

Adjust seat back to the upright position and attach Ab Strap to the cable located behind your head. Hold Ab Strap handles in place at shoulder level. Use abdominal muscles to crunch forward and downward.
Muscles worked: Abdominals, Hip Flexors



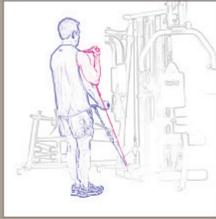
Oblique Twist

Attach the Single Handle to the low pulley and stand directly beside it. Grab Single Handle with both hands. Twist away from machine.
Muscles Worked: Obliques



Side Bends

Attach the Single Handle to the low pulley and stand directly beside it. Grab the Single Handle with your inside hand. Bend away from machine.
Muscles Worked: Obliques



Arm Curl

Attach the Curl Bar and chain to the low pulley. Grasp Curl Bar using an underhand grip. While trying to keep your elbows stationary, curl the bar upward toward your chest. Variation: Use an overhand grip for Reverse Curl. **Muscles worked:** Biceps, Forearms



High Cable Biceps Curl

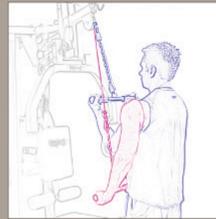
Attach the Curl Bar to the high pulley. Sit on the machine, locking knees under the hold-down pads. Grab the Curl Bar with an overhand grip and pull towards the back of your head using your biceps muscles. **Muscles worked:** Biceps, Forearms

Arms



One Arm Reverse Triceps Pull Down

Attach Single Handle and chain to the high pulley. Stand facing the machine, and grab the handle with an underhand grip. While keeping your elbows stationary at side, pull down using your triceps muscles. Variation: Use an overhand grip. **Muscles worked:** Triceps, Forearms



Reverse Triceps Pull Down

Attach Curl Bar to the high pulley. Stand facing the machine and grab the bar with an underhand grip. Pull down using your triceps muscles. **Muscles worked:** Triceps, Forearms



Seated Biceps Curl

Attach the Curl Bar to the high pulley. Sit facing the machine, locking knees under the hold down pad. Grab the Curl Bar with an overhand grip and pull towards your chest using your biceps muscles. Variation: Use an overhand grip for Reverse Curls. **Muscles worked:** Biceps, Forearms



Triceps Extension

Adjust the Seat Back to the upright position. Attach Curl Bar to the high pulley. Sit on the seat and grab the Curl Bar with an overhand grip. Use your upper arms into place and extend arms at elbow. **Muscles worked:** Triceps, Forearms



Triceps Kickback

Attach the Single Handle to the low pulley. Stand facing the machine, bend slightly at the waist, and grab handle with a neutral grip and pull toward arm backwards at elbow. **Muscles worked:** Triceps, Forearms



Triceps Pushdown

Attach the chain and Curl Bar to the high pulley. Stand facing the machine and grab the Curl Bar with an overhand grip. Keep elbows and upper arms stationary at side, pull down using your triceps muscles. Variation: Use an overhand grip. **Muscles worked:** Triceps, Forearms



Front Pulldown

Attach the Lat Bar to the high pulley. Sit facing the machine, locking knees under the hold down pad. Grab the lat bar with an overhand grip and pull slowly down towards your upper thighs. Variation: Grab bar with an underhand grip. **Muscles worked:** Latissimus Dorsi, Trapezius, Rhomboids, Biceps



Low Row

Attach Curl Bar to the low pulley. Sit on the floor, bracing your feet against the foot plate. While keeping your upper torso upright and stationary, pull bar to your midsection with an overhand grip. Variation: Use an underhand grip. **Muscles worked:** Latissimus Dorsi, Rhomboids, Trapezius, Deltoids, Forearms, Biceps



Mid Row

Adjust Press Arm to furthest rear position. Adjust seat back to slight recline position. Grab handles with overhand grip and pull as far back as possible. Variation: Use an underhand grip. **Muscles worked:** Latissimus Dorsi, Rhomboids, Trapezius, Deltoids, Biceps



One Arm Row

Attach the Single Handle to the low pulley. Stand facing the machine, bend slightly at the waist, and grab handle with a neutral grip and pull to midsection. **Muscles worked:** Latissimus Dorsi, Rhomboids, Trapezius, Deltoids, Forearms, Biceps



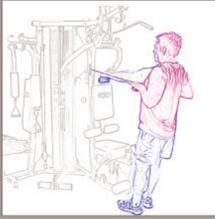
Pullover (Front Lat)

Attach the straight bar to the high pulley. Sit on seat, and grab the handles with an overhand grip. Keep arms straight and pull downward. **Muscles worked:** Latissimus Dorsi, Triceps



Self Stabilizing Rear Delt Row

Stand facing the machine. Grab the handles and pull backwards. **Muscles worked:** Rear Deltoids, Rhomboids



Self Stabilizing Cable Mid Row

Attach the Curl Bar to the high pulley. Stand facing the machine. Grab the Curl Bar with an overhand grip and pull towards your chest using your biceps muscles. Variation: Use an underhand grip. **Muscles worked:** Latissimus Dorsi, Rhomboids, Trapezius, Deltoids, Biceps



Seated Cable Mid Row

Attach the Curl Bar to the high pulley. Stand facing the machine. Grab the Curl Bar with an overhand grip and pull as far back as possible. Variation: Use an underhand grip. **Muscles worked:** Latissimus Dorsi, Rhomboids, Trapezius, Deltoids, Biceps



Reverse Fly

Sit on Pec Deck seat facing the machine. Raise elbows to shoulder height, behind Pec Deck arms. Extend elbows back as far as possible. **Muscles worked:** Rhomboids, Deltoids

Chest



Bench Press

Adjust seat back to upright position. Adjust the Seat height so that Press handles are chest height. Press Arm should be in the green zone. Grab the handles with overhand grip and press arms away from chest. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Triceps



Incline Bench Press

Adjust the seat back to incline (red) position. Adjust the seat height so that Press handles are chest height. Press Arm should be in the red zone. Sit back in the seat so that the seat back faces a forward position. Grab handles with overhand grip and press arms away from chest. **Muscles worked:** Upper Pectorals Major and Minor, Anterior Deltoids, Triceps



Dumbbell Style Pec Fly

Grasp the Pec Deck handles and swing outward to near full extension. Press the arms forward and together. **Muscles worked:** Pectorals Major and Minor



Pec Fly

Adjust the Pec Arms to full comfortable stretch. Press your elbows forward and together. **Muscles worked:** Pectorals Major and Minor



Shoulder Press

Adjust Seat Back and Press Arm to shoulder (blue) position. Adjust Seat height so that press handles are at shoulder height. Sit on low pulley, facing forward. Grab handles with an overhand grip and press arms away from shoulders. **Muscles worked:** Deltoids, Triceps

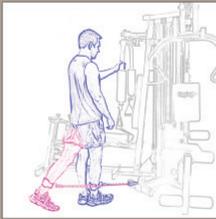
Shoulders

Legs



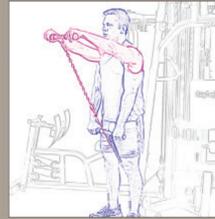
Calf Raise

Adjust the Foot Plate to the closest comfortable position. Place the balls of your feet on the center of the Foot Plate, knees slightly bent. Flex foot at ankle and raise on toes. Feet can be moved in varying positions to emphasize different parts of the calf muscles. **Muscles worked:** Soleus, Gastrocnemius



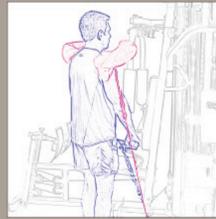
Glute Kick

Stand facing machine. Attach Ankle Strap to one ankle and to the Low Pulley. Using a full range of motion, extend leg backwards. **Muscles worked:** Gluteus Maximus



Front Raise

Attach the chain to the Curl Bar and to the Low Pulley. Stand in front of the low pulley, facing away with chain in between legs. Keep arms straight and raise to front. **Muscles worked:** Deltoids, Forearms



Upright Row

Attach the chain to the Curl Bar and to the Low Pulley. Stand in front of the low pulley, facing toward the machine. Grab the bar with an overhand grip and pull upward. **Muscles worked:** Trapezius, Deltoids, Forearms



Shrugs

Adjust the chain to the Curl Bar and to the Low Pulley. Stand in front of the low pulley, facing toward the machine. Hold the bar at arms length and shrug shoulders upward. **Muscles worked:** Trapezius, Deltoids



Hip Abduction

Stand adjacent to the low pulley grabbing the machine for support. Attach the leg strap and chain to the low pulley. Attach the ankle strap to your outside ankle. Using a full range of motion, extend leg outward away from midline of body. **Muscles worked:** Abductor, Gluteus Medius



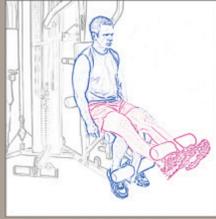
Hip Adduction

Stand adjacent to the low pulley grabbing the machine for support. Attach the leg strap and chain to the low pulley. Attach the ankle strap to your inside ankle. Using a full range of motion, extend leg across and away from body. **Muscles worked:** Adductor, Gluteus Medius



Leg Curl

Stand facing machine. Adjust Seat so that top roller pads rest on front of legs above knees. Grab Press Arm for stability. Wrap ankles behind lower roller pads. Using one leg at a time, pull and curl upward as far as possible. **Muscles worked:** Hamstrings, Gluteus Maximus



Leg Extension

Adjust seat and seat back so that knees are level with and even with pivot point. Sit and hook ankles behind lower roller pads. Extend legs forward and upward. **Muscles worked:** Quadriceps



Leg Press

Adjust Foot Plate so that knees are as close to chest as comfort allows. Place feet on middle of Foot Plates and press outward. Avoid locking knees at full extension. **Muscles worked:** Quadriceps, Hamstrings, Gluteus Maximus, Calves



Side Squats

Attach the Single Handle to the low pulley. Turn sideways and grab the handle from a squatting position. Be sure to keep your back in flat position and slowly rise to a standing position. Proper form and slow controlled movements are very important. **Muscles worked:** Gluteus Maximus, Hamstrings, Quadriceps, Spinal Erector, Abdominus



Calf Raise

Attach the Curl Bar to the chain and the chain to the low pulley. Hold the bar with an overhand grip and raise up on your toes. **Muscles worked:** Soleus, Gastrocnemius



Squats

Attach the Curl Bar to the chain and the chain to the low pulley. Stand in front of the low pulley in a squatting position. Be sure to keep back in flat position and slowly rise to a standing position. Proper form and slow controlled movements are very important. **Muscles worked:** Gluteus Maximus, Hamstrings, Quadriceps, Spinal Erector, Abdominus

Thank you for investing in the BodyCraft Galena Strength Training System. We hope you enjoy many healthy years of use. Learning to use and maintain your strength training system 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. This 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 pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

GENERAL EXERCISE GUIDELINES: There are many theories as to the proper number of repetitions and sets of repetitions of any specific exercise. In fact, we are all unique individuals and what may be effective for one person may not be for the next. For your specific needs, we recommend consultations with your fitness dealer or a certified personal trainer. For general guidelines, we recommend 6-12 repetitions per set and 2-3 sets per any given exercise. Intensity is more important than the number of reps and sets. The amount a muscle group is stressed (to failure) is directly proportional to the amount of increased strength/growth. Please remember to start easy and increase the total time and the number of repetitions gradually. Overdoing it in the beginning can cause unnecessary muscle soreness. If at any time you feel excessive pain, stop immediately. Determine what is wrong before continuing. Rest is a very important part of the process. Begin each session with a 5-15 minute warm up period of light exercise and stretching. During the routine, be sure to maintain proper form and move through the full range of motion. Be sure to breathe naturally; do not hold your breath. End each session with 5-10 minutes of light stretching. Stretching can help relieve soreness and increase flexibility. Plan to spend the first two weeks getting familiar with the machine and accustomed to the routines. Do not quit! Variety of exercises can be a motivating factor. Seek further information regarding health problems. Remain committed and your exercise time will soon become a time you anticipate.