

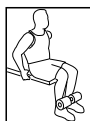
BodyCraft

EXERCISE GUIDE

Thank you for investing in the BodyCraft Strata Strength Training System. We hope you enjoy many fit 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 or your local fitness dealer. Your local fitness dealer can provide you with reputable books or a certified personal trainer. **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 as effective for the next. For your specific needs, we recommend consultations with your fitness dealer or a certified personal trainer. For general guidelines, we recommend 5-10 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 proportionate to the amount of increased strength/growth. Please remember to start easy and increase both the total time and the number of repetitions gradually. Overdoing it in the beginning can cause unnecessary 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 breath. End each session with 5-10 minutes of stretching. Stretching will help prevent soreness and increase flexibility. Plan to spend the first two weeks getting familiar with the machine and accustomed to your routines. Do not quit! Variety of exercises can be a motivating factor. Seek further information regarding different exercises. Remain committed and your exercise time will soon become a time you eagerly anticipate.

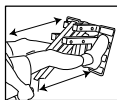
LEGS



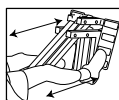
LEG EXTENSION
Decline seat by swinging U-pin below seat forward. Sit and wrap ankles behind lower roller pads. Extend legs.
Muscles worked: Quadriceps



LEG CURL
Lie face down on bench and wrap ankles below top roller pads. Curl legs upward.
Muscles worked: Hamstrings, Glutes



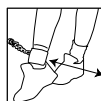
LEG PRESS
Adjust seat so that knees are close to chest. Center feet on press plates. Press feet against stationary press plates, moving backward until legs are nearly straight. Note: The weight ratio is 1.5:1. Variations: point toes inward, outward.
Muscles worked: Quadriceps, Hamstrings, Glutes



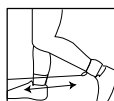
CALF RAISE
With leg press: Position balls of feet toward bottom of press plates. Extend ankles. Without Leg Press: Attach squat belt to low pulley. Stand on footplate and extend ankles. Variations: Point toes inward, outward.
Muscles worked: Gastrocnemius, Soleus



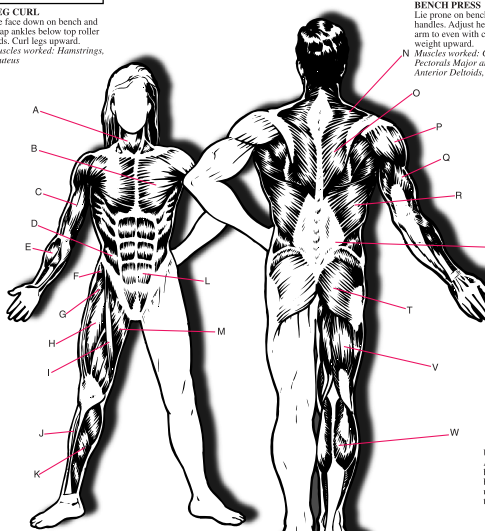
HIP ABDUCTION
Attach chain and ankle strap to low pulley. Stand sideways and attach ankle strap to outside ankle as shown. Extend leg away from the body.
Muscles worked: Abductor, Gluteus Medius



HIP ADDUCTION
Attach ankle strap to chain and to lower cable with the strap hook. Stand sideways with the inside foot in the ankle strap as shown. Extend leg across and away from body. Keep leg straight and use controlled motion.
Muscles worked: Adductor, Gluteus Medius



GLUTE KICK
Attach the chain and the ankle strap to the low pulley using a snap hook. Stand facing the machine with one leg in the ankle strap as shown. Extend leg backwards. Use a controlled motion.
Muscles worked: Gluteus Maximus



A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradialis (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (back of calf)
L. Rectus Abdominus (stomach)
M. Adductor (inner thigh)
N. Trapezius (upper back)
O. Rhomboids (upper back)
P. Deltoid (shoulder)
Q. Triceps (back of arm)
R. Latissimus Dorsi (mid back)
S. Spina Erector (lower back)
T. Gluteus Medius (hip)
U. Gluteus Maximus (buttocks)
V. Hamstring (back of leg)
W. Gastrocnemius (back of calf)

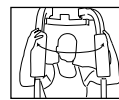
CHEST & SHOULDERS



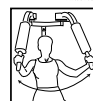
BENCH PRESS
Lie prone on bench and grasp handles. Adjust height of press arm to even with chest. Press weight upward.
Muscles worked: Chest, Pectoralis Major and Minor, Anterior Deltoids, Triceps



INCLINE PRESS
Angle bench seat back using spring pin underneath the seat slide. Decline seat by swinging U-pin below seat forward. Adjust height of press arm to even with chest. Press weight upward. Note: Each different level stresses the muscles from a different angle providing unique benefits.
Muscles worked: Upper Chest, Pectoralis Major and Minor, Anterior Deltoids, Triceps



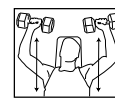
PEC FLY
Adjust pec arms to fall comfortable stretch. Press elbows forward and together.
Muscles worked: Pectoralis Major and Minor



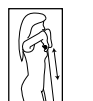
DUMBBELL STYLE PEC FLY
Grasp pec dec arm handles and swing outward to near full extension. Press arms forward and together. Variations: Incline seat back for incline flies.
Muscles worked: Pectoralis Major and Minor



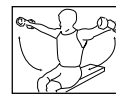
SHOULDER PRESS
Adjust angle of bench seat back to vertical. Decline seat by swinging U-pin forward. Adjust press arm height to shoulder level. Press weight upward.
Muscles worked: Deltoids, Triceps



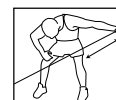
INCLINE DUMBBELL PRESS
Incline seat back. Grasp selected dumbbells and raise to shoulder level. Press dumbbells overhead in a smooth, arcing motion. Keep elbows pointed outward.
Muscles worked: Deltoids, Triceps, Pectoralis



UPRIGHT ROW
Attach chain and short bar to low pulley. Grasp bar overhead, stand upright and raise to shoulder level.



DUMBBELL LATERAL RAISE
Select desired dumbbells. Raise arms straight outward from sides using shoulder muscles.
Muscles worked: Deltoids, Trapezius

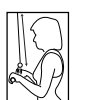


CABLE LATERAL RAISE
Attach chain and single handle to low pulley. Stand sideways to the machine and bend at waist as shown. Grasp single handle with away hand and raise laterally. Remember to keep your back straight.
Muscles worked: Rhomboids, Deltoids, Trapezius

ARMS & ABDOMINALS



CABLE CURL
Attach curl bar to chain and to low pulley. Stand facing machine and grasp curl bar with underhand grip. While trying to keep your elbows stationary, pull the bar upward toward shoulders using biceps muscles. Variations: Use overhead grip for reverse curl. Use single handle for one-arm curls.
Muscles worked: Biceps, Forearms



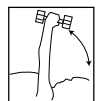
TRICEPS PUSHDOWN
Attach chain and curl bar to top pulley. Straddle bench and grasp curl bar, keep elbows stationary at side, and push weight down by extending arms. Variations: Grasp bar with underhand grip. Use ablow row strap and wider grip while lowering weight.
Muscles worked: Triceps, Forearms



TRICEP EXTENSION
Attach ab strap to middle pulley located below pec dec. Sit on bench facing away from machine. Grasp ab strap, lean forward, hold elbows stationary at head level and extend arms.
Muscles worked: Triceps, Forearms



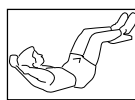
DUMBBELL CURL
Select desired dumbbells. Alternately curl dumbbell upward toward shoulders using biceps muscles. Variations: Overhand grip, neutral grip.
Muscles worked: Biceps, Forearms



DUMBBELL TRICEP EXTENSION
Lie prone on bench with selected dumbbells in extended arms. Lower dumbbells toward forehead by bending at elbows, raise dumbbells using triceps.
Muscles worked: Triceps, Forearms



AB CRUNCH
Attach ab strap to mid pulley on front support. Sit on bench facing away from machine, drape the ab strap over your shoulder, and grasp handles at shoulder level. Crunch body forward using abdominal muscles.
Muscles worked: Rectus Abdominus, Upper Abdominals



OFF BENCH SIT-UP
Lie on floor with knees resting up on front support. Roll upper body upward using abdominal muscles.
Muscles worked: Abdominals

BACK



LAT PULLDOWN
Attach lat bar to top pulley. Sit on seat back with knees below knee hold-down pads. Grasp lat bar and pull weight downward to back of neck.
Muscles worked: Latissimus Dorsi, Trapezius



FRONT PULLDOWN
Attach lat bar to top pulley. Sit on seat back with knees below knee hold-down pads. Grasp lat bar and pull weight toward chest. Variations: Grasp bar with underhand grip.
Muscles worked: Latissimus Dorsi, Trapezius



SEATED LOW ROW
Attach chain and curl bar to low pulley. Sit on floor, brace feet against footplate and sit upright. Pull weight toward mid-section. Variations: Grasp bar with underhand grip. Use ab crunch strap.
Muscles worked: Latissimus Dorsi, Trapezius, Rhomboids, Deltoids, Biceps, Forearms



LEVERAGED ROW
Angle seat back. Lie face down on bench. Adjust press arm to engage at lowest reach. Grasp handles and pull weight toward chest.
Muscles worked: Deltoids, Trapezius



DUMBBELL REAR RAISE
Select desired dumbbells. Lie face down on bench with dumbbells hanging toward floor. Keep arms mostly straight and raise outward.
Muscles worked: Deltoids, Trapezius, Rhomboids



REVERSE FLY
Sit on bench at pec dec facing machine. Raise elbows to shoulder height behind pec dec arms. Extend elbows back as far as possible.
Muscles worked: Rhomboids, Deltoids