Thank you for investing in the BodyCraft XPress 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.

**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 is effective for one person may not be for the rest. For your specific needs, we recommend consultations with your fitness dealer or a certified personal trainer. For general guidelines, we recommend 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.

- **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.**

**HELPFUL TIPS:**
- **Use of a full range of motion (to failure) is important for persons over the age of 35, or with preexisting health problems.**
- **Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.**

**LEGS**

- **LEGS EXTENSION**
  - Forward motion
  - Feet shoulder width, toes pointed forward.
  - Keep knees at 90 degrees.
  - Sit on roller pads and bring leg to 90 degrees.
  - Keep heel on floor.

- **LEGS PRESS**
  - Feet together, toes pointed:
    - Forward motion
    - Avoid locking knees at full extension.
    - Feet can be placed slightly beyond pivot point.
    - Sit and hook ankles to forward ankle.

- **LEGS PRESS (Optional alternative):
  - Adjust seat back to your comfort.
  - Adjust seat to an incline.
  - Sit on roller pads and bring leg to 90 degrees.
  - Keep heel on floor.

**BACK**

- **BACK EXTENSION**
  - Forward motion
  - Feet shoulder width, toes pointed forward.
  - Sit on roller pads and bring leg to 90 degrees.
  - Keep heel on floor.

- **BACK EXTENSION**
  - Feet shoulder width, toes pointed forward.
  - Sit on roller pads and bring leg to 90 degrees.
  - Keep heel on floor.

**CHEST**

- **CHEST PRESS**
  - Adjust seat back to your comfort.
  - Adjust seat to an incline.
  - Sit on roller pads and bring leg to 90 degrees.
  - Keep heel on floor.

**ABS**

- **ABS PRESS**
  - Adjust seat back to your comfort.
  - Adjust seat to an incline.
  - Sit on roller pads and bring leg to 90 degrees.
  - Keep heel on floor.

**ARMS**

- **ARM PRESS**
  - Adjust seat back to your comfort.
  - Adjust seat to an incline.
  - Sit on roller pads and bring leg to 90 degrees.
  - Keep heel on floor.

**SHOULDERS**

- **SHOULDERS PRESS**
  - Adjust seat back to your comfort.
  - Adjust seat to an incline.
  - Sit on roller pads and bring leg to 90 degrees.
  - Keep heel on floor.

**SPORTS SPECIFIC**

- **GOLF Swing**
  - Assume your neutral golf stance over the roller pads. Begin with handle in hand.
  - Rotational motions
  - Repeat for 3 sets of 12 reps.

- **BASKETBALL**
  - Crescent stance.
  - Swing arm forwards and backwards alternately.
  - Repeat for 3 sets of 12 reps.

**MORE SPORTS MOVEMENTS**

- **Baseball**
  - Forward motion
  - Feet shoulder width, toes pointed forward.
  - Sit on roller pads and bring leg to 90 degrees.
  - Keep heel on floor.

- **Tennis Forehand**
  - Assume your tennis forehand stance.
  - Swing arm forwards and backwards alternately.
  - Repeat for 3 sets of 12 reps.

- **LACROSSE**
  - Assume your lacrosse stance over the roller pads. Begin with handle in hand.
  - Rotational motions
  - Repeat for 3 sets of 12 reps.

**MACHINES MAINTENANCE TIPS:**
- **1.** Check all cables and pulleys daily for fraying or wear.
- **2.** Check all moving parts daily for signs of wear or grease run-off.
- **3.** Check all connections daily for fraying or wear.

**STORAGE**

- **STORAGE**
  - Keep all cables and pulleys in good working condition.
  - Check all moving parts for signs of wear or grease run-off.
  - Check all connections for fraying or wear.

**OTHERS**

- **OTHERS**
  - Keep all cables and pulleys in good working condition.
  - Check all moving parts for signs of wear or grease run-off.
  - Check all connections for fraying or wear.