

RFT

EXERCISE GUIDE

BODYCRAFT
The Art and Science of Movement

CORE

Core Twist



Adjust a front pulley to your mid section. Hold one handle with both hands. Keeping arms straight, rotate torso to opposite side until cable makes contact with shoulder. Return to original position and repeat.

Wood Chop



Adjust a front pulley to a high position and grasp one handle with both hands. Pull the handle down and across your body to your opposite side. Allow your hips and torso to rotate, and keep a slight bend in your knees.

Ab Crunch



Adjust a front pulley to a high position. Attach the rope or single handles and grasp a side in each hand. Kneel down facing away from the RFT and crunch your chest toward your hips and pull with your arms until your head is between your knees.

Leg Raises



Facing away from the RFT, hang from a chin-up bar with both arms extended at arms length in top of you using either a wide grip or a medium grip. Raise your legs until the torso makes a 90-degree angle with the legs.

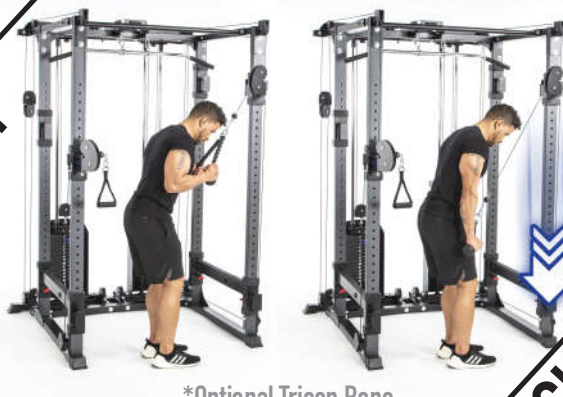
ARMS

Biceps Curl



Adjust a front pulley to a low position. Using the curl bar or single handles, grab with an underhand grip at shoulder width. Without moving your upper arms, bend your elbows and curl the handles as close to your shoulders as you can.

Triceps Pulldown



Adjust a front pulley to a high position and attach the rope or single handles. Bring your upper arms close to your body and perpendicular to the floor. Pull down until you touch the front of your thighs and the arms are fully extended perpendicular to the floor.

Shoulder Press



Adjust the front pulleys to a low position. Using a staggered stance, grab each handle and carefully raise them to shoulder level. Press your arms straight over head, then lower back to starting position.

Upright Row



Adjust a front pulley to a low position. Attach the curl bar or single handles to one pulley and use an overhand grip. Facing the machine, the handle should be at arm's length. Pull the handle upward to shoulder level then lower slowly.

BACK

High Row



Attach both single handles to the high pulleys. Kneeling a couple of feet away, hold the handles out in front of you with both arms extended. Flex the elbows and fully retract your shoulders, pull the rope toward your chest with your elbows out.

Pull Up



Grab the pull-up bar with the palms facing forward. Pull your torso up until the bar touches your upper chest by drawing the shoulders and the upper arms down and back. Slowly lower your torso back to the starting position.

Rear Delt



Attach both single handles to the high pulleys. Grab the left handle with your right hand and the right handle with your left hand, crossing them in front of you. Move your arms back and outward, keeping your arms straight.

Lat Pulldown



Attach lat pulldown bar to the high pulleys. Position the bench inside the RFT. While seated & using an overhand grip, bring the bar down until it touches your upper chest by drawing the shoulders and the upper arms down and back.

CHEST

Chest Fly



Adjust the front pulleys to chest height. Facing away from the RFT, grab the handles and take a step forward. Using a neutral grip, bring your arms together in front of you, keeping your arms straight.

Incline Cable Press



Adjust the front pulleys to a low height. Laying down on an inclined bench & grasping the handles. Extend through the elbow, pressing the handles together straight in front of you. Keep your shoulder blades retracted.

Chest Press



Adjust the front pulleys to chest height. Stand in front of the handles, holding one in each hand. Extend through the elbows to press the handles forward, drawing them together in front of you.

Reverse Press



Adjust the front pulleys to chest height. Stand behind the handles, holding one in each hand with an underhand grip. Extend through the elbows to press the handles forward, drawing them together in front of you.

LEGS

Cable Squat



Adjust the front pulleys to a low position. Facing away from the RFT and grab the handles. Starting in a squat position, grab both handles at shoulder height. Slowly stand up, pushing through heels until torso is upright.

Hip Flexion



Attach the ankle cuff to one of the low pulleys. Attach the cuff to your ankle. Bending at the knee begin to lift your leg up to your waist at a 90 degree angle. Slowly lower your leg down but keep your foot off the ground.

Leg Curl



Attach the ankle cuff to one of the low pulleys. Attach the cuff to your ankle. Facing away from the RFT lay on your stomach. Bending at the knee slowly lift your ankle up to a 90 degree position. Can be performed standing as well.

Hip Adduct



Attach the ankle cuff to one of the low pulleys. Stand on the foot that does not have the ankle cuff. Allow the leg with the cuff to be pulled towards the pulley. Move the leg with the ankle cuff in front of the far leg by using the inner thighs to adduct the hip.

EXTRAS

Hip Abduct



Attach the ankle cuff to one of the low pulleys. Stand on the foot that does not have the ankle cuff. Allow the leg with the cuff to be pulled towards the pulley. Move the leg with the ankle cuff in front of the far leg by using the outer thighs to abduct the hip.

Power Row



Attach both single handles to the low pulleys with chains. Place the Power Row at the base of the low pulleys. Securely strap your feet in place. Driving through your legs begin to push back. At the same time begin to pull the handles through your elbows.

Lunge to Press



Attach both single handles to the low pulleys. Facing away from the RFT grab both handles and take a step forward. Starting in the lunge position and hands at shoulder height, slowly stand up and press the handles above your head.

Squat to Press



Adjust the front pulleys to a low position. Facing away from the RFT and grab the handles. Starting in a squat position, grab both handles at shoulder height. Slowly stand up, pushing through heels until torso is upright. Then extend the handles up through shoulders.

The BodyCraft RFT has been designed to provide exercises for your entire body. This poster illustrates only a sample of available exercises. We hope you enjoy many healthy years of use. Learning to use and maintain your functional trainer 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. **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 a 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. Remain committed and your exercise time will soon become a time you anticipate.