

PHRASES, TERMS, TIPS & GUIDELINES



BEGINNER'S GUIDELINES

- Work out at least two times a week.
- Include six to eight exercises that train major muscle groups.
- Perform two or three sets of at least eight to 12 repetitions.

AEROBIC

Exercise that primarily uses oxygen to burn fuel at low to moderate levels of intensity. Running and jogging are examples of aerobic exercise.

ANAEROBIC

Exercise that primarily uses the body's stored fuel for energy. Intense weightlifting is an example of an anaerobic exercise.

ATROPHY

Decrease of a muscle caused by the decrease in the size of its cells because of inactivity.

BALLISTIC STRETCHING

A stretching technique that involves a bouncing or bobbing movement during the stretch. The final position is not held. This is not a recommended stretching technique.

BREATHING

Never hold your breath during any part of an exercise. Holding your breath may cause severe intra-thoracic pressure and raise blood pressure leading to dizziness, blackout or other complications. The rule of thumb is to exhale on exertion and inhale on the return part of the exercise.

CARDIOVASCULAR

Referring to the heart, lungs, and other periphery systems involved in the transport of oxygen throughout the body.

CHALLENGE YOUR MUSCLES

All strength training should progress gradually, using increases in weight until your goals are reached. Then, change your workout to include increased reps or a higher weight resistance. Alter the order of your exercises, perform multiple sets or different exercises to maintain results or reach new goals.

CHANGE ROUTINE

Beginner's please note: If you want to make changes in the exercise routine that you do, wait until about the six to eight week point. Advanced lifters may want to change routines to avoid plateaus in gaining size or strength.

CIRCUIT TRAINING

Exercise stations that consist of various combinations of weight training, flexibility, calisthenics, and aerobic exercise.

CONCENTRIC MUSCLE ACTION

The muscle shortens while contracting against resistance.

ECCENTRIC MUSCLE ACTION

The muscle lengthens while contracting against resistance.

EXERCISE FREQUENCY

Exercise each muscle group 2-3 times per week. Allow a minimum of 48 hours rest for each muscle group worked. If you are doing a total-body workout, three training sessions per week, performed on every second day, is adequate.

EXERCISE LARGE MUSCLES FIRST

You should work your large muscle groups first (ie. squat, bench press, lat pulldown) before you exercise your small muscle groups (ie. bicep curls, tricep pressdowns, lateral raises).

EXERCISE PROGRAM DURATION

A weight training routine should take anywhere from 45 minutes to one hour to complete. Add another 20 to 60 minutes when you include stretching, warm-up, aerobics and cool-down.

GIVE YOUR MUSCLES A REST

You'll get the most out of strength training if you give your muscles at least 48 hours rest to recover and rebuild between strength training workouts.

HYPERTROPHY

Enlargement of a muscle caused by an increase in the size of its cells in response to weight training.

INTENSITY

The degree to which the body is worked during exercise.

ISOKINETIC EXERCISE

Resistance is given at a fixed velocity of movement with accommodating intensity. A machine that moves you through an entire range of motion at a preset speed and will not change no matter how much pressure is put forth by the individual.

ISOMETRIC EXERCISE

Contracts the muscle statically without changing its length. Example: Attempting to lift a weight heavier than you can handle, but cannot move.

ISOTONIC EXERCISE

Shortens and lengthens the muscle through a complete range of motion. This defines weight training with full range of motion.

MUSCLE FATIGUE

Fatigue is when you can't possibly do another rep without sacrificing form.

MUSCULAR ENDURANCE

The ability to perform repetitive muscular contractions against some resistance.

MUSCULAR STRENGTH

The maximum force that can be applied by a muscle during a single maximum contraction.

OSTEOPOROSIS

A decrease in bone density.

PLYOMETRIC EXERCISE

A technique that includes specific exercises which encompass a rapid stretch of a muscle eccentrically, followed immediately by a rapid concentric contraction of that muscle for the purpose of facilitating and developing a forceful explosive movement over a short period of time. Examples of these are using medicine balls for upper extremity and depth jumping for lower extremity.

PHRASES, TERMS, TIPS & GUIDELINES

STARTING RESISTANCE LEVEL

If you begin weight training at too high a level, you risk serious injury. You will also develop poor form, which will hinder your efforts and discourage you. Use this as a guideline: if you cannot lift the weight eight times with proper form, the weight is too heavy. Similarly, don't choose too light a weight; the last two or three repetitions of your set should be difficult.



POWER

Power is the rate of performing work. Power during a repetition is defined as the weight lifted times the vertical distance the weight is lifted divided by the time to complete the repetition. Power during a repetition can be increased by lifting the same weight the same vertical distance in a shorter period of time. Power can also be increased by lifting a heavier resistance the same vertical distance in the same period of time as a lighter resistance.

PROGRESS GRADUALLY

Increase reps before increasing resistance. Reduce rest intervals between sets to increase intensity.

PROGRESSIVE RESISTANCE

The principle of continually adding more weight to a specific exercise as your muscles become stronger to adapt to the heavier weights.

PROPER FORM

Focus on the proper motion of the exercise and concentrate on the specific muscles being used. Do not sacrifice proper form to lift heavier weight or to perform more repetitions. Proper form also means lifting in a smooth, fluid motion. If you feel strain elsewhere, you should re-evaluate the amount of weight you are lifting or have a qualified professional critique your exercise motion.

PROPER POSTURE

Maintaining proper posture will greatly reduce chances of injury and maximize exercise benefit. When standing always keep your feet shoulder-width apart. Do not lock your knees. Locking your knees can put unnecessary strain on them. Keep your back flat and straight, making sure not to twist or arch it in order to complete a repetition.

PROPER TECHNIQUE

To get the most out of strength training and to reduce the chance of injury, use proper weight training techniques. These include working your muscles through their full range of motion (but not locking any joints), lifting at a speed at which you can control the weight and stop easily if necessary.

RANGE OF MOTION

Moving through a complete range of motion (ROM) allows the muscles to stretch before contraction and increases the number of muscle fibers being recruited. This produces maximum contraction and force. By working the full ROM, flexibility will be maintained and possibly increased.

REPETITION

A repetition is one complete movement of an exercise. It normally consists of two phases: the concentric muscle action, or lifting of the resistance, and the eccentric muscle action, or lowering of the resistance.

REPETITION MAXIMUM (RM)

This is the maximum number of repetitions per set that can be performed at a given resistance with proper lifting technique. Thus, a set at a certain RM implies the set is performed to momentary voluntary fatigue. 1RM is the heaviest resistance that can be used for one complete repetition of an exercise. 10 RM is a lighter resistance that allows completion of 10 (but not 11) repetitions with proper exercise technique.

REST INTERVAL

Allow a brief pause between sets to give your muscles a chance to partially recover before working them again. For power and muscle size development allow a 3 to 4 minute rest interval between sets. For muscular endurance and definition allow a 30 second rest interval. For strength training allow a 60 to 90 second rest interval.

RISK SHOULD NOT EXCEED BENEFIT

If the risk of a specific exercise exceeds its potential benefit, it is best to stay on the conservative side. There are several ways to work specific muscle groups. Choose those that provide minimal risk. Ask a fitness professional for guidance.

ROUTINE

The specific exercises, sets, reps and weight for a specific body part.

SET

This is a group of repetitions performed continuously without stopping. While a set can be made up of any number of repetitions, sets typically range from 1 to 15 repetitions.

SMALL MUSCLE GROUP EXERCISE

Single joint movement and isolation exercises (i.e. bicep curls, tricep pressdowns and leg extensions).

SPEED OF MOVEMENT

Strength training movements should be slow and controlled. Do not use momentum to complete an exercise movement. Momentum puts unnecessary stress on tendons, ligaments and joints. Using momentum in your exercise movements does not develop increased strength.

STATIC STRETCHING

A stretching technique that involves holding a specific muscle or muscle group at a desired length for a certain period of time. This type of stretching is highly recommended.

STOP TRAINING IF YOU FEEL PAIN

If you feel pain during a specific exercise stop immediately. Any continuation may aggravate an existing injury. Re-evaluate your routine to make sure that you are doing a proper warm up. Decrease the amount of weight you are lifting. Talk to a qualified personal trainer, health professional or your doctor.

STRENGTH

Strength is the maximal amount of force a muscle or muscle group can generate in a specified movement pattern at a specified velocity of movement.

WARM UP

This cannot be stressed enough. Many workout-related injuries can be avoided by a proper warm up routine. Try to do a total body warm up before you start training. A good example of a total body warm up is using a stationary bike, treadmill, elliptical, rowing or skiing machine. It is especially important to warm up specific muscle groups you are going to be using. Your muscles need a 5 to 15 minute warm up as well as a brief cool down. This can be as simple as performing a warm up set of high repetitions and light weight (25% to 50% of your training weight) for each exercise.

WORKOUT

The routine, specific exercises, weights, sets, and reps for one or more body parts.

NUTRITION



Good nutrition is a diet in which foods are eaten in proper quantities and with the needed distribution of nutrients to maintain good health. Malnutrition, on the other hand, is the result of a diet in which there is an underconsumption, overconsumption, or unbalanced consumption of nutrients that leads to disease or an increased susceptibility to disease. What is stated in the above definitions is the fact that proper nutrition is essential to good health. A history of poor nutritional choices will eventually lead to poor health consequences.

There are many substances necessary for the proper functioning of the body. Nutrients are the substances that the body requires for the maintenance of health, growth, and to repair tissues. Nutrients can be divided into six classes: carbohydrates, fats, proteins, vitamins, minerals and water. Carbohydrates, or "carbs", are nutrients that are composed of carbon, hydrogen and oxygen, and are essential sources of energy in the body. Grains, vegetables, and fruits are excellent sources of carbohydrates. It is recommended that at least 55% to 60% of the total number of calories consumed come from carbohydrates (American Diabetes Association, *Diabetes & Exercise*, 1990). It is further recommended that 10% or less of the total calories consumed come from simple sugars like a candy bar.

One of the many benefits of consuming foods that are high in complex carbohydrates, such as rice, pasta, and whole grain breads, is that they also typically contain dietary fiber. Dietary fiber is a term used when referring to substances found in plants that cannot be broken down by the human digestive system. Although fiber cannot be digested, it is important in helping to avoid cancers of the digestive system, hemorrhoids, constipation, and diverticular disease because it helps food move quickly and easily through the digestive system. It is recommended that people consume 20 to 30 grams of fiber per day (American Diabetes Association, *Diabetes & Exercise*, 1990). Excellent sources of dietary fiber are grains, vegetables, legumes, and fruit.

Fats are an essential part of a healthy diet and serve vital functions in the human body. Among the functions performed by fats are temperature regulation, protection of vital organs, distribution of some vitamins, energy production, and formation of component parts of cell membranes. Like carbohydrates, fats are composed of carbon, hydrogen, and oxygen. However, their chemical structure is different.

Both animals and plants provide sources of fat. Saturated fats come primarily from animal sources and are typically solid at room temperature. Plant sources of saturated fats are palm oil, coconut oil, and cocoa butter. A high intake of saturated fats is

directly related to increased cardiovascular disease. Unsaturated fats are typically liquid at room temperature. Corn, peanut, canola, and soybean oil are sources of unsaturated fats. It is recommended that no more than 30% of one's diet be composed of fats. Ten percent or less of the total calories consumed should come from saturated fats. One way to reduce saturated fat intake would be to substitute margarine for butter.

Proteins are substances composed of carbon, hydrogen, oxygen, and nitrogen. Proteins are made by combining amino acids. Amino acids are nitrogen-containing building blocks for proteins that can be used for energy. Amino acids can combine in innumerable ways to form proteins, and it is estimated that tens of thousands of different types of proteins exist in the body. It is the ordering of the amino acids that provides the unique structure and function of proteins.

There are proteins in both meat products and plant products. Animal sources of protein such as milk, meat and eggs contain the eight essential amino acids (amino acids that the body cannot synthesize and therefore must be ingested). Plant sources of protein such as beans, starchy vegetables, nuts, and grains do not always contain all eight amino acids. Because of this, vegetarians must consume a variety of protein-containing foods. It is recommended that proteins make up 10% to 15% of one's daily calories. This will ensure adequate protein for growth, maintenance, and the repair of cells. Protein requirements for adults are not as high as those recommended for infants, children, and young adults. Note: individuals who are training intensely will have an increase in their protein requirements.

Vitamins are organic substances that are essential to the normal functioning of the human body. Although vitamins do not contain energy to be used by the body, these substances are essential in the metabolism of fats, carbohydrates and proteins. Because of the critical role vitamins play, it is necessary that they exist in proper quantities in the body.

Minerals are inorganic molecules that serve a variety of functions in the human body. The minerals that appear in the largest quantities (calcium, phosphorus, potassium, sulfur, sodium, chloride, and magnesium) are often called macrominerals. Other minerals are also essential to normal functioning of the body, but because they exist in smaller quantities (chromium, iron, copper, fluoride, iodine, manganese, molybdenum, selenium, and zinc) they are called microminerals.

A mineral that is often consumed in inadequate amounts by Americans is calcium. Calcium is a mineral important in the mineralization of bone, muscle contraction, and the transmission of nerve impulses. Osteoporosis is a disease characterized by

a decrease in the total amount of bone mineral in the body and by a decrease in strength of the remaining bone. This condition is most common in the elderly but may also exist in younger people who have diets inadequate in calcium or vitamin D or both.

Iron is another mineral that is often underconsumed by Americans. This is especially true of women. The oxygen-carrying properties of hemoglobin (blood) depend on the presence of iron. Anemia is a condition characterized by a decreased capacity to transport oxygen in the blood, and is also common in those lacking a sufficient amount of iron intake. Red meat and eggs are excellent sources of iron. Additionally spinach, lima and navy beans, and prune juice are excellent vegetarian sources of iron.

Sodium, on the other hand, is a mineral that many Americans over-consume. High sodium intake has been linked with hypertension, as well as high blood pressure. People can substantially reduce their sodium intake by limiting consumption of processed foods and decreasing the amount of salt added to foods when cooking.

In conclusion...don't forget hydration. Water is considered an essential nutrient because of its vital role in the normal functioning of the body. Water contributes approximately 60% of the total body weight and is essential in creating an environment in which all metabolic processes occur. Water is necessary to regulate temperature and to transport substances throughout the body.

FOLLOW THESE BASIC NUTRITIONAL GUIDELINES FOR GAINS IN STRENGTH AND LEAN MUSCLE MASS:

- 1. Choose your foods carefully. Try getting your carbohydrates from sources such as rice, vegetables, beans, whole grains, pasta and fruit. Good protein sources include fish, chicken, turkey, lean meat and low-fat or nonfat dairy products.**
- 2. Minimize your fat intake.**
- 3. Drink a minimum of 10 eight-ounce glasses of water each day.**
- 4. Eat four to six small meals a day, about three hours apart. Small meals are more easily digested and result in greater nutrition absorption.**
- 5. Avoid eating junk food and fast food.**
- 6. Time your protein intake of 40-55 grams approximately 75 minutes after your workout.**
- 7. Immediately following your workout, replenish your glycogen stores with approximately 50-75 grams of carbohydrates.**

For more information on nutrition visit your local library or book store. There are many excellent books available.

EXERCISE PRESCRIPTION



Sets

Sets are defined as a combination of any number of reps of one exercise. The number of sets used in a workout is directly related to training results. Typically, two to three sets are used by intermediate and advanced lifters to achieve optimum gains in strength. Experts agree that multiple-set systems work best for the development of strength and muscular endurance. Gains will be made at a faster rate by using a multiple-set system than gains achieved through a single-set system. The use of a single set of an exercise is recommended and very effective for individuals who are untrained or just beginning a resistance training program. One-set programs might also be used for simple maintenance once you are in shape. It is important to note that low-volume set programs will increase strength in untrained individuals, but more complex physiological adaptations, such as gains in muscle mass, tone, size, and performance usually requires higher-volume set training for the best results. Multiple sets of an exercise present a more intense training stimulus to the muscles during each set. Once your desired initial fitness level has been achieved, multiple-set performances of the exercise using the proper resistance (with specific rest periods between sets) will take you to the next level of strength training, endurance, and muscular development.

Resistance Used

The amount of resistance used for a specific exercise is probably the most important variable in resistance training. When designing a resistance training program, a weight for each exercise must be chosen. The use of repetition maximums (RM): the exact resistance that allows only a specific number of repetitions to be performed, is probably the easiest method for determining a resistance. Typically, one uses a training RM target or a RM target zone. Example: If your RM zone is 8 to 12 repetitions and you cannot lift the weight at least 8 times using proper form, the weight is too heavy. On the other hand, if you can easily lift the weight 12 times, the weight is too light. In either case, the weight needs to be changed. As the strength level of the lifter changes over time, the resistance is adjusted so a true RM target or target zone resistance is used.

Rest Periods Between Sets and Exercises

One frequently overlooked variable in exercise prescription is the length of the rest period between sets and between different exercises. Your desired fitness goals will normally determine the amount of time you allow your body to rest. Exercises involving high repetitions (15 to 20) and a high number of sets (3 to 4) with short rest periods (30 seconds) between sets will raise metabolic demands. This in turn will burn excess body fat and increase muscular endurance. Short rest periods are a characteristic of circuit weight training, and the resistances used are typically lighter. This type of workout is best for trimming body fat and toning muscle. Exercises with heavier resistance and fewer sets usually have a longer resting period between sets. The results of using this method are normally increased muscular strength and mass. If the desired outcome is to gain overall muscle mass, your exercise prescription should lean toward a higher weight resistance doing 2 to 6 repetitions per set, with a rest period of 3 to 4 minutes between each set.

Rest Periods Between Workouts

The amount of rest between training sessions depends on the recovery ability of the individual. Most experts agree that three workouts per week with one day of rest between sessions allows adequate recovery, especially for the beginner. If the resistance training is not excessive, only moderate amounts of delayed muscular soreness should be experienced one day after the session. As the lifter advances and his or her body is better able to tolerate and recuperate from the resistance exercise sessions, the frequency of training can be increased. Well-conditioned athletes may be capable of, and need training frequencies of 4 to 5 days in a row to improve significantly and achieve their desired goals. When consecutive-training-day sequences are used, it is usually beneficial to do different exercises for the same muscle groups and use different resistances for the exercises. When training is performed on consecutive days, it often involves the use of a split routine (different body parts exercised each day), or a split program (different exercises for the same body part performed each day). There are many books available at the library or your local book store for the intermediate and advanced weight training enthusiast. It is also recommended that you work with a qualified personal trainer to achieve your ultimate goals.

Order of Exercise

Leaders in the field of strength and conditioning believe that working the larger muscle groups first (chest, back, legs), should take priority over training the smaller muscle groups (biceps, triceps, deltoids, calves). The reason behind this exercise order is that the exercises performed in the beginning of the workout are the ones that are going to require the greatest amount of muscle mass to perform. Hence, exercising the smaller muscle groups first will deplete the body of the energy necessary to stimulate the larger muscle groups. Arm-to-leg ordering allows for some recovery of the arm muscles while the leg muscles are exercised. "Stacking" exercises is a common practice among body builders as a way to attempt to bring about muscle hypertrophy. Stacking is loading up different exercises on the same muscle group (ie. standing bicep curls, preacher curls, one arm concentration curls). The exercise order will have a significant impact on the training stimulus stress level in a training session.

Scheduling Training

Finding the time to do it is one of the most difficult aspects of a training program. Once you have established a time to workout you should plan a training routine based on what muscles to involve on which day. As previously discussed, the larger muscle groups such as the chest, back, and legs should take priority over working the smaller muscle groups. Give your muscles at least 48 hours (but no more than 72 hours) of rest in between sessions.

TRAINING TIPS FOR BEGINNER'S

ARE YOU A "BEGINNER" ?

A beginner can be classified as someone who has never touched a weight, may have lifted for a while, but has taken a substantial amount of time off, or has not consistently trained over the last six months. If you happen to fall into any of these categories, pay close attention, because the following information will be detrimental to the start of your training program.



As a beginner, one of the most common mistakes is doing too much. Because beginners often make good gains quickly, many fall into the trap of thinking that more is better. This may be true later in the training equation, but not for the novice. Some of the most common injuries occur as a result of taking on too much, too soon.

One of the questions most frequently asked is, "How much weight should I use?" Determining the weight for each exercise will vary from person to person. The weight for each exercise will be lifted in sets and repetitions. Repetition is defined as one execution of any exercise. A set is a combination of any number of repetitions of one exercise.

Experimentation at each exercise station is a good technique for determining the starting weight for an individual. Take the chest press exercise for example. Performing this exercise with a weight that can be pressed 30 times with ease will not help you achieve any particular goals. Adding the appropriate amount of weight that will allow you to perform a maximum of 8 to 12 repetitions will help you obtain the results you desire.

On the other hand, if you put too much weight on the press bar and press it 4 or 5 times, then common sense will tell you to reduce the weight, wait a few minutes, then try again. Remember, never sacrifice perfect form just for the sake of lifting heavier weight. This is a sure-fire, one-way trip down the road to injury. Making muscles work hard, with proper form is the name of the game.

Now that you understand how to test each station for your starting amount of resistance, you should know which muscles to train first. Training the large muscles groups first, such as your chest, legs, and back, should be done before training your small muscle groups like the arms, shoulders, and calves.

Starting with the large muscle groups will help you achieve and maintain quicker gains. The large muscles groups will require more stimulation and a higher intensity level than the smaller muscle groups. Training your arms with all-out intensity and training your chest immediately afterwards will not leave you with enough energy necessary to properly stimulate the muscle fibers in your chest. Moreover, because the triceps are required in chest press movements, your arm muscles will fail much more quickly than your chest muscles, which will also hold back your chest training.

As a beginner, you will find that your gains will come quickly. The excitement and enthusiasm that comes with these gains may cause you to spend even more time on your gym. Take it easy! Remember, just as too little exercise won't stimulate muscle growth...too much exercise won't either.

You need to give your body plenty of rest, especially if you're still sore from the last workout. This will keep you fresh and growing stronger. **NEVER TRAIN A BODY PART THAT IS STILL SORE FROM THE PREVIOUS WORKOUT.** Performing some flexibility exercises is a good way to keep the blood flowing through the sore area, but do not train these muscles again until you are feeling recovered.

Speaking of soreness, there is something else that you, as a beginner, should be aware of: If you work out - your muscles will get sore. The majority of muscle soreness comes from microtears and a build up of lactic acid in the muscle fibers. This is the result of intense exercise. Muscle soreness can become a problem when the body is pushed too fast and too quickly. As a beginner, tendons, ligaments, joints and tissues have not yet developed the ability necessary to recover from high intensity exercise. A general warm up of stretching and light calisthenics prior to exercise can possibly reduce the amount of post-exercise muscle soreness. A good cool down of stretching and cardio work may also decrease muscle soreness.

Now that we have laid a good foundation of the "do's and don'ts", let's get into something a little more specific. The Beginner's Strength Training Program. One of the best beginner's programs is the three-days-a-week routine. For example, do a whole-body workout on Monday, Wednesday and Friday. Use the other days for rest and recuperation. As previously discussed, you want to start with the large muscle groups first, then move on to the small muscle groups. Perform one exercise per muscle group that consists of 2 or 3 sets of 8 to 12 repetitions. Follow this routine for at least six to eight weeks in order for your body to establish the proper stimulation for growth.

One or two exercises per muscle group may not sound like enough to produce any results, but if you're a beginner - it most definitely will. As you continue to train and your body adapts to your exercise routine and recuperative demands you place upon it, you'll be able to add more sets and exercises to your routine.

Another point that is highly recommended is the assistance of a personal trainer. Through the use of a personal trainer you can learn the mechanics and techniques of exercise, how to use proper form to avoid injury and details on proper nutrition. A good trainer will also provide MOTIVATION.

When choosing a personal trainer, here are some tips: Choose an individual that is certified through an accredited association. This is a good way to ensure that he or she is qualified to give you what you need. Also, take a look at what kind of shape they are in. If you want to be in great shape, look for a trainer who is in great shape. They will know what it takes to get results. Here are a few recommended organizations:

- National Strength & Conditioning (719) 632-6722
- American College of Sports Medicine (317) 637-9200
- National Academy of Sports Medicine (312) 929-5101

SAMPLE WORKOUT ROUTINE WHEN TRAINING FOR STRENGTH

Exercises	Reps	Sets
Leg Press / Squat	8 to 12	2 or 3
Leg Extension	8 to 12	2 or 3
Leg Curl	8 to 12	2 or 3
Calf Raise	8 to 12	2 or 3
Bench / Chest Press	8 to 12	2 or 3
Incline Press	8 to 12	2 or 3
Incline Pec Fly	8 to 12	2 or 3
Lat Pulldown	8 to 12	2 or 3
Seated Row	8 to 12	2 or 3
Military Press	8 to 12	2 or 3
Upright Row	8 to 12	2 or 3
Bicep Curl	8 to 12	2 or 3
Tricep Pressdown	8 to 12	2 or 3
Tricep Extension	8 to 12	2 or 3
Resistance Ab Crunch	20 to 30	2 or 3
Resistance Oblique Crunch	20 to 30	2 or 3

Rest period between sets should be about 60 to 90 seconds.

COMMON TRAINING MISTAKES



1. Lack of Adequate Warm-Up and Inadequate Flexibility

A warmed muscle is a more flexible muscle that's better able to lift heavier weights and work in a full range of motion. Those warmed muscles also greatly reduce your chance of training injuries.

2. Improper Form

The use of improper form is a good way to keep you out of the gym. Not only does improper form cause injuries, it also doesn't allow for adequate muscle-fiber stimulation.

3. Too Much Weight

Overloading the muscles is a good way to promote muscular growth, but packing on too much weight can cause a snowball effect of improper form, injuries, and down time from your routine.

4. Not Enough Weight

Not lifting enough weight will prohibit the stimulation necessary for muscular growth. Keep challenging yourself to lift heavier weights on a progressive basis always maintaining proper form.

5. Not Enough Rest Between Workouts

If you're still sore from your previous workout, you don't have to go back at it just because it's your scheduled day. Give your body an extra day off to fully recover so when you return you will be able to give 100%.

6. Overtraining

It's not how much time you spend working out, but what you accomplish that really matters. Try to keep your resistance workouts within 45 to 60 minutes per session.

7. Poor Diet and Supplementation

Eating the right combination of foods, along with good supplementation, will greatly promote your success. Make your diet 50 percent carbohydrate, 35 percent protein, 15 percent fat, and take a good multivitamin and protein / carbohydrate supplement. Don't forget the water- at least 80 ounces a day! Hydration is critical.

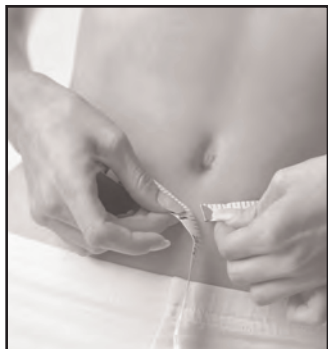
8. Stale Routines

Your body adapts very quickly to the demands placed upon it. That's why you should have a variety of exercises and routines that you can do. To keep your body growing, you've got to keep it off-guard. Changing your exercises and routines is a sure way to do it.

SETTING UP YOUR PERSONAL PROGRAM



It is important to first establish specific and realistic goals. You should determine your long term goal and then set a series of short term goals that will help you attain your long term goal. The most common goals are:



Muscular Endurance & Definition



Increase Strength



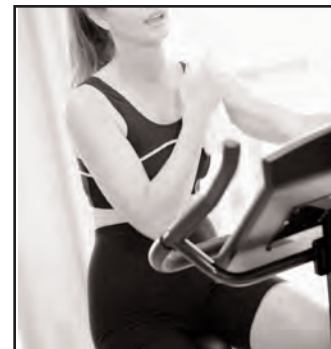
Increase Power & Muscle Mass

If your personal goals involve losing a considerable amount of body fat you will need to focus more on aerobic exercise and weight training for muscular endurance and definition. If your goals involve a large increase in muscle size you will need to focus on power and muscle mass weight training. Depending on your goals, you will have different nutritional requirements.

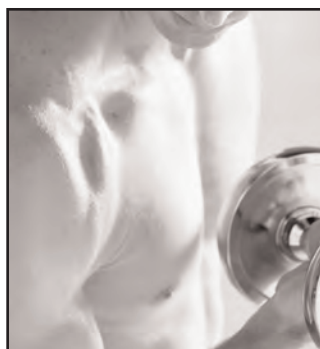
Once you have determined your personal goals, you will need to set up a schedule that helps you attain them. Set up a schedule that includes the number of workouts per week, the type of workout activity, the time of day for each workout, and the actual workout program. Don't forget to factor in the warm up and cool down periods. You may have to modify your current lifestyle to accommodate your new schedule. It's very important to include the following basic components to achieve successful results:



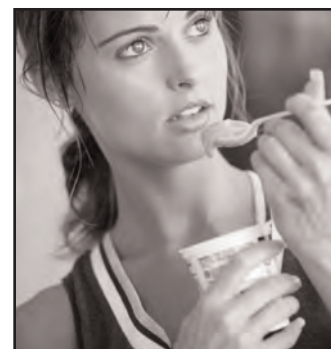
Stretching



Aerobic Exercise



Weight Training



Nutrition

DETERMINE YOUR TRAINING METHOD



There are three basic types of weight training methods:

1. Training for muscular endurance and definition
2. Training for strength
3. Training for power and muscle mass

You should select a training method that reflects both your present fitness level and your long term goals. You should begin carefully and with proper professional guidance. You can always move from one training method to another as you progress.

If you are beginner, you should start slowly and carefully, gradually increasing the frequency and intensity of your training. Always play it safe – be realistic about your goals and your schedule. Realistic goals are safer and easier to follow.

Which is the right training method for you? First, take a look at your present physique and determine your objectives. Do you want a trim, toned, well-defined body? Are you involved in a sport where speed, strength and power are most important? Maybe you want bulging muscles and a terrific V-shape torso so you look great on the beach. Once you make a decision on what the final results should be, you can set up your personal program using the proper training method to achieve your goals.

Which training method is right for you?

FOR MUSCULAR ENDURANCE & DEFINITION

This training method incorporates achieving and maintaining a high cardiovascular (heart) rate and helps burn away excess fatty tissue. It also adds muscle definition and muscular endurance to your entire body. Exercises are most commonly performed for 15 to 20 repetitions and 3 to 4 sets using a light to moderate weight. The rest period between sets should be about 30 seconds. These short rest intervals will help maintain an elevated heart rate and prevent the muscles from cooling down.

FOR STRENGTH

This type of training is the most popular of the three and is designed specifically for increasing strength throughout the muscle and the muscle-tendon junction. This type of training is especially important for athletes. Normally, exercises are performed using moderate to heavy weight for 8 to 12 repetitions and 2 to 3 sets. The rest period between sets should be from 60 to 90 seconds. This allows a degree of muscle recovery before you hit them again.

FOR POWER AND MUSCLE MASS

This is the method most often used by bodybuilders and is recommended only for the intermediate and advanced lifter. The weights used are heavy — this shocks the muscles and stimulates a more rapid increase in muscle size. Usually exercises are performed for 2 to 6 repetitions and 3 to 4 sets using very heavy weight. The rest period between sets should be from 3 to 4 minutes. The prolonged rest periods allow ample time for recovery between sets.

DESIGNING YOUR PERSONAL ROUTINE

FIRST:

You need to decide which of the above training methods is best suited to accomplish your personal goals.

SECOND:

Study the exercise poster that came with your Body-Solid machine and select one or two exercises per body part (body parts are listed to the left of the exercise pictures). Be sure to include exercises for all body parts. If you leave out certain body parts your exercise routine and your body will not be balanced. If you are trying to increase muscle mass or increase strength to a muscle group it is alright to add extra exercises to the area you are particularly concerned about.

THIRD:

Coordinate your body part exercise program and your personal schedule. If you select one exercise per body part you can normally do your entire routine in the same workout. If you choose to do more than 12 exercises you may decide to divide your workout routine into upper and lower body exercises. You can split your schedule to work upper body one day and lower body the next day. Remember to rest each particular muscle group 48 hours before working it again.

FOURTH:

Order the exercises in your routine so you are working the large muscle groups first and the small muscle groups last.

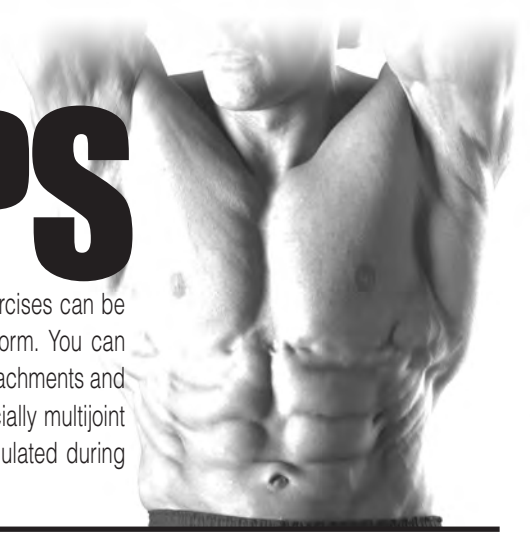
FIFTH:

Keep a record! Write down the exercises, number of sets, number of reps and the amount of resistance (weight).

BEGINNER'S SAMPLE WORKOUT ROUTINE WHEN TRAINING FOR DEFINITION

Exercise	Reps	Sets
Bench / Chest Press	15 to 20	3 or 4
Lat Pulldown	15 to 20	3 or 4
Shoulder Press	15 to 20	3 or 4
Tricep Pressdown	15 to 20	3 or 4
Bicep Curl	15 to 20	3 or 4
Leg Press/Squat	15 to 20	3 or 4
Leg Extension	15 to 20	3 or 4
Leg Curl	15 to 20	3 or 4
Calf Raise	15 to 20	3 or 4

EXERCISE TIPS



Listed below are Body-Solid's picks of the best exercises you can do for each body part. These exercises can be done using free weights, machines and multi-station gyms. Learn to do each exercise in proper form. You can make substitutions in your training and try variations of each using different Body-Solid grips, cable attachments and accessories to slightly change the emphasis of a particular exercise. Note: Many movements, especially multijoint exercises, work more than one muscle group. For example, your front deltoids and triceps are stimulated during bench / chest pressing movements.

CHEST

This powerful muscle group is the cornerstone of a well-developed upper body. To most thoroughly work your pecs, include both pressing and fly movements and vary the angle of the bench from decline to flat to incline.

BENCH / CHEST PRESS

INCLINE PRESS

DECLINE PRESS

PEC FLY

INCLINE FLY

DECLINE FLY

CABLE CROSSOVER

DIPS

SHOULDERS

The shoulder joint, which has the greatest range of motion of all joints in the body, is best worked by training all three deltoid heads. Include a pressing movement followed by a raise for each of the three heads.

SHOULDER PRESS

BEHIND THE NECK PRESS

FRONT DELTOID RAISE

LATERAL (SIDE) DELTOID RAISE

BENT-OVER LATERAL DELTOID RAISE

REVERSE PEC-FLY

UPPER BACK

A powerful upper back is marked by both middle-back thickness and width (the sought-after V-taper). This is best achieved by combining various rows with pull-downs and pull-ups. Remember to vary your grip to slightly change the stimulus.

PULL UP

UPRIGHT ROW

LAT PULLDOWN

SEATED ROW

BENT OVER ROW

HIGH ROW

REVERSE GRIP PULLDOWN

TRAPS

A signature muscle of a strong upper back, well-developed traps help prevent neck injury. Shrug movements should be done with heavy weights in a straight up-and-down motion.

STRAIGHT BAR SHRUG

DUMBBELL SHRUG

BEHIND THE BACK SHRUG

UPRIGHT ROW

LOWER BACK

Important not only for spinal protection but also because it's the seat of power for many exercises. If you spend a great deal of time crunching for abs, you need to balance your training for complete development and muscular balance.

PULL UP

UPRIGHT ROW

LAT PULLDOWN

SEATED ROW

BENT OVER ROW

HIGH ROW

REVERSE GRIP PULLDOWN

TRICEPS

This three-headed muscle on the back of your arm is involved in extension of the elbow. Like the biceps, the triceps cross the elbow and shoulder joints. Because of this, you can and should work the triceps through a variety of angles to ensure complete development.

LYING TRICEPS EXTENSION

CABLE TRICEPS EXTENSION

CABLE TRICEPS PRESSDOWN

CLOSE-GRIP BENCH PRESS

REVERSE-GRIP PRESSDOWN

TRICEPS PRESS

DIPS

BICEPS / FOREARMS

A two-headed muscle, the biceps' primary focus is to flex your elbow and supinate your wrist. The ability to build your biceps peak is largely genetic, but exercises that maximally stress the short head will help.

BICEPS

STANDING BICEP CURL

SEATED BICEP CURL

INCLINE CURL

PREACHER CURL

CONCENTRATION CURL

ONE-ARM CABLE CURL

FOREARMS

WRIST CURL

REVERSE WRIST CURL

ABDOMINALS

The rectus abdominus has upper and lower regions, but you can't isolate one area over the other. Still, include both upper and lower ab movement to more strongly emphasize those areas, and do twisting movements to work the obliques for complete development.

UPPER AB REGION

CABLE AB CRUNCH

DECLINE BENCH CRUNCH

LOWER AB REGION

REVERSE CRUNCH

HANGING KNEE RAISE

HIP THRUST

OBLIQUES

CABLE SIDE BEND

OBLIQUE CRUNCH

THIGHS / GLUTES

The main muscles of the thighs are the quadriceps which are composed of four muscles. You have several others near the hip joint, including the body's largest muscle group, the gluteals. Multijoint movements (in which action occurs at both the hip and knee joints) are your best choice to work these muscles.

BACK SQUAT

FRONT SQUAT

LEG PRESS

LUNGE

REVERSE LUNGE

STEP-UP

LEG EXTENSION (does not work glutes)

HAMSTRINGS

On the back of the thighs, the hamstrings balance the quads and allow for a wide range of movement. Good exercise choices include those that work the hamstrings and both the hip and knee joints.

DEADLIFT

STIFF-LEGGED DEADLIFT

GOOD MORNING

LYING LEG CURL

SEATED LEG CURL

ONE-LEGGED STANDING LEG CURL

CALVES

Calves consist of two major muscles, the gastrocnemius and soleus. The latter is best worked when the knee is flexed, as in the seated calf raise.

STANDING CALF RAISE

SEATED CALF RAISE

DONKEY CALF RAISE

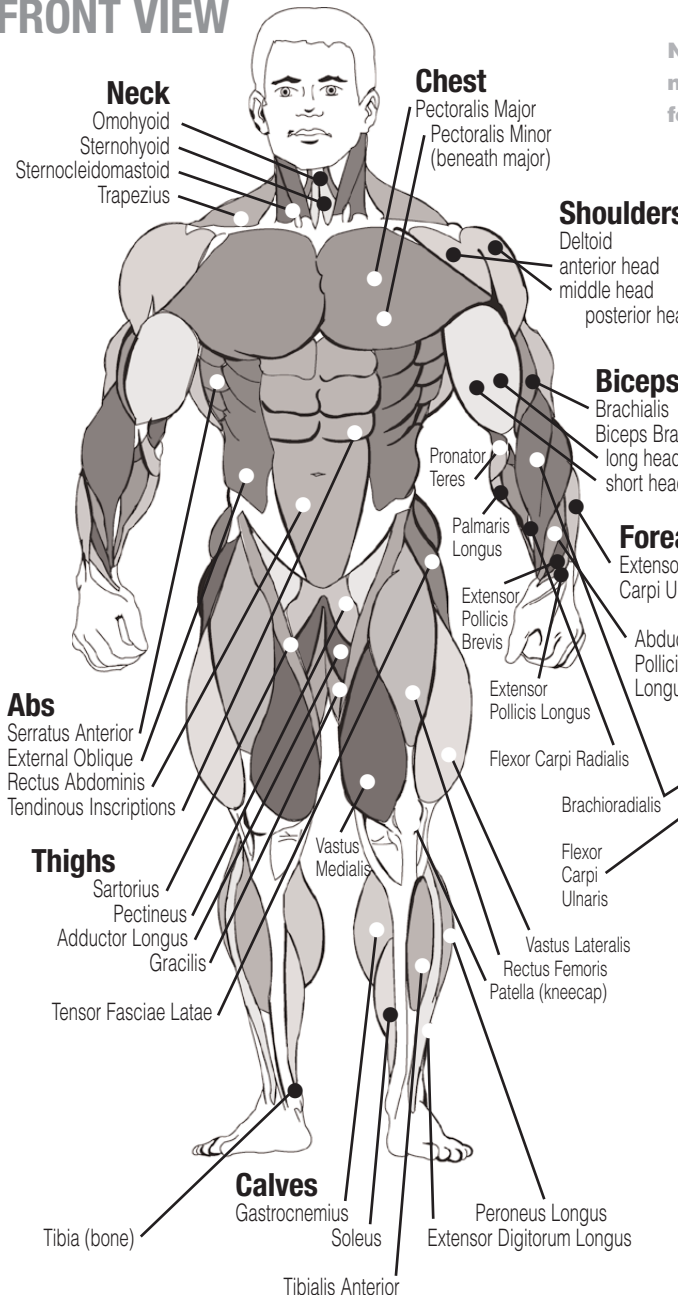
LEG PRESS CALF RAISE

HACK SQUAT CALF RAISE

ANATOMY CHART

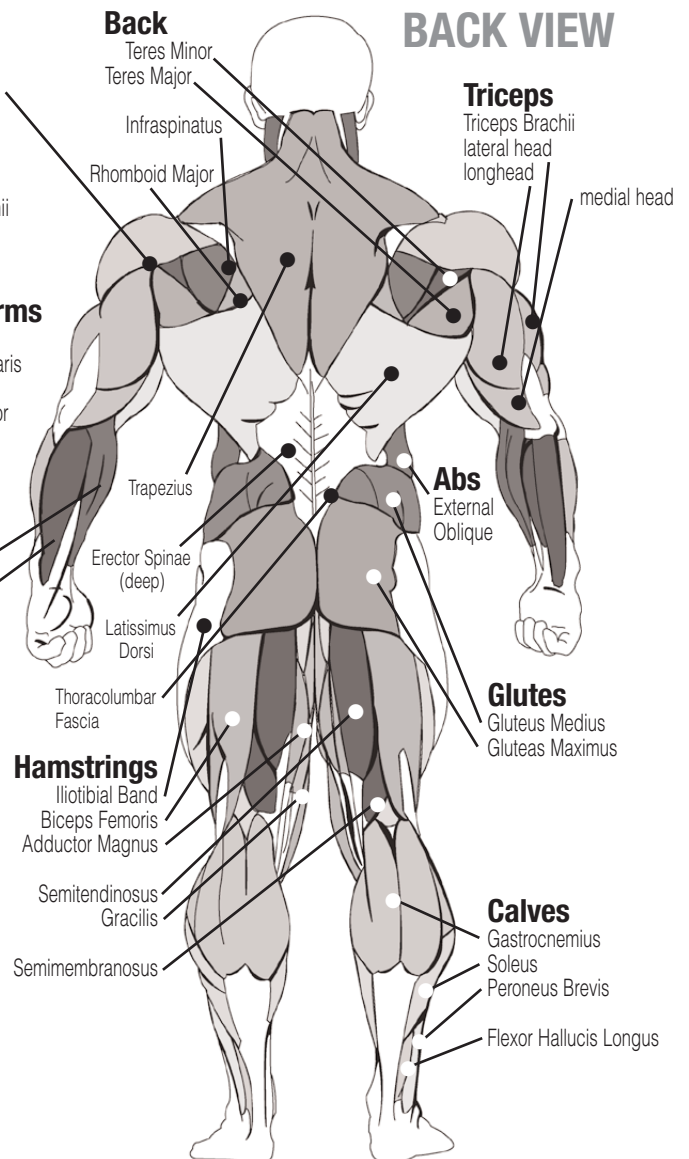


FRONT VIEW



Note: These illustrations depicting exaggerated musculature are not in the textbook anatomical position. As such, they are inexact for medical purposes but are useful for a general understanding.

BACK VIEW



FITNESS GOALS*



SHORT-TERM GOALS

Date Set _____ Date Accomplished _____

Goal _____

Reward** _____

Date Set _____ Date Accomplished _____

Goal _____

Reward** _____

Date Set _____ Date Accomplished _____

Goal _____

Reward** _____

LONG-TERM GOALS

Goal _____

Reward! _____

* Make several copies of this page to keep track of your goals and accomplishments.
** Don't forget to reward yourself for a job well-done!

WEIGHT TRAINING EXERCISE LOG



S = Sets
R = Repetitions per set
W = Weight used

BEGINNER'S SAMPLE WORKOUT ROUTINE

Keep track of your changes and improvements. It's a great motivational tool!*

Date	S			R			W														
	S	R	W	S	R	W	S	R	W												
Exercise																					
BENCH / CHEST PRESS																					
LAT PULLDOWN																					
SHOULDER PRESS																					
TRICEP PRESSDOWN																					
BICEP CURL																					
LEG PRESS / SQUAT																					
LEG EXTENSION																					
LEG CURL																					
CALF RAISE																					
AB CRUNCH																					
TOTALS																					

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WEIGHT TRAINING EXERCISE LOG



Date	S			R			W								
	S	R	W	S	R	W	S	R	W						
	S = Sets R = Repetitions per set W = Weight used														
Exercise															
LEG PRESS / SQUAT															
LEG EXTENSION															
LEG CURL															
CALF RAISE															
BENCH / CHEST PRESS															
INCLINE PRESS															
INCLINE PEC FLY															
LAT PULLDOWN															
SEATED ROW															
MILITARY PRESS															
UPRIGHT ROW															
BICEP CURL															
TRICEP PRESSDOWN															
TRICEP EXTENSION															
RESISTANCE AB CRUNCH															
RESISTANCE OBLIQUE CRUNCH															
TOTALS															

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WEIGHT TRAINING EXERCISE LOG



S = Sets
R = Repetitions per set
W = Weight used

INTERMEDIATE AND ADVANCED LIFTERS... Design your personal strength training program.
 Keep track of your changes and improvements. It's a great motivational tool!*

Date	S		R		W		S		R		W		S		R		W	
	S	R	S	R	S	R	S	R	S	R	S	R	S	R	S	R	S	R
TOTALS																		

STRETCHING & FLEXIBILITY



Flexibility is an important component of physical fitness and needs to be addressed in a resistance training program. The two main purposes for stretching are injury prevention and a faster rate of recovery from exercise. Stretching should be performed in both the warm up and cool down phases of a training session. A good general guideline is that each workout session should be preceded by 5 to 15 minutes of general warm up, followed by 8 to 12 minutes of stretching, and concluded with 4 to 5 minutes of post-exercise stretching.

A regular stretching program will loosen muscle tissue, allowing an increased range of motion. This helps prevent microtears at the muscle-tendon junction. Almost 90% of all injuries from muscle strain occur at the muscle-tendon junction. Repeated injury at this junction can lead to a build-up of scar tissue, which impedes range of motion and adds stress to the joints.

Begin by stretching the major muscle groups first. Move in and out of your stretches with smooth, slow, controlled motion. Hold the stretch for at least 10 seconds when you feel you have reached your muscle's maximum distance. Do not use fast, hurried or reckless motions when stretching. Fast and bouncy motions will increase the risk of injury.

The most common and most popular type of stretching is the **static stretching** technique. This form of stretching involves voluntary, complete relaxation of the muscles while they are elongated. A static stretch is a constant, steady stretch in which the end position is held for 10 to 30 seconds. This technique is popular because it is easy to learn, effective, and accompanied by minimal soreness with the least risk of injury.

Ballistic stretching involves a bouncing or bobbing movement during the stretch. The final position in the movement is not held. Ballistic stretching is unpopular because of the increased amount of delayed muscle soreness and the possibility of injury during the stretching exercise. Ballistic stretching is not recommended.

A dynamic stretch involves flexibility during sport specific movements. **Dynamic stretching** is similar to ballistic stretching in that it utilizes movement, but dynamic stretching includes movements that may be specific to a sport or movement pattern. Dynamic stretching is most common among track and field athletes, but is also used in other sports, such as basketball and volleyball. An example of dynamic stretching would be a track sprinter performing high knees with an emphasis on knee height and arm action, not on horizontal speed.

The following pages show illustrations with descriptions of static stretching for warm up and post-exercise cool down. Remember... stretch your large muscle groups first and do all stretches in a smooth, slow, controlled manner.

STRETCHING WARM-UP/COOL-DOWN



UPPER BACK

Cross Arm in Front of Chest

MUSCLE(S) AFFECTED: *latissimus dorsi and teres major*

1. Stand or sit with the right arm slightly flexed (15° to 30°) and adducted across the chest.
2. Grasp the upper arm just above the elbow, placing the left hand on the posterior side of the upper arm.
3. Pull the right arm across the chest (toward the left) with the left hand.
4. Hold for 10 seconds.
5. Repeat with the left arm.



Stretching the upper back

UPPER BACK

Arms Straight Up Above Head (Pillar)

MUSCLE(S) AFFECTED: *latissimus dorsi and wrist flexors*

1. Stand with arms in front of torso, fingers interlocked with palms facing each other.
2. Slowly straighten the arms above the head with palms up.
3. Continue to reach upward with hands and arms.
4. While continuing to reach upward, slowly reach slightly backward.
5. Hold for 10 seconds.



Stretching the shoulders, chest and upper back

LOWER BACK

Spinal Twist (Pretzel)

MUSCLE(S) AFFECTED: *internal oblique, external oblique and spinal erectors*

1. Sitting with legs straight and upper body nearly vertical, place right foot on left side of left knee.
2. Place back of left elbow on right side of right knee, which is now bent.
3. Place right palm on floor 12 to 16 inches behind hips.
4. Push right knee to the left with left elbow while turning shoulders and head to the right as far as possible. Try to look behind the back.
5. Hold for 10 seconds.
6. Repeat with left leg.



Stretching the low back and sides

LOWER BACK

Semi-Leg Straddle

MUSCLE(S) AFFECTED: *spinal erectors*

1. Sitting, knees flexed 30 to 50 degrees, let the legs totally relax.
2. Point the knees outward; the lateral side of the knees may or may not touch the floor.
3. Lean forward from waist and reach forward with extended arms. Hold position for 10 to 15 seconds.
4. Bending and relaxing legs decreases hamstring involvement and increases lower back stretch.



Stretching the low back from seated position

STRETCHING WARM-UP/COOL-DOWN



SIDES

Side Bend with Straight Arms

MUSCLE(S) AFFECTED: *external oblique, latissimus dorsi and serratus anterior*

1. Stand with feet 14 to 16 inches apart.
2. Interlace the fingers with palms facing each other.
3. Reach upward with straight arms.
4. Keeping arms straight, lean from waist to left side.
Do not bend knees.
5. After moving as far as possible, hold for 10 seconds.
6. Repeat to the left side.



Stretching
the sides, upper
back and shoulders

SHOULDER

Seated Lean-Back

MUSCLE(S) AFFECTED: *deltoids and pectoralis major*

1. Sitting with legs straight and arms extended, place palms on floor about 12 inches behind hips.
2. Point fingers away (backward) from body.
3. Slide hands backward and lean backward.
4. Hold for 10 seconds.



Stretching shoulder
joints—sitting

CHEST

Straight Arms Behind Back

MUSCLE(S) AFFECTED: *deltoids and pectoralis major*

1. Standing, place both arms behind back.
2. Interlock fingers with palms facing each other.
3. Straighten arms fully.
4. Slowly raise the straight arms.
5. Hold for 10 to 15 seconds.
6. Keep head upright and neck relaxed.



Stretching the chest

Remember... do all stretches in a smooth, slow, controlled manner.

STRETCHING WARM-UP/COOL-DOWN

POSTERIOR OF THIGH

Sitting Toe Touch

MUSCLE(S) AFFECTED: *hamstrings, spinal erectors and gastrocnemius*

1. Sit with the upper body nearly vertical and legs straight.
2. Lean forward from waist and grasp toes with each hand, slightly pull toes towards the upper body, and pull chest towards leg. (If you are very stiff, try to grasp the ankles.) Hold for 10 seconds.
3. Release toes and relax foot.
4. Grasp ankles and continue to pull chest towards legs. Hold for 10 seconds.
5. Still grasping the ankles, point away from body and continue to pull chest towards legs. Hold for 10 seconds.



Stretching the hamstrings with emphasis on insertion of the hamstrings and calves.



Stretching the hamstrings with emphasis on the middle portion.



Stretching the hamstrings with emphasis on the upper portion.

GROIN

Butterfly

MUSCLE(S) AFFECTED: *adductors and sartorius*

1. Sitting with the upper body nearly vertical and legs straight, flex both knees as the soles of the feet come together.
2. Pull feet toward body.
3. Place hands on feet and elbows on legs.
4. Pull torso slightly forward as elbows push legs down.
5. Hold for 10 to 15 seconds.



Stretching the groin



STRETCHING WARM-UP/COOL-DOWN

GROIN

Straddle (Spread Eagle)

MUSCLE(S) AFFECTED: *gastrocnemius, hamstrings, spinal erectors, adductors and sartorius*

1. Sit with the upper body nearly vertical and legs straight, and spread legs as far as possible.
2. With right hand, grasp toes of right foot and pull on toes slightly, while pulling chest toward right leg. Hold for 10 seconds.
3. Release toes and relax foot.
4. Grasp ankle and continue to pull chest toward right leg. Hold for 10 seconds.
5. Point toes away from body and continue to pull chest toward right leg. Hold for 10 seconds.
6. Repeat process with the left leg.
7. Repeat process by grasping right toes with right hand and left toes with left hand. Move the torso forward and toward the ground.



Stretching the hamstrings and groin with emphasis on insertion of the hamstrings and calves



Stretching the hamstrings and groin with emphasis on the upper portion



Stretching the groin, low back and hamstrings



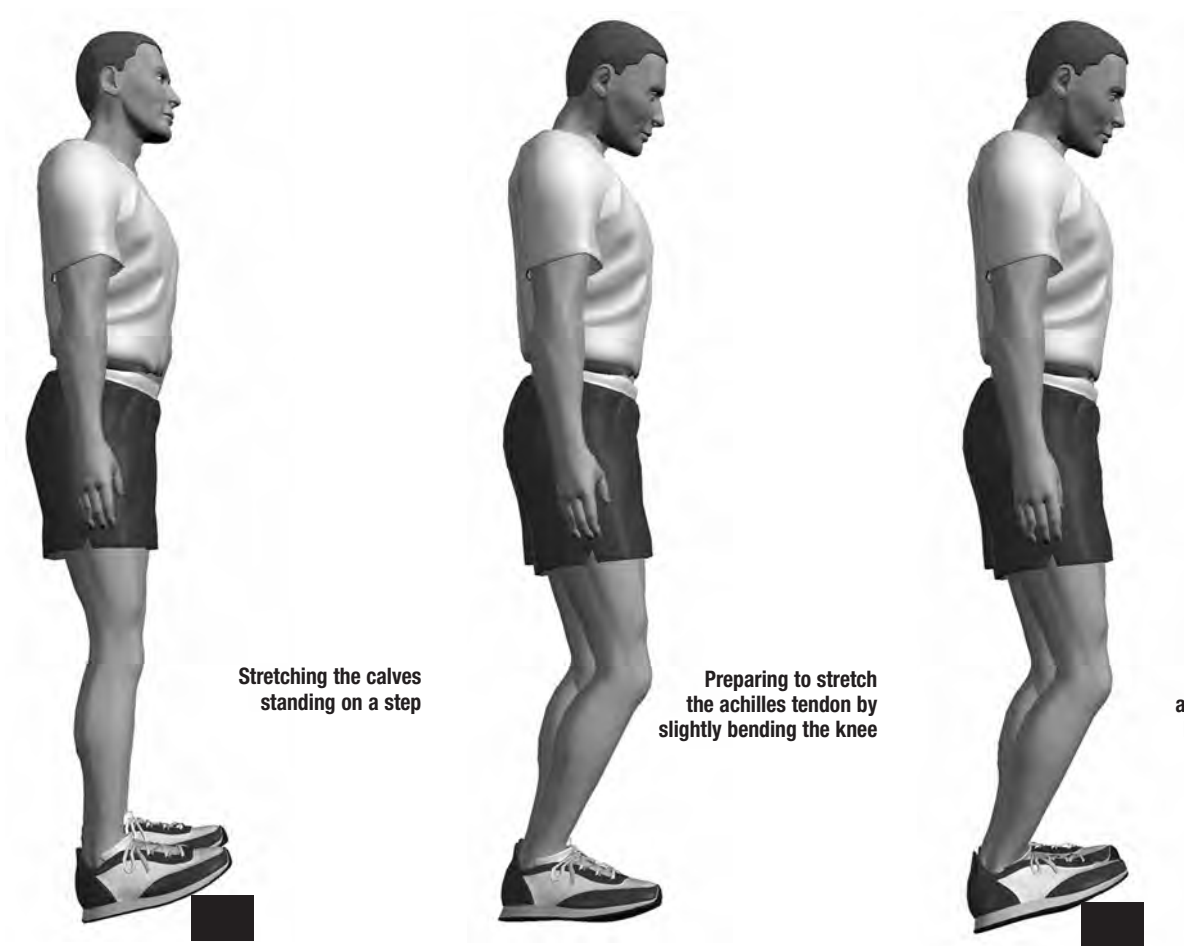
STRETCHING WARM-UP/COOL-DOWN

POSTERIOR OF LOWER LEG

Step Stretch

MUSCLE(S) AFFECTED: *gastrocnemius and soleus; also, achilles tendon*

1. Have ready a step or board 3 to 4 inches high.
2. Place balls of both feet on the step or board, 1 inch from its edge.
3. With straight legs, lower heels as far as possible.
4. Hold for 10 to 15 seconds.
5. To stretch achilles tendon, raise heels slightly. Slightly flex the knees and then lower the heels.
This stretch will be felt in the achilles tendon.
6. Hold for 10 to 15 seconds.
7. For a more intense and individualized stretch, perform this stretch with one leg at a time.



Stretching the calves standing on a step

Preparing to stretch the achilles tendon by slightly bending the knee

Stretching the achilles tendon by lowering the heel

G9U WORKOUT

C H E S T



Horizontal Grip Chest Press
(Pectorals)

1. Insert pin into weight stack at desired resistance level.
2. Adjust seat pad, back pad and press arm pivot point so that when seated the horizontal press handles bisect the Chest (pectoral) muscles.
3. Sit comfortably on the seat pad with your back flat against the back pad.
4. Grasp horizontal press handles with your arms bent and palms facing down.
5. Keeping your elbows out and below your shoulders, extend your arms forward at a smooth, moderate pace throughout the exercise movement.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



Incline Press
(Upper Pectorals)

1. Insert pin into weight stack at desired resistance level.
2. Set Press Arms to the Incline Press position and set back pad to the Incline Press position.
3. Adjust seat pad height so that when seated the horizontal press handles bisect the upper chest (pectoral) muscles.
4. Sit comfortably on the seat pad with your back flat against the back pad.
5. Grasp horizontal bench handles with your arms bent and palms facing downward.
6. Keeping your elbows out and below your shoulders, extend your arms forward at a smooth, moderate pace throughout the exercise movement.
7. Pause for a moment, then slowly return to the starting position. Repeat movement.
8. Exhale on exertion, inhale on return motion.



Cable Crossover
(Pectorals)

1. Insert pin into weight stack at desired resistance level.
2. Attach utility strap to low pulley cable.
3. Stand with your right side facing the low pulley and your feet set shoulder width apart. Grasp the handle with your right hand. Bend slightly at the waist and maintain this torso angle throughout the exercise movement.
4. Keeping your palm facing toward your body and arm slightly bent, pull strap upward and across your body in a semicircular arc until it is approximately level with your shoulder.
5. Pause for a moment, then slowly return the strap, back along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.
7. Turn around and repeat with opposite arm.



Pectoral Fly
(Pectorals)

1. Insert pin into weight stack at desired resistance level.
2. Adjust seat pad height so that when seated and grasping handles your upper arms are parallel with the floor.
3. Sit comfortably on the seat pad facing away from the machine and your back flat against the back pad.
4. Grasp handles with arms slightly bent and upper arms parallel with the floor.
5. Use Chest (pectoral) muscles to bring your arms forward and inward until the pec arms touch.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

B A C K



Lat Pulldown
(Latissimus Dorsi)

1. Insert pin into weight stack at desired resistance level.
2. Attach Lat Bar to high pulley cable and adjust press arms out of the way.
3. Adjust seat pad so your knees fit comfortably under leg hold-down rollers. Sit on seat pad facing into machine.
4. Grasp Lat Bar 3 to 6 inches wider than your shoulders, on each side.
5. Keeping your elbows back during movement, slowly pull the Bar down toward your chest until it lightly touches the upper part of your chest.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



Shrugs
(Trapezius)

1. Insert pin into weight stack at desired resistance level.
2. Attach Straight Bar to low pulley cable.
3. Stand facing the low pulley with your feet set shoulder width apart.
4. Grasp the Straight Bar and stand erect with your arms extended straight down and the Bar resting across your thighs. Allow the weight to pull your shoulders forward and downward.
5. Use Trapezius strength to "shrug" your shoulders upward and backward as far as possible.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



Chest Supported Mid Row
(Latissimus Dorsi)

1. Insert pin into weight stack at desired resistance level.
2. Adjust seat height so that when seated the Press Arm handles pivot to slightly below your chest area. Adjust chest pad and Press Arm handles to match arm length for full stretch.
3. Sit facing machine. Lock your legs under rollers. Keep chest flat against pad throughout movement.
4. Grasp the handles with both hands allowing the weight to gently stretch your Lats.
5. Using back strength pull the handles toward you being sure to keep your elbows close to your sides. Continue to pull the Bar until it is even with your midsection.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



Seated Row
(Latissimus Dorsi)

1. Insert pin into weight stack at desired resistance level.
2. Attach Straight Bar to low pulley cable.
3. Sit on the floor with your knees slightly bent and your feet placed firmly against the foot brace.
4. Grasp the Bar in both hands. Straighten your arms and lean towards the pulley to gently stretch your Lats.
5. Simultaneously pull the Bar toward you and sit erect, being sure to keep your elbows close to your sides. Continue to pull the Bar until it touches your midsection.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

G9U WORKOUT

A R M S



Standing Bicep Curl
(Biceps)

1. Insert pin into weight stack at desired resistance level.
2. Attach Straight Bar to low pulley cable.
3. Take an underhand grasp on the Bar. Stand erect with your feet set at shoulder width, approximately 1 to 2 feet away from pulley. Your arms should be down at your sides with the Bar resting on your thighs.
4. Keeping your upper arms locked against the sides of your torso, use Bicep strength to curl the Bar upward and forward in a semicircular arc to a position beneath your chin.
5. Pause for a moment, then slowly return the Bar back along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.



Concentration Curl
(Biceps)

1. Insert pin into weight stack at desired resistance level.
2. Attach a short handle strap to low pulley.
3. Stand with your left side facing the machine with the low pulley in front of you and just to your left.
4. Bend forward at the hips and knees and position your right hand just above your right knee where it will remain throughout the exercise movement.
5. Grasp the handle in your left hand, palm up. Keeping your left elbow anchored between your right hand and your left knee, slowly raise the handle upward in a semicircular arc until it lightly touches your chest.
6. Pause for a moment, then slowly return along the same arc to the starting position and repeat movement.
7. Exhale on exertion, inhale on the return motion.
8. Turn around and repeat with right arm.



Triceps Press Down
(Triceps)

1. Insert pin into weight stack at desired resistance level.
2. Attach Straight Bar to high pulley cable.
3. Stand erect with your feet set at shoulder width. Take an overhand grasp of the Straight Bar with your hands set 3 to 5 inches apart.
4. Pull the Bar down and lock your upper arms against the sides of your torso where they must remain throughout the exercise movement. Lean slightly forward at the waist.
5. Moving only your forearms, use Triceps strength to press the Bar downward in a semicircular arc to a position below your waist.
6. Pause for a moment, then slowly return the Bar back along the same arc, to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



Seated Triceps Extension
(Triceps)

1. Insert pin into weight stack at desired resistance level.
2. Attach Tricep Strap to middle pulley cable. Adjust seat pad to a comfortable position.
3. Sit comfortably on seat pad, facing away from the machine. Reach behind your head and secure your hands into the loops of the Tricep Strap.
4. Bend at the waist so that your torso is at an approximate 45° angle from the machine. Keep your hands behind your head and your arms bent with your elbows facing forward.
5. Keeping your upper arms motionless, use triceps strength to move the Strap forward and outward in an arcing motion until your arms are fully extended.
6. Pause for a moment, then slowly return the Strap back along the same arc, to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

L E G S



Leg Press
(Quadriceps & Hamstrings)

1. Insert pin into weight stack at desired resistance level.
2. Adjust back pad to desired position.
3. Sit comfortably against seat pad with your back against the back pad and your feet against the press plate.
4. Grasp the handles at your sides for support.
5. Using leg muscles, slowly press the foot plate until your legs are extended. *Do not lock out your knees.*
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



Calf Press
(Gastrocnemius)

1. Insert pin into weight stack at desired resistance level.
2. Adjust back pad to desired position.
3. Sit comfortably on seat pad with your back flat against the back pad and the balls of your feet securely against the bottom portion of the press plate.
4. Grasp the handles at your sides for balance and stability.
5. Extend your legs and hold them in this position throughout the exercise.
6. Extend your feet forward as far as you comfortably can, hold that position for a moment and then return your feet to the furthest back position you comfortably can. Repeat movement.
7. Exhale on exertion, inhale on return motion.



Leg Extension
(Quadriceps)

1. Insert pin into weight stack at desired resistance level.
2. Adjust seat pad, back pad and each set of rollers so that your knee joints line up with the pivot point and your ankles fit comfortably under the leg pads.
3. Using Quadricep strength, extend your feet outward and upward until your legs are extended.
4. Pause for a moment, then slowly return your feet back along the same arc, to the starting position. Repeat movement.
5. Exhale on exertion, inhale on return motion.



Standing Leg Curl
(Hamstrings)

1. Insert pin into weight stack at desired resistance level.
2. Stand facing machine and hook your left heel under the bottom leg pad with left knee positioned slightly below the top roller pad. Grasp bench handles for stability.
3. Use hamstring strength to pull and curl your left foot upward, bending your knee as much as possible.
4. Pause for a moment, then slowly return your foot back along the same arc, to the starting position. Repeat movement.
5. Exhale on exertion, inhale on return motion.
6. Change sides and repeat with opposite leg.

G9U WORKOUT

SHOULDERS



Shoulder Press
(Deltoids)

1. Insert pin into weight stack at desired resistance level.
2. Set Press Arms to the Shoulder Press position and set back pad to the Shoulder Press position.
3. Adjust seat pad height so that when seated the horizontal press handles bisect the shoulder (deltoid) muscles.
4. Sit comfortably on the seat pad with your back flat against the back pad.
5. Grasp horizontal bench handles with your arms bent and palms facing downward.
6. Keeping your elbows out, extend your arms forward at a smooth, moderate pace throughout the exercise movement.
7. Pause for a moment, then slowly return to the starting position. Repeat movement.
8. Exhale on exertion, inhale on return motion.



Side Deltoid Raise
(Deltoids)

1. Insert pin into weight stack at desired resistance level.
2. Attach Utility Strap or the Tricep/Ab Strap to the low pulley cable.
3. Stand with your right side facing the machine.
4. Securely grasp the Strap with your left hand and your palm facing down.
5. Using shoulder muscle strength, slowly raise the Strap upward and outward in a semicircular arc until it is in a position slightly above shoulder level.
6. Pause for a moment, then slowly return the Strap along the same arc, back to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.
8. Change hands, turn around and repeat with opposite arm.



Upright Row
(Deltoids & Trapezius)

1. Insert pin into weight stack at desired resistance level.
2. Attach Straight Bar to low pulley cable.
3. Stand erect, facing machine, with your feet approximately shoulder width apart and grasp the Bar with your hands set approximately 6 inches apart and your palms facing down.
4. Straighten your arms and allow the weight to pull your arms straight down.
5. Keeping your elbows above your hands at all times, slowly pull the Bar upward until the back of your hands lightly touch your chin.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



Rear Deltoid Fly
(Deltoids & Trapezius)

1. Insert pin into weight stack at desired resistance level.
2. Adjust seat pad height so that when seated and rasing handles your upper arms are parallel with the floor.
3. Sit comfortably on the seat pad facing the machine with your back straight.
4. Grasp handles with arms slightly bent and upper arms parallel with the floor.
5. Using rear Deltoid muscle strength, pull the pec arms backward toward each other as far as you comfortably can.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

H I P S



Leg Abduction
(Outer Thighs)

1. Insert pin into weight stack at desired resistance level.
2. Attach Utility Strap to left ankle and low pulley cable. Stand 1 to 2 feet away from the pulley with your right side toward the machine.
3. Keeping your legs straight and your body balanced, allow the weight to pull your leg across your body and toward the machine. Be sure to keep hands away from all moving parts.
4. Using Outer Thigh strength, slowly pull your left leg across and away from your body as far as comfortably possible.
5. Pause for a moment, then slowly return along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.
7. Turn around and repeat with opposite leg.



Leg Adduction
(Inner Thighs)

1. Insert pin into weight stack at desired resistance level.
2. Attach Utility Strap to right ankle and low pulley cable. Stand 1 to 2 feet away from the pulley with your right side toward machine.
3. Keeping your legs straight and your body balanced, allow the weight to pull your leg away from your body and toward the machine. Be sure to keep hands away from all moving parts.
4. Using Inner Thigh strength, slowly pull your right leg across your body as far as comfortably possible.
5. Pause for a moment, then slowly return along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.
7. Turn around and repeat with opposite leg.



Glute Kickback
(Glutes)

1. Insert pin into weight stack at desired resistance level.
2. Attach the utility strap to the low pulley and then to your left ankle.
3. Stand facing the machine with your left foot in front of the low pulley.
4. Keeping your legs straight and your body balanced, slowly pull your left leg toward the machine. Hold the back pad for balance.
5. Keeping both legs straight and using Gluteal strength, slowly pull your left leg backward and behind your body as far as comfortably as possible.
6. Pause for a moment, then slowly return along the same arc to the starting position and repeat movement.
7. Exhale on exertion, inhale on the return motion.
8. Attach utility strap to your right ankle and repeat above steps with your right leg.



Resistance Ab Crunch
(Abdominals)

1. Insert pin into weight stack at desired resistance level and adjust Press Arms to Storage position.
2. Attach Tricep / Ab Strap to middle pulley cable and adjust back pad to Chest Press position.
3. Sit on seat pad with your back resting against back pad. Grasp the Strap and place it securely over your shoulders, keeping your hands planted firmly on your upper chest throughout the entire exercise movement.
4. Using Abdominal muscle strength, slowly bend forward at the waist as far as possible.
5. Pause for a moment, then slowly return back to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.

A B S

Weight Ratios

Below is a description of the different weight ratios for your selectorized gym. This chart shows actual weight being lifted according to the exercise performed. To use the chart below, count the number of selected plates, locate the plate number on the chart and move across to the correct weight ratio. The resulting value is the actual weight being lifted during the exercise.

