

1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Place your elbows just above your knees. Keep your back straight. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, M



2 MILITARY PRESS

Place the system as required for the exercise. Sit on the seat and grasp the arms with an overhand grip. Keep your back straight. Fully extend your arms. Return to the starting position.

Muscles affected: L, O, M



3 BUTTERFLY

Sit on the seat and place your arms on the butterfly arms as shown. Press the butterfly arms toward each other until the pads touch. Return to the starting position.

Muscles affected: B, L



4 CALF RAISE

Hold the handles with an overhand grip. Keep your arms at your sides and raise up as far as possible. Return to the starting position.

Muscles affected: K, R



5 SQUAT

Hold the handles with an overhand grip, and straighten your legs. Slowly bend your legs as shown. Do not allow your knees to touch. Return to the starting position.

Muscles affected: H, L, V, M



6 ALTERNATE LEG RAISE

Place the ICOR arms with your back to the system and your arms supporting your weight. Slowly raise one leg until it is parallel with the floor. Repeat with the other leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, F, M



7 VERTICAL KNEE RAISE

Mount the ICOR arms with your back to the system and your arms supporting your weight. Slowly raise your knees as high as they will go. Keep your feet on the floor at all times. Return to the starting position.

Muscles affected: F, M



8 ASSISTED DIP

Select the desired weight setting. Grasp the air handles with your arms straight and your knees resting on the pads as shown. Slowly lower your body by bending your elbows. Return to the starting position.

Muscles affected: B, L, O, R, Q, R, B



9 PULL-UP

Grab the pull-up handles as shown. Lower your body until your arms are straight. Slowly pull your body up until the chin is at the level of the bar. Return to the starting position.

Muscles affected: C, E, D, R, B



10 PREACHER CURL

Sit on the seat and rest your arms on the front pad. Hold the bar with an underhand grip and extend your arms. Slowly curl the bar forward. Return to the starting position.

Muscles affected: C, B



11 LEG PRESS

Sit on the seat and place your feet on the press plate as shown. Press the footplate and extend your legs fully. Lower the bar. Do not lock your knees. Return to the starting position.

Muscles affected: H, V, M, K



12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever. Place the leg lever until your legs are straight. Return to the starting position.

Muscles affected: M



13 LEG CURL

Mount the back of one leg resting against one of the seats on the leg lever. Place the leg lever by locking your feet as shown. Return to the starting position.

Muscles affected: M



14 AB CRUNCH

Attach the air straps to the air cables. Hold the air straps over your shoulders. Lower yourself, flexing at your waist and keeping your back straight.

Muscles affected: M



15 TRICEPS PRESS DOWN

Attach the bar to the high cable. Facing the system, hold the bar with an overhand grip. Keep your arms straight. Fully extend your arms and slowly return to the starting position.

Muscles affected: E, M



16 STIFF ARM PUSHDOWN

Connect the bar to the high cable. Attach the bar with an overhand grip. Your hands should be shoulder-width apart. With your arms slightly bent, push the bar forward over your head. Return to the starting position.

Muscles affected: E, R, R, B



17 LAT PULL-DOWN

Attach the bar to the high cable. Sit facing the system, extend your arms up, and hold the ends of the bar with an overhand grip. Pull the bar down as close to your feet as possible. Return to the starting position.

Muscles affected: C, E, R, B



18 TRICEPS EXTENSION

Attach the bar to the high cable. Sit on the seat and hold the bar above your head with your elbows bent. Keeping your upper arms stationary, slowly straighten your arms. Return to the starting position.

Muscles affected: E, M



19 CROSSOVER FLY

Attach the handles to the cables. Extend your arms and hold the handles as shown. Keep your back straight and your feet flat on the floor in front of you in a hugging position. Return to the starting position.

Muscles affected: B, L, O, B



20 BACK EXTENSION

Attach the bar to the low cable. Sit on the seat and hold the bar with one hand against your chest as shown. Keep your back straight and bend back at your neck. Return to the starting position.

Muscles affected: T



21 DEAD LIFT

Attach the bar to the low cable. Stand sideways and hold the bar with an overhand grip. Keep your back straight, keeping your arms and back straight, and your feet up. Return to the starting position.

Muscles affected: E, H, T, V, M



22 SIDE BEND

Attach the handles to the low cable. Stand sideways, extend one arm downwards and hold the handle with your arm fully extended. Bend to the side as shown. Return to the starting position.

Muscles affected: D, E, M



23 SHOULDER SHRUG

Attach the bar to the low cable. Extend your arms and hold the bar with an overhand grip. Keep your arms at your sides. Shrug your shoulders up. Return to the starting position.

Muscles affected: E, O, P



24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Extend your arm forward, lifting the handle over your head. Return to the starting position.

Muscles affected: E, B



25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm down and hold the handle with an overhand grip. Keep your arm at your side and curl the handle toward your chest. Return to the starting position.

Muscles affected: C, B



26 FRONT KICK

Attach the ankle strap to the low cable. Stand with your feet shoulder-width apart. Kick your leg straight out and raise it forward as shown. Return to the starting position.

Muscles affected: L, D, M, I



27 HEEL KICK

Attach the ankle strap to the low cable. Insert one leg into the ankle strap. Kick your leg back as shown. Return to the starting position.

Muscles affected: L, V, M



28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and insert your inside leg into the ankle strap. Kick your leg out and raise it to the side. Return to the starting position.

Muscles affected: L, M



29 HIP ABDUCTION

Attach the ankle strap to the low cable. Stand sideways and insert your outside leg into the ankle strap. Kick your leg out to the side. Return to the starting position.

Muscles affected: D, M



30 SEAMING CURL

Attach the bar to the low cable. Sit on the seat and hold the bar with an underhand grip. Keep your elbows at your sides and curl the bar up toward your chest. Return to the starting position. To vary the exercise, hold the bar with an overhand grip.

Muscles affected: C, B



31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm forward and hold the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: L, O, Q



32 BENT LATERAL RAISE

Attach the handle to the low cable. Stand sideways and bend forward, extend one arm downwards, and hold the handle with your arm fully extended. Bend the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: O, Q



33 FRONT RAISE

Attach the bar to the low cable. Extend both arms downwards and hold the bar with an overhand grip. Keeping your arms straight, raise the bar to the level of your shoulders. Return to the starting position.

Muscles affected: L, P, Q



34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhand grip. Move your arms upward and toward your chest. Return to the starting position.

Muscles affected: C, E, L, O, P, Q



35 BENT ROW

Attach the handle to the low cable. Stand forward, extend your arms, and bend the handle with an overhand grip. Move your arms upward and hold the handle to your chest. Return to the starting position.

Muscles affected: C, E, O, P, Q, S, T



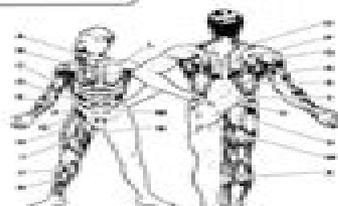
36 SEATED ROW

Attach the curl bar to the low cable. Sit on the floor and hold the curl bar with an overhand grip. Pull the curl bar toward your chest and lower back. Return to the starting position.

Muscles affected: C, E, O, P, Q, S, T



MUSCLE CHART



- | | |
|-------------------------------|----------------------------------|
| A. Deltomastoid (neck) | N. Adductor (inner thigh) |
| B. Pectoralis Major (chest) | O. Trapezius (upper back) |
| C. Biceps (front of arm) | P. Rhomboides |
| D. Triceps (back of arm) | Q. Erector Spinae |
| E. Brachioradialis (forearm) | R. Pectoralis Ductus |
| F. Hip Flexors (upper thigh) | S. Quadriceps |
| G. Adductor (outer thigh) | T. Hamstrings (back of thigh) |
| H. Quadriceps | U. Gluteus (back of arm) |
| I. Soleus (back of thigh) | V. Latissimus Dorsi |
| J. Sartorius (front of thigh) | W. Erector Spinae |
| K. Soleus (back of calf) | X. Gluteus (back) |
| L. Hamstrings | Y. Gluteus Medius (hip) |
| M. Rectus Abdominus (abdomen) | Z. Gluteus Maximus |
| | AA. Hamstrings |
| | AB. Hamstrings (back of leg) |
| | AC. Gastrocnemius (back of calf) |

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RC Schank



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