



Assembly Instructions,
Owner's Manual
&
Fitness Guide

X BOWFLEX[®]
XTREME[™]

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Get To Know Your Machine

CONGRATULATIONS on your commitment to fitness! With the Bowflex® Xtreme™ as your exercise partner, you know that you have the tool to exceed all of your physical fitness, strength and health expectations!

Bowflex Xtreme's exceptional resistance and quality is unmatched by any other single piece of home fitness equipment available. You will not believe the amazing results your body will get with Bowflex!

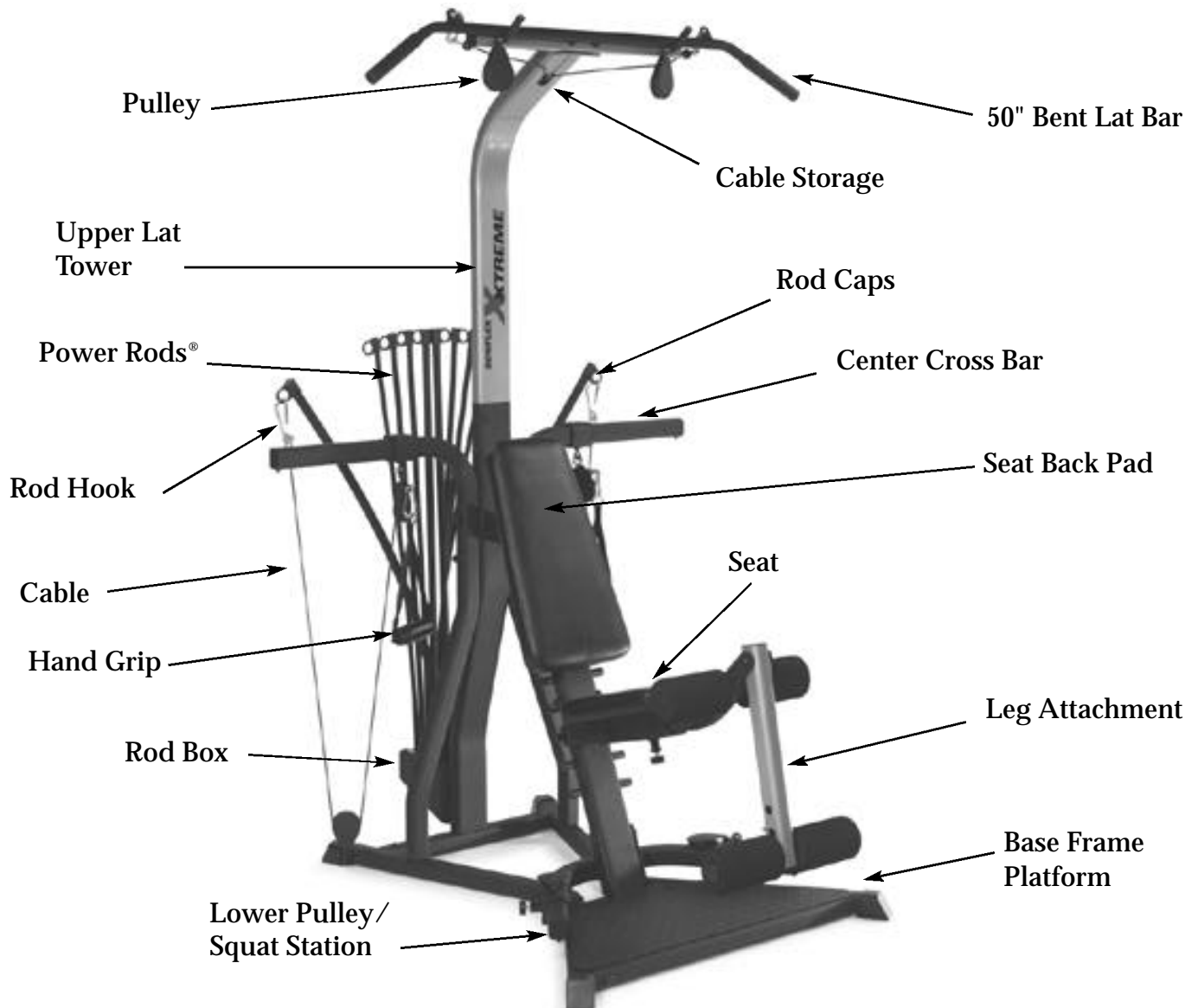
In this Owner's Manual you'll find a variety of exercises and leanness-enhancing workout programs.

Please take your time to read through the entire manual before attempting to use your Bowflex. It's important to understand how to properly perform each exercise before you do so using Power Rod® Resistance.

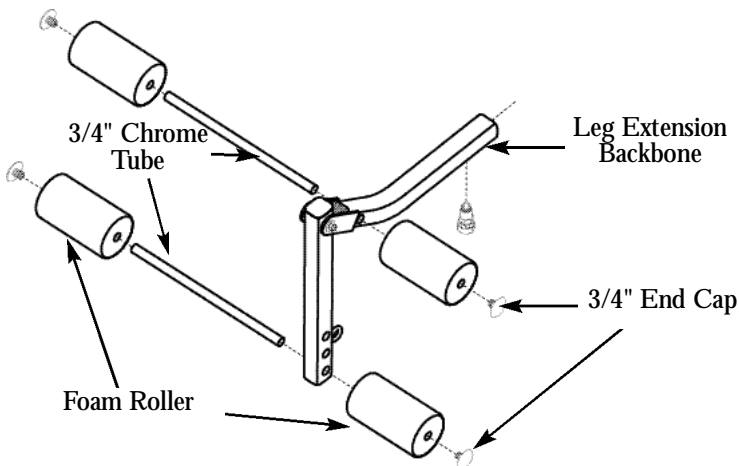
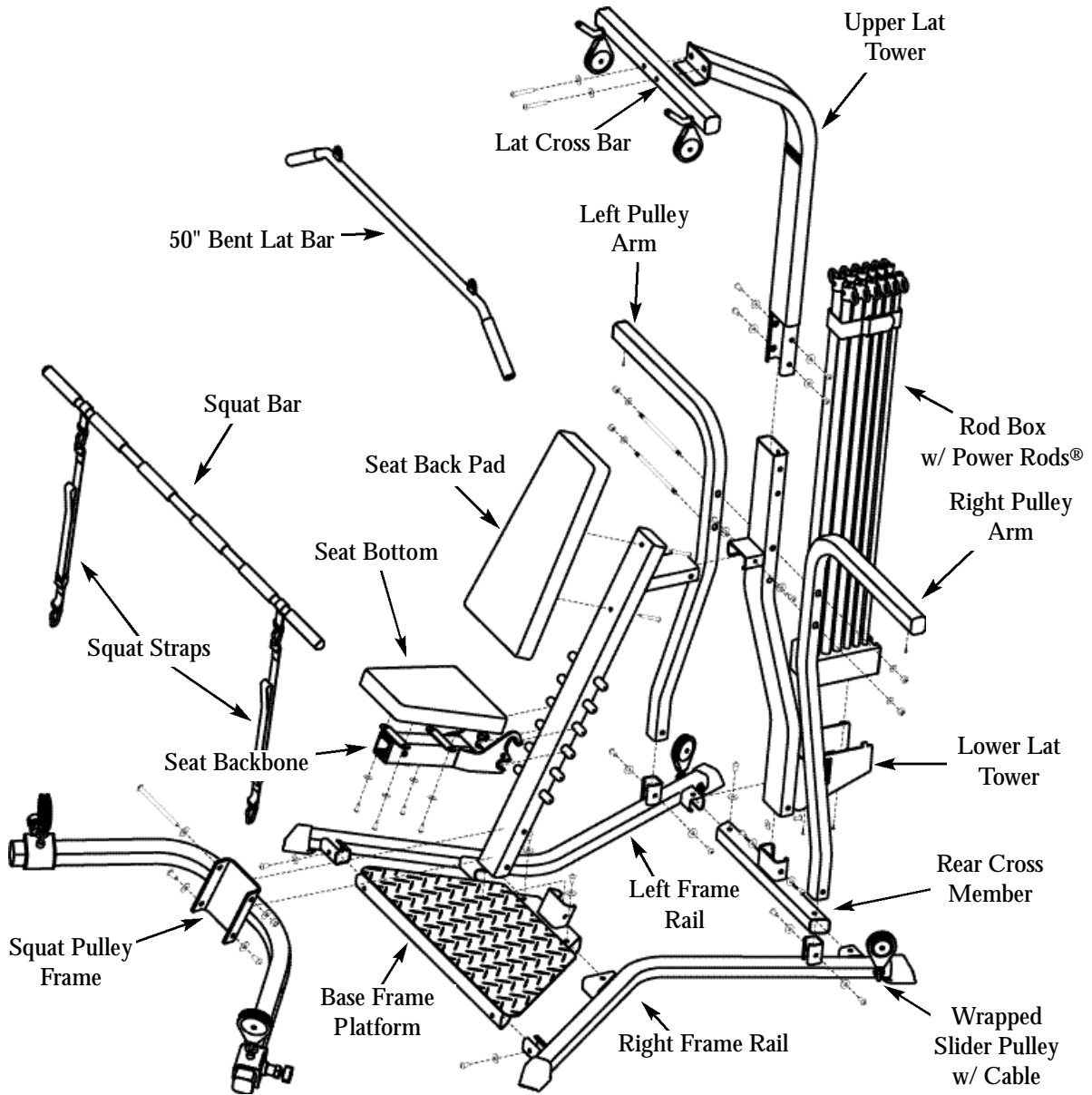
With all of the fitness choices available today, finding the best workout equipment for your needs can be very confusing. Everyone at The Nautilus Group, Inc. would like to congratulate you and thank you for selecting the Bowflex Xtreme. Bowflex is the best home fitness product available, and you're just about to prove it to yourself.

Again, thank you for choosing Bowflex.

THE BOWFLEX® XTREME™



Get To Know Your Machine



Leg Extension - Optional Attachment

If you ordered the optional Leg Extension Attachment, you will receive the parts shown to the left.

Basic Assembly Principles

Here are a few basic tips that will make your assembly of the Bowflex® Xtreme™ quick and easy. By using these principles, you can simplify each process and save yourself extra time and effort.

1. Make the assembly process go faster by gathering the pieces you need for each step prior to starting the step.
2. When using a ratchet to tighten a locknut on a bolt, use a close-ended combination wrench to grip the locknut. This will ensure that the locknut is fastened securely.
3. When placing a bolt between two separate pieces, you can help the bolt holes to line up by gently lifting one of the pieces. You can also lift gently and look between the pieces to help guide the bolt through the holes.
4. As a general rule, and for all bolts and nuts on your Bowflex Xtreme, turn bolts or nuts toward the right to tighten and left to loosen. Or you can remember the mnemonic: "Righty tighty, lefty loosey."

Tools You Will Need

You will need the following tools to complete the assembly of your Bowflex Xtreme. If you don't have these tools, you can find them at any hardware or department store for a reasonable price.

- 7/16" combination wrench
- 9/16" combination wrench
- An adjustable wrench
- A socket wrench set
- Phillips screw driver
- Flat blade screw driver
- Rubber mallet
- Utility Knife
- Scissors

Parts List

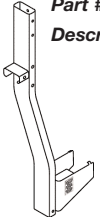
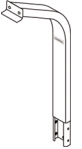
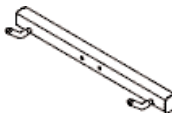
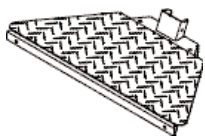
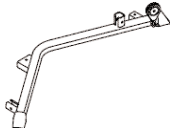
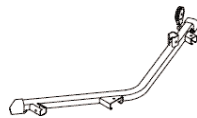
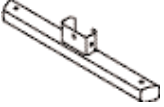
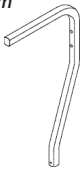

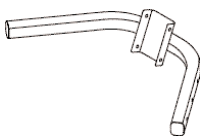
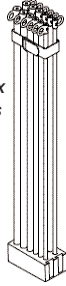

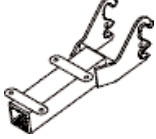
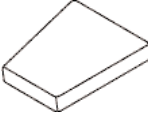



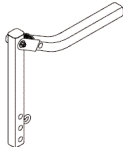




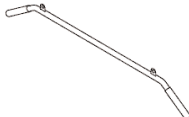



| Item No. | Qty. | Part No. | Description | Item No. | Qty. | Part No. | Description |
|----------|------|----------|-----------------------------|----------|------|----------|-----------------------------------|
| 1 | 1 | 11476 | LOWER LAT TOWER | A | 4 | 11450 | SCREW, 5/16" X 3/4" BUTTON HEAD |
| 2 | 1 | 11480 | UPPER LAT TOWER | B | 20 | 11465 | SCREW, 3/8" X 3/4" BUTTONHEAD |
| 3 | 1 | 11487 | LAT CROSS BAR | C | 2 | 11472 | SCREW, 3/8" X 1" BUTTON HEAD |
| 4 | 1 | 11402 | BASEFRAME | D | 2 | 11453 | SCREW, 5/16" X 2 1/2" BUTTON HEAD |
| 5 | 1 | 11421 | RIGHT FRAME RAIL | E | 2 | 11468 | SCREW, 3/8" X 2 1/2" BUTTON HEAD |
| 6 | 1 | 11410 | LEFT FRAME RAIL | F | 1 | 11466 | SCREW, 3/8" X 5" BUTTONHEAD |
| 7 | 1 | 11407 | REAR CROSS MEMBER | G | 3 | 10183 | SCREW, #10 X 1" SELF THREADING |
| 8 | 1 | 11469 | RIGHT PULLEY ARM | H | 2 | 10191 | SCREW, 1/4" X 1/2" CAP |
| 9 | 1 | 11463 | LEFT PULLEY ARM | I | 2 | 11515 | STUD, 1/2" X 11" THREADED |
| 10 | 1 | 11426 | SQUAT PULLEY FRAME | J | 3 | 90156 | WASHER, 1/4" |
| 11 | 1 | 10080 | ROD BOX w/ RODS | K | 28 | 90138 | WASHER, 3/8" |
| 12 | 1 | 11441 | SEAT SUPPORT RAIL | L | 4 | 11448 | WASHER, 1/2" |
| 13 | 1 | 11457 | SEAT BACKBONE | M | 6 | 80106 | WASHER, 5/16" |
| 14 | 1 | 11451 | SEAT BOTTOM | N | 4 | 11449 | NYLOCKNUT 1/2" |
| 15 | 1 | 11446 | SEAT BACK PAD | O | 1 | 90196 | NYLOCK NUT 3/8" |
| 16 | 6 | 11431 | SLIDER PULLEY w/ CABLE ASSY | P | 2 | 90134 | HAND GRIP |
| 17 | 1 | 10074 | LOCKKNOB | Q | 1 | 11491 | 50" BENT LAT BAR |
| 18 | 1 | 11499 | LEG EXTENSION BACKBONE | R | 1 | 90650 | SQUAT BAR |
| 19 | 2 | 95206 | 3/4" CHROME TUBE | S | 1 | 10073 | SQUAT STRAP |
| 20 | 4 | 40304 | FOAM ROLLERS | T | 4 | 50334 | SNAPHOOK |
| 21 | 4 | 90218 | 3/4" END CAPS | | | | |

Assembly Guide

Before You Assemble

Select where you are going to put your Xtreme carefully. The best place for your Xtreme is on a hard, level surface. Assemble your Xtreme in the location where you intend to use it, as the Xtreme does not go through doors easily once fully assembled.

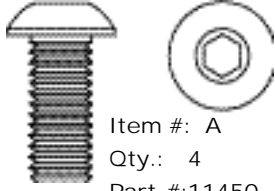
Bowflex® Xtreme™ Assembly Components

| | | | | | |
|---|---|--|--|--|---|
| <p>Item #: 1 Qty.: 1 Part #: 11476 Descr: Lower Lat Tower</p>  | <p>Item #: 2 Qty.: 1 Part #: 11480 Descr: Upper Lat Tower</p>  | <p>Item #: 3 Qty.: 1 Part #: 11487 Descr: Lat Cross Bar</p>  | <p>Item #: 4 Qty.: 1 Part #: 11402 Descr: Base Frame</p>  | <p>Item #: 5 Qty.: 1 Part #: 11421 Descr: Right Frame Rail</p>  | <p>Item #: 6 Qty.: 1 Part #: 11410 Descr: Left Frame Rail</p>  |
| <p>Item #: 7 Qty.: 1 Part #: 11407 Descr: Rear Cross Member</p>  | <p>Item #: 8 Qty.: 1 Part #: 11469 Descr: Right Pulley Arm</p>  | <p>Item #: 9 Qty.: 1 Part #: 11463 Descr: Left Pulley Arm</p>  | <p>Item #: 10 Qty.: 1 Part #: 11426 Descr: Squat Pulley Frame</p>  | <p>Item #: 11 Qty.: 1 Part #: 10080 Descr: Rod Box w/ Rods</p>  | <p>Item #: 12 Qty.: 1 Part #: 11441 Descr: Seat Support Rail</p>  |
| <p>Item #: 13 Qty.: 1 Part #: 11457 Descr: Seat Backbone</p>  | <p>Item #: 14 Qty.: 1 Part #: 11451 Descr: Seat Bottom</p>  | <p>Item #: 15 Qty.: 1 Part #: 11446 Descr: Seat Back Pad</p>  | <p>Item #: 16 Qty.: 6 Part #: 11431 Descr: Slider Pulley w/ Cable Assembly</p>  | <p>Item #: 17 Qty.: 1 Part #: 10074 Descr: Lock Knob</p>  | <p>Item #: 18 Qty.: 1 Part #: 11499 Descr: Leg Extension Backbone</p>  |
| <p>Item #: 19 Qty.: 2 Part #: 95206 Descr: 3/4" Chrome Tube</p>  | <p>Item #: 20 Qty.: 4 Part #: 50304 Descr: Foam Rollers</p>  | <p>Item #: 21 Qty.: 4 Part #: 90218 Descr: 3/4" End Caps</p>  | <p>Item #: P Qty.: 2 Part #: 90134 Descr: Hand Grip</p>  | <p>Item #: Q Qty.: 1 Part #: 11491 Descr: 50" Bent Lat Bar</p>  | <p>Item #: R Qty.: 1 Part #: 90650 Descr: Squat Bar</p>  |
| <p>Item #: S Qty.: 1 Part #: 10073 Descr: Squat Strap</p>  | <p>Item #: T Qty.: 4 Part #: 50334 Descr: Snap Hook</p>  | | | | |

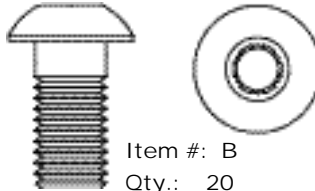
Assembly Guide

Bowflex® Xtreme™ Assembly Hardware

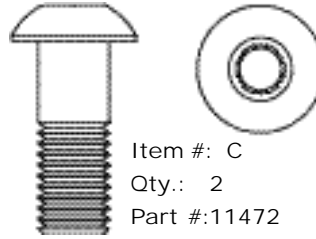
Note: Drawings are actual size



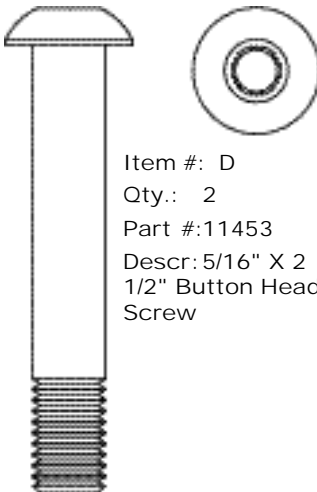
Item #: A
Qty.: 4
Part #:11450
Descr: 5/16 X 3/4"
Button Head
Screw



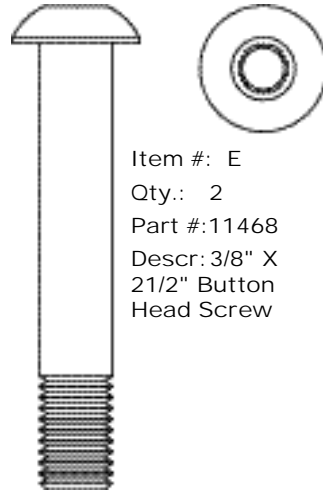
Item #: B
Qty.: 20
Part #:11465
Descr: 3/8" x 3/4"
Button Head
Screw



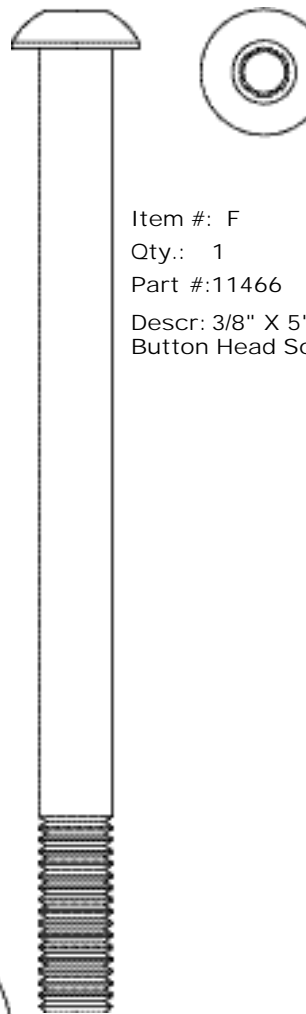
Item #: C
Qty.: 2
Part #:11472
Descr: 3/8 X 1"
Button Head
Screw



Item #: D
Qty.: 2
Part #:11453
Descr: 5/16" X 2
1/2" Button Head
Screw



Item #: E
Qty.: 2
Part #:11468
Descr: 3/8" X
2 1/2" Button
Head Screw



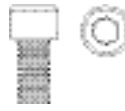
Item #: F
Qty.: 1
Part #:11466
Descr: 3/8" X 5"
Button Head Screw



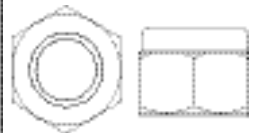
Item #: N
Qty.: 4
Part #:11449
Descr: 1/2" Nylock N



Item #: G
Qty.: 3
Part #:10183
Descr: #10 X 1"
Self Threading
Screw



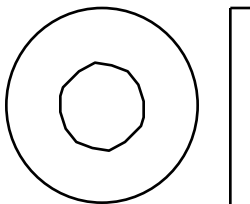
Item #: H
Qty.: 2
Part #:10191
Descr: 1/4" x 1/2"
Cap Screw



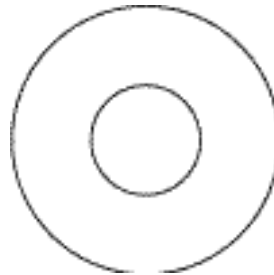
Item #: O
Qty.: 1
Part #:90196
Descr: 3/8" Nylock N



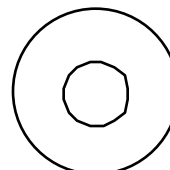
Item #: J
Qty.: 3
Part #: 90156
Descr: 1/4"
Flat Washer



Item #: K
Qty.: 26
Part #:90138
Descr: 3/8"
Flat Washer



Item #: L
Qty.: 4
Part #:11448
Descr: 1/2"
Flat Washer



Item #: M
Qty.: 6
Part #:80106
Descr: 5/16" Flat Washer



Item #: I
Qty.: 2
Part #: 11515
Descr: 1/2" X 11"
Threaded Stud

Assembly Guide

Step 1: Assemble the Base Frame Assembly

Locate the following items:

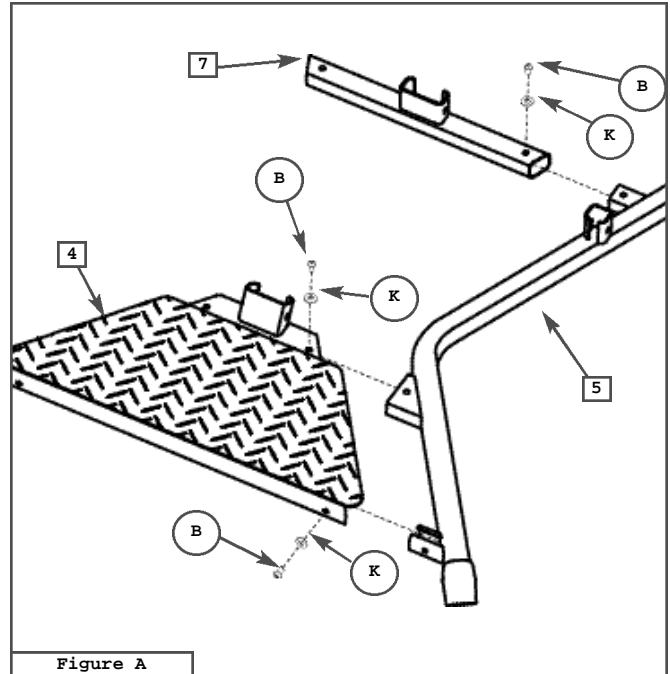
- Base Frame (Item #4)
- Right Frame Rail (Item #5)
- Left Frame Rail (Item #6)
- Rear Cross Member (Item #7)
- (6) 3/8" X 3/4" Button Head Screws (Item #B)
- (6) 3/8" Washers (Item #K)

Place the Base Frame (Item #4) onto the floor with the wide end facing you. Line up and insert the connectors from the Right Frame Rail (Item #5) into the right side of the Frame.

Place (2) 3/8" Washers (K) over the end of (2) 3/8" X 3/4" Button Head Screws (B) - one washer per screw. Insert screws through the holes in the Base Frame and Frame Rail (see Figure A). Do not tighten at this time.

Line up the Rear Cross Member (Item #7) with the Right Frame Rail. Insert connector from the Frame Rail into the end of the Rear Cross Member. Place (1) 3/8" washer over (1) 3/8" X 3/4" Button Head Screw, loosely insert screw into corresponding holes in Cross Member and Frame Rail but do not tighten at this time.

Repeat with Left Frame Rail (Item #6).



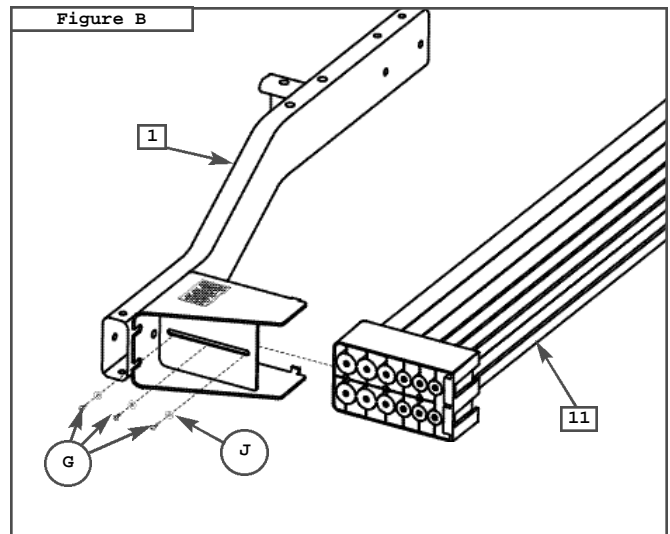
Step 2: Attach Power Rod® Box to the Lower Lat Tower

Locate the following items:

- Lower Lat Tower (Item #1)
- Rod Box with Power Rods (Item #11)
- (3) #10 X 1" Self Threading Screws (Item #G)
- (3) 1/4" Washers (Item #J)

Lay the Rod Box w/ Power Rods (Item #11) on the floor facing the Lower Lat Tower (Item #1) as shown in Figure B. Slide the Rod Box into the Rod Box Frame firmly.

Place (3) 1/4" Washers (J) over the end of (3) #10 X 1" Self Threading Screws (G) - one washer per screw. Secure the Rod Box to the Frame with the screws and washers as shown in Figure B and tighten.



Assembly Guide

Step 3: Attach the Lower Lat Tower to the Base Frame Assembly

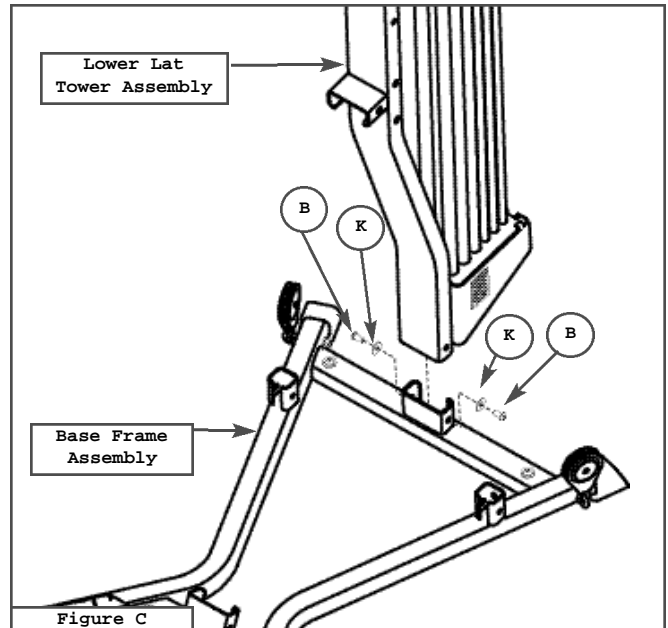
Locate the following items:

- Lower Lat Tower Assembly (from Step 2)
- Base Frame Assembly (from Step 1)
- (2) 3/8" X 3/4" Button Head Screws (Item #B)
- (2) 3/8" Washers (Item #K)

Place the Base Frame Assembly on the floor, wide end facing you. Center the Lower Lat Tower Assembly (Rod Box facing away from you) over the Frame Assembly as shown in Figure C.

Place the bottom of the Lower Lat Tower onto the Rear Cross Member.

Place (2) 3/8" Washers (K) over the end of (2) 3/8" X 3/4" Button Head Screws (B) - one washer per screw. Loosely secure the Lower Lat Tower to the Rear Cross Member with the screws and washers.



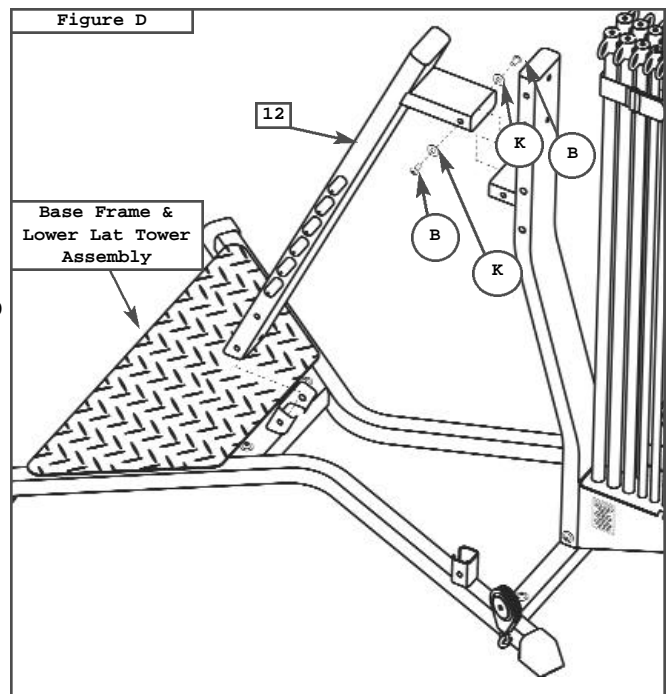
Step 4: Attach the Seat Support Rail to the Lat Tower

Locate the following items:

- Base Frame Assembly with Lower Lat Tower Assembly (from Step 3)
- Seat Support Rail (Item #12)
- (2) 3/8" X 3/4" Button Head Screws (Item #B)
- (2) 3/8" Washers (Item #K)

Place the Base Frame with Lower Lat Tower Assembly (from Step 3) flat on the floor and place the Seat Support Rail (Item #12) onto the connector on the Base Frame as shown in Figure D.

Gently push the Seat Support Rail onto the Lower Lat Tower connector. Place (2) 3/8" Washers (K) over the end of (2) 3/8" X 3/4" Button Head Screws (B) - one washer per screw. Loosely install the screws with washers into the two side holes near the top of the Seat Support Rail.



STOP! TAKE TIME NOW TO REVIEW AND TIGHTEN ALL INSTALLED HARDWARE!

Assembly Guide

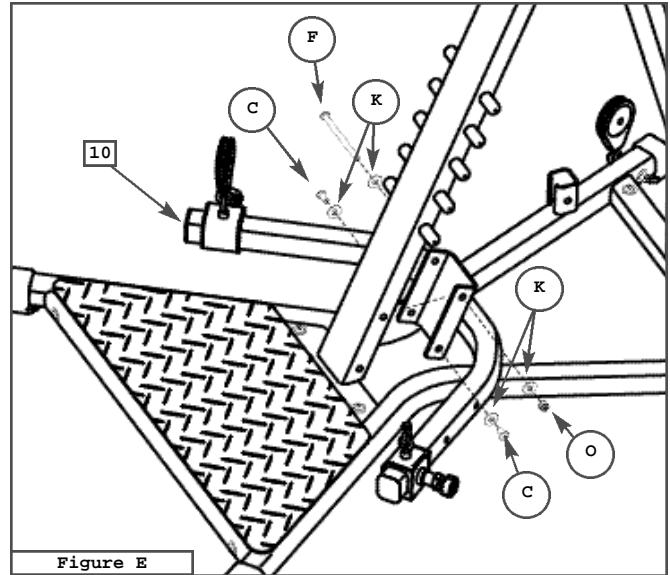
Step 5: Install the Squat Pulley Frame

Locate the following items:

- Squat Pulley Frame (Item #10)
- Assembly Frame (From Step 4)
- (2) 3/8" X 1" Button Head Screws (Item #C)
- (1) 3/8" X 5" Button Head Screw (Item #F)
- (4) 3/8" Washers (Item #K)
- (1) 3/8" Nylock Nut (Item #O)

Place the Squat Pulley Frame (Item #10) behind the Seat Support Rail as shown in Figure E, and line up the holes in the Squat Pulley Frame with the holes in the Seat Support Rail.

Firmly secure the Squat Attachment Bracket to the Seat Support Rail using (1) 3/8" X 5" Button Head Screw (F) with (2) 3/8" Washers (K) - one on each side of the Seat Support Rail, and (1) 3/8" Nylock Nut (O) on the upper hole (see Figure E) and (2) 3/8" X 1" Button Head Screw (C) and (2) 3/8" Washers (K) on the lower holes (one per side).



Step 6: Attach the Pulley Arms and Slider Pulleys

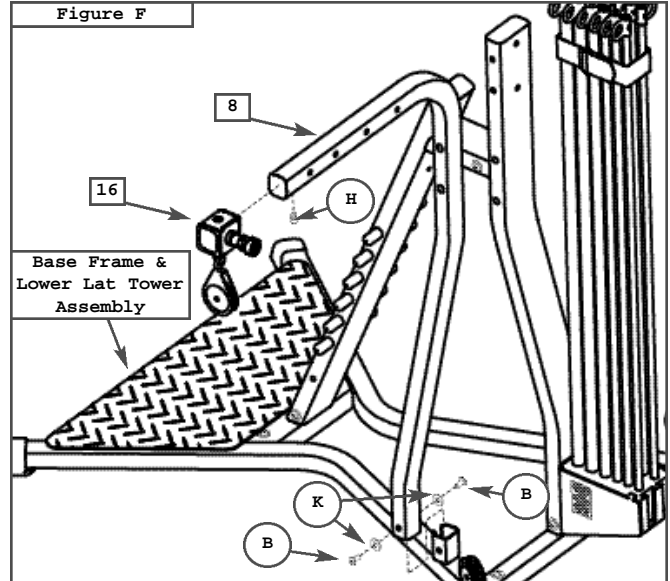
Locate the following items:

- Right and Left Pulley Arms (Items #8 and #9)
- Slider Pulley w/Cable Assembly (Item #16)
- (4) 3/8" X 3/4" Button Head Screws (Item #B)
- (4) 3/8" Washers (Item #K)
- (2) 1/4" X 1/2" Cap Screw (Item #H)

Place the Right Pulley Arm (Item #8) onto the right side connector on the Base Frame/Lat Tower Assembly (from Step 5) (see Figure F.)

Use (2) 3/8" Washers (K) over (2) 3/8" X 3/4" Button Head Screws (B) - one washer per screw - to loosely secure the Pulley Arm to the Frame Rail. Repeat for Left Pulley Arm (Item #9).

Position one Slider Pulley (Item #16) over the end of each Pulley Arm. Choose any of the four holes. Secure (1) 1/4" X 1/2" Cap Screw (H) through the hole on the underside of the Pulley Arm.



Assembly Guide

Step 7: Secure the Pulley Arms

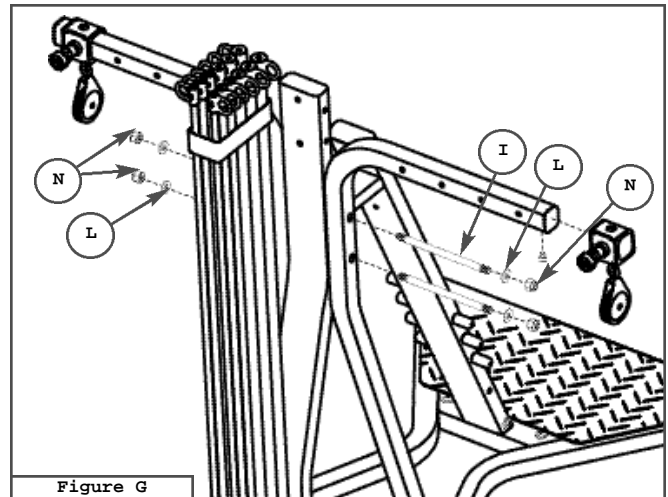
Locate the following items:

- (2) 1/2" X 11" Threaded Studs (Item #I)
- (4) 1/2" Washers (Item #L)
- (4) 1/2" Nylock Nuts (Item #N)

Align the remaining two slotted holes on the Right and Left Pulley Arms (Items #8 and #9) with the Lower Lat Tower.

Place (2) 1/2" Washers (L) over the end of (2) 1/2" X 11" Threaded Studs (I) - one washer per stud. Insert studs through both Pulley Arms and the Lat Tower, and then place one more washer over the end of each stud as shown in Figure G.

Secure using (4) 1/2" Nylock Nuts (N) - one on each stud end.



Step 8: Attach the Seat Bottom to the Seat Backbone

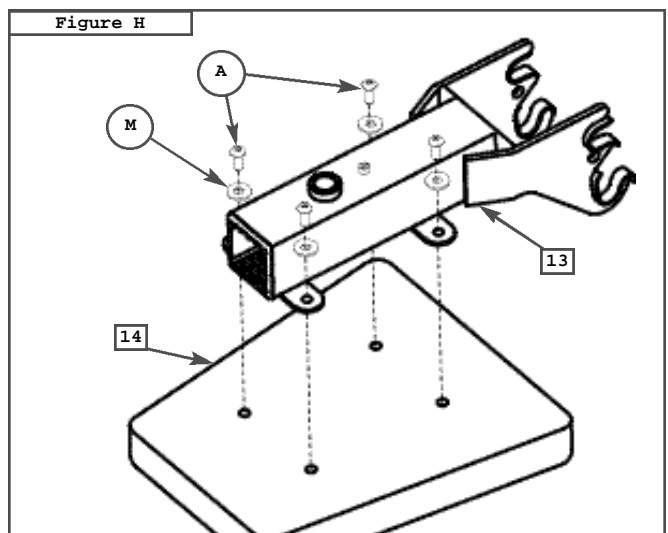
Locate the following items:

- Seat Backbone (Item #13)
- Seat Bottom (Item #14)
- (4) 5/16" X 3/4" Button Head Screws (Item #A)
- (4) 5/16" Washers (Item #M)

Turn the Seat Bottom (Item #14) upside down (holes upward), and place the Seat Backbone (Item #13) over the Seat Bottom.

Place (4) 5/16" Washers (M) over the end of (4) 5/16" X 3/4" Button Head Screws (A) - one washer per screw. Tightly affix the Seat Backbone to the Seat Bottom as shown in Figure H.

*If you purchased the Leg Extension, install it Steps 8a & 8b.
If you did not purchase the Leg Extension, proceed Step 9*



Step 8a: Install the Leg Extension (Optional Attachment)

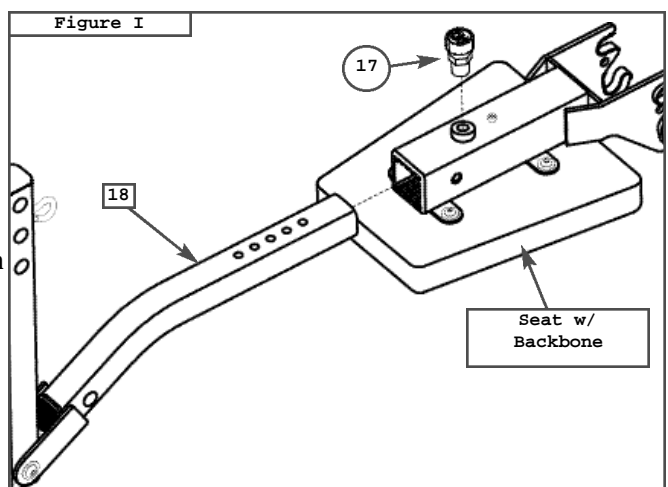
Locate the following items:

- Lock Knob (Item #17)
- Leg Extension Assembly (Item #18)

Turn the Seat (assembled in Step 8) upside down. Insert the Leg Extension Assembly (Item #18) into the open end of the Seat Backbone, and line up one of the holes from the leg extension with the hole in the backbone - and adjust for your height.

Screw the Lock Knob (Item #17) into the hole on the backbone, as shown in Figure I to secure the Leg Extension into place.

NOTE: Leg Extension may be adjusted during workout to best suit your height and personal preferences.



Assembly Guide

Step 8b: Leg Assembly Rollers (Optional Attachment)

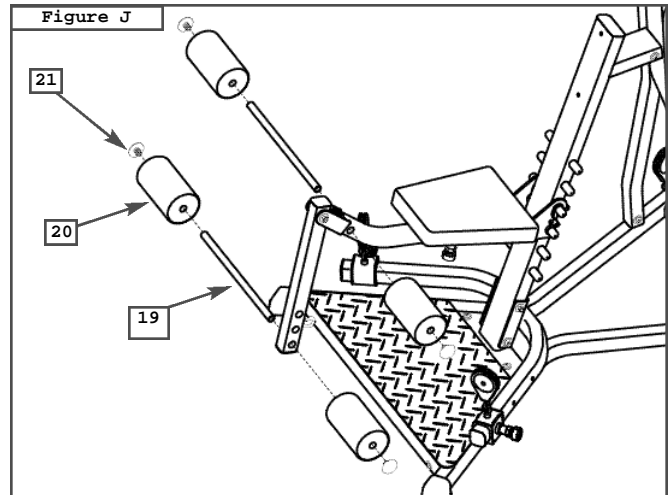
Locate the following items:

- (2) 3/4" Chrome Tubes (Item #19)
- (4) Foam Rollers (Item #20)
- (4) 3/4" End Caps (Item #21)

Insert the Chrome Tubes (Item #19) through the upper hole and one of the lower holes of the Leg Extension (select the correct lower hole for your height and comfort) as shown in Figure J.

Slide the Foam Rollers (Item #20) onto the ends of both Chrome Tubes, then secure the Foam Rollers with an End Cap (Item #21).

NOTE: You may need to use a Rubber Mallet to fully insert the End Caps into the Tube ends.



Step 9: Attach the Seat Bottom to the Seat Support Rail

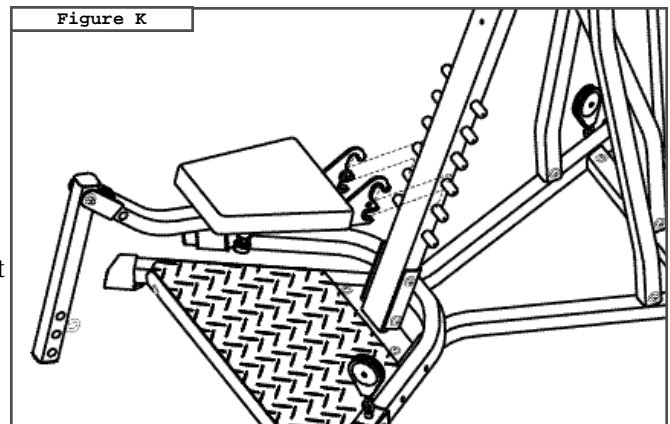
Locate the following items:

- Seat Backbone w/Seat Assembly (from Step 8)

The Seat can be moved easily to accommodate a large number of positions.

With the seat facing upward, align the top two hooks on the Seat Backbone with one of the lower pair of "pins" on the Seat Support Rail. Tip the seat up while engaging the hooks, and then rotate down for use. Take care to only hook the Seat onto the lower pins until the Seat Back Pad is attached.

NOTE: Reverse this procedure to remove the Seat.



Step 10: Attach the Seat Back Pad to the Seat Support Rail

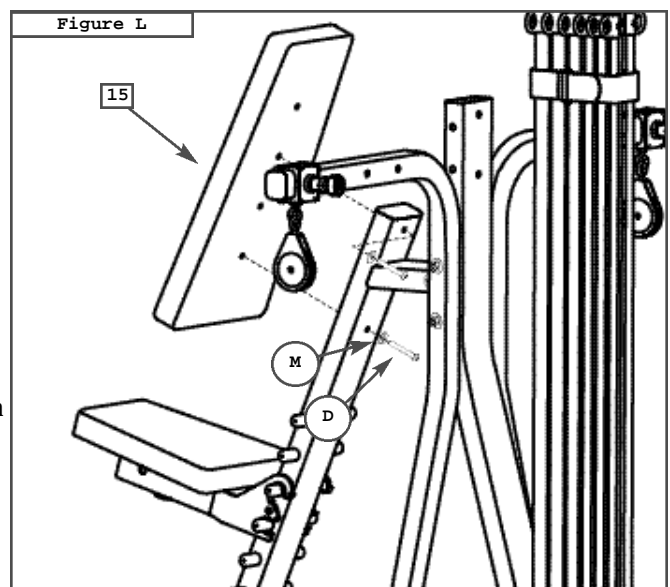
Locate the following items:

- Seat Back Pad (Item #15)
- Main Assembly (from Step 7)
- (2) 5/16" X 2 1/2" Button Head Screws (Item #D)
- (2) 5/16" Washers (Item #M)

The Seat Back Pad (Item #15) has two pair of holes on the back. Before you attach the Seat Back Pad to the Seat Support Rail, assess which holes to use for your height.

Position the Seat Back Pad against the Seat Support Rail as shown in Figure L. Align the selected holes on the Seat Back Pad with the two holes on the Seat Support Rail.

With (2) 5/16" Washers (M) over (2) 5/16" X 2 1/2" Button Head Screws (D), secure the Seat Back Pad tightly to the Seat Backbone.



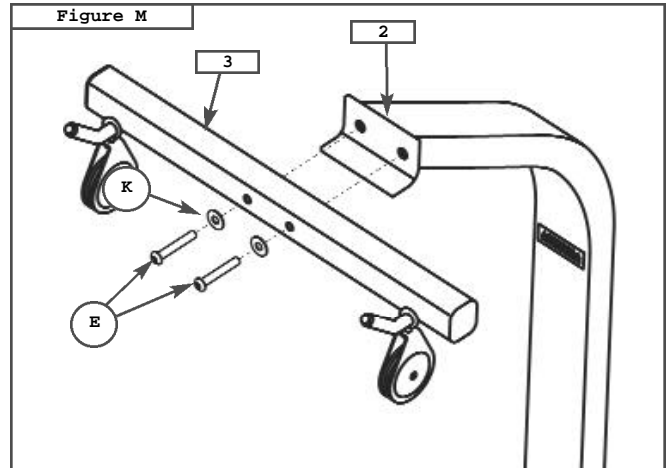
Step 11: Attach the Lat Cross Bar to the Upper Lat Tower

Locate the following items:

- Upper Lat Tower (Item #2)
- Lat Cross Bar (Item #3)
- (2) 3/8" X 2 1/2" Button Head Screws (Item #E)
- (2) 3/8" Washers (Item #K)

Align the two holes on the Lat Cross Bar (Item #3) with those on the Upper Lat Tower (Item #2). Be certain to face the Cross Bar Hooks away from the Tower (see Figure M).

Place (2) 3/8" Washers (K) over the end of (2) 3/8" X 2 1/2" Button Head Screws (E) - one washer per screw. With the screws and washers, tightly secure the Lat Cross Bar to the Upper Lat Tower.



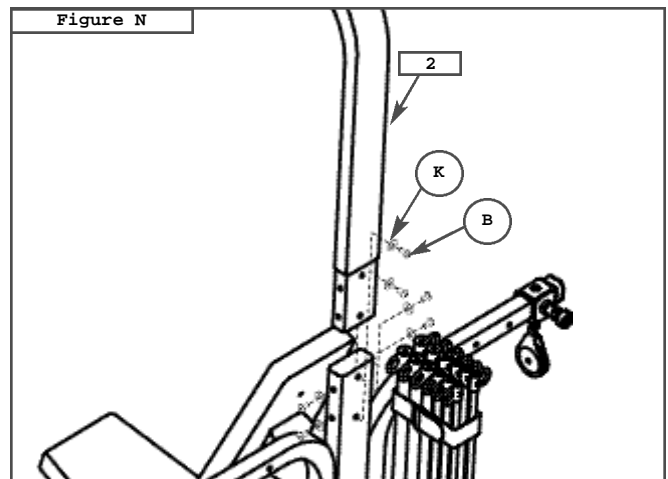
Step 12: Attach Upper Lat Tower to the Lower Assembly

Locate the following items:

- Upper Lat Tower Assembly (from Step 11)
- Main Assembly (from Step 10)
- (6) 3/8" X 3/4" Button Head Screws (Item #B)
- (6) 3/8" Washers (Item #K)

Position the Upper Lat Tower Assembly over the Main Assembly as shown in Figure N.

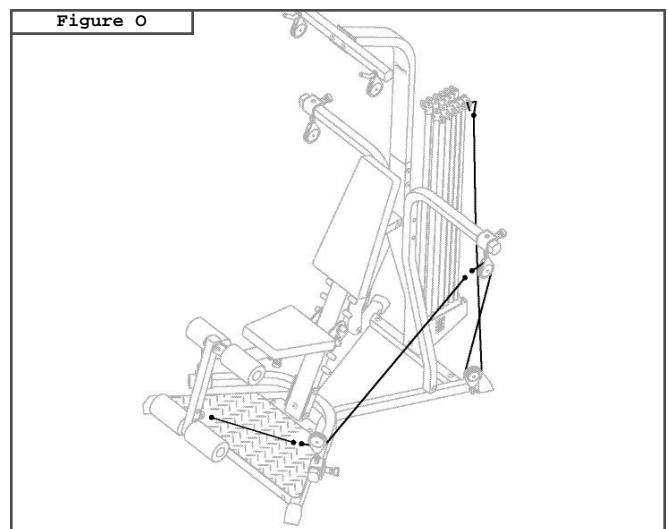
Insert the base of the Upper Lat Tower into the top of the Main Assembly. Align all six holes and secure using (6) 3/8" X 3/4" Button Head Screws (B) and (6) 3/8" Washers (K).



Step 13: Unwrap the Cables and Tighten Assembly

Connect and route each of the pulley Cables through the pulleys as illustrated to confirm that the cables can move freely. Note that each exercise has its own pulley configuration - see Page 13 for more specific pulley setup information.

Carefully go over the entire Bowflex Xtreme assembly, and tighten all screws, nuts and other hardware before using your Bowflex Xtreme.



How to Use Your Machine

Power Rod® Resistance

Power Rods are made from a special composite material. Your rods are sheathed with a protective black rubber coating. Each rod is marked with its weight rating on the “Rod Cap”.



Adjusting And Understanding The Resistance

The standard Bowflex® Xtreme™ comes with 210 pounds of resistance (one pair of 5 pound rods, two pair of 10 pound rods, one pair of 30 pound rods, and one pair of 50 pound rods).

If you upgraded to a 310 or 410 pound capacity you will have an additional one or two pair of 50 pound Power Rods, respectively.

Hooking The Power Rods To The Cables

You may use one rod or several rods in combination, to create your desired resistance level.

To hook multiple rods up to one cable, bend the closest rod toward the cable and place the cable hook through that rod cap. You can then hook up the next closest rod through the same cable hook.

Hooking up the closest rod first prevents rods from crossing over the top of one another.



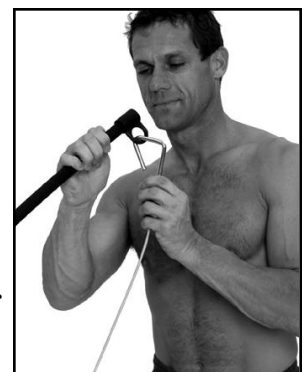
When You Are Not Using Your Bowflex®

Disconnect the cables from the Power Rods when you are not using your Bowflex. Use the rod binding strap included with your machine to bind all the rods together at the top. You can also place your cables and grips through the strap to keep them out of the way.



Safety

When hooking the Power Rods to the cable hooks, do not stand directly over the tops of the rods. Stand off to one side when connecting and disconnecting the Power Rods from the cables.



How to Use Your Machine

The Bowflex® Xtreme™ Pulley Positions

With the versatility to perform over 65 different exercises, the Bowflex Xtreme easily transitions from one exercise to another. Below is a guide to the six different pulley positions you will use to optimally perform your workout routine.



Position One:

Standard Position - most common. Active pulleys are on center cross bar.



Position Two:

Lat Pulldown Position. Active pulleys are on lat tower.



Position Three (optional):

Leg Extension Position. Active pulleys are on the squat pulley frame.



Position Four:

Squat position. Active pulleys are on squat pulley frame and on center cross bar.



Position Five:

Standard Position - narrow pulleys. Active pulleys are on center cross bar, pushed toward lat tower.



Position Six:

Rowing position. Active pulleys are on squat pulley frame.

Maintenance & Care Of Your Bowflex: Your Bowflex requires very little maintenance. To keep your Bowflex in top condition, check all fasteners and Rod Caps before each workout and tighten as needed.

Clean the seat with a non-abrasive cleaner after each use. This will keep it looking new. Any non-abrasive household cleaner or soap works well. Many automotive interior cleaners make surfaces too “slick” and should not be used.

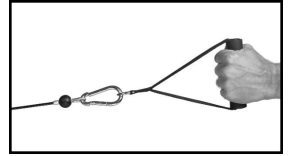
If you have any questions regarding maintenance please call our customer service department at 210-2703000.

How to Use Your Machine

Hand Grip: The hand grips fit snugly around your ankle, instep or wrist. Attach the pulley cable clips to the D-Rings on the hand grips to attach them to the cables.



Standard Grip: Grasp the handle and cuff together to form a grip without inserting your hand through the cuff portion. Most of the exercises you perform utilize this grip. The Standard Grip also is used for Hammer Grip exercises, when you need to hold the hand grip vertically for greater wrist support.



Hand Cuff Grip: Slip your hand through the cuff portion of the grip so that the foam pad rests on the back of your hand. Then grasp the remainder of the grip that is sitting in your palm. This method of gripping is great for exercises like front shoulder raises or any exercise where your palm is facing down.



Ankle Cuff Grip: The cuff opening can be made larger to accommodate the ankle. Simply insert your hand in the cuff and slide it away from the handle. Insert your foot or ankle and tighten the grip by sliding the handle back toward the cuff.



Arch Cuff Grip: The cuff opening can also fit securely over the arch of your foot. For this grip, insert your foot through the cuff until it is around the arch of your instep, and tighten the cuff around your heel to secure the grip.



Lat Pulldown : The Lat Pulldown tower enhances exercises that work back, shoulders and triceps muscles.

Safety:

- Before using the Lat Pulldown, make sure that all fasteners are in place and tightened.
- Make sure that the Lat Tower's cables are securely fastened to the regular Bowflex cables.
- Always use the bar holders to support the bent lat bar or remove the bent lat bar when not in use.
- Do not hang from the Lat Tower nor attempt to perform "chin ups" from the bent lat bar.
- Never pull on the bent lat bar unless there is resistance attached to it.

Leg Extension (optional attachment): Designed to add more effectiveness to all exercises where "leg work" is required.

Safety:

- Before using the Leg Extension, make sure that all fasteners are in place and tightened.
- Make sure that the Extension's cables are securely fastened to the regular Bowflex® cables.
- Always use the Lock Knob to secure the attachment to your Bowflex.



WARNING!

Before beginning any exercise program consult your physician or health care professional. Only he or she can determine the exercise program that is appropriate for your particular age and condition. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the exercise and consult your physician.

For Your Safety Please Follow These Instructions

Keep your body weight centered on the machine, seat, or base frame platform while exercising.

When using the Bowflex® Xtreme™ for standing leg exercises, always grasp the horizontal bar on your machine for stability.

Keep out of the path of the Power Rods® when exercising and make certain that observers also stand clear of the Bowflex when the Power Rods are in use.

Never move or adjust the seat while sitting on it. Never stand on the seat.

Inspect your machine before each workout. Periodically check all fasteners to make sure none have loosened with use. Tighten if necessary.

When hooking up Power Rods do not stand directly looking over the top of the rods. Stand off to the side while attaching rods.

Never attempt to exercise with more resistance than you are physically able to handle.

Keep cables and Power Rods bound with the rod binding strap when the Bowflex is not in use.

Before exercising, make sure the cable pulley system is properly secured, properly attached, and in perfect working condition.

All exercises in this manual are based on the calibrated resistance and capacity levels of the Bowflex Xtreme. Any exercises not described in this manual are not recommended by the manufacturer.

Define Your Goals

Your body will do what you train it to do. That's why it's important to define your goals and focus them. Here are some fitness components that will help you define your goals and choose your fitness program.

Muscle Strength is the maximum force that you can exert against resistance at one time. Your muscle strength comes into play when you pick up a heavy bag of groceries or lift a small child. It is developed when a localized muscle is worked both positively (concentric) and negatively (eccentric) at a resistance - great enough so you can perform only five to eight repetitions of the exercise before the muscle fails. Each set of repetitions is followed by a rest interval that typically runs three times longer than the set. Later, between exercise sessions, the muscle overcompensates for the stress and usually increases in both strength and size.

Muscle Endurance is the ability to perform repeated contractions. It comes into play when you cross-country ski or work on your feet all day. Endurance training addresses the slow twitch, endurance muscle fibers, which depend on oxygen for energy. To develop muscle endurance, use low resistance and high repetitions - about 15-20 repetitions in each set, three sets to each exercise, working the muscle only to fatigue.

Muscle Power is the combination of strength and speed of the muscular contraction. This is often misinterpreted as a) being directly associated with certain skill or sport and/or b) meaning that you must move fast. Load is actually a more important factor than speed when attempting to improve power. When training to achieve muscular power, pick a resistance that fatigues you in the 3-5 repetition range. When performing these reps, it is more important to think of contracting the muscles faster rather than attempting to move faster. Performing sport simulation exercises usually results in a deterioration of the motor pattern or skill. The biomechanically sound method of improving power in your sport is to train for power using the correct joint movements, as described in this manual. Then practice the skill associated with your sport, learning to apply this newly achieved power.

Body Composition is the ratio of fat weight (fat) to lean weight (muscles, bones and tissue). As you age, the ratio shifts. The fat weight increases and the lean weight decreases. Training for muscle strength will generally increase muscle size and aerobic conditioning will help burn extra calories. Performing these two forms of exercise, either at different times or together, will create the greatest changes in body fat weight.

Balanced Strength and alignment are the result of equal strength developed in all parts of the body. It comes into play in your standing and sitting posture, and in your ability to perform just about any activity safely and effectively. An over-development of the back will round the shoulders; weak or stretched abdominals can cause lower back pain. You want a balance of muscle strength in front and back. In addition, you need a balance of strength between your middle, lower, and upper body.

Flexibility is the ability of a muscle or group of muscles to move the joint through a full range of motion. Flexibility comes into play when you execute an overhand serve or stretch for the top shelf in the kitchen. It is a cooperative movement of opposite muscle groups. When a muscle contracts, its opposite muscle group must relax for the action to occur. Increased flexibility means an increased range of motion, made possible by this simultaneous contracting and relaxing. Good flexibility is important in protecting the body from injury and can be achieved through the balanced strength training programs that are included in this manual.

Cardiovascular Endurance is the ability of the heart and lungs to supply oxygen and nutrients to exercising muscles over an extended period of time. It comes into play when you jog a mile or ride a bike. It is a critical component of overall fitness and health.

Design Your Own Program

You may want to design your own personal program specifically geared to your goals and lifestyle. Designing a program is easy, as long as you follow the below guidelines.

Understand fitness and its components:

Improperly designed programs can be dangerous. Take some time to review this manual as well as other fitness guides.

Know your current fitness level: Before you start any fitness program you should consult a physician who will help you determine your current abilities.

Identify your goals: Goals are critical to choosing and designing an exercise program that fits and enhances your lifestyle, but so is strategy. It's important not to rush the process and try to accomplish too much too soon. That will lead to setbacks and discouragement. Instead, set a series of smaller achievable goals.

Select complementary exercises: Be sure to pair exercises that address compound joint movements and single joint movements. In addition, select exercises that address complimentary muscle groups.

Put first things first: During each session, first work muscle groups that need the most training.

Remember your cardiovascular component:

Any fitness program must contain a cardiovascular fitness component to be complete. So complement your resistance training with aerobic exercise such as walking, running, or bicycling.

Training variables: When designing your own program there are several variables that, when mixed properly, will equal the right fitness formula for you. In order to find out the best formula, you must experiment with several combinations of variables.

The variables are as follows:

- **Training Frequency:** The number of times you train per week. We recommend daily activity but not daily training of the same muscle group.
- **Training Intensity:** The amount of resistance used during your repetition.
- **Training Volume:** The number of repetitions and sets performed.
- **Rest intervals:** The time you rest between sets and the time you rest between workouts.

Once you've established a base of fitness, follow these basic principles:

- **Isolate muscle groups:** Focus work on specific muscle groups.
- **Progressive Loading:** The gradual systematic increase of repetitions, resistance and exercise period.

Define Your Goals

Working Out

A workout begins in your mind's eye. With concentration and visualization you can approach your workout with a positive, constructive attitude. A good pre-workout mental routine is to sit and relax, so that you can focus on what you are about to do and think about achieving your end goal.

Warming Up

We recommend that you warm up by doing light stretching and performing light exercises on the Bowflex.

Your Routine

The workout portion of your fitness routine is the series of exercises devoted to your particular goals. Remember, make sure to have fun!

Cool Down

An essential part of the exercise routine is the cool down. Gradually reduce the level of exercise intensity so that blood does not accumulate in one muscle group, but continues to circulate at a decreasing rate. Remember to gradually move yourself into a relaxed state.

Breathing

The most important part of breathing during exercise is, quite simply, that you do it. Breathing in or out during the actual performance is not dependent upon the direction of air flow relative to exertion. It is, in fact, a mechanical process that changes the position of your spine as your rib cage moves. Here are some tips for breathing:

- 1) Be cautious when you are concentrating or exerting effort. This is when you will probably hold your breath. **DO NOT** hold your breath. Do not exaggerate breathing. Depth of inhalation and exhalation should be natural for the situation.
- 2) Allow breathing to occur, naturally, don't force it.

The Workouts

20 MINUTE BETTER BODY WORKOUT

FREQUENCY: 3 DAYS PER WEEK (M-W-F) TIME: ABOUT 20 MINUTES

Start by performing one set of each exercise. Warm up with a light resistance that you can perform easily for 5 -10 reps without fatiguing. Focus on practicing and learning your technique before increasing the resistance. Then move to a more challenging resistance that you can perform no less than 10 reps and no more than 15 reps without your form deteriorating. As you become stronger, you can advance to two sets for each exercise. Complete all sets of each exercise before moving on to the next one. Rest 30 to 45 seconds between sets. Move slowly on each rep. Use a pace that would allow you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down and work to fatigue during each set.

| Body Part | Exercise | Sets | Reps |
|-----------|-----------------------------|------|-------|
| Chest | Bench Press | 1-2 | 10-15 |
| Back | Seated Lat Rows | 1-2 | 10-15 |
| Shoulders | Crossover Rear Delt Rows | 1-2 | 10-15 |
| Arms | Biceps Curl | 1-2 | 10-15 |
| | Triceps Pushdown | 1-2 | 10-15 |
| Legs | Leg Extension | 1-2 | 10-15 |
| | Leg Curl | 1-2 | 10-15 |
| Trunk | Standing Low Back Extension | 1-2 | 10-15 |
| | Seated Abdominal Crunch | 1-2 | 10-15 |

ADVANCED GENERAL CONDITIONING

FREQUENCY: 4 DAYS PER WEEK (M-T-Th-F) TIME: ABOUT 35-45 MINUTES

When you are proficient in performing the exercise techniques of the above routine and are no longer realizing results, or have become just plain bored, it is time to change your program. You can increase your training with this "split system" routine that works opposing muscle groups on different days. To do this, you'll increase your resistance when you can perform 12 reps perfectly, and you'll increase your volume by performing more sets and more exercises. Move slowly on each rep. Use a pace that would allow you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down and work to fatigue during each set.

Day 1 & 3

| Body Part | Exercise | Sets | Reps |
|-----------|-----------------------|------|-------|
| Chest | Bench Press | 1-3 | 10-12 |
| Shoulders | Seated Shoulder Press | 1-3 | 10-12 |
| Arms | Triceps Pushdown | 1-3 | 10-12 |
| | Biceps Curl | 1-3 | 10-12 |
| Legs | Leg Extension | 1-3 | 10-12 |
| | Leg Curl | 1-3 | 10-12 |

Day 2 & 4

| Body Part | Exercise | Sets | Reps |
|-----------|-----------------------------|------|-------|
| Back | Seated Lat Rows | 1-3 | 10-12 |
| | Seated Lat Pulldowns | 1-3 | 10-12 |
| Shoulders | Crossover Rear Delt Row | 1-3 | 10-12 |
| Arms | Biceps Curl | 1-3 | 10-12 |
| | Reverse Curl | 1-3 | 10-12 |
| Trunk | Standing Low Back Extension | 1-3 | 10-12 |
| | Seated Abdominal Crunch | 1-3 | 10-12 |

The Workouts

20 MINUTE UPPER/LOWER BODY

FREQUENCY: 4 DAYS PER WEEK (M-T-Th-F) TIME: ABOUT 20 MINUTES

This program provides you with a quick and effective workout that combines muscle conditioning with some cardiovascular benefits. Do this routine when you are limited in time or just want a variation to your normal routine. Perform this program training 2 days, resting 1 to 2. Perform all exercises to near failure, stopping at the point that your technique starts to deteriorate. Rest only 20-30 seconds between sets. As you get stronger, increase the number of sets you perform. Move slowly on each rep. Use a pace that would allow you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down.

DAY 1 & 3

| Body Part | Exercise | Sets | Reps |
|-----------|--------------------------|------|-------|
| Chest | Bench Press | 1-3 | 12-15 |
| Back | Seated Lat Rows | 1-3 | 12-15 |
| Shoulders | Crossover Rear Delt Rows | 1-3 | 12-15 |
| Arms | Biceps Curl | 1-3 | 12-15 |
| | Triceps Extension | 1-3 | 12-15 |

DAY 2 & 4

| Body Part | Exercise | Sets | Reps |
|-----------|-----------------------------|------|-------|
| Legs | Leg Extension | 1-3 | 12-15 |
| | Leg Curl | 1-3 | 12-15 |
| | Standing Hip Extension | 1-3 | 12-15 |
| | Standing Hip Abduction | 1-3 | 12-15 |
| Trunk | Standing Low Back Extension | 1-3 | 10-12 |
| | Seated Abdominal Crunch | 1-3 | 10-12 |

The Workouts

BODY BUILDING

FREQUENCY: 3 DAYS ON, 1 DAY OFF

TIME: ABOUT 45-60 MINUTES

Body building requires focused concentration and dedication to training, as well as proper eating habits. Train each muscle group to failure before moving on to the next exercise. Do not neglect any muscle group. If needed, include an aerobic activity to increase your caloric expenditure and help to reduce your body fat levels to achieve a defined muscular look. Rest 30-60 seconds between each set and exercise. Focus on proper form. *Tighten* the muscle before you move, *squeeze* the muscle as you move, *cramp* the muscle at the point of full contraction, and *resist* the movement as you lower the weight. Move slowly on each rep. Use a pace that would allow you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down and work to fatigue during each set.

DAY 1

| Body Part | Exercise | Sets | Reps |
|-----------|-------------------------|------|------|
| Chest | Bench Press | 2-4 | 8-12 |
| | Chest Fly | 2-4 | 8-12 |
| Shoulders | Seated Shoulder Press | 2-4 | 8-12 |
| | Crossover Rear Delt Row | 2-4 | 8-12 |
| | Lateral Shoulder Raise | 2-4 | 8-12 |
| | Shoulder Shrug | 2-4 | 8-12 |

DAY 2

| Body Part | Exercise | Sets | Reps |
|-----------|----------------------|------|------|
| Back | Seated Lat Row | 2-4 | 8-12 |
| | Seated Lat Pulldowns | 2-4 | 8-12 |
| Arms | Biceps Curl | 2-4 | 8-12 |
| | Reverse Curl | 2-4 | 8-12 |
| | Triceps Pushdown | 2-4 | 8-12 |
| | Triceps Extension | 2-4 | 8-12 |

DAY 3

| Body Part | Exercise | Sets | Reps |
|-----------|---------------------------------|------|-------|
| Legs | Squat | 2-4 | 8-12 |
| | Leg Extension | 2-4 | 8-12 |
| | Standing Hip Extension | 2-4 | 8-12 |
| | Leg Curl | 2-4 | 12-15 |
| Trunk | Standing Low Back Extension | 2-4 | 8-12 |
| | Seated Abdominal Crunch | 2-4 | 8-12 |
| | Seated Oblique Abdominal Crunch | 2-4 | 8-12 |

The Workouts

CIRCUIT TRAINING - ANAEROBIC/CARDIOVASCULAR

FREQUENCY: 2-3 TIMES PER WEEK TIME: ABOUT 20-45 MINUTES

Circuit training is a great way to achieve the benefits of strength training *and* cardiovascular training in one quick, challenging routine. The idea is to move quickly from exercise to exercise, taking only as much rest between sets as it takes to set up the next exercise (less than 20 seconds). One circuit equals one set of each exercise. Initially, start with completing one round of Circuit 1. Then add an additional round of the same circuit. Once you reach three rounds of Circuit 1, add one round of Circuit 2. Add additional rounds of Circuit 2 as your fitness level increases. Repeat process with Circuit 3. Do not let your heart rate exceed 220 minus your resting heart rate. Perform each rep of each exercise slowly and with perfect technique. Count three seconds up and three seconds down.

Circuit 1

| Body Part | Exercise | Reps |
|-----------|-------------------------|------|
| Chest | Bench Press | 8-12 |
| Legs | Squat | 8-12 |
| Back | Seated Lat Row | 8-12 |
| Legs | Leg Curl | 8-12 |
| Trunk | Seated Abdominal Crunch | 8-12 |

Circuit 2

| Body Part | Exercise | Reps |
|-----------|-----------------------------|------|
| Shoulders | Seated Shoulder Press | 8-12 |
| Legs | Leg Extensions | 8-12 |
| Back | Seated Lat Pulldowns | 8-12 |
| Trunk | Standing Low Back Extension | 8-12 |
| Arms | Biceps Curl | 8-12 |

Circuit 3

| Body Part | Exercise | Reps |
|-----------|--------------------------|------|
| Shoulders | Crossover Rear Delt Rows | 8-12 |
| Arms | Triceps Pushdown | 8-12 |
| Legs | Leg Curl | 8-12 |
| Trunk | Seated Oblique Crunch | 8-12 |

The Workouts

TRUE AEROBIC CIRCUIT TRAINING

FREQUENCY: 2-3 TIMES PER WEEK TIME: ABOUT 20-60 MINUTES

Circuit training is a great way to achieve the benefits of strength training *and* cardiovascular training in one quick, challenging routine. By returning to an aerobic exercise between each set you are increasing your aerobic capacity, endurance and burning fat as energy. The idea is to move quickly from exercise to exercise, taking only as much rest between sets as it takes to set up the next exercise (less than 20 seconds). One circuit equals one set of each exercise. Initially, start with completing one round of Circuit 1. Then add an additional round of the same circuit. Once you reach three rounds of Circuit 1, add one round of Circuit 2. Add additional rounds of Circuit 2 as your fitness level increases. Do not let your heart rate exceed 220 minus your resting heart rate. Perform each rep of each exercise slowly and with perfect technique. Count three seconds up and three seconds down.

Any type of aerobic exercise can be used for this routine. Some examples are: jumping jacks, jogging in place or stair climbing.

Circuit 1

| Body Part | Exercise | Reps |
|------------------|-------------------------|------|
| Chest | Bench Press | 8-12 |
| Aerobic Exercise | 30 - 60 Seconds | |
| Legs | Squat | 8-12 |
| Aerobic Exercise | 30 - 60 Seconds | |
| Back | Seated Lat Rows | 8-12 |
| Aerobic Exercise | 30 - 60 Seconds | |
| Legs | Leg Curl | 8-12 |
| Aerobic Exercise | 30 - 60 Seconds | |
| Trunk | Seated Abdominal Crunch | 8-12 |
| Aerobic Exercise | 30 - 60 Seconds | |

Circuit 2

| Body Part | Exercise | Reps |
|------------------|-----------------------------|------|
| Shoulders | Seated Shoulder Press | 8-12 |
| Aerobic Exercise | 30 - 60 Seconds | |
| Legs | Leg Extension | 8-12 |
| Aerobic Exercise | 30 - 60 Seconds | |
| Back | Seated Lat Pulldowns | 8-12 |
| Aerobic Exercise | 30 - 60 Seconds | |
| Trunk | Standing Low Back Extension | 8-12 |
| Aerobic Exercise | 30 - 60 Seconds | |
| Arms | Biceps Curl | 8-12 |

The Workouts

STRENGTH TRAINING

FREQUENCY: 3 DAYS PER WEEK (M-W-F) TIME: ABOUT 45-60 MINUTES

This program is designed to emphasize overall strength development. This is an advanced routine to be used only after you have progressed from the advanced general conditioning routine and only after you have perfected your exercise techniques. Work each set to near exhaustion. If you can perform more than 5 to 8 reps, you should increase your resistance 5 lbs and decrease your reps to 5. Rest 60 - 120 seconds between each set and exercise. Focus on proper form. *Tighten* the muscle before you move, *squeeze* the muscle as you move, *cramp* the muscle at the point of full contraction, and *resist* the movement as you lower the weight. Move slowly on each rep. Use a pace that would allow you to stop the movement instantly at any point in the rep. Count two seconds up and four seconds down and work to fatigue during each set.

Day 1

| Body Part | Exercise | Sets | Reps |
|-----------|--------------------------|------|------|
| Chest | Bench Press | 2-4 | 5-8 |
| | Chest Fly | 2-4 | 5-8 |
| Shoulders | Seated Shoulder Press | 2-4 | 5-8 |
| | Crossover Rear Delt Rows | 2-4 | 5-8 |
| | Shoulder Shrug | 2-4 | 5-8 |

Day 2

| Body Part | Exercise | Sets | Reps |
|-----------|----------------------|------|------|
| Back | Seated Lat Row | 2-4 | 5-8 |
| | Seated Lat Pulldowns | 2-4 | 5-8 |
| Arms | Biceps Curl | 2-4 | 5-8 |
| | Reverse Curl | 2-4 | 5-8 |
| | Triceps Pushdown | 2-4 | 5-8 |
| | Triceps Extension | 2-4 | 5-8 |

Day 3

| Body Part | Exercise | Sets | Reps |
|-----------|-----------------------------|------|------|
| Legs | Squat | 2-4 | 5-8 |
| | Leg Extension | 2-4 | 5-8 |
| | Leg Curl | 2-4 | 5-8 |
| Trunk | Standing Low Back Extension | 2-4 | 8-12 |
| | Seated Abdominal Crunch | 2-4 | 5-8 |

Chest Exercises

BENCH PRESS - Shoulder Horizontal Adduction (and elbow extension)

Muscles worked: This exercise emphasizes the chest muscles (pectoralis major), also involving the front shoulder muscles (anterior deltoid, a portion of the middle deltoid) and the triceps, which are located on the back of the upper arm.

Position: Seated - facing outward
Accessory Used: Hand Grips
Pulleys: Center Cross Bar - wide position
Leg Extension: Removed

Before you begin:

- Remove leg extension and adjust seat height. The pulleys should be in the wide position.

Starting position:

- Sit and grasp the hand grips.
- Straighten your arms to the front.
- Be sure that your arms are directly "in line" with the cables, palms facing down and wrists straight.
- Raise your chest and "pinch" your shoulder blades together. Maintain a very slight, comfortable, arch in your lower back.

Action:

- Slowly move your elbows outward, simultaneously bending your arms, keeping the forearms in line with the cables at all times.
- Stop when your upper arms are straight out to the sides, level with your shoulders.
- Then, slowly press forward, moving the hands toward the center, and return to the starting position with arms straight to the front at shoulder width and in line with the cables. Keep your chest muscles tightened during the entire motion.

Key points:

- Maintain a 90° angle between the upper arms and the torso throughout the exercise.
- Limit and control the range of motion so that your elbows do not travel behind your shoulders.
- Keep shoulder blades "pinched" together and maintain good spinal alignment.



START



FINISH

CHEST FLY - Shoulder Horizontal Adduction (elbow stabilized)

Muscles worked: This exercise emphasizes the chest muscles (pectoralis major), also involving the front shoulder muscles (anterior deltoid).

Position: Seated - facing outward
Accessory Used: Hand Grips
Pulleys: Center Cross Bar - wide position
Leg Extension: Removed

Before you begin:

- Adjust seat height.

Starting position:

- Sit and grasp the hand grips.
- Straighten your arms to the front.
- Be sure that your arms are directly "in line" with the cables, palms facing inward and wrists straight.
- Raise your chest and "pinch" your shoulder blades together.
- Maintain a very slight, comfortable, arch in your lower back.

Action:

- Slowly move your arms inward, maintaining the elbow in a slightly bent position throughout the movement.
- Stop when your upper arms are straight out in front of you, level with the shoulders.
- Slowly return to starting position keeping your chest muscles tightened during the entire motion.

Key points:

- Maintain a 90° angle between the upper arms and the torso throughout the exercise.
- Limit and control the range of motion so that your elbows do not travel behind your shoulders.
- Keep shoulder blades "pinched" together and maintain good spinal alignment.



START



FINISH

Chest Exercises



START



FINISH

DECLINE BENCH PRESS - Shoulder Horizontal Adduction (and elbow extension)

Muscles worked: This exercise emphasizes the chest muscles (pectoralis major). It also involves front shoulder muscles (anterior deltoid, a portion of the middle deltoid) and the triceps, which are located on the back of the upper arm.

Position: Seated (seat in lowest position) - facing outward

Accessory Used: Hand Grips

Pulleys: Center Cross Bar - standard position

Leg Extension: Removed

Before you begin:

- Adjust seat to lowest setting.

Starting position:

- Sit and grasp hand grips with cable and grip positioned beneath your forearm (see start photo).
- Lower arms 5-6 inches from the standard bench press position.
- Straighten your arms to the front. **This is the Start Position.**
- Be sure that your arms are directly in line with the cables, palms facing down and wrists straight.
- Raise your chest and pinch your shoulder blades together, keeping a gentle arch in your lower back.

Action:

- Slowly move your elbows outward, simultaneously bending your arms, keeping the forearms in line with the cables at all times.
- Stop when your upper arms are straight out to the sides, 10° below your shoulders.
- Slowly press forward, moving your hands towards the center, and return to the starting position, arms straight to front at shoulder width, hands just above your knees and in line with the cables. Keep your chest muscles tightened during the entire motion.

Key points:

- Maintain a 90° angle between the upper arms and the torso at the bottom of the motion and slightly less than 90° at the top of the motion.
- Limit and control the range of motion so that your elbows do not travel behind your shoulders.
- Keep shoulder blades "pinched" together and maintain good spinal alignment.



START



FINISH

INCLINE BENCH PRESS - Shoulder Horizontal Adduction (and elbow extension)

Muscles worked: This exercise emphasizes the chest muscles (pectoralis major), especially the upper portion. It also involves the front shoulder muscles (anterior deltoid, a portion of the middle deltoid) and the triceps, which are located on the back of the upper arm.

Position: Seated - facing outward

Accessory Used: Hand Grips

Pulleys: Center Cross Bar - wide position

Leg Extension: Removed

Before you begin:

- Adjust seat height.

Starting position:

- Sit and grasp hand grips.
- Straighten your arms to the front.
- From this position, raise your arms 6-8 inches above the regular bench press position. **This is the Start Position.**
- Keep your arms directly in line with the cables, palms down and wrists straight.
- Raise your chest and pinch your shoulder blades together. Keep a slight, comfortable, arch in your lower back.

Action:

- Slowly move your elbows outward, simultaneously bending your arms, keeping the forearms in line with the cables at all times.
- Stop when your upper arms are straight out to the sides, 10° above your shoulders.
- Then, slowly press forward, moving the hands towards the center, and return to the starting position with arms straight to the front at shoulder width and in line with the cables.

Key points:

- The upper arms will be 90° from the sides of your torso at the bottom of the movement and slightly more than 90° from the front of your torso at the top.
- Limit and control the range of motion so that your elbows do not travel behind your shoulders.
- Keep shoulder blades "pinched" together and maintain good spinal alignment.

Shoulder Exercises

REVERSE FLY - Shoulder Horizontal Abduction (elbows stabilized)

Muscles worked: This exercise emphasizes the back portion of the shoulder muscles (the rear delts, as well as the rear portion of the middle delts.)

Position: Standing - facing Power Rods®

Seat: Removed

Accessory Used: Hand Grips

Pulleys: Center Cross Bar - narrow position

Leg Extension: Removed

Starting position:

- Stand on the platform.
- Grasp the hand grips with your palms facing toward the floor and arms nearly straight.
- Stand up straight and then bend over slightly from the hips (not the spine) until arms are in front of body at a 90° angle to your torso.
- Lift chest and pinch shoulder blades together.

Action:

- Maintaining the same slight bend in your arms, move your elbows outward and backwards, keeping a 90° angle between your upper arms and the sides of your torso.
- Move until your elbows are slightly behind your shoulders, then slowly reverse the motion keeping the rear shoulder muscles tightened during the entire motion.

Key points:

- Maintain a 90° angle between your upper arms and the sides of your torso throughout the exercise.
- Keep shoulder blades “pinched” together and maintain good spinal alignment during the exercise.



START



FINISH

CROSSOVER REVERSE FLY - Shoulder Horizontal Abduction (elbows stabilized)

Muscles worked: This exercise emphasizes the back portion of the shoulder muscles (the rear delts, as well as the rear portion of the middle delts.)

Position: Standing - facing Power Rods

Seat: Removed

Accessory Used: Hand Grips

Pulleys: Center Cross Bar - narrow position

Leg Extension: Removed

Starting position:

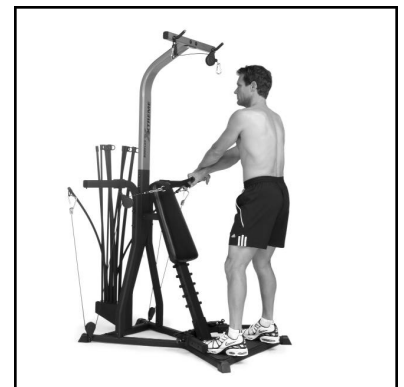
- Stand on the platform.
- Cross your arms in front of your body and grasp the hand grips (right grip in left hand and vice versa) with your palms facing toward the floor and arms nearly straight.
- Stand up straight and then bend over slightly from the hips (not the spine) until arms are in front of body at a 90° angle to your torso.
- Lift chest and pinch shoulder blades together.

Action:

- Maintaining the same slight bend in your arms, move your elbows outward and backwards, crossing the cables as you pull your arms back.
- Keep a 90° angle between your upper arms and the sides of your torso.
- Move until your elbows are slightly behind your shoulders, then slowly reverse the motion keeping the rear shoulder muscles tightened during the entire motion.

Key points:

- Maintain a 90° angle between your upper arms and the sides of your torso throughout the exercise.
- Keep shoulder blades “pinched” together and maintain good spinal alignment during the exercise.



START



FINISH

Shoulder Exercises



START



FINISH

CROSSOVER REAR DELT ROWS - (elbow flexion)

Muscles worked: This exercise emphasizes the back portion of the shoulder muscles (the rear deltoids, as well as the rear portion of the middle deltoids).

Position: Standing - facing Power Rods®

Seat: Removed

Accessory Used: Hand Grips

Pulleys: Center Cross Bar - narrow position

Leg Extension: Removed

Before you begin:

- Remove leg extension and seat. Center Cross Bar Pulleys should be in narrow position.

Starting position:

- Stand on the platform.
- Cross your arms in front of your body and grasp the hand grips (right grip in left hand and vice versa) with your palms facing toward the floor and arms nearly straight.
- Bend over slightly from the hips (not the spine) and raise arms until they are in front of body at a 90° angle to your torso.

- Lift your chest, stand up straight with your spine in good alignment and tighten your trunk muscles.

Action:

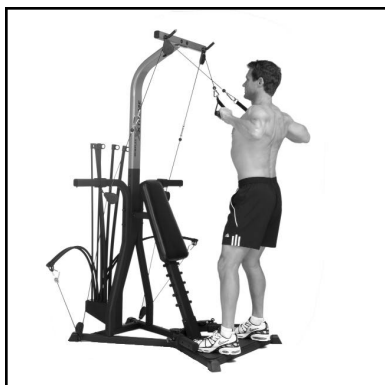
- Allowing your arms to bend as you go, move your elbows outward and backward keeping a 90° angle between your upper arms and the sides of your torso.
- Your forearms always point in the direction of the cables.
- Move until your elbows are slightly behind your shoulders, then slowly reverse the motion, keeping the rear shoulder muscles tightened during the entire motion.

Key points:

- Maintain a 90° angle between your upper arms and the sides of your torso during the exercise.
- Keep shoulder blades "pinched" together and maintain good spinal alignment during the entire exercise.
- To work one arm at a time, place non-working hand on top of the bench for additional stabilization.



START



FINISH

CROSSOVER HIGH REAR DELT ROWS - (elbow flexion)

Muscles worked: This exercise emphasizes the back portion of the shoulder muscles (the rear deltoids, as well as the rear portion of the middle deltoids).

Position: Standing - facing Power Rods

Seat: Removed

Accessory Used: Hand Grips

Pulleys: Lat Tower

Leg Extension: Removed

Starting position:

- Stand on the platform facing the Power Rods, knees slightly bent.
- Cross your arms and grab hand grips with your palms facing down and arms straight (right hand on left hand grip and vice versa).
- Stand up straight and then slightly lean back from hips.
- Lift your chest and pinch your shoulder blades together.

Action:

- Allowing your arms to bend as you go, move your elbows outward and backwards keeping a 90° angle between your upper arms and the sides of your torso.
- Your forearms always point in the direction of the cables.
- Move until your elbows are slightly behind your shoulders, then slowly reverse the motion keeping the rear shoulder muscles tightened during the entire motion.

Key points:

- Keep shoulder blades pinched together and maintain good spinal alignment during the entire exercise.

Shoulder Exercises

LATERAL SHOULDER RAISE - Shoulder Abduction (elbow stabilized)

Muscles worked: This exercise emphasizes the side shoulder muscles (middle deltoids), the top muscle of the rotator cuff (supraspinatus) and the upper trapezius muscles.

Position: Standing - facing outward

Seat: Removed

Accessory Used: Hand Grips

Pulleys: Squat Pulley Frame - use squat straps

Leg Extension: Removed

Starting position:

- Stand on the platform facing outward.
- Grasp the hand grips with palms facing towards each other.
- Attain good spinal posture and bend forward slightly at the hip (15 to 20°) by keeping your spine straight and sticking your rear end out. Do not bend at your waist.
- Let your arms hang directly in line with the cables.
- Elevate your shoulders very slightly toward the back of your head.

Action:

- Raise your arms directly out to the sides to almost shoulder level.
- Keep the side of your arm/elbow facing out/up throughout the movement.
- Slowly bring your arms into the starting position without relaxing.

Key points:

- DO NOT swing the arms upward or move the trunk during the motion.



START



FINISH

SEATED FOREARM LATERAL SHOULDER RAISE - (elbow stabilized)

Muscles worked: This exercise emphasizes the side shoulder muscles (middle deltoids), the top muscle of the rotator cuff (supraspinatus) and the upper trapezius muscles.

Position: Seated - facing outward

Seat: Removed

Accessory Used: Hand Grips over elbows

Pulleys: Squat Pulley Frame - narrow position

Leg Extension: Removed

Starting position:

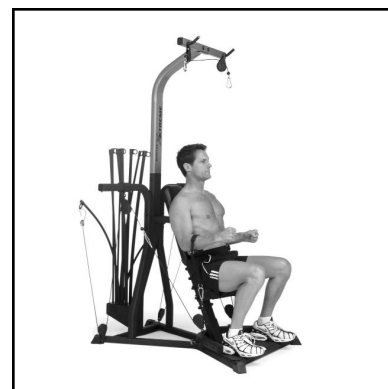
- Open the hand grip webbing and slide the hand grips over your forearms until the grip is cradled in your elbow
- Let your upper arms hang directly in line with the cables, and bend your elbows 90°.
- Elevate your shoulders slightly toward the back of your head.
- Raise your chest and “pinch” your shoulder blades together.
- Maintain a slight, comfortable, arch in your lower back.

Action:

- Raise your arms directly out to the sides to almost shoulder level.
- Keep the side of your forearms/elbows facing out/up throughout the movement.
- Slowly bring your arms into the starting position without relaxing.

Key points:

- DO NOT swing the arms upward or move the trunk during the motion.



START



FINISH

Shoulder Exercises



START



FINISH

FRONT SHOULDER RAISE - Shoulder Flexion (elbow stabilized)

Muscles worked: This exercise emphasizes the front portion of the shoulder muscles (front deltoids) as well as the front part of the middle deltoids.

Position: Standing - facing outward

Seat: Removed

Accessory Used: Hand Grips

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Before you begin:

- Remove leg extension and seat. Use the platform pulleys.

Starting position:

- Stand on the platform facing away from the Power Rods® with knees slightly bent.
- You may want to lean back against the bench.
- Keep your chest up, abdominals tight and maintain a slight arch in your lower back.
- Grasp hand grips with your palms facing towards the machine and arms straight at your sides.

Action:

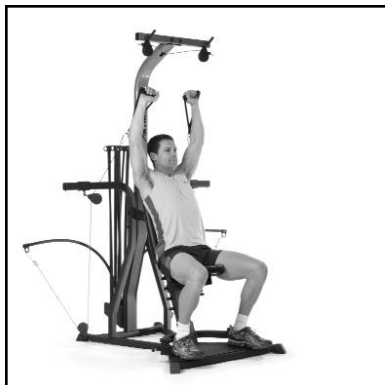
- The arms may be moved alternately, or together.
- Keeping your arms straight, move them forward then upward to shoulder height.
- Slowly return the arms beside the torso and repeat.

Key points:

- Keep the chest lifted and the abdominals tightened throughout the entire motion and maintain good spinal alignment.
- Do not increase the arch in your lower back while lifting your arms.



START



FINISH

SEATED SHOULDER PRESS - Shoulder Adduction (and elbow extension)

Muscles worked: This exercise emphasizes the front portion of the shoulder muscles (front deltoids as well as the front part of the middle deltoids), the upper back muscles (upper trapezius), and the triceps muscles located on the backs of the upper arms.

Position: Seated - facing outward

Accessory Used: Hand Grips

Pulleys: Center Cross Bar - wide position

Leg Extension: Removed

Before you begin:

- Adjust seat height.

Starting position:

- Sit on the seat facing away from the Power Rods, knees bent and feet flat on the floor.
- Keep your chest up, abdominals tight and maintain a very slight arch in your lower back.
- Grasp hand grips with palms facing away from the machine.
- Raise hand grips to just above shoulder level, keeping palms facing forward.

Action:

- Straighten arms overhead, focusing on moving your elbows up and inward toward your head.
- Slowly return to starting position keeping tension in the front shoulder muscles.

Key points:

- Keep the abdominals tight throughout the entire motion and maintain good spinal alignment.
- Do not let the arch increase in the lower back while pressing up.

Shoulder Exercises

SHOULDER ROTATOR CUFF - Internal Rotation

Muscles worked: This exercise emphasizes the front rotator cuff muscle (subscapularis).

Position: Standing - facing left or right

Seat: Removed

Accessory Used: Hand Grips

Pulleys: Center Cross Bar -wide position

Leg Extension: Removed

Starting position:

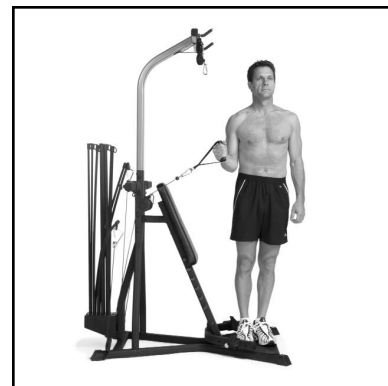
- Stand on the platform with one side toward the Power Rods®. Maintain good spinal alignment.
- Grasp a hand grip with the arm closest to the machine and draw the upper arm into your side, keeping your elbow bent 90°.
- Distance yourself from the tower to eliminate slack in the cable.
- Use a very light resistance. This is not a powerful movement.

Action:

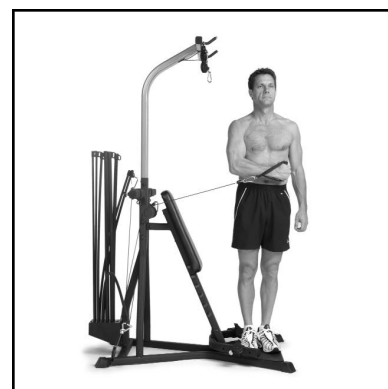
- Rotate your forearm toward your abdomen, keeping your elbow by your side during the entire motion.
- Slowly return to the starting position.

Key points:

- Motion should be slow and controlled.
- Do not rotate the spine to get additional range of motion. Try for “pure” rotation of the shoulder joint. More is not better!
- Use light resistance only. Pick a resistance that you can perform 12-15 perfect reps.



START



FINISH

SHOULDER ROTATOR CUFF - External Rotation

Muscles worked: This exercise emphasizes the rear portion of the rotator cuff (infraspinatus and teres minor muscles). This area generally gets very weak as we age and needs to be addressed by everyone.

Position: Standing - facing left or right

Seat: Removed

Accessory Used: Hand Grips

Pulleys: Center Cross Bar - wide position

Leg Extension: Removed

Starting position:

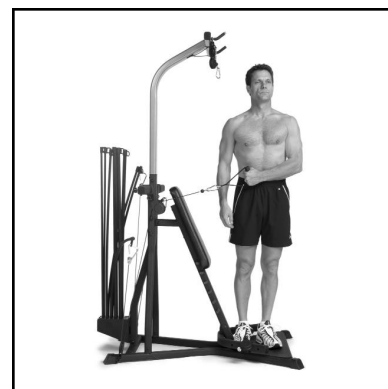
- Stand on the platform with one side toward the Power Rods. Maintain good spinal alignment.
- Using the arm furthest from the rods, reach across your body, grasp the hand grip nearest you and draw that arm back into your side, keeping your elbow bent 90°.
- Allow your forearm to rest against your abdomen and your elbow against your side, taking out some of the slack or tension in the cables.

Action:

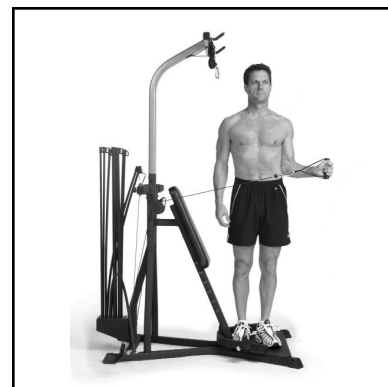
- Rotate your forearm away from your abdomen and out to the side, keeping your elbow/upper arm by your side during the entire motion.
- Slowly return to the starting position.

Key points:

- Motion should be slow and controlled.
- Do not rotate the spine to get additional range of motion. Try for “pure” external rotation of the shoulder joint. More is not better!
- Use light resistance only. Pick a resistance that allows you to perform 12-15 reps.



START



FINISH

Shoulder Exercises



START



FINISH

SHOULDER EXTENSION (elbows stabilized)

Muscles worked: This exercise emphasizes your upper back (the latissimus dorsi, teres major and rear deltoid muscles), as well as the muscles between your shoulder blades (middle trapezius and rhomboid muscles). The triceps muscles, located on the back of the upper arms, are worked throughout the entire motion as they try to prevent the elbows from bending.

Position: Standing - facing Power Rods®
Seat: Removed
Accessory Used: Hand Grips
Pulleys: Center Cross Bar - narrow position
Leg Extension: Removed

Starting position:

- Stand on the platform, facing the Power Rods, knees slightly bent, and feet flat on the floor.
- Grasp the hand grips with your palms facing towards the floor.
- Tighten your trunk muscles to stabilize your spine while maintaining a very slight arch in the lower back.

Action:

- Initiate the movement by pinching your shoulder blades together.

- Continue the movement by moving your hands in an arc downward and backward towards your hips.
- Slowly return to starting position.

Key points:

- Do not lose spinal alignment - keep chest lifted.
- Keep the lats tightened throughout the entire motion.
- Release your shoulder blades at the end of each rep and initiate each new rep by retracting your shoulder blades.



START



FINISH

SHOULDER SHRUG - Scapular Elevation

Muscles worked: The primary muscles emphasized are the upper trapezius and associated smaller muscles of the region.

Position: Standing - facing your machine
Seat: Removed
Accessory Used: Hand Grips
Pulleys: Squat Pulley Frame
Leg Extension: Removed

Starting position:

- Stand on the platform facing the Power Rods.
- Reach down and grasp the hand grips with the palms facing away from the machine.
- Let your arms hang, extending toward the pulleys.

Action:

- Raise your shoulders towards the back of your head, making sure your neck/head position does not move.
- Slowly reverse the motion, keeping the upper trapezius muscles tight during the entire motion.

Key points:

- Do not bend the neck backwards or forwards while raising the shoulders.
- Do not slouch upon lowering the shoulders.
- Keep the spine in good alignment throughout the entire motion.
- Make sure both shoulders raise evenly.
- For a variation, bend forward slightly from the hips, not the spine.

SCAPULAR PROTRACTION (elbows stabilized)

Muscles worked: This exercise emphasizes the serratus anterior muscles, the muscles that can be seen on the side of the rib cage, and are involved in pushing movements when the arms are kept straight and the scapula are allowed to move forward.

Position: Seated - facing outward

Accessory Used: Hand Grips

Pulleys: Center Cross Bar - narrow position

Leg Extension: Removed

Before you begin:

- Adjust seat height.

Starting position:

- Once in the seated position, grasp the hand grips.
- Lay your head back against the bench and straighten your arms to the front.
- Be sure that your arms are directly "in line" with the cables, palms facing down and wrists straight.
- Raise your chest and "pinch" your shoulder blades together. Maintain a very slight, comfortable, arch in your lower back.

Action:

- Keeping your arms straight and pointing the same direction of the cables, slowly move your shoulder blades forward off the bench, as if shoving your arms straight ahead.
- Slowly return to the starting position.
- Movement is very subtle and only occurs in the shoulder.

Key points:

- Maintain a 90° angle between upper arms and your torso throughout the exercise.
- Keep your elbows straight.
- Do not slouch forward in the upper spine to further the motion. Maintain a very slight arch in your lower back at all times.



START



FINISH

SCAPULAR DEPRESSION

Muscles worked: This exercise develops your lower trapezius muscles, which are stabilizing and moving your shoulder blades. This motion of scapula depression is very important in posture as well as when using the arms to raise from a chair, and it is also involved in overhead pulling exercises.

Position: Seated - facing outward

Accessory Used: 50" Bent Lat Bar

Pulleys: Lat Tower

Leg Extension: Removed

Before you begin:

- Adjust seat height.

Starting position:

- Seat yourself facing the Power Rods®, knees bent, and feet flat on the floor.
- Grasp the 50" Bent Lat Bar.
- Tighten your trunk muscles to stabilize your spine while maintaining a very slight arch in the lower back.

Action:

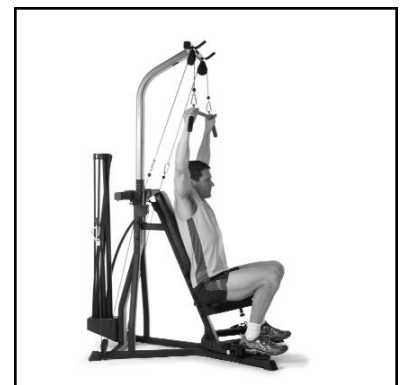
- Keeping the arms straight, slide your shoulder blades towards your hips.
- When shoulder blades are fully depressed, slowly return to the starting position.
- Movement is very subtle and only occurs in the shoulder.

Key points:

- Do not lose spinal alignment, keep your chest lifted.



START



FINISH

Shoulder Exercises



START



FINISH

SCAPULAR RETRACTION

Muscles worked: This exercise develops the muscles between your shoulder blades (middle trapezius and rhomboids) that pull your shoulder blades together and are essential to good posture.

Position: Seated on the floor, facing machine

Accessory Used: Hand Grips

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Starting position:

- Seat yourself on the floor facing the Power Rods®.
- Grab hand grips with palms facing each other.
- Place heels against the end of the platform, bend hips and knees comfortably, arms straight.
- Lift your chest, sit up straight with your spine in good alignment and tighten your trunk muscles.

Action:

- Keeping your arms straight, slowly pinch your shoulder blades together.
- When your shoulder blades are fully retracted, slowly return to the starting position.

Key points:

- Do not bend your torso forward.
- Do not lose spinal alignment - keep chest lifted.
- Do not pull with your arm muscles.

STANDING SHOULDER PULLOVER - w/ Bent Lat Bar (elbow stabilized)

Muscles worked: This exercise emphasizes the upper back (the latissimus dorsi, teres major, and rear deltoid muscles). It also involves the chest (the pectoralis major muscles). The triceps muscles, located on the back of the upper arms, are involved in maintaining the elbow position and also help with shoulder motion.

Position: Standing - facing Power Rods®
Seat: Removed
Accessory Used: 50" Bent Lat Bar
Pulleys: Lat Tower
Leg Extension: Removed

Starting position:

- Stand on the platform.
- Keep knees slightly bent and feet flat on the platform.
- Extend your arms overhead and grasp the 50" Bent Lat Bar with your palms facing down.
- Tighten your abdominals to stabilize your spine while maintaining a very slight arch in the lower back.

Action:

- Move your hands in an arc down towards your legs.
- End the motion with your arms by your sides, pressing your shoulder blades down, completely tightening your lats.
- Control the return to the starting position by slowly moving the arms back overhead and releasing the shoulder blades.

Key points:

- Do not lose spinal alignment. Relax your neck, keep your chest lifted, abs tight and maintain a very slight arch in your lower back.
- Keep the lats tightened throughout the entire motion.
- Release your shoulder blades at the end of each rep and initiate each new rep by depressing your shoulder blades.



START



FINISH

STANDING SHOULDER PULLOVER - w/ Hand Grips (elbow stabilized)

Muscles worked: This exercise emphasizes the upper back (the latissimus dorsi, teres major, and rear deltoid muscles). It also involves the chest (the pectoralis major muscles). The triceps muscles, located on the back of the upper arms, are involved in maintaining the elbow position and also help with shoulder motion.

Position: Standing - facing Power Rods
Seat: Removed
Accessory Used: Hand Grips
Pulleys: Lat Tower
Leg Extension: Removed

Starting position:

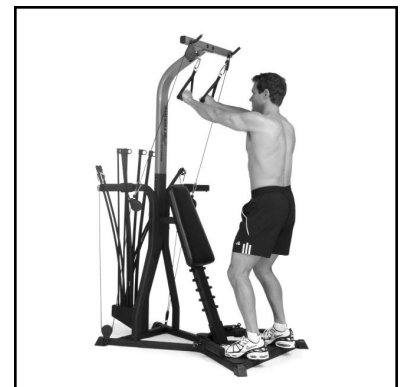
- Stand on the platform.
- Keep knees slightly bent and feet flat on the platform.
- Extend your arms overhead and grasp the Hand Grips with your palms facing down.
- Tighten your abs to stabilize your spine while maintaining a very slight arch in the lower back.

Action:

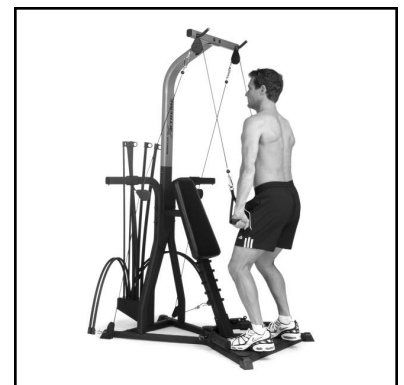
- Move your hands in an arc down towards your legs.
- End the motion with your arms by your sides, pressing your shoulder blades down, and completely tightening your lats.
- Control the return to the starting position by slowly moving the arms back overhead and releasing the shoulder blades.

Key points:

- Do not lose spinal alignment. Relax your neck, keep your chest lifted, abs tight and maintain a very slight arch in your lower back.
- Keep the lats tightened throughout the entire motion.
- Release your shoulder blades at the end of each rep and initiate each new rep by depressing your shoulder blades.



START



FINISH

Back Exercises



START



FINISH

NARROW PULLDOWNS w/ Bent Lat Bar - Shoulder Extension (with elbow flexion)

Muscles worked: This exercise emphasizes the latissimus dorsi, teres major and rear deltoid which make up the large pulling muscles of your upper back. It also involves muscles on the front of your upper arms (the biceps group) which are responsible for bending your elbows.

Position: Seated - facing Power Rods®
Accessory Used: 50" Bent Lat Bar
Pulleys: Lat Tower
Leg Extension: Removed

Starting position:

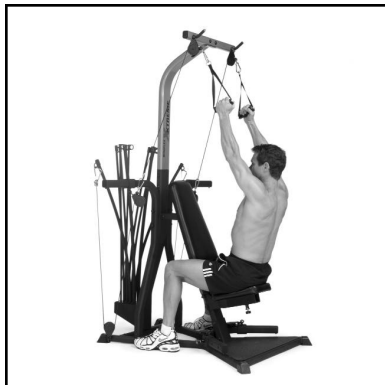
- Grasp the 50" Bent Lat Bar, palms facing down, and sit facing your machine.
- Position your thighs directly under the pulleys and sit upright with your arms extending upward.
 NOTE: You may position your hips directly under the pulleys but then you must lean back slightly from hips (not the waist).
- Maintain good spinal alignment, chest lifted, abs tight and maintain a very slight arch in your lower back.

Action:

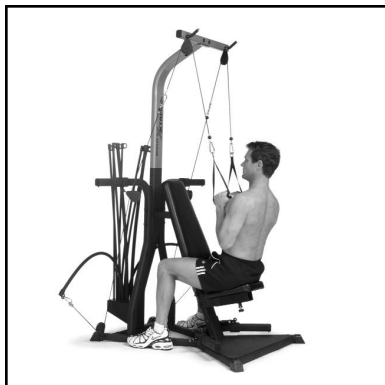
- Initiate the movement by pulling your shoulder blades down and together while simultaneously drawing your elbows downward to the front, and then inward, towards the sides of your body.
- At the end of the motion, your arms should be drawn near your sides (although may not be touching your sides), your shoulder blades should be fully depressed towards your hips and your forearms must be in line with the direction of the cables (not forward).
- Slowly return to the starting position allowing your arms and shoulder blades to move upward fully, without relaxing the muscles.

Key points:

- Do not lose spinal alignment.
- Keep the lats tightened throughout the entire motion.



START



FINISH

NARROW PULLDOWNS w/ Hand Grips - Shoulder Extension (with elbow flexion)

Muscles worked: This exercise emphasizes the latissimus dorsi, teres major and rear deltoid which make up the large pulling muscles of your upper back. It also involves muscles on the front of your upper arms (the biceps group) which are responsible for bending your elbows.

Position: Seated - facing Power Rods
Accessory Used: Hand Grips
Pulleys: Lat Tower
Leg Extension: Removed

Starting position:

- Grasp the Hand Grips, palms facing down, and sit facing your machine.
- Position your thighs directly under the pulleys and sit upright with your arms extending upward.
 NOTE: You may position your hips directly under the pulleys but then you must lean back slightly from hips (not the waist).
- Maintain good spinal alignment, chest lifted, abs tight and maintain a very slight arch in your lower back.

Action:

- Initiate the movement by pulling your shoulder blades down and together while simultaneously drawing your elbows downward and then inward, towards the sides of your body.
- At the end of the motion, your arms should be drawn near your sides (although may not be touching your sides), your shoulder blades should be fully depressed towards your hips and your forearms must be in line with the direction of the cables (not forward).
- Slowly return to the starting position allowing your arms and shoulder blades to move upward fully, without relaxing the muscles.

Key points:

- Do not lose spinal alignment.
- Keep the lats tightened throughout the entire motion.

BENT OVER ROW

Muscles worked: This exercise emphasizes the latissimus dorsi, teres major and rear deltoid which make up the large pulling muscles of your upper back. It also involves the muscles on the front of your upper arms (the biceps group) which are responsible for bending your elbows.

Position: Standing - facing Power Rods®

Seat: Removed

Accessory Used: Hand Grips

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Starting position:

- Stand on the platform. Reach down and grasp the hand grips with the palms facing backward.
- Let your arms hang extending in the direction of the pulleys.
- Keep back flat and knees bent as pictured.

Action:

- Begin your motion by moving elbows back as you bring the hand grips to a point below your chest line.
- Slowly reverse the motion, keeping knees bent and back flat.

Key points:

- Do not bend the neck backwards or forwards while raising the bar.
- Do not slouch when lowering the hand grips.
- Keep the spine in good alignment throughout the entire motion.



START



FINISH

CROSSOVER BENT OVER ROW

Muscles worked: This exercise emphasizes the back portion of the shoulder muscles (the rear deltoids, as well as the rear portion of the middle deltoids).

Position: Standing - facing Power Rods

Seat: Removed

Accessory Used: Hand Grips

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Starting position:

- Stand on the platform.
- *Cross your arms* and then reach down and grasp the hand grips with your palms facing backward.
- Let your arms hang extending in the direction of the pulleys.
- Keep back flat and knees bent as pictured.

Action:

- Begin your motion by moving elbows back as you bring the hand grips to a point below your chest line.
- Slowly reverse the motion, keeping knees bent and back flat.

Key points:

- Do not bend the neck backwards or forwards while raising the bar.
- Do not slouch when lowering the hand grips.
- Keep the spine in good alignment throughout the entire motion.



START



FINISH

Back Exercises



START



FINISH

SEATED LAT ROWS - Shoulder Extension (and elbow flexion)

Muscles worked: This exercise emphasizes the latissimus dorsi, teres major and rear deltoid muscles which make up the large pulling muscles of your upper back. The biceps muscles on the front of the upper arm are also involved in this movement.

Position: Seated on the ground, facing Power Rods®

Accessory Used: Hand Grips

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Starting position:

- Grab hand grips with palms facing each other.
- Place heels against the end of the platform, bend the knees comfortably.
- Sit up straight with your spine in good alignment.

Action:

- Initiate the movement by pinching your shoulder blades together.
- Pull the upper arms downward and backward, brushing past the sides of the body while keeping the forearms pointing in the direction of the cable.
- Slowly return to the starting position.

Key points:

- Do not bend your torso forward at any point.
- Do not lose spinal alignment - keep chest lifted.
- Release your shoulder blades at the end of each rep and initiate each new rep by pinching your shoulder blades.



START



FINISH

CROSSOVER SEATED LAT ROWS - Shoulder Extension (and elbow flexion)

Muscles worked: This exercise emphasizes the latissimus dorsi, teres major and rear deltoid muscles which make up the large pulling muscles of your upper back. The biceps muscles on the front of the upper arm are also involved in this movement.

Position: Seated on the ground, facing Power Rods

Accessory Used: Hand Grips

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Starting position:

- *Cross your arms* and grasp the hand grips (right grip in left hand and vice versa) with your palms facing each other.
- Place heels against the end of the platform, bend the knees comfortably.
- Sit up straight with your spine in good alignment.

Action:

- Initiate the movement by pinching your shoulder blades together.
- Pull the upper arms downward and backward, brushing past the sides of the body while keeping the forearms pointing in the direction of the cable.
- Slowly return to the starting position.

Key points:

- Do not bend your torso forward at any point.
- Do not lose spinal alignment - keep chest lifted.
- Release your shoulder blades at the end of each rep and initiate each new rep by pinching your shoulder blades.

STANDING LOW BACK EXTENSION - (with hip extension)

Muscles worked: This exercise emphasizes the muscles in your lower back (erector spinae and deep spinal muscles) necessary for providing stabilization and protection for the spine. The lower back muscles are challenged isometrically just like they should be used when lifting and carrying in daily life. The gluteus maximus and the hamstrings are also strengthened at the hip.

Position: Standing - facing outward

Seat: Removed

Accessory Used: Hand Grips

Pulleys: Squat Pulley Frame - standard position

Leg Extension: Removed

Starting position:

- Stand on the platform facing outward.
- Open the webbing on your hand grips and slide them up, over your forearms to your elbows.
- Bend the knees comfortably, cross your arms in front of your chest and pull hand grips tightly to your chest.

- Lift your chest, tighten your trunk muscles and maintain a slight arch in your lower back.
- Pinch your shoulder blades together slightly.
- Lean forward from the hips, slightly letting out some of the tension in the cables.

Action:

- Keeping your chest lifted, move your entire torso upwards as a unit by pivoting at the hips.
- Slowly return to the starting position without slouching or changing spinal alignment.

Key points:

- Keep your chest lifted and a very slight arch in your lower back at all times.
- Move from the hips only, not your waist. Do not increase or decrease the arch in your lower back during the movement.



START



FINISH

REVERSE GRIP PULLDOWNS - Lat Tower - Shoulder Extension (with elbow flexion)

Muscles worked: This exercise emphasizes the latissimus dorsi, teres major and rear deltoid which make up the large pulling muscles of your upper back. It also involves the muscles on the front of your upper arms (the biceps group) which are responsible for bending your elbows.

Position: Seated - facing Power Rods®

Accessory Used: Hand Grips

Pulleys: Lat Tower

Leg Extension: Removed

Starting position:

- Grasp the hand grips with an underhand grip, at a comfortable width, then sit on the seat.
- Position your thighs directly under the pulleys and sit upright with your arms extending upward.
NOTE: You may position your hips directly under the pulleys but then you must lean back slightly from hips (not the waist).
- Maintain good spinal alignment, chest lifted, abs tight and maintain a very slight arch in your lower back.

Action:

- Initiate the movement by pulling your shoulder blades down and together while simultaneously drawing your elbows downward to the sides, and then inward, towards your body.
- At the end of the motion, your arms should be drawn near your sides (although may not be touching your sides), your shoulder blades should be fully depressed towards your hips and your forearms must be in line with the direction of the cables (not forward).
- Slowly return to the starting position allowing your arms and shoulder blades to move fully upward, without relaxing the muscles.

Key points:

- Do not lose spinal alignment.
- Keep the lats tightened throughout the entire motion.



START

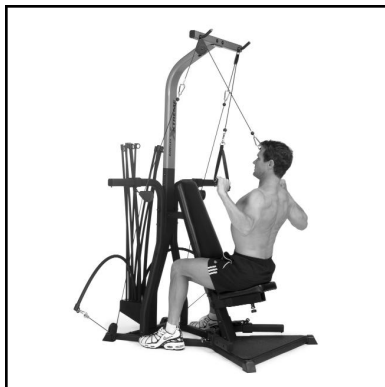


FINISH

Back Exercises



START



FINISH

CROSSOVER WIDE PULLDOWNS - Shoulder Extension (with elbow flexion)

Muscles worked: This exercise emphasizes the latissimus dorsi, teres major and rear deltoid which make up the large pulling muscles of your upper back. It also involves the chest (pectoralis major) muscles and the triceps muscles on the back of your upper arms which maintain elbow position and help with shoulder motion.

Position: Seated - facing Power Rods®

Accessory Used: Hand Grips

Pulleys: Lat Tower

Leg Extension: Removed

Starting position:

- *Cross your arms* and then grasp the hand grips with your palms facing forward (right grip in left hand and vice versa), at a comfortable width, then sit on the seat.
- Position your thighs directly under the pulleys and sit upright with your arms extending upward.
NOTE: You may position your hips directly under the pulleys but then you must lean back slightly from hips (not the waist).
- Maintain good spinal alignment, chest up, abs tight and a very slight arch in your lower back.

Action:

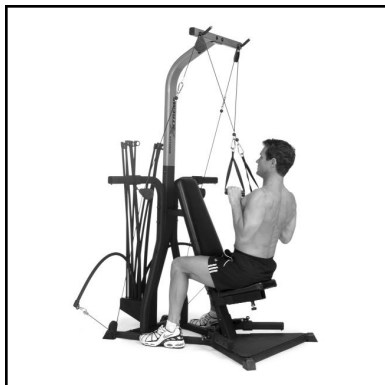
- Initiate the movement by pulling your shoulder blades down and together while simultaneously drawing your elbows outward, away from your sides.
- At the end of the motion, your arms should be drawn away from your sides, your shoulder blades should be fully depressed towards your hips and your forearms must be upward in line with the direction of the cables (not forward).
- Slowly return to the starting position allowing your arms and shoulder blades to move fully upward, without relaxing the muscles.

Key points:

- Do not lose spinal alignment.
- Keep the lats tightened throughout the entire motion.
- Do not lean backward as you pull.



START



FINISH

CROSSOVER NARROW PULLDOWNS - Shoulder Extension (with elbow flexion)

Muscles worked: This exercise emphasizes the latissimus dorsi, teres major and rear deltoid which make up the large pulling muscles of your upper back. It also involves the muscles on the front of your upper arms (the biceps group) which are responsible for bending your elbows.

Position: Seated - facing Power Rods

Accessory Used: Hand Grips

Pulleys: Lat Tower

Leg Extension: Removed

Starting position:

- *Cross your arms* and then grasp the hand grips with your palms facing downward (left grip in right hand and vice versa), at a comfortable width, then sit on the seat.
- Position your thighs directly under the pulleys and sit upright with your arms extending upward.
NOTE: You may position your hips directly under the pulleys but then you must lean back slightly from hips (not the waist).
- Maintain good spinal alignment, chest lifted, abs tight and maintain a slight arch in your lower back.

Action:

- Initiate the movement by pulling your shoulder blades down and together while simultaneously drawing your elbows downward to the sides, and then inward, towards your body.
- At the end of the motion, your arms should be drawn near your sides (although should not be touching your sides), your shoulder blades should be fully depressed towards your hips and your forearms must be upward in line with the direction of the cables (not forward).
- Slowly return to the starting position allowing your arms and shoulder blades to move fully upward, without relaxing the muscles.

Key points:

- Do not lose spinal alignment.
- Keep the lats tightened throughout the entire motion.

SEATED LAT PULLDOWNS - Shoulder Adduction (with elbow flexion)

Muscles worked: This exercise emphasizes the latissimus dorsi, teres major and rear deltoid which make up the large pulling muscles of your upper back. It also involves the biceps group.

Position: Seated - facing Power Rods®

Accessory Used: Hand Grips

Pulleys: Lat Tower

Leg Extension: Removed

Starting position:

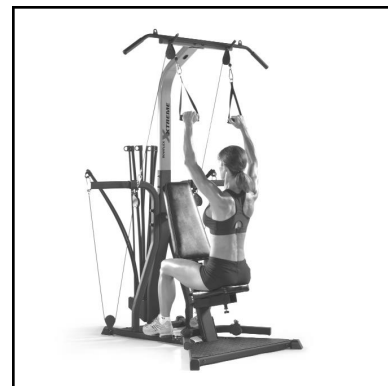
- To determine your best grip width, hold your arms out to your sides at shoulder height. Bend your elbows approximately 90°. Your hands should be no wider than your elbows. (For some individuals slightly less than elbow width is more comfortable.)
- Grasp the hand grips at the width determined above, then sit down with your arms extending upward.
- You may position your hips under the pulleys but only lean back slightly from hips (not the waist).
- Maintain good spinal alignment, chest lifted, abs tight and a very slight arch in your lower back.

Action:

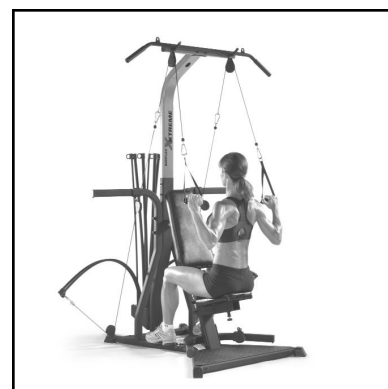
- Initiate the movement by pulling your shoulder blades down and together while drawing your elbows downward to the sides, and then inward, towards your trunk.
- The grips may not touch your chest but, at the end of the motion, your arms should be drawn near your sides (although they may not be touching your sides), your shoulder blades should be fully depressed toward your hips and your forearms must be upward in line with the direction of the cables (not forward).
- Slowly return to the starting position, allowing your arms and shoulder blades to move fully upward, without relaxing the muscles.

Key points:

- Do not lose spinal alignment.
- Keep the lats tightened throughout the entire motion.



START



FINISH

SEATED WIDE LAT PULLDOWNS - Shoulder Adduction (with elbow flexion)

Muscles worked: This exercise emphasizes the latissimus dorsi, teres major and rear deltoid which make up the large pulling muscles of your upper back. It also involves the muscles on the front of your upper arms (the biceps group) which are responsible for bending your elbows.

Position: Seated - facing Power Rods

Accessory Used: 50" Bent Lat Bar

Pulleys: Lat Tower

Leg Extension: Removed

Starting position:

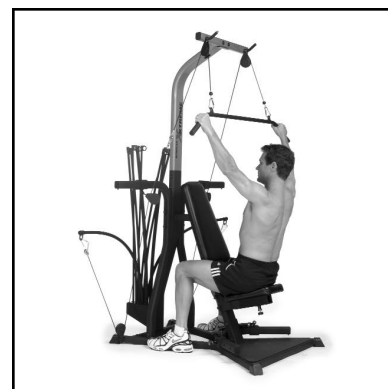
- Grasp the 50" Bent Lat Bar at a comfortable, wide grip, then sit with your arms extending upward.
- You may position your hips directly under the pulleys but then you must lean back slightly from hips (not the waist).
- Maintain good spinal alignment, chest lifted, abs tight and a very slight arch in your lower back.

Action:

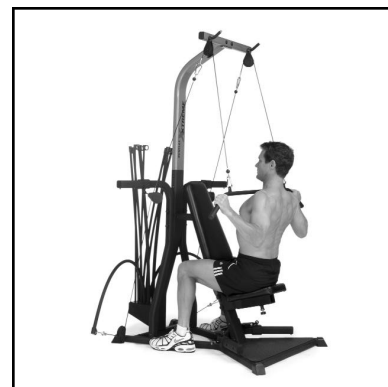
- Initiate the movement by pulling your shoulder blades down and together while drawing your elbows downward to the sides, and then inward, towards your trunk.
- The 50" Bent Lat Bar may not touch your chest but, at the end of the motion, your arms should be drawn near your sides (although they may not be touching your sides), your shoulder blades should be fully depressed toward your hips and your forearms must be upward in line with the direction of the cables (not forward).
- Slowly return to the starting position, allowing your arms and shoulder blades to move fully upward, without relaxing the muscles.

Key points:

- Do not lose spinal alignment.
- Keep the lats tightened throughout the entire motion.
- If you can't complete the exercise with your hands in the wide position, bring your hands closer together.



START



FINISH

Arm Exercises



START



FINISH

TRICEPS PUSHDOWN - Elbow Extension

Muscles worked: This exercise emphasizes the triceps muscles located on the backs of the upper arms. These muscles are responsible for straightening your arm and assist in any upper body pushing or pressing motion.

Position: Standing - facing Power Rods®
Seat: Removed
Accessory Used: Hand Grips
Pulleys: Lat Tower
Leg Extension: Removed

Starting position:

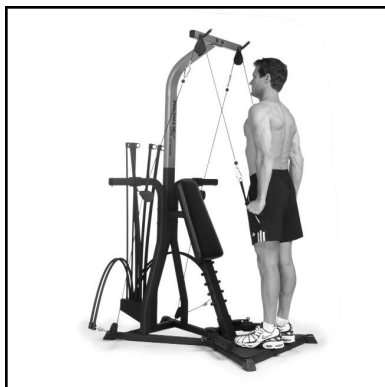
- Stand on the platform.
- Grasp the hand grips at shoulder width, with your palms down.
- Bring your arms down to your sides, elbows straight. **This is the Start Position.**
- Bend over slightly from your hips, so that your shoulders are directly over your hands. Lift your chest and tighten your abdominals to stabilize your spine while maintaining a very slight arch in the lower back.

Action:

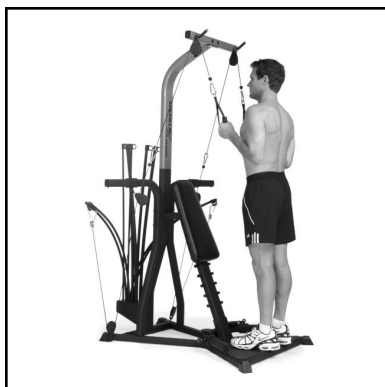
- Keeping your upper arms stationary and your elbows next to the sides of your torso, slowly allow your elbows to bend, moving your hands in an arcing motion away from your legs and upward.
- Stop at approximately 90°.
- Thinking about tightening the triceps, slowly reverse the arcing motion and straighten your arms fully.

Key points:

- Keep your upper arms motionless.
- Keep wrists straight.
- Tighten the triceps throughout the exercise and control the motion on the way up.
- Maintain good posture by keeping your chest lifted, abs tight and maintain a very slight arch in your lower back.



START



FINISH

TRICEPS HAMMER PUSHDOWN - Elbow Extension

Muscles worked: This exercise emphasizes the triceps muscles located on the backs of the upper arms. These muscles are responsible for straightening your arm and assist in any upper body pushing or pressing motion.

Position: Standing - facing Power Rods
Seat: Removed
Accessory Used: Hand Grips in 'Hammer Grip'
Pulleys: Lat Tower
Leg Extension: Removed

Starting position:

- Stand on the platform.
- Grasp the hand grips at shoulder width, with the grips in the vertical 'hammer position'.
- Bring your arms down to your sides, elbows straight. **This is the Start Position.**
- Bend over slightly from your hips, so that your shoulders are directly over your hands. Lift your chest and tighten your abdominals to stabilize your spine while maintaining a very slight arch in the lower back.

Action:

- Keeping your upper arms stationary and your elbows next to the sides of your torso, slowly allow your elbows to bend, moving your hands in an arcing motion away from your legs and upward.
- Stop at approximately 90°.
- Thinking about tightening the triceps, slowly reverse the arcing motion and straighten your arms fully.

Key points:

- Keep your upper arms motionless.
- Keep wrists straight.
- Tighten the triceps throughout the exercise and control the motion on the way up.
- Maintain good posture by keeping your chest lifted, abs tight and maintain a very slight arch in your lower back.

TRICEPS PUSHDOWN - w/ Bent Lat Bar - Elbow Extension

Muscles worked: This exercise emphasizes the triceps muscles located on the backs of the upper arms. These muscles are responsible for straightening your arm and assist in any upper body pushing or pressing motion.

Position: Standing - facing Power Rods®
Seat: Removed
Accessory Used: 50" Bent Lat Bar
Pulleys: Lat Tower
Leg Extension: Removed

Starting position:

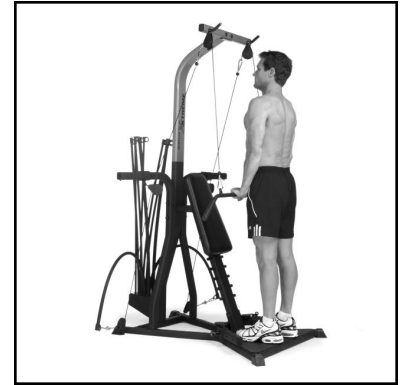
- Stand on the platform.
- Grasp the 50" Bent Lat Bar at shoulder width, with your palms down.
- Bring your arms down to your sides, elbows straight. **This is the Start Position.**
- Bend over slightly from your hips, so that your shoulders are directly over your hands. Lift your chest and tighten your abdominals to stabilize your spine while maintaining a very slight arch in the lower back.

Action:

- Keeping your upper arms stationary and your elbows next to the sides of your torso, slowly allow your elbows to bend, moving your hands in an arcing motion away from your legs and upward.
- Stop at approximately 90°.
- Thinking about tightening the triceps, slowly reverse the arcing motion and straighten your arms fully.

Key points:

- Keep your upper arms motionless.
- Keep wrists straight.
- Tighten the triceps throughout the exercise and control the motion on the way up.
- Maintain good posture by keeping your chest lifted, abs tight and maintain a very slight arch in your lower back.



START



FINISH

TRICEPS EXTENSION - Elbow Extension

Muscles worked: This exercise emphasizes the triceps muscles located on the backs of the upper arms.

Position: Seated - facing outward
Accessory Used: Hand Grips
Pulleys: Center Cross Bar - narrow position
Leg Extension: Removed

Before you begin:

- Adjust seat height.

Starting position:

- Bend your knees and place your feet flat on the floor.
- Reach behind and grasp one or both of the hand grips, palms facing away from you.
- Keep your elbows above your shoulders, directly "in line" with the cables, palms facing out and wrists straight.
- Raise your chest and "pinch" your shoulder blades together. Maintain a very slight, comfortable, arch in your lower back.

Action:

- Keeping your upper arm stationary, slowly straighten your elbows, allowing your hands to move in an arching motion above your head.
- Slowly reverse your arching motion until your elbows are bent again.

Key points:

- Keep your upper arms/shoulders motionless.
- Keep wrists straight.
- Tighten the triceps throughout the exercise and control the motion on the way down.



START



FINISH

Arm Exercises



START



FINISH

HAMMER TRICEPS EXTENSION - Elbow Extension

Muscles worked: This exercise emphasizes the triceps muscles located on the backs of the upper arms.

Position: Seated - facing outward

Accessory Used: Hand Grips in 'Hammer Grip'

Pulleys: Center Cross Bar - narrow position

Leg Extension: Removed

Before you begin:

- Adjust seat height.

Starting position:

- Bend your knees and place your feet flat on the platform.
- Reach behind and grasp one or both of the hand grips in the vertical 'hammer grip' position to reduce stress on your wrist.
- Keep your elbows above your shoulders, directly "in line" with the cables, palms facing down and wrists straight.
- Raise your chest and "pinch" your shoulder blades together. Maintain a very slight, comfortable, arch in your lower back.

Action:

- Keeping your upper arm stationary, slowly straighten your elbows allowing your hands to move in an arching motion above your head.
- Slowly reverse your arcing motion until your elbows are bent again.

Key points:

- Keep your upper arms/shoulders motionless.
- Keep wrists straight.
- Tighten the triceps throughout the exercise and control the motion on the way down.



START



FINISH

CROSS TRICEPS EXTENSION

Muscles worked: This exercise develops the triceps muscle located on the back of the upper arm.

Position: Seated - facing outward

Accessory Used: Hand Grips

Pulleys: Center Cross Bar - narrow position

Leg Extension: Removed

Starting position:

- Once seated, reach over your shoulder and grasp a hand grip. Bend your elbow until your hand is in front of your chest and your palm is facing the floor using the Hammer Grip.
- Keeping knees bent and feet flat on the floor, lay your head back against the bench and straighten your arm to the front.
- With your free hand lightly grasp the back of your arm near your elbow, to stabilize the working arm.
- Raise your chest and "pinch" your shoulder blades together. Maintain a very slight arch in your lower back.

Action:

- Keeping your upper arm stationary, bend your elbow, moving your hand in an arching motion across your chest.
- Stop your motion when arm is straight, then slowly reverse the arc motion until your elbow is back in starting position.

Key points:

- Keep your upper arm motionless.
- Keep wrist straight.
- Tighten your triceps throughout the exercise and control the motion on the way down.

TRICEPS KICKBACK

Muscles worked: This exercise emphasizes the triceps muscles located on the backs of the upper arm.

Position: Standing - facing Power Rods®

Seat: Removed

Accessory Used: Hand Grips

Pulleys: Center Cross Bar - narrow position

Leg Extension: Removed

Starting position:

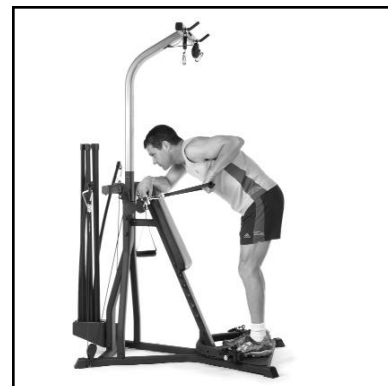
- Stand on the platform.
- Keep your chest lifted and maintain a very slight arch in your lower back.
- Support yourself with one arm on the horizontal bar and grasp a hand grip with your free hand, palm facing backward.
- Draw your elbow back so that the upper arm is beside the body and the elbow bent approximately 90°.

Action:

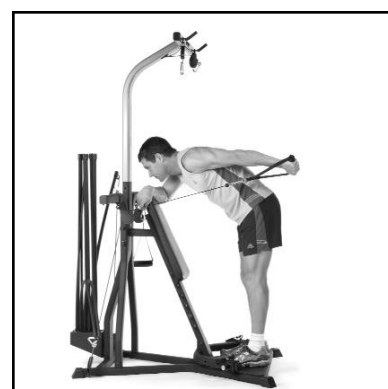
- Straighten elbow while keeping your upper arm completely still.
- When your arm is completely straight, slowly return to the starting position.

Key points:

- Maintain spinal alignment.
- Keep your arm at your side and your wrist straight throughout entire motion.
- Tighten the triceps throughout the exercise and control the motion.
- Keep palms facing upward.



START



FINISH

HAMMER TRICEPS KICKBACK

Muscles worked: This exercise emphasizes the triceps muscles located on the backs of the upper arm.

Position: Standing - facing Power Rods

Seat: Removed

Accessory Used: Hand Grips in 'Hammer Grip'

Pulleys: Center Cross Bar - narrow position

Leg Extension: Removed

Starting position:

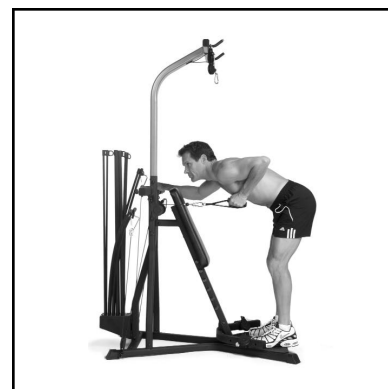
- Stand on the platform.
- Keep your chest lifted and maintain a very slight arch in your lower back.
- Support yourself with one arm on the horizontal bar and grasp a hand grip in the vertical 'hammer grip' position with your free hand, palm facing inward.
- Draw your elbow back so that the upper arm is beside the body and the elbow bent approximately 90°.

Action:

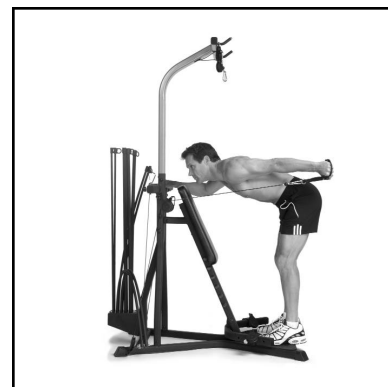
- Straighten elbow while keeping your upper arm completely still.
- When your arm is completely straight, slowly return to the starting position.

Key points:

- Maintain spinal alignment.
- Keep your arm at your side and your wrist straight throughout entire motion.
- Tighten the triceps throughout the exercise and control the motion.
- Maintain Hammer Grip throughout the exercise.



START



FINISH

Arm Exercises



START



FINISH

RESISTED DIP - Elbow Extension

Muscles worked: This exercise emphasizes the triceps muscles located on the backs of the upper arms.

Position: Standing - facing outward

Seat: Removed

Accessory Used: Hand Grips

Pulleys: Lat Tower

Leg Extension: Removed

Starting position:

- Stand on the platform facing away from the Power Rods®. Reach back and grab hand grips with thumbs on inside toward your body.
- Cable should be between your arm and your body.
- Upper arms should be at a 90° angle from torso.

Action:

- Straighten your arms downward, focusing on moving your elbows down and inward toward your hips.
- Slowly return to starting position keeping tension in the back shoulder muscles.

Key points:

- Keep back straight and knees slightly bent.
- Keep the abdominals tight throughout the entire motion and maintain good spinal alignment.



START



FINISH

BICEPS CURL - Elbow Flexion (in supination)

Muscles worked: This exercise emphasizes and develops the biceps which are located on the front of your upper arms and are primarily responsible for bending your elbows.

Position: Standing - facing Power Rods

Seat: Removed

Accessory Used: Hand Grips

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Starting position:

- Stand on the platform.
- Bend down and grasp the hand grips with palms facing forward.
- Stand with your upper arms by your sides (although not "smashed" against them). Lift your chest, tighten your abdominals and maintain a very slight arch in your lower back.

Action:

- Curl hand grips forward, then upward, and then in towards your shoulders while keeping your elbows at your sides and your upper arms completely still.
- Slowly lower to the starting position by performing the same arcing motion.

Key points:

- Keep elbows at your sides.
- Keep wrists straight.
- Keep your trunk muscles tight and maintain a very slight arch in your lower back.

CONCENTRATION BICEPS CURL - Elbow Flexion (in supination)

Muscles worked: This exercise emphasizes the biceps muscles which are located on the front of your upper arms and are primarily responsible for bending your elbows.

Position: Standing - right or left side facing Power Rods®

Seat: Removed

Accessory Used: Hand Grips

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Starting position:

- Stand on the platform, one side towards the Power Rods.
- With the hand closest to the Power Rods, grasp the hand grip.
- Keeping your back straight, bend at the hips and knees, until your trunk is parallel to the floor. Place the uninvolved hand on the thigh to help stabilize.

Action:

- Curl hand grip away from the cable, then upward toward the shoulder while keeping the upper arm completely motionless and your elbow pointing directly toward the floor at all times.
- Slowly return to the starting position performing the same arc of motion.

Key points:

- Keep the elbow pointing toward the floor at all times.
- Keep wrist straight.
- Bend at the hips, not at the waist.
- Keep your back straight, chest up and maintain a very slight arch in your lower back.



START



FINISH

REVERSE CURL - Elbow Flexion (in pronation)

Muscles worked: This exercise emphasizes the deep arm muscle (brachialis) while involving the front forearm muscle (brachioradialis) and the biceps as well.

Position: Standing - facing Power Rods

Seat: Removed

Accessory Used: Hand Grips

Pulleys: Squat Pulley Frame - with squat straps

Leg Extension: Removed

Starting position:

- Stand on the platform.
- Bend down and grasp the hand grips with your palms facing backward.
- Stand with your arms by your sides.
- Lift your chest, tighten your abdominals and maintain a very slight arch in your lower back.

Action:

- Keeping the palms facing down, slowly curl the hand grips forward, then upward, then in towards your shoulders while keeping your elbows at your sides and your upper arms completely still.
- Slowly lower to the starting position.

Key points:

- Keep elbows at your sides.
- Keep wrists straight.
- Keep your trunk muscles tight and maintain a very slight arch in your lower back.



START



FINISH

Arm Exercises



START



FINISH

BARBELL BICEPS CURL - Elbow Extension

Muscles worked: This exercise emphasizes and develops the biceps muscles which are located on the front of your upper arms and are primarily responsible for bending your elbows.

Position: Standing - facing Power Rods®

Seat: Removed

Accessory Used: Squat Bar - with squat straps

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Starting position:

- Stand on the platform.
- Bend down and grasp the squat bar with your palms facing forward.
- Stand with your upper arms by your sides (although not pressed tightly). Lift your chest, tighten your abdominals and maintain a very slight arch in your lower back.

Action:

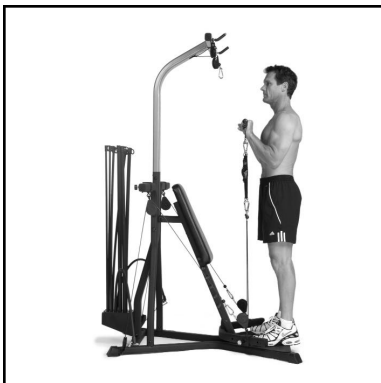
- Curl squat bar forward, then upward, and then in towards your shoulders while keeping your elbows at your sides and your upper arms completely still.
- Slowly lower to the starting position by performing the same arcing motion.

Key points:

- Keep elbows at your sides.
- Keep wrists straight.
- Keep your trunk muscles tight and maintain a very slight arch in your lower back.



START



FINISH

REVERSE BARBELL BICEPS CURL - Elbow Extension

Muscles worked: This exercise emphasizes and develops the biceps muscles which are located on the front of your upper arms and are primarily responsible for bending your elbows.

Position: Standing - facing Power Rods

Seat: Removed

Accessory Used: Squat Bar - with squat straps

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Starting position:

- Stand on the platform.
- Bend down and grasp the squat bar with your palms facing down.
- Stand with your upper arms by your sides (although not pressed tightly). Lift your chest, tighten your abdominals and maintain a very slight arch in your lower back.

Action:

- Curl your wrists back to bring the squat bar forward, then upward, and then in towards your shoulders while keeping your elbows at your sides and your upper arms completely still.
- Slowly lower to the starting position by performing the same arcing motion.

Key points:

- Keep elbows at your sides.
- Keep wrists straight.
- Keep your trunk muscles tight and maintain a very slight arch in your lower back.

SEATED BICEPS CURL - Elbow Flexion (in supination)

Muscles worked: This exercise emphasizes the biceps muscles which are located on the front of your upper arms and are primarily responsible for bending your elbows.

Position: Seated - facing outward

Accessory Used: Hand Grips

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Starting position:

- Grasp the hand grips, arms at your sides with your forearms near your thighs.
- Maintain correct spinal alignment.

Action:

- Curl the forearms toward the upper arms, keeping your upper arms completely still.
- Slowly return to the starting position without relaxing the biceps.

Key points:

- Do not rock the upper body while bending your elbow.
- Keep wrists straight.
- Keep your chest lifted, trunk muscles tight and maintain a very slight arch in your lower back.



START



FINISH

SEATED BICEPS HAMMER CURL - Elbow Flexion

Muscles worked: This exercise emphasizes the biceps muscles and brachioradialis which are located on the front of your arms and are primarily responsible for bending your elbows.

Position: Seated - facing outward

Accessory Used: Hand Grips in 'Hammer Grip'

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Starting position:

- Grasp the hand grips in the vertical 'hammer grip' position, arms at your sides, forearms near your thighs.
- Maintain correct spinal alignment.

Action:

- Curl the forearms toward the upper arms, keeping your upper arms completely still.
- Slowly return to the starting position without relaxing the biceps.

Key points:

- Do not rock the upper body while bending your elbow.
- Keep wrists straight.
- Keep your chest lifted, trunk muscles tight and maintain a very slight arch in your lower back.



START



FINISH

Arm Exercises



START



FINISH

WRIST EXTENSION

Muscles worked: This exercise develops the back and top parts of your forearms and is critical in helping to prevent injuries like tennis elbow.

Position: Standing - facing Power Rods®
Seat: Removed
Accessory Used: Hand Grips
Pulleys: Squat Pulley Frame
Leg Extension: Removed

Starting position:

- Stand on the platform, with your knees slightly bent.
- Grasp the hand grips with your palms facing down and rest your mid-forearms against your sides with the elbows flared out
- Raise your chest, tighten your trunk muscles and maintain a very slight arch in your lower back.

Action:

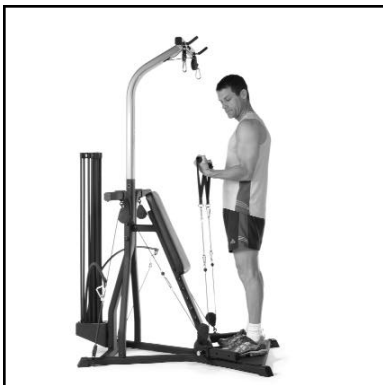
- Slowly curl the back of your fists towards the forearms.
- Slowly return to the starting position.

Key points:

- Move slowly and keep tension in the back of the forearms at all times.
- You can perform this exercise one arm at a time to make it easier to focus and isolate the back of your forearms, or you can perform it with both arms simultaneously to save time.



START



FINISH

WRIST CURL - w/ wrist flexion

Muscles worked: This exercise emphasizes the front part of your forearms as well as increasing the strength of your grip. It also isometrically challenges your biceps muscles, located on the front part of your upper arms.

Position: Standing - facing Power Rods
Seat: Removed
Accessory Used: Hand Grips
Pulleys: Squat Pulley Frame
Leg Extension: Removed

Starting position:

- Stand on the platform.
- Bend down and grasp the hand grips with your palms facing forward, fingertips down.
- Stand with your upper arms and elbows by your sides.
- Lift your chest, tighten your trunk muscles and maintain a very slight arch in your lower back.
- Bend your arms 90°, palms up, and hold that position throughout the entire exercise.

Action:

- Slowly curl your fists towards the front of your forearms.
- Keeping your forearms still, slowly let your fists return to the starting position.

Key points:

- Move slowly and keep tension in the front of the forearm at all times.
- Do not increase or decrease the bend in your arms, perform the entire motion at your wrist.
- Do not rock your body. Keep your chest lifted, abs tight and maintain a slight arch in your lower back.

TRUNK ROTATION

Muscles worked: This exercise involves most of the trunk muscles. It does not “spot reduce” or eliminate “love handles”. It should be noted that rotation is more limited in the spine than most people realize and should be performed with minimal resistance, and always in proper alignment.

Position: Seated - facing outward left or right

Accessory Used: Hand Grips

Pulleys: Center Cross Bar - standard position

Leg Extension: Removed

Starting position:

- Sitting sideways on the seat with one side facing the Power Rods®, grasp the hand grip closest to you with both hands.
- Raise both arms up to shoulder level, centered in front of the middle chest.
- Keep elbows slightly bent.
- Lift your chest, pinch your shoulder blades together, tighten your abs and maintain a very slight arch in your lower back.

Action:

- Tighten your entire abdominal area and slowly rotate your rib cage/arms away from the cables (30 - 40°), as if you were rotating with a rod through the middle of your spine.
- Slowly return to starting position.

Key points:

- Keep your chest lifted and always maintain good spinal alignment with a very slight arch in your lower back.
- Keep your hands centered in front of the middle of your chest and your shoulder blades “pinched” together. Make sure all of your motion occurs in the torso.
- More range of motion is not necessarily better, particularly in this exercise. Move only as far as your muscles will take you and eliminate uncontrolled momentum.
- **Caution:** Do not use heavy resistance for this exercise. Pick a weight that allows you to perform at least 12-15 reps.



START



FINISH

SEATED (RESISTED) OBLIQUE ABDOMINAL CRUNCH

Muscles worked: This exercise emphasizes the external obliques on the resistance side and the internal obliques on the opposite side.

Position: Seated - facing outward

Accessory Used: Hand Grips

Pulleys: Center Cross Bar - standard position

Leg Extension: Removed

Starting position:

- Lower the seat to the lowest possible setting.
- Once seated, open the webbing on the hand grip, slide your hand and arm through the opening, drawing the hand grip up and around one shoulder.
- Your lower back can start flat or in a normal arch, knees and hips bent and feet flat on the floor.

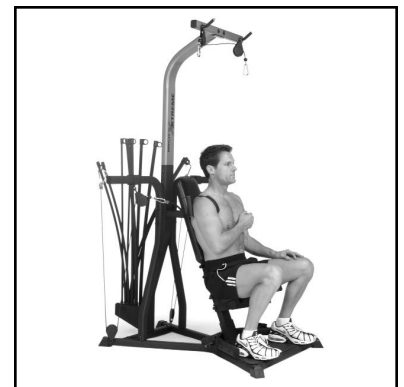
Action:

- Tighten your abs before you move, focusing on the area from the side of your ribs to the front of your pelvis on the same side.

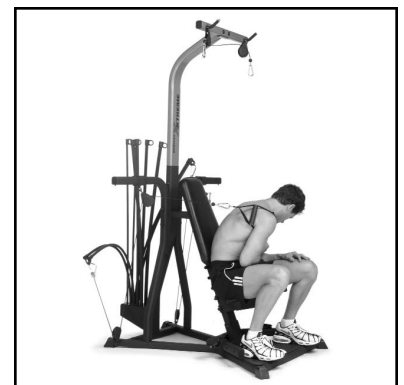
- Slowly move diagonally, rotating and curling your torso, with the side of your ribs directed toward the front of your pelvis.
- Move as far as you can, moving the hips or moving the lower back from the bench.
- Slowly reverse the motion returning to the starting position without resting.

Key points:

- Allow exhalation up and inhalation down, don't exaggerate it.
- Do not lift your head/chin. Your head should follow the rib motion, not lead, allowing you to maintain normal neck posture.
- Tighten your abdominals throughout the entire exercise range of motion. Do not let your abs relax until the set is over.
- **MOVING SLOWLY** to eliminate momentum is critical.



START



FINISH

Abdominal Exercises

SEATED (RESISTED) ABDOMINAL CRUNCH - Spinal Flexion

Muscles worked: This exercise emphasizes the abdominal area including the upper and lower front abs (rectus abdominus) and the side abs (obliques).

Position: Seated - facing outward

Accessory Used: Hand Grips

Pulleys: Center Cross Bar - narrow position

Leg Extension: Removed

Starting position:

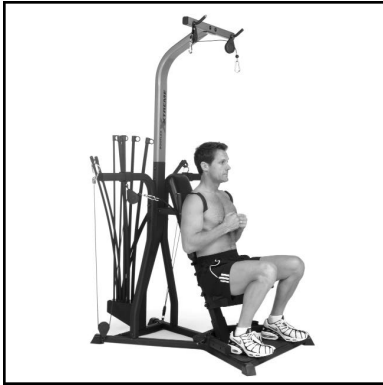
- Once in the seated position, slide the hand grips, one at a time, over each arm, resting the grips over each shoulder.
- Your lower back can start out flat or in a normal arch, knees and hips are bent and your feet are flat on the floor.

Action:

- Tighten your abs and curl only your torso, slowly moving your ribs towards your hips. Move as far as you can without moving the hips or neck. **THE LOWER BACK SHOULD NOT LOSE CONTACT WITH THE BENCH** when fully crunched.
- Slowly reverse the motion returning to the starting position, without relaxing.

Key points:

- Allow exhalation up and inhalation down, don't exaggerate it.
- Do not lift your head/chin. Your head should follow the rib motion, not lead, allowing you to maintain normal neck posture.
- Tighten your abdominals throughout the entire exercise range of motion. Do not let your abs relax until the set is over.
- **MOVING SLOWLY** to eliminate momentum is critical.



START



FINISH

LEG EXTENSION

Muscles worked: This exercise emphasizes the muscles on the front of the upper thigh (quadriceps muscle group) which are responsible for straightening your leg against resistance. This powerful muscle group helps to provide stability for the knee joint and is essential for producing power in running, jumping and lifting activities.

Position: Seated - facing outward

Accessory Used: Leg Extension

Pulleys: Squat Pulley Frame

Leg Extension: Attached

Before you begin:

- Adjust seat height.

Starting position:

- Sit on the seat facing away from the Power Rods®, with your knees near the pivot point and the lower roller pads on your shins (see picture).
- Adjust your thighs to hip width pointing your knee caps straight to the front.
- Grasp the sides of the seat.
- Sit up straight with your chest lifted, abs tight and a very slight arch in your lower back.

Action:

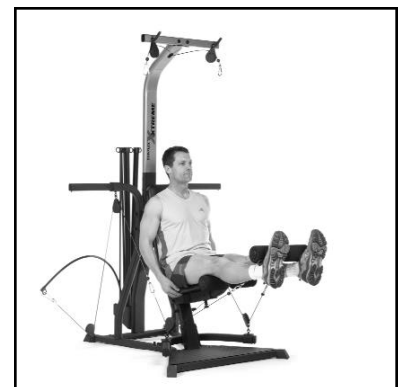
- Tighten your quads and straighten your legs by moving your feet forward and then upward until your legs are completely straight and your kneecaps are pointing up towards the ceiling (not turned outward).
- Then slowly return to the starting position keeping tension in your quads during the entire movement.

Key points:

- Use slow controlled motion. Do not “kick” into extension.
- Do not let your knees rotate outward during the exercise. Keep your kneecaps pointing up and straight forward.



START



FINISH

SQUAT

Muscles worked: This exercise strengthens and develops virtually all the muscles of your legs and buttocks area (gluteus maximus). Remember, there is no such thing as “spot reduction.” Do not do this exercise if you believe it will remove fat from this area. Do it to strengthen and build these muscles.

Position: Standing - facing outward

Seat: Removed

Accessory Used: Squat Bar - with squat straps

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Starting position:

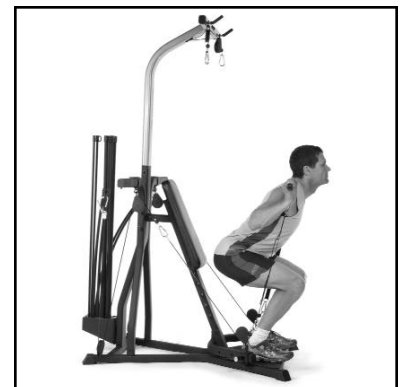
- Stand on the platform with your feet about shoulder width apart.
- Squat down and place squat bar across your shoulders as pictured. You'll need to adjust the strap on the bar to make sure you have resistance at the start of the movement.
- Keep your spine in good posture, with your chest lifted, abs tight and maintain a very slight arch in your lower back.

Action:

- Slowly rise to a standing position. Keep your knees slightly bent.
- Then slowly return to the starting position. Do not allow your knees to exceed a 90° angle.

Key points:

- Make sure you do not bend your waist or lower back.
- Keep your abs tight throughout the entire exercise.
- Keep your knees pointed straight out in front of you.
- Never step off the platform while under resistance.



START



FINISH

Leg Exercises



START



FINISH

STANDING HIP ADDUCTION

Muscles worked: This exercise will not burn off fat from your inner thighs or make them smaller! There is no exercise that will burn fat from a specific area. This exercise will, however, strengthen the muscles on the insides of your thighs (adductor muscle groups). It also works the muscles on the outside of your hip (gluteus medius) on the side that you are standing on. Use very light resistance and small range of motion on this exercise. Think of this exercise as a tool for challenging your ability to stabilize your hip and stand on one leg.

Position: Stand to the left or right of your machine - facing outward

Seat: Removed

Accessory Used: Hand Grip over ankle

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Starting position:

- Stand to one side of the platform with one side near the Power Rods®. Slide a hand grip over the ankle nearest machine (inside leg).
- Stand straight, lift your chest, tighten your abs and maintain a slight arch in your lower back.

- Adjust your position away from the machine so that there is room to move the attached leg toward the pulley.

Action:

- Slowly allow the attached leg to move inward toward the support leg (30-45°), keeping your hips and spine perfectly still.
- Then slowly draw the leg back toward the pulley, returning to the starting position.

Key points:

- Do not use this exercise for losing fat from your thighs. It will not make your thighs smaller. Use it to develop hip strength and stability.
- Do not cross the attached leg in front of the standing leg. Use a very small range of motion. More is not better.
- Keep your spine straight and your hips level. Try not to raise your hips when raising your leg to the side or drop the hip when return to the starting position.



START



FINISH

STANDING HIP ABDUCTION

Muscles worked: This exercise will not burn off fat from your hips or outer thighs! There is no exercise that will burn fat from a specific area. This exercise will, however, strengthen the muscles on the sides of your hips (gluteus medius), especially on the standing/support side. Use very light resistance and small range of motion on this exercise. Think of this exercise as a tool for challenging your ability to stabilize your hip on the supportive leg. There is virtually no other benefit.

Position: Stand to the left or right of your machine - facing outward

Seat: Removed

Accessory Used: Hand Grip over ankle

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Starting position:

- Stand to one side of the platform with one side near the Power Rods. Slide a hand grip to the ankle furthest from the machine (outside leg).

- Stand up straight, lift your chest, tighten your abs and maintain a slight arch in your lower back.
- Adjust your position so that there is some resistance in the cables.

Action:

- Slowly move the attached leg outward to the side away from the pulley (30-45°), keeping your hips and spine perfectly still.
- Slowly return to the starting position without relaxing.

Key points:

- Do not use this exercise for losing fat from your hips. It will not make your hips smaller. Use it to develop hip strength and stability.
- Use a very small range of motion. More is not better.
- Keep your spine straight and your hips level. Try not to raise your hips when raising your leg to the side.

Leg Exercises

CALF RAISE - Ankle Plantarflexion (knee stabilized)

Muscles worked: This exercise is great for emphasizing the muscles of your lower leg or calf (gastrocnemius and soleus), that are responsible for raising and lowering your heels at the ankle joint. Strength and power in these muscles are essential for all sports and daily activities.

Position: Standing - facing Power Rods®
Seat: Removed
Accessory Used: Hand Grips
Pulleys: Squat Pulley Frame
Leg Extension: Removed

Starting position:

- Stand with toes on platform and heels hanging over edge.
- Use hand grips in both hands as resistance and a balance stabilizer.
- Lift your chest, tighten your abs and maintain a very slight arch in your lower back.

Action:

- Slowly press the balls of your feet into platform and lift your heels upward.
- Slowly return to the starting position.

Key points:

- Do not lose contact between the balls of your feet and the frame as you push.
- Do not change your hip or knee position, ONLY ankle motion should be allowed.



START



FINISH

LEG CURL

Muscles worked: This exercise emphasizes the hamstring muscle group (biceps femoris, semimembranosus, semitendinosus) on the back of the thigh.

Position: Standing - facing Power Rods
Accessory Used: Leg Extension
Pulleys: Squat Pulley Frame
Leg Extension: Attached

Starting position:

- Stand on platform, with both legs on same side of Leg Extension.
- Bend slightly at the waist and support weight with both hands on pulley cross bar.
- Adjust your position away from the machine so that there is room to move the attached leg toward the pulley.
- Position the inside leg ankle against the lower foam roller on the Leg Extension.
- Rest your inside leg knee against the upper foam roller on the Leg Extension.

Action:

- Slowly bend your knee, pushing the Leg Extension upward. Keep pressing toward your hips without moving your spine.
- Keeping the hamstrings tight, slowly allow your legs to straighten and return near the starting position. Do not fully extend your legs.

Key points:

- Make sure that you straighten your legs under control, do not allow your knees to hyperextend.
- Keep your chest lifted, abs tight and maintain a very slight arch in your lower back.



START



FINISH

Leg Exercises



START



FINISH

STANDING HIP EXTENSION (Knee bent)

Muscles worked: This exercise strengthens and develops the muscles of your buttocks area (gluteus maximus). Remember, there is no such thing as "spot reduction." Do not do this exercise if you believe it will remove fat from this area. Do it to strengthen and build these muscles.

Position: Standing - facing Power Rods®
Seat: Removed

Accessory Used: Hand Grip on arch
Pulleys: Squat Pulley Frame
Leg Extension: Removed

Starting position:

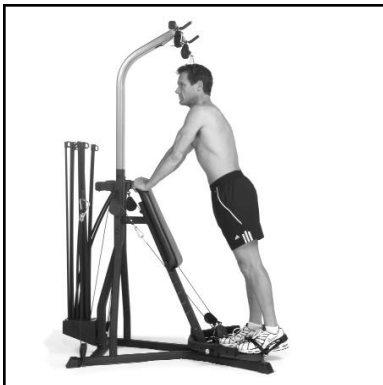
- Secure the hand grip around the arch of your foot. Keep this leg bent at approximately 90°.
- Hold onto seat back pad to stabilize yourself.
- Keep your spine in good posture, with your chest lifted and abs tight, maintain a very slight arch in your lower back.

Action:

- Initiate the movement by tightening your glutes. Extend your hip by moving your entire leg backward.
- Slowly move your leg as far as you can, without allowing ANY movement to occur at your waist.
- Then slowly return to the starting position.

Key points:

- Make sure all of your motion occurs at your hip, NOT your waist or lower back.
- Keep your abs tight throughout the entire exercise.
- Maintain exactly the same bend in the knee of your moving leg throughout the entire exercise.



START



FINISH

STANDING HIP EXTENSION (Knee extended)

Muscles worked: This exercise strengthens and develops the muscles of your buttocks area (gluteus maximus). Remember, there is no such thing as "spot reduction." Do not do this exercise if you believe it will remove fat from this area. Do it to strengthen and build these muscles.

Position: Standing - facing Power Rods
Seat: Removed

Accessory Used: Hand Grip on arch
Pulleys: Squat Pulley Frame
Leg Extension: Removed

Starting position:

- Secure the hand grip around the arch of your foot. Move your leg very slightly away from your midline - enough to move the leg freely.
- Very slightly bend the knee of your support leg.
- Hold onto seat back pad to stabilize yourself.
- Keep your spine in good posture, with your chest lifted and abs tight, maintaining a very slight arch in your lower back.

Action:

- Initiate the movement by tightening your glutes. Extend your hip by moving your entire leg backward.
- Slowly move your leg as far as you can, without allowing ANY movement to occur at your waist.
- Then slowly return to the starting position.

Key points:

- Make sure all of your motion occurs at your hip, NOT your waist or lower back.
- Keep your abs tight throughout the entire exercise.
- Keep your leg in the same position - slightly away from your body's midline through the entire exercise.

Leg Exercises

LEG KICKBACK - Hip and knee extension

Muscles worked: This exercise strengthens and develops the muscles of your buttocks area (gluteus maximus). Remember, there is no such thing as “spot reduction.” Do not do this exercise if you believe it will remove fat from this area. Do it to strengthen and build these muscles.

Position: Standing - facing Power Rods®
Seat: Removed
Accessory Used: Hand Grip on arch
Pulleys: Squat Pulley Frame
Leg Extension: Removed

Starting position:

- Secure the cuff around the arch of your foot. Keep this leg bent at approximately 90°.
- Hold onto seat back pad to stabilize yourself.
- Keep your spine in good posture with your chest lifted and abs tight, maintain a very slight arch in your lower back.

Action:

- Extend your entire leg backwards, straightening the knee.
- Slowly move your leg as far as you can, without allowing ANY movement to occur at your waist.
- Then slowly return to the starting position.

Key points:

- Do not allow your waist, lower back or supportive hip to move.
- Keep your abs tight throughout the entire exercise.



START



FINISH

HIP FLEXION - Knee Flexion

Muscles worked: This exercise primarily develops and strengthens the muscles on the front of your hips (iliopsoas and rectus femoris) that are primarily responsible for bending or flexing your hips.

Position: Standing to the left or right of your machine facing away
Seat: Removed
Accessory Used: Hand Grip on ankle
Pulleys: Squat Pulley Frame
Leg Extension: Removed

Starting position:

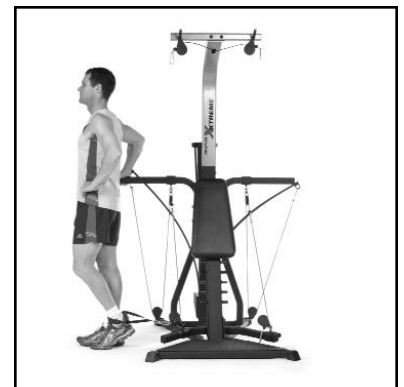
- Use the Center Cross Bar as a stabilizer.
- Secure a hand grip around one of your ankles.
- Straighten, but do not lock, the knee of your support leg.
- Keep your spine in good posture with your chest lifted, abs tight and maintain a very slight arch in your lower back.

Action:

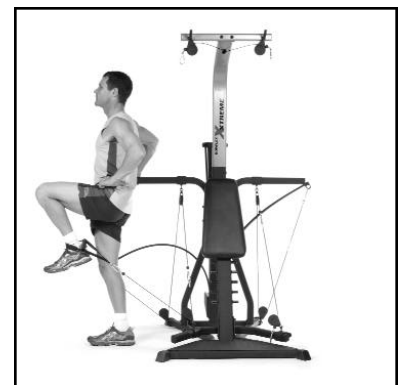
- Initiate the movement by lifting your knee up and in toward your torso.
- Allowing the knee to bend as you move, bring your knee upward as far as you can, without allowing ANY movement to occur at your waist or lower back.
- Slowly return to the starting position without resting your leg muscles.

Key points:

- Make sure all of your motion occurs at your hip, NOT your waist or lower back.
- Keep your chest lifted and trunk muscles tight throughout the entire exercise.
- Allow your lower leg to hang in the direction of the cable at all times.



START

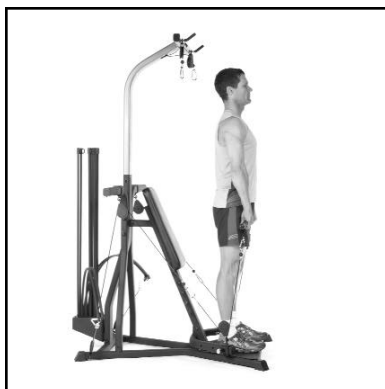


FINISH

Leg Exercises



START



FINISH

DEAD LIFT

Muscles worked: This exercise strengthens and develops the muscles of your buttocks area (gluteus maximus). Remember, there is no such thing as "spot reduction." Do not do this exercise if you believe it will remove fat from this area. Do it to strengthen and build these muscles.

Position: Standing - facing outward

Seat: Removed

Accessory Used: Squat Bar

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Starting position:

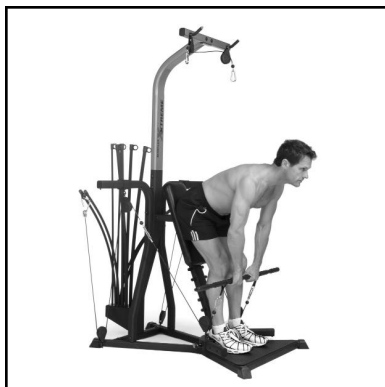
- Facing away from your machine, grip the squat bar using one hand with an underhand grip and the other hand with an overhand grip.
- Keep legs bent at approximately 90°.
- Bend over 30-45° from your hips (not your waist).
- Keep your spine in good posture, with your chest lifted and abs tight, maintain a very slight arch in your lower back.

Action:

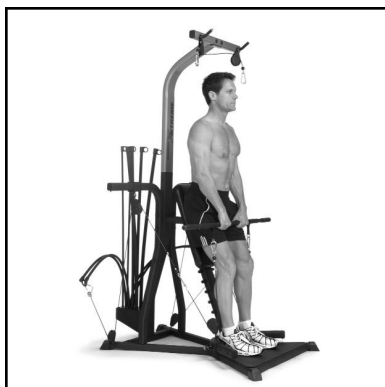
- Initiate the movement by pushing up with your legs.
- Slowly move upward until you are in the standing position.
- Then slowly return to the starting position.

Key points:

- Make sure to keep your back flat - do not arch.
- Lift with your legs, not your back or arms.
- Keep your knees bent and your head up.



START



FINISH

STIFF LEG DEAD LIFT

Muscles worked: This exercise strengthens and develops the muscles of your buttocks area (gluteus maximus) and hamstrings. Remember, there is no such thing as "spot reduction." Do not do this exercise if you believe it will remove fat from this area. Do it to strengthen and build these muscles.

Position: Standing - facing outward

Seat: Removed

Accessory Used: Squat Bar

Pulleys: Squat Pulley Frame

Leg Extension: Removed

Starting position:

- Stand on the platform. Grasp the squat bar with your palms facing downward.
- Keep legs very slightly bent.
- Bend over 90° from your hips (not your waist).
- Keep your spine in good posture, with your chest lifted and abs tight, maintain a very slight arch in your lower back.

Action:

- Initiate the movement by pushing hips forward.
- Slowly move your trunk upward until you are in the standing position. Glutes should be tightened when reaching standing position.
- Slowly return to the starting position.

Key points:

- Make sure to keep your back flat - do not arch.
- Your motion is entirely at the hips NOT the waist.
- Keep your knees slightly bent and your head up.
- Use light weight for this exercise.

Fast Fat Loss

NOW!

**THE BOWFLEX® XTREME™
BODY LEANNESS
PROGRAM**

By Ellington Darden, Ph.D.

Body Leanness Program

The following dietary program was created for use with your Bowflex Xtreme by Dr. Ellington Darden. Please consult your physician or healthcare professional before beginning any fitness or dietary program.

Introduction

The Bowflex® Xtreme™ Body Leanness Program

This program is scientifically designed for maximum fat loss over six weeks. It is important that you practice every aspect of the plan to achieve optimum results.

The program separates into three two-week stages. During each stage you will exercise, control the number and quality of calories you consume, and drink plenty of ice-cold water.

Before starting the exercise routine, you must be familiar with your Bowflex Xtreme. You should experiment with finding the proper amount of resistance and speed to use during your workouts to remain in your target fat-burning heart-rate zone.



WARNING

Before beginning this program, consult your physician or healthcare professional and show them this plan.

Only your physician or healthcare professional can determine if this course is appropriate for your particular age and condition.

If you choose to use this program, you assume all risks, known and unknown, inherent to exercise and workout programs, diet programs, and physical changes or injuries that may result from the use of such programs.

You agree to hold Nautilus Direct free from any and all liability resulting from the program. In addition, if you have not already done so, we suggest having a physician or healthcare professional review the warning for additional contraindications.

If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician or healthcare professional.

Make sure you read your Bowflex Xtreme Owner's Manual before attempting a workout.

There are a few people who should not try this program: children and teenagers; pregnant women; women who are breast feeding; diabetics; individuals with certain types of heart, liver, or kidney disease; and those suffering from certain types of arthritis. This list is not all-inclusive. Some people should follow the course only with their physician or healthcare professional's specific guidance.

Play it safe and always consult a physician or healthcare professional.

Eating Guidelines

You will be following a reduced-calorie nutrition program which is divided into three two-week segments. The program is a proven method for achieving maximum fat loss over a six-week period. It consists of a carbohydrate-rich, descending-calorie eating plan and a superhydration routine.

Follow a Carbohydrate-Rich, Descending-Calorie Eating Plan:

Approximately 60 percent of your daily calories should be from carbohydrates. The other 40 percent will be equally divided between proteins and fats. The 60:20:20 ratio of carbohydrates, proteins, and fats is ideal for maximum fat loss.

Keep Menus Simple and Food Substitutions to a Minimum:

Research has established that successful dieters prefer the same foods each day for breakfast and lunch. They like variety, however, for dinner. Detailed menus and food choices are included later in this manual.

If you must vary from the menu items, try to stay within the 60:20:20 ratio of carbohydrates, proteins and fats.

| For Example | | | |
|--------------|------------------|-------------|---------|
| Daily Amount | Carbohydrate 60% | Protein 20% | Fat 20% |
| Calories | | | |
| 2000 | 1200 | 400 | 400 |
| 1900 | 1140 | 380 | 380 |
| 1800 | 1080 | 360 | 360 |
| 1700 | 1020 | 340 | 340 |
| 1600 | 960 | 320 | 320 |
| 1500 | 900 | 300 | 300 |
| 1400 | 840 | 280 | 280 |
| 1300 | 780 | 260 | 260 |
| 1200 | 720 | 240 | 240 |
| 1100 | 660 | 220 | 220 |
| 1000 | 600 | 200 | 200 |

Superhydrate Your System

Drinking plenty of water is essential to the success of this program. Drinking the recommended amount of water can seem like a challenge at first. Stick with it. Carry a large sports bottle or similar item with you throughout the day. After several weeks, you will find that you actually thirst for more and more water, and the amounts recommended are easily reached.

Superhydration aids fat loss in a number of ways. First, the kidneys are unable to function without adequate water. When they do not work to capacity some of their load is dumped onto the liver.

This diverts the liver from its primary function, which is to metabolize stored fat into usable energy. Because it's performing the chores of the water-depleted kidneys, the liver metabolizes less fat.

Second, overeating can be averted through water intake, as water can keep the stomach feeling full and satisfied between meals.

Third, ice-cold water requires calories to warm it to core body temperature. In fact, 1 gallon of ice cold water generates 123 calories of heat energy.

You'll be drinking from 1 to 1 5/8 gallons of water each day on the following superhydration schedule:

Week 1 = drink 4.0 32-oz. bottles of ice-cold water per day.

Week 2 = drink 4.5 32-oz. bottles of ice-cold water per day.

Week 3 = drink 5.0 32-oz. bottles of ice-cold water per day.

Week 4 = drink 5.5 32-oz. bottles of ice-cold water per day.

Week 5 = drink 6.0 32-oz. bottles of ice-cold water per day.

Week 6 = drink 6.5 32-oz. bottles of ice-cold water per day.

Don't be surprised if you have to make more than a dozen trips to the restroom, especially during the first week of the program. Remember, your body is an adaptive system and it will soon accommodate the increased water consumption.

NOTE: Although it is doubtful that you could ever drink too much water, a few ailments can be negatively affected by large amounts of fluid. For example, anyone with a kidney disorder or anyone who takes diuretics, should consult a physician or healthcare professional before going on the recommended water-drinking schedule. If you have any doubts about the recommendations, play it safe and check with your physician or healthcare professional.

Body Leanness Program

The Eating Plan

The menus in the Bowflex® Xtreme™ eating plan are designed for maximum fat-loss effectiveness and nutritional value. For best results, follow them exactly.

Every attempt has been made to utilize current popular brand names and accurate calorie counts, which are listed in the menus. But, as you probably realize, products are sometimes changed or discontinued. If a listed item is not available in your area, you'll need to substitute a similar product. Become an informed label-reader at your supermarket. Ask questions about any products you don't understand. Supermarket managers are usually helpful. If they don't have an answer to your question, they will get it for you.

Each day you will choose a limited selection of foods for breakfast and lunch. Most people can consume the same basic breakfast and lunch for months with little modification. Variety during your evening meal, however, will make daily eating interesting and enjoyable. Additionally, the eating plan includes a mid-afternoon and late-night snack to keep your energy high and your hunger low.

Begin Week 1 on Monday and continue through Sunday. Week 2 is a repeat of Week 1.

*The following is the eating plan for the next six weeks (calories for each food are in parentheses), with a **Shopping List** on **Page 65**.*

Week 1 & 2:

Men—1500 calories per day.

Women—1200 calories per day.

Week 3 & 4:

Men—1400 calories per day.

Women—1100 calories per day.

Week 5 & 6:

Men—1300 calories per day.

Women—1000 calories per day.

You'll always have a 300-calorie breakfast, a 300-calorie lunch, and a 300-calorie dinner (women), or 500-calorie dinner (men). With each two-week descend, only your snack calories will change: from 400 to 300 to 200 calories per day (men), or 300 to 200 to 100 calories per day (women). For each of your five daily meals, you'll have at least three choices.

Everything has been simplified so even the most kitchen-challenged man or woman can succeed. Very little cooking is required. All you need to do is read the menus, select your food choices, and follow the directions. It's as simple as that.

If you find that you wish to vary from the outlined menu items, try to stay within the 60:20:20 ratio of carbohydrates, proteins, and fats.

Body Leanness Program

The Eating Plan

Breakfast = 300 calories.

Choice of bagel, cereal or shake:

Bagel

1 plain bagel, Sarah Lee™ (frozen) (210)
3/4 ounce light cream cheese (45)
1/2 cup orange juice, fresh or frozen (55)
Noncaloric beverage: any beverage without calories,
caffeine or sodium, such as decaffeinated coffee or tea.

Cereal

1.5 ounces (42 grams) serving equals
approximately 165 calories.
Choice of one: Kellogg's™ Low Fat Granola,
General Mills™ Honey Nut Clusters or
General Mills™ Basic 4
1/2 cup skim milk (45)
3/4 cup orange juice (82)
Noncaloric beverage

Shake (choice of one):

Banana - Orange

1 large banana (8 3/4 inches long) (100)
1/2 cup orange juice (55)
1/2 cup skim milk (45)
2 tablespoons wheat germ (66)
1 teaspoon safflower oil (42)
2 ice cubes (optional)
Place ingredients in blender. Blend until smooth.

Chocolate or Vanilla

1 packet Carnation™ Instant Breakfast, Champion™
UltraMet, or another diet shake powder that contains
the appropriate calories (100)

1 cup skim milk (90)
1/2 large banana (8 3/4 inches long) (50)
1 teaspoon safflower oil (42)
1 teaspoon Carnation™ Malted Milk powder (20)
2 ice cubes (optional)
Place ingredients in blender. Blend until smooth.

Lunch = 300 calories.

Choice of one of three meals:

Sandwich

2 slices whole wheat bread (140)
2 teaspoons Promise™ Ultra Vegetable Oil Spread (24)
2 ounces white meat (about 8 thin slices),
chicken or turkey (80)
1 ounce fat-free cheese (1 1/2 slices) (50)
[Optional: Add to bread 1 teaspoon Dijon mustard (0)]
Noncaloric beverage

Soup (choice of one)

Healthy Choice™ Hearty Chicken, 15-ounce can (260),
or Campbell's™ Healthy Request Hearty Vegetable
Beef, 16-ounce can (260)
1/2 slice whole wheat bread (35)
Noncaloric beverage

Chef Salad

2 cups lettuce, chopped (20)
2 ounces white meat, chicken or turkey (80)
2 ounces fat-free cheese (100)
4 slices tomato, chopped (28)
1 tablespoon Italian, fat-free dressing (6)
1 slice whole wheat bread (70)
Noncaloric beverage

Mid-Afternoon Snack

Men = 200 calories for Weeks 1&2; 150 calories for Weeks
3&4; 100 calories for Weeks 5&6.

Women = 150 calories for Weeks 1&2; 100 calories for
Weeks 3&4; 50 calories for Weeks 5&6.

1 large banana (8 3/4 inches long) (100)
1 apple (3-inch diameter) (100)
1/2 cantaloupe (5-inch diameter) (94)
5 dried prunes (100)
1 ounce (2 small 1/2 ounce boxes) raisins (82)
1 cup light, nonfat, flavored yogurt (100)

Body Leanness Program

Dinner = 500 or 300 calories.

Men = 500 calories, Women = 300 calories

Choice of one of three meals:

Tuna Salad Dinner

In a large bowl, mix the following:

1 6-ounce can chunk light tuna in water (180)
 1 tablespoon Hellmann's™ Light, Reduced-Calorie
 Mayonnaise (50)
 2 tablespoons sweet pickle relish (40)
 1/4 cup whole kernel corn, canned, no salt added (30)
 Noncaloric beverage

Men add:

1/2 cup sliced white potatoes, canned (45)
 2 slices whole wheat bread (140)

Steak Dinner

3 ounces lean sirloin, broiled (176)
 1/2 cup sweet peas, canned, no salt added (60)
 1/2 cup beets, canned (35)
 1/2 cup skim milk (45)
 Noncaloric beverage

Men add:

2 slices whole wheat bread (140)
 1 teaspoon Promise™ Ultra Vegetable Oil Spread (12)
 1/2 cup skim milk (45)

Frozen Microwave Dinner

Choose one of five recommended meals:

Glazed Chicken Dinner, Lean Cuisine™ (230)

1/2 cup skim milk (45)
 Noncaloric beverage

Men add:

2 slices whole wheat bread (140)
 2 teaspoons Promise™ Ultra Vegetable Oil Spread (24)
 1/2 cup skim milk (45)

Lasagna with Meat Sauce, Lean Cuisine™ (240)

1/2 cup skim milk (45)
 Noncaloric beverage

Men add:

2 slices whole—wheat bread (140)
 2 teaspoons Promise™ Ultra Vegetable Oil Spread (24)
 1/2 cup skim milk (45)

Macaroni and Cheese, Weight Watchers™ (260)

1/2 cup skim milk (45)
 Noncaloric beverage

Men add:

2 slices whole—wheat bread (140)
 2 teaspoons Promise™ Ultra Vegetable Oil Spread (24)
 1/2 cup skim milk (45)

Broccoli & Cheddar Cheese Sauce over Baked Potato, Lean Cuisine™ Lunch Express (250)

1/2 cup skim milk (45)
 Noncaloric beverage

Men add:

2 slices whole-wheat bread (140)
 2 teaspoons Promise™ Ultra Vegetable Oil Spread (24)
 1/2 cup skim milk (45)

Country Inn Roast Turkey Classic, Healthy Choice™ (250)

1/2 cup skim milk (45)
 Noncaloric beverage

Men add:

2 slices whole-wheat bread (140)
 2 teaspoons Promise™ Ultra Vegetable Oil Spread (24)
 1/2 cup skim milk (45)

Late-Night Snack

Men = 200 calories for Weeks 1&2; 150 calories for
 Weeks 3&4; 100 calories for Weeks 5&6.

Women = 150 calories for Weeks 1&2; 100 calories for
 Weeks 3&4; 50 calories for Weeks 5&6.

Mid-Afternoon Snacks on **Page 63**, plus the following:

1/2 cup low-fat frozen yogurt (100)
 2 cups light, microwave popcorn (100)

Body Leanness Program

Shopping List

Quantities for listed items will depend on your specific selections. Review your choices and adjust the shopping list accordingly. It may be helpful for you to photocopy this list each week before doing your shopping.

Staples

Orange juice, skim milk, whole-wheat bread, Promise™ Ultra Vegetable Oil Spread, Italian fat-free dressing, Dijon mustard, safflower oil, noncaloric beverages (tea, decaffeinated coffee, diet soft drinks, water).

Grains

Bagels, Sarah Lee™ (frozen)

Cereals — 1.5 ounce serving equals approximately 165 calories; Kellogg's™ Low-Fat Granola (without raisins), General Mills™ Honey Nut Clusters, General Mills™ Basic 4.

Wheat germ, malted milk powder, popcorn (microwave light).

Fruits

Bananas, large (8 3/4 inches long), apples (3-inch diameter), cantaloupes (5-inch diameter), dried prunes, raisins.

Vegetables

Lettuce, tomatoes, whole kernel corn (canned no salt added), sweet peas, (canned no salt added), sliced white potatoes (canned), cut beets (canned).

Dairy

Yogurt (light nonfat), cream cheese (light), cheese (fat-free), low-fat frozen yogurt, Carnation™ Instant Breakfast packets, Champion Nutrition™ UltraMet Packets.

Meat, Poultry, Fish and Entrees

Chicken (thin sliced), turkey (thin sliced), tuna (canned in water), sirloin steak (lean).

Canned soup:

Healthy Choice™ Hearty Chicken, Campbell's™ Healthy Request Hearty Vegetable Beef.

Frozen microwave dinners or entrees:

Lean Cuisine™ Glazed Chicken Dinner, Lean Cuisine™ Lasagna with Meat Sauce, Lean Cuisine™ Lunch Express Broccoli & Cheddar Cheese over Potato, Weight Watchers™ Macaroni and Cheese, Healthy Choice™ Grilled Turkey Breast.

Body Leanness Program

Q & A

Q. I often get headaches when I eat only 1000 calories a day. What should I do?

A. Your headaches may be caused by going longer than three hours between meals or snacks. Try spacing your meals and snacks where there are fewer hours between them.

Some people who are used to drinking regular coffee with caffeine notice headaches when they stop consuming coffee for several days. If this is the case with you, you might want to ease off the coffee more gradually.

Q. I don't like red meat. I notice that the Lean Cuisine™ Lasagna with Meat Sauce contains beef. What can I substitute for it?

A. Lean Cuisine™ has many other frozen dinners that you may substitute for Lasagna with Meat Sauce. Try to find one that contains the same calories, with approximately 15 to 20 percent of the calories coming from fat. Some of the Lean Cuisine™ dinners actually have too little fat for my nutritional requirements.

Q. May I have dinner for lunch and lunch for dinner?

A. Yes.

Q. I tend to get a headache when I drink cold water. Can I drink water without it being chilled?

A. Yes, but you won't get the 123 calories or more thermogenic effect from warming the cold water to core body temperature. Try a more gradual drinking of the cold water. You may have been consuming it too quickly.

Q. Is it possible to drink too much water?

A. Certainly. To do so, however, you'd probably have to drink four or five times as much per day as I'm recommending. There are a few ailments that can be negatively affected by large amounts of fluid. If you feel you have a problem, check with your doctor before starting the program.

Q. Is bottled water better than tap water?

A. Research shows that bottled water is not always higher quality water than tap water. The decision to drink bottled water or not is usually one of taste. If you dislike the taste of your tap water, then drink your favorite bottled water. But first you might want to try a twist of lemon or lime added to the water from your tap. Some people say it makes a significant difference in the taste.

Q. I'm a middle-aged woman who gets black and blue marks on my legs when I diet. Am I doing anything wrong?

A. I doubt you are doing anything wrong. Such black and blue marks are usually the result of an increased level of estrogen circulating in your body, which weakens the walls of the capillaries and causes them to break under the slightest pressure. When this happens, blood escapes and a bruise occurs. Estrogen is broken down in the liver, and so is fat. When you are dieting, your liver breaks down the fat, leaving a lot more estrogen in the bloodstream.

It may be helpful to supplement your diet with a little extra vitamin C each day to help toughen the walls of the capillaries.

Q. I'm a 40-year-old woman with a teenage son and daughter. My husband and I both want to lose 10 pounds and the children would also like to lose some weight. Can I put the whole family on the program?

A. It would be great if you could, but you cannot. The number of calories per day is the problem. Teenagers require significantly more calories each day than 1500, which is the highest level. Check with a registered dietician (RD) for appropriate recommendations.

Q. What happens after six weeks? How do I continue the program if I need to lose more weight?

A. You should repeat the program for as long as it takes you to reach your goal. There are, however, a few guidelines and modifications to apply.

Repeat the eating plan exactly as before: Men, go back to 1500 calories a day for two weeks. Women, go back to 1200 calories a day for two weeks. Then, descend your calories in the same manner.

Keep your superhydration schedule at the highest level. In other words, sip 1 5/8 gallons of ice-cold water each day.

Q. I'm pleased that I lost the fat I wanted to lose. What do I do to maintain my new body weight?

A. Once you've lost your excessive fat, your next task is to maintain that status. The following section shows the adjustments you need to make to your current practices.

Maintaining Your Lean Body

Adhere to a carbohydrate-rich, moderate-calorie eating plan.

Instead of eating from 1000 to 1500 calories a day, you'll be consuming from 1600 to 2400 calories per day. Maybe you can eat even more after your new body weight has stabilized. Trial-and-error experimentation is a must. Women should start with 1600 calories, and men with 2000 calories per day. Note what happens after a week. If your body weight keeps going down, raise the calories by 100 or 200; depending on how much weight you lost during the last week.

Soon, you should reach a level where your body weight stabilizes. That level is your daily calorie requirement. Naturally, you'll be able to consume other foods than those listed in the Bowflex® Xtreme™ eating plan. By then, however, you should know the value of being a smart shopper and a wise eater. Read labels. Compare nutritional information. Be conscious of the ideal 60:20:20 ratio for carbohydrates, proteins, and fats.

Eat smaller meals more frequently.

You've been limiting your five meals per day to 300 calories if you're a woman, or 500 calories if you're a man. You may now up the calories by 100. What happens if during a single meal you eat more than 400 calories if you're a woman, or 600 calories if you're a man? Don't panic. Simply understand that you will sometimes backslide. Learn to anticipate these urges and take corrective action.

Drink at least 1 gallon of cold water each day.

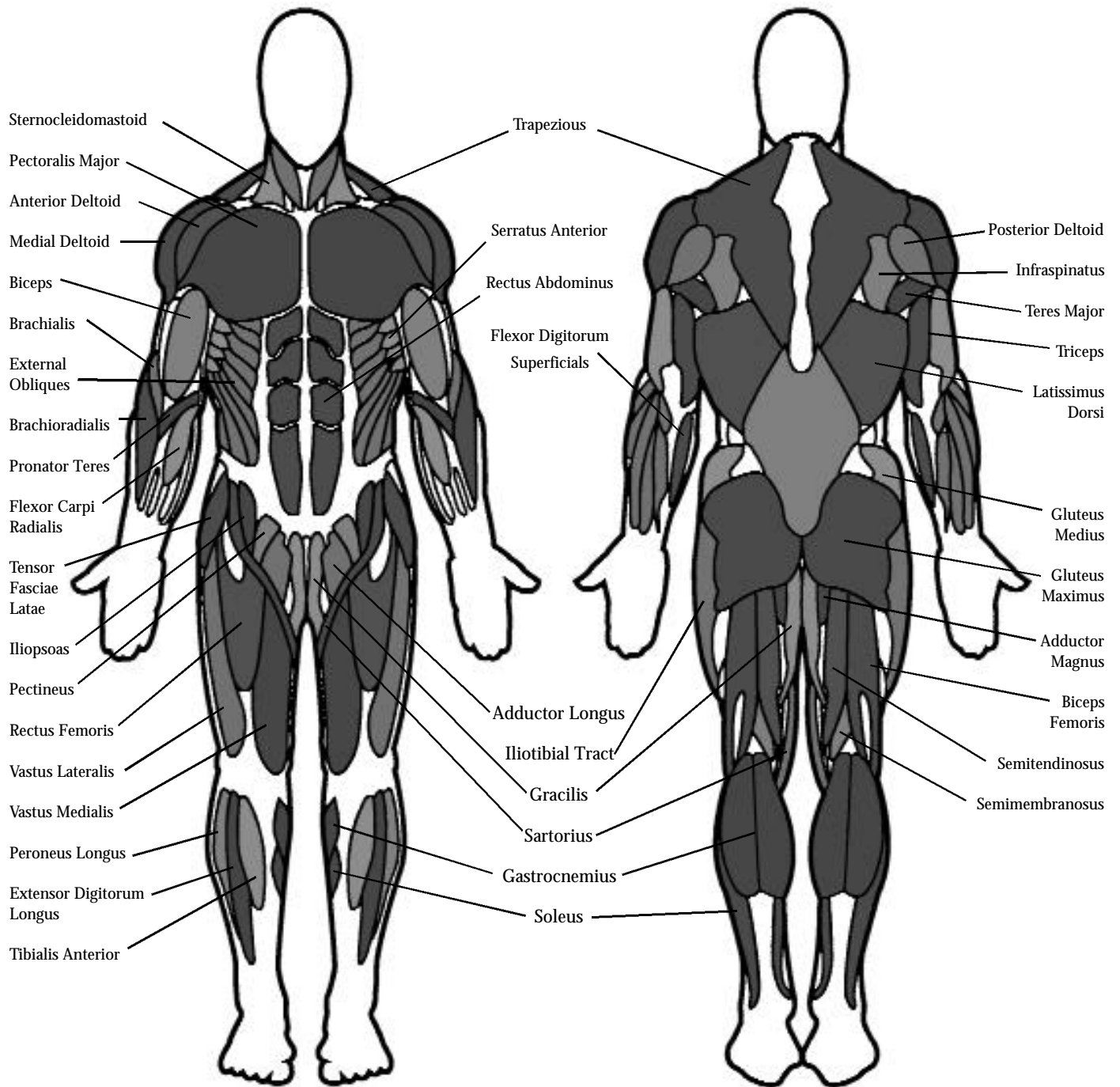
You should realize by now the benefits of consuming plenty of water each day. Make your water bottle a permanent part of your lifestyle.

Exercise Log

Please feel free to make copies of this chart to continue your exercise log.

| EXERCISE | | DATE | DATE | DATE | DATE | DATE | DATE |
|--------------------|------------|----------|------|------|------|------|------|
| <i>Bench Press</i> | Sets | 2 | | | | | |
| | Reps | 10, 9 | | | | | |
| | Resistance | 120, 130 | | | | | |
| | Sets | | | | | | |
| | Reps | | | | | | |
| | Resistance | | | | | | |
| | Sets | | | | | | |
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| | Resistance | | | | | | |

Muscle Chart





X BOWFLEX[®]
XTREME