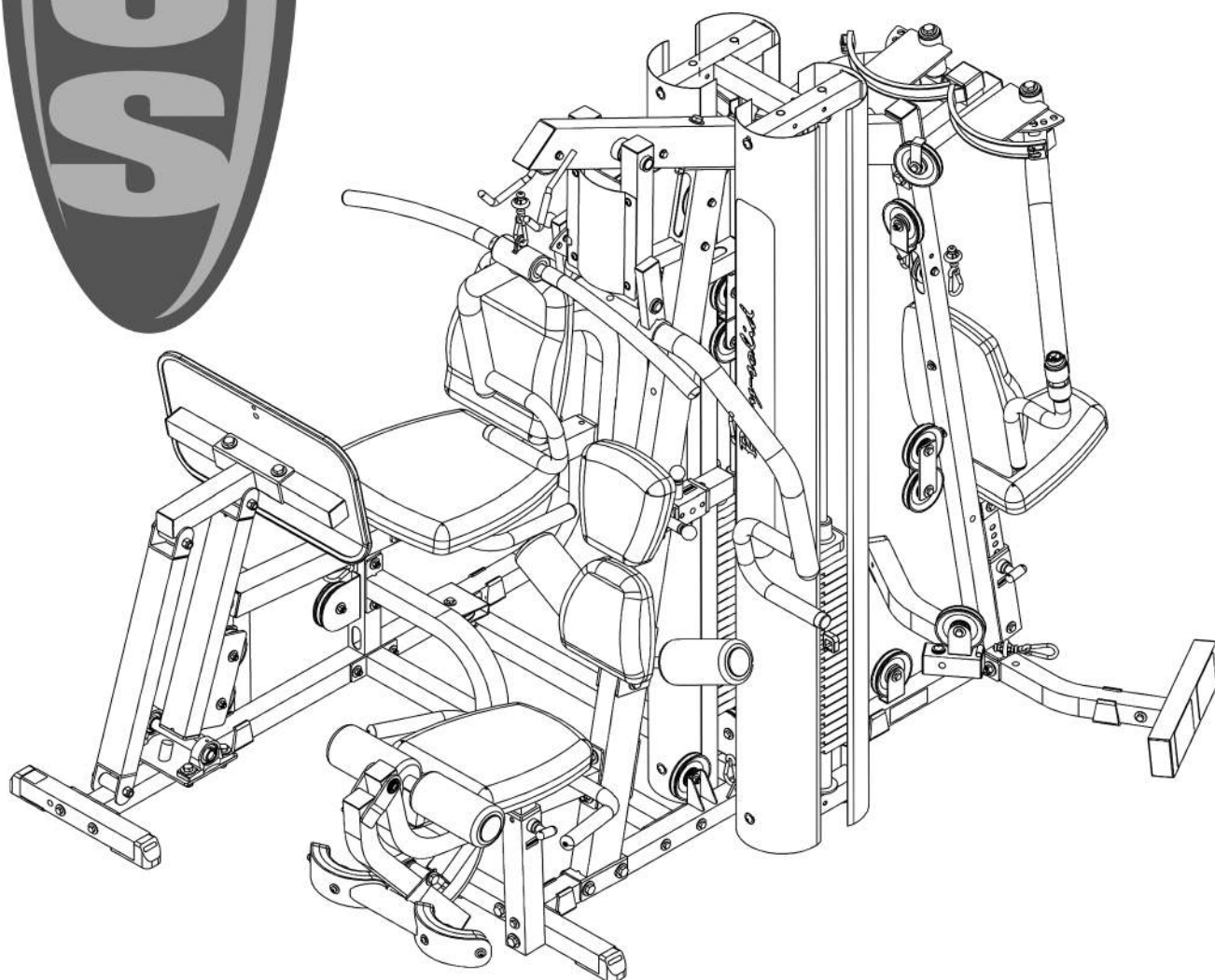




by *Body-Solid*<sup>®</sup>



**Manual de Instruções**

## Be careful to assemble all components in the sequence they are presented.

**OBS.:**

Aperte com as mãos todas as peças neste passo. Não aperte com as chaves até o final do passo 5.

- A. Prenda dois Acabamentos da Pilha de Peso (28) à parte inferior do Frame Principal da Base (A), e dois Acabamentos da Pilha de Peso (28) à parte inferior do Frame Lateral da Base (B). Instale dois Niveladores do Frame (25) no Frame Principal da Base (A) como mostrado.
- B. Prenda o Frame Principal da Base (A) ao Frame Lateral da Base (B) usando:
  - Dois 73 (parafuso 3/8"x 2 3/4")
  - Quatro 94 (arruela 3/8")
  - Dois 91 (porca de nylon 3/8")
- C. Prenda duas Ponteiros do Pé (19) às extremidades do Frame Dianteiro da Base (C). Prenda o Frame Dianteiro da Base (C) ao Frame Principal da Base (A) usando:
  - Um 65 (parafuso 1/2"x 3")\*
  - Dois 93 (arruela 1/2")
  - Um 90 (porca de nylon 1/2")

**\*OBS.:**

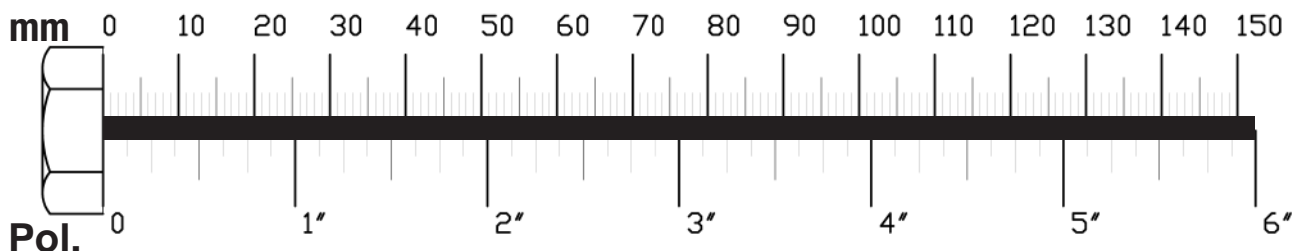
Utilize apenas um parafuso (65) como mostrado. Você precisará do outro lado aberto para o passo 5.

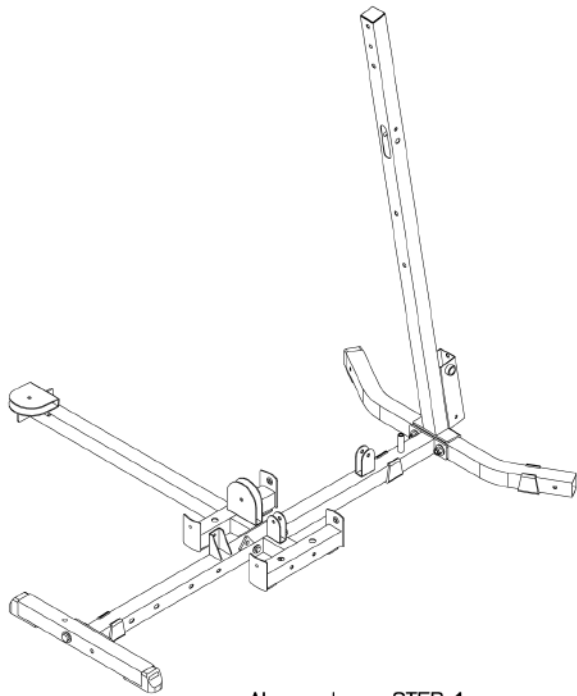
- D. Prenda uma Ponteira do Pé (19) a uma extremidade do Frame Traseiro da Base (D). Deixe a outra extremidade aberta (dependendo em de que lado você quer a estação da polia inferior).\* Conecte o Frame Traseiro da Base (D) e o Frame Vertical Traseiro (E) ao Frame Principal da Base (A) como mostrado usando:
  - Dois 64 (parafuso 1/2"x 3 1/4")
  - Quatro 93 (arruela 1/2")
  - Dois 90 (porca de nylon 1/2")

**\*OBS.:**

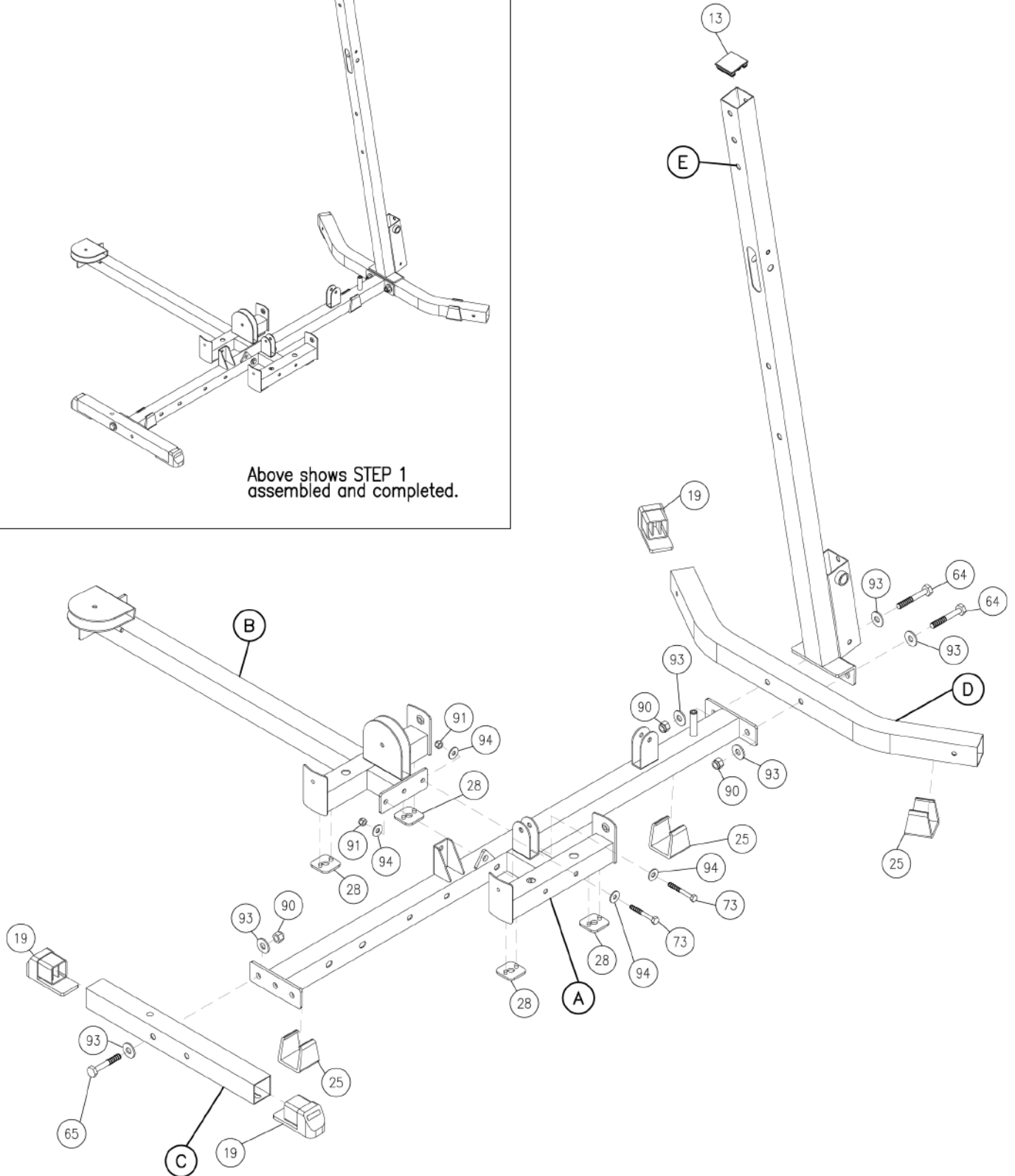
Dependendo de quanto espaço você tem disponível e da configuração de sua sala, você pode montar este equipamento com a estação da polia inferior em qualquer lado.

- E. Prenda a Ponteira (13) ao topo do Frame Vertical Traseiro (E) e o Nivelador do Frame (25) ao Frame Traseiro da Base (D).





Above shows STEP 1 assembled and completed.



## Be careful to assemble all components in the sequence they are presented.

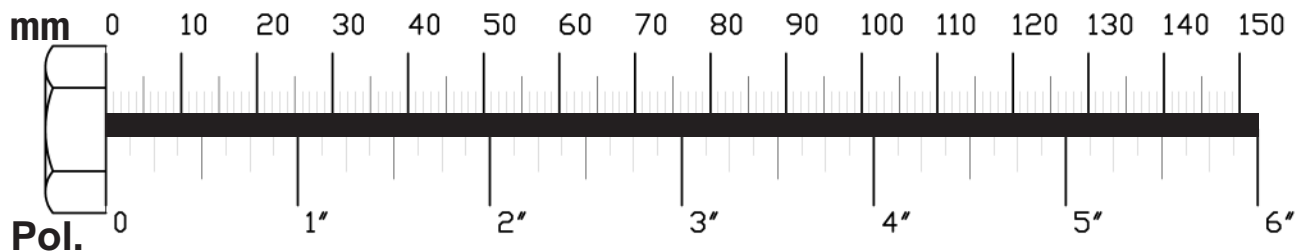
**OBS.:**

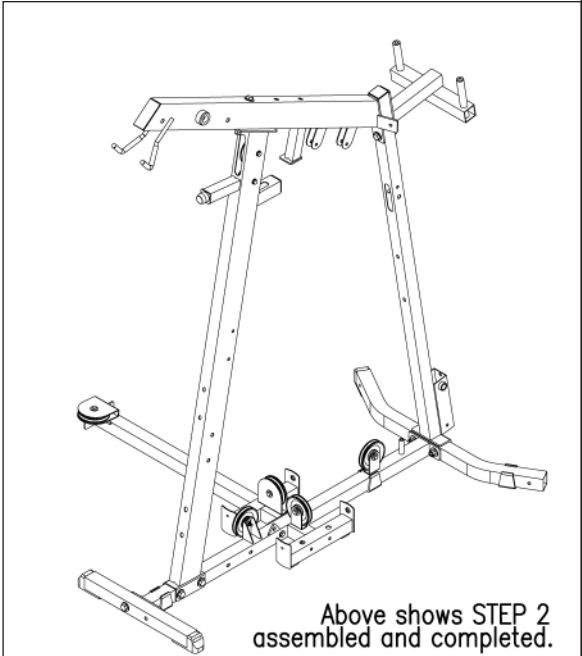
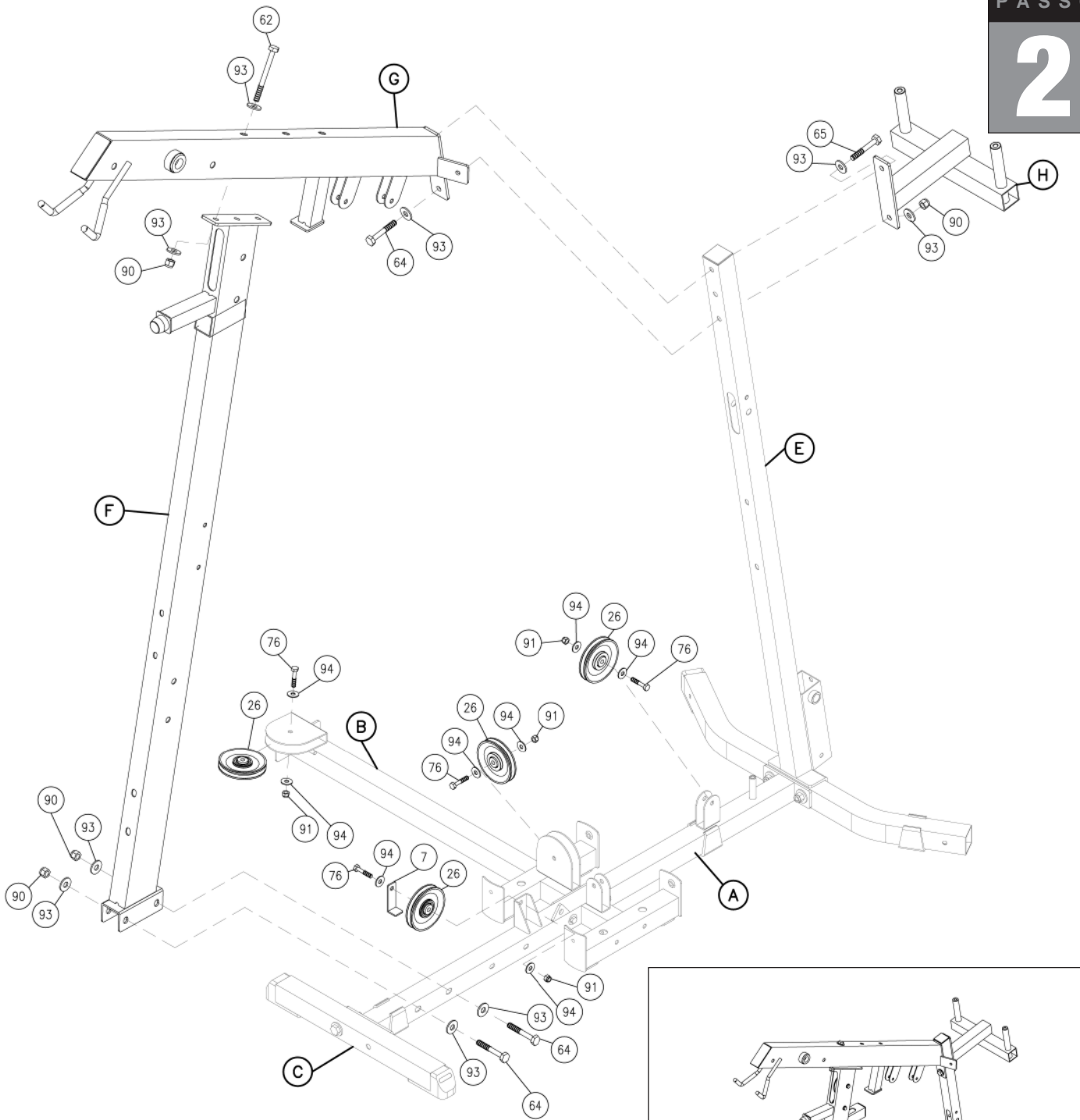
Aperte com as mãos todas as peças neste passo. Não aperte com as chaves até o final do passo 5.

- A. Prenda uma Polia (26) ao Frame Principal da Base (A) e duas Polias ao Frame Lateral da Base (B) como mostrado usando:  
Três 76 (parafuso 3/8"x 1 3/4")  
Seis 94 (arruela 3/8")  
Três 91 (porca de nylon 3/8")
- B. Prenda uma Polia (26) ao Guia do Cabo da Polia (7) até o meio do Frame Principal da Base (A) como mostrado usando:  
Um 76 (parafuso 3/8"x 1 3/4")  
Dois 94 (arruela 3/8")  
Um 91 (porca de nylon 3/8")
- C. Prenda o Frame Vertical Dianteiro (F) ao Frame Principal da Base (A) como mostrado usando:  
Dois 64 (parafuso 1/2"x 3 1/4")  
Quatro 93 (arruela 1/2")  
Dois 90 (porca de nylon 1/2")
- D. Prenda o Frame Principal Superior (G) ao Frame Vertical Dianteiro (F) como mostrado usando:  
Um 62 (parafuso 1/2"x 5")  
Dois 93 (arruela 1/2")  
Um 90 (porca de nylon 1/2")
- E. Prenda o Frame Principal Superior (G) e o Frame do Pec Dec (H) ao Frame Vertical Traseiro (E) usando:  
Um 65 (parafuso 1/2"x 3")\*  
Um 64 (parafuso 1/2"x 3 1/4")  
Três 93 (arruela 1/2")  
Um 90 (porca de nylon 1/2")

**\*OBS.:**

O parafuso superior (65) vai em uma porca rosqueada internamente dentro do Frame Principal Superior (G).





Above shows STEP 2 assembled and completed.

## Be careful to assemble all components in the sequence they are presented.

**OBS.:**

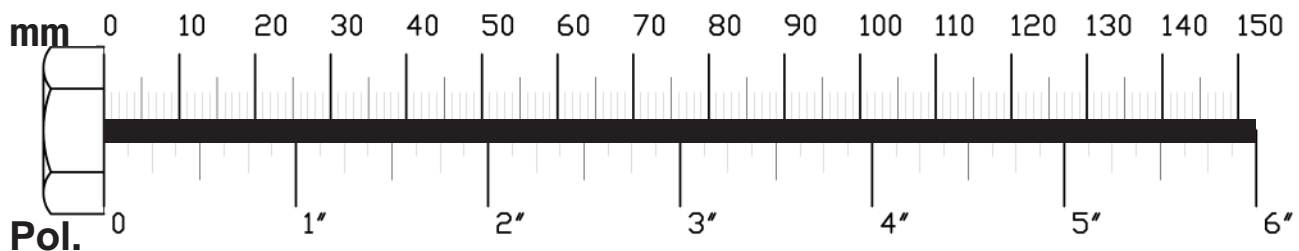
Aperte com as mãos todas as peças neste passo. Não aperte com as chaves até o final do passo 5.

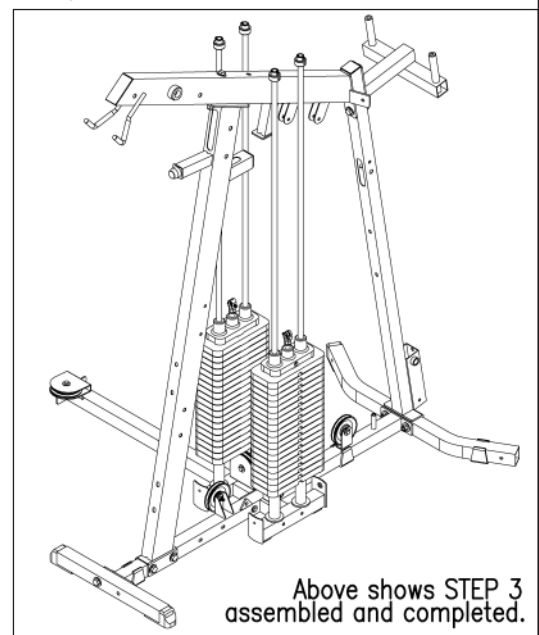
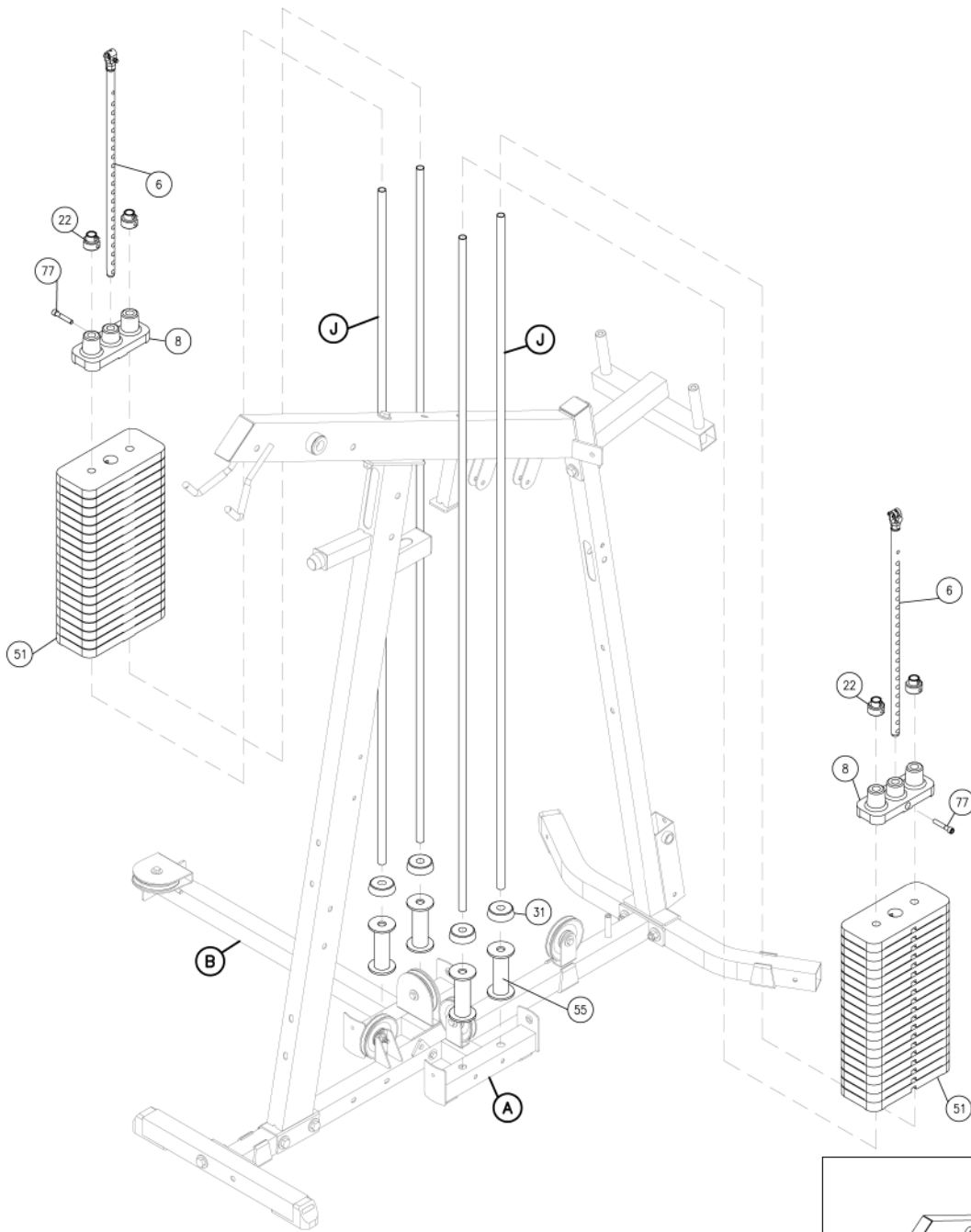
- A. Coloque dois Elevadores da Pilha de Peso (55) e dois Anéis de Borracha (31) no Frame Principal da Base (A) como mostrado. Encaixe duas Hastes Guia (J) pelos Anéis de Borracha (31), pelos Elevadores da Pilha de Peso (55) e pelo Frame Principal da Base (A).
- B. Encaixe 20 Placas da Pilha de Peso (51) nas duas Hastes Guia (J). Certifique-se de que a abertura em cada placa da pilha de peso esteja voltada para frente em relação ao Pino da Pilha de Peso (1).
- C. Prenda a Placa Superior (8) à Haste do Seletor (6) usando:  
Um 77 (parafuso 3/8"x 2")  
Encaixe a Placa Superior (8) e a Haste do Seletor nas Hastes Guia (J).
- D. Coloque dois Elevadores da Pilha de Peso (55) e dois Anéis de Borracha (31) no Frame Lateral da Base (B) como mostrado. Encaixe duas Hastes Guia (J) pelos Anéis de Borracha (31), pelos Elevadores da Pilha de Peso (55) e pelo Frame Lateral da Base (B).
- E. Encaixe 20 Placas da Pilha de Peso (51) nas duas Hastes Guia (J). Certifique-se de que a abertura em cada placa da pilha de peso esteja virada para fora em relação ao Pino da Pilha de Peso (1).
- F. Prenda a Placa Superior (8) à Haste do Seletor (6) usando:  
Um 77 (parafuso 3/8"x 2")  
Encaixe a Placa Superior (8) e a Haste do Seletor (6) nas Hastes Guia (J).
- G. Encaixe quatro Colares do Eixo (22) nas quatro Hastes Guia (J) como mostrado.\*

**\*OBS.:**

Não aperte o parafuso allen dentro dos Colares do Eixo (22), deixe-os soltos.

»





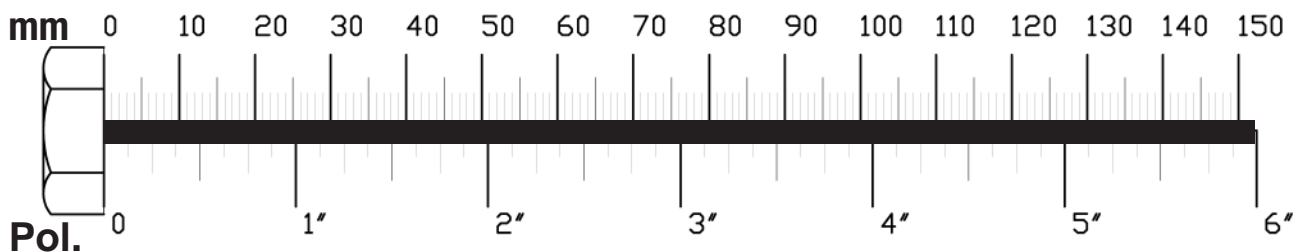
Above shows STEP 3 assembled and completed.

## Be careful to assemble all components in the sequence they are presented.

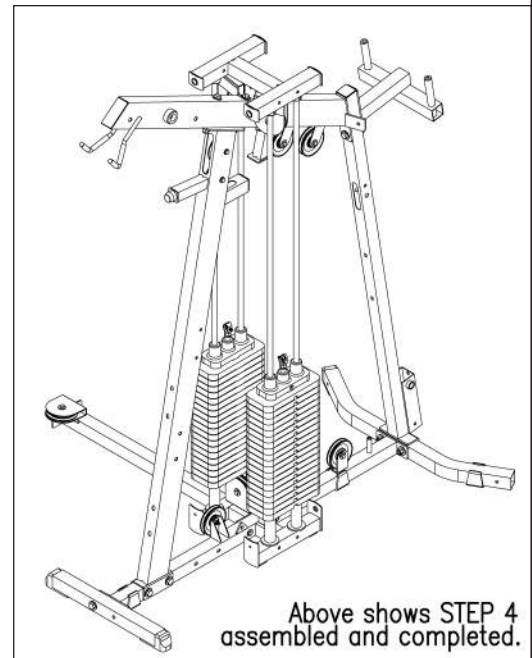
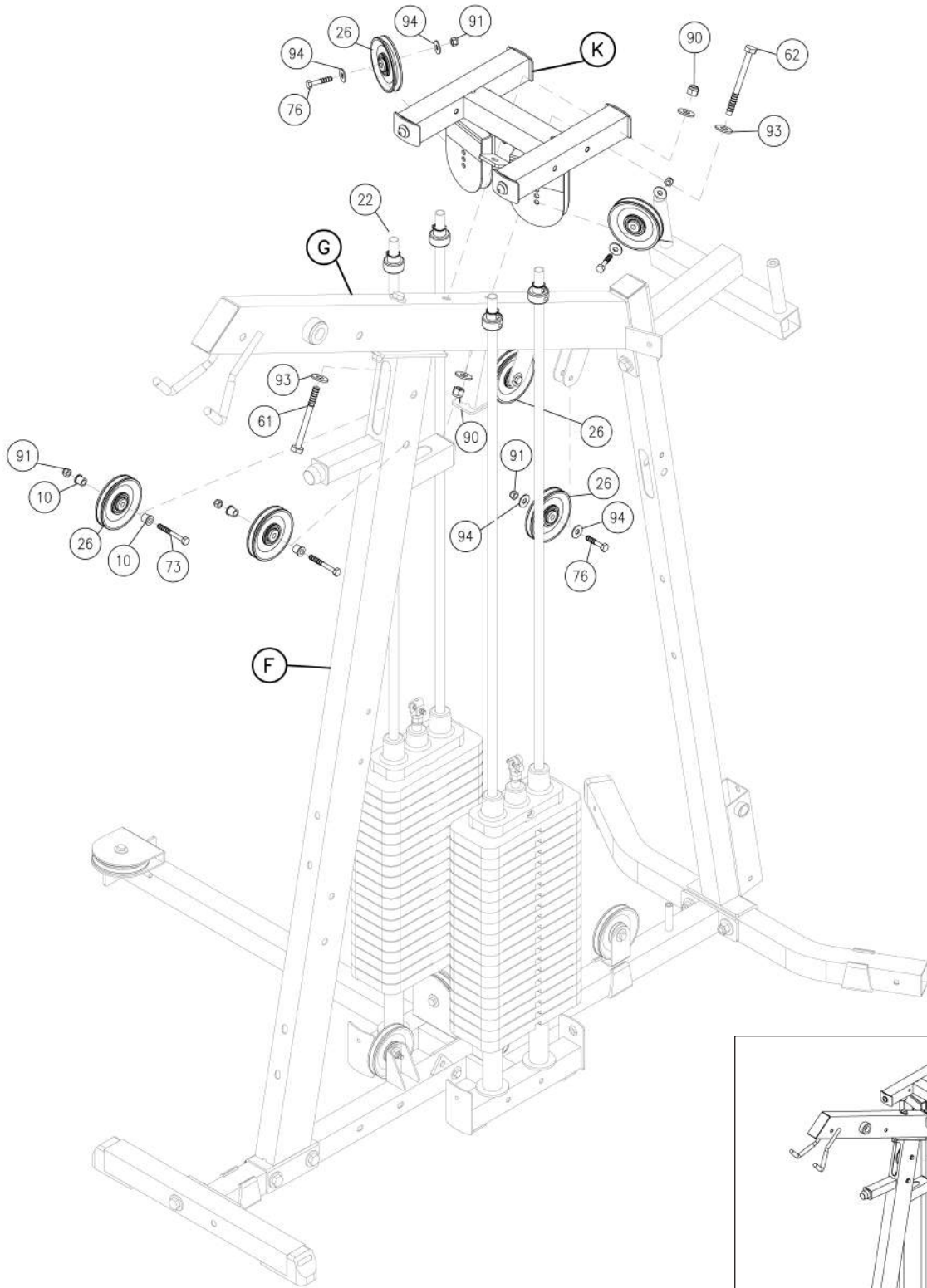
### OBS.:

Aperte com as mãos todas as peças neste passo. Não aperte com as chaves até o final do passo 5.

- A. Prenda o Frame da Polia Superior (K) aos Frames Superior (G) e Dianteiro (F) como mostrado usando:
  - Um 61 (parafuso 1/2"x 5 1/4")
  - Um 62 (parafuso 1/2"x 5")
  - Quatro 93 (arruela 1/2")
  - Dois 90 (porca de nylon 1/2")
- B. Encaixe os quatro Colares do Eixo (22) ao topo das quatro Hastes Guia (J).  
Insira o topo dos Colares do Eixo (22) no Frame da Polia Superior (K).  
Aperte o parafuso allen em cada um dos Colares do Eixo (22).
- C. Insira duas Polias (26) no Frame Vertical Dianteiro (F) como mostrado usando:
  - Quatro 10 (espaçador da polia)
  - Dois 73 (parafuso 3/8"x 2 3/4")
  - Dois 91 (porca de nylon 3/8")
- D. Insira duas Polias (26) no Frame da Polia Superior (K) usando:
  - Dois 76 (parafuso 3/8"x 1 3/4")
  - Quatro 94 (arruela 3/8")
  - Dois 91 (porca de nylon 3/8")
- E. Insira duas Polias (26) nos acabamentos da polia no Frame Principal Superior (G) usando:
  - Dois 76 (parafuso 3/8"x 1 3/4")
  - Quatro 94 (arruela 3/8")
  - Dois 91 (porca de nylon 3/8")







Above shows STEP 4 assembled and completed.

Be careful to assemble all components in the sequence they are presented.

Most of the main frame parts in this step will have RED dots.

OBS.:

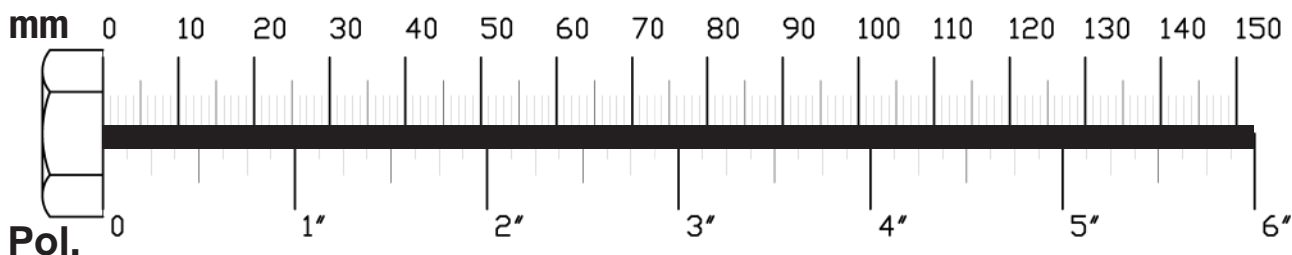
O FRAME DO SUPORTE DO LEG EXTENSION (S) E O FRAME DO LEG EXTENSION (L) ESTÃO PRÉ-MONTADOS COMO UMA ÚNICA PEÇA.

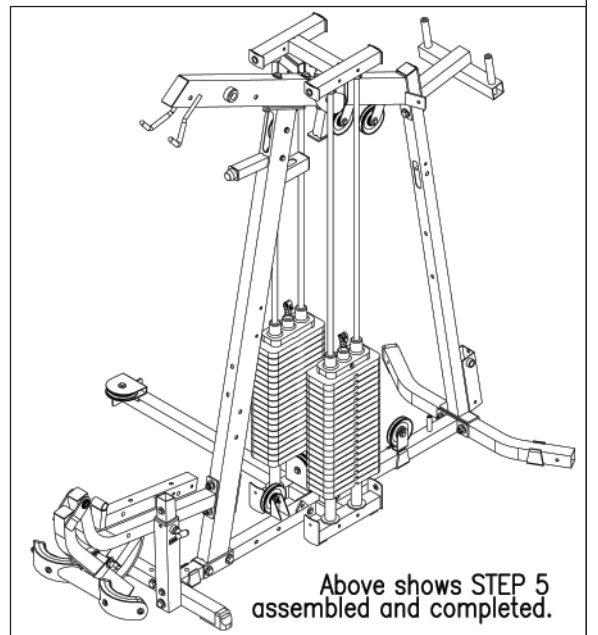
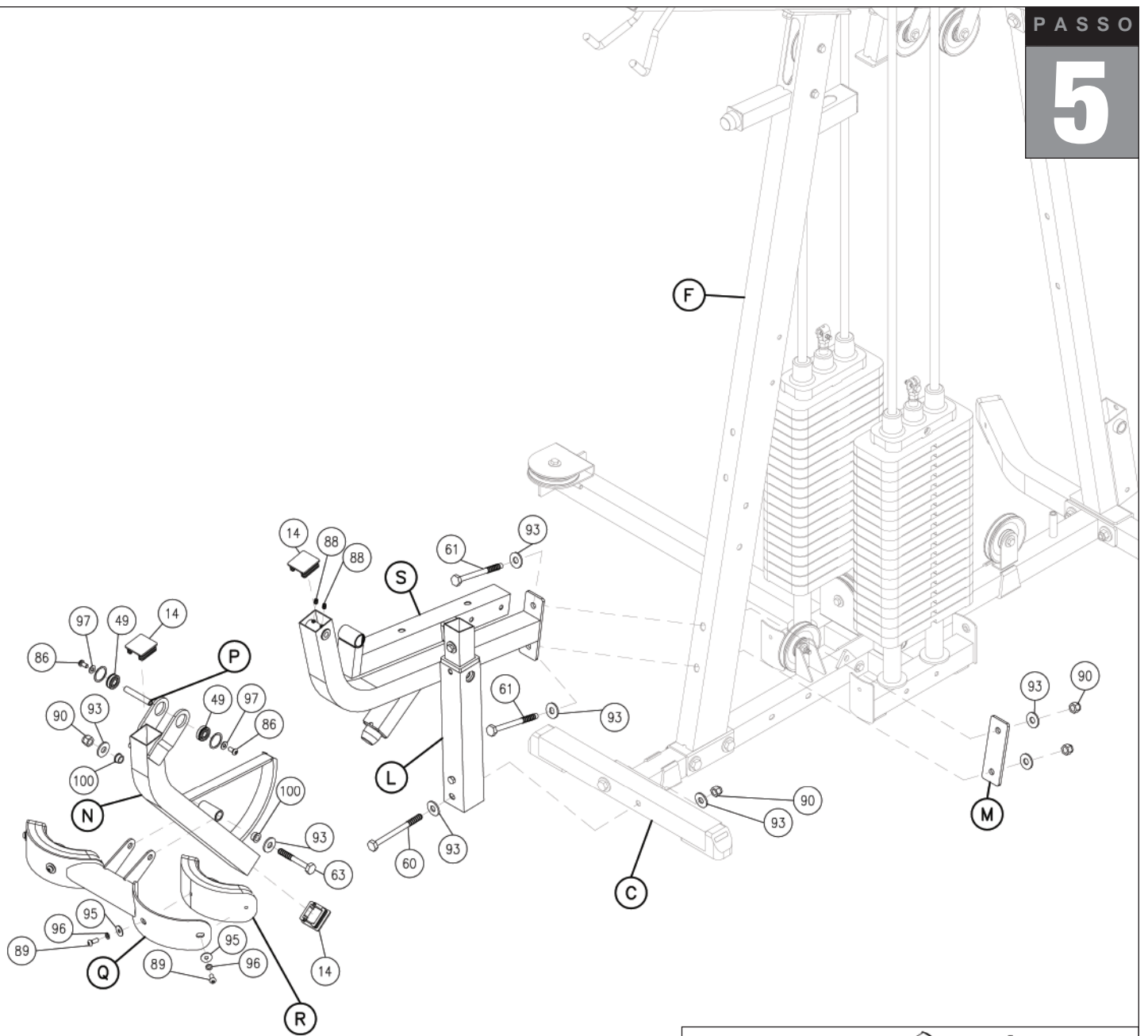
- A. Prenda o Frame do Leg Extension (L) e a Placa 2"x 6" (M) ao Frame Vertical Dianteiro (F) usando:  
Dois 61 (parafuso 1/2"x 5 1/4")  
Quatro 93 (arruela 1/2")  
Dois 90 (porca de nylon 1/2")
- B. Prenda a parte inferior do Frame do Leg Extension (L) ao Frame Dianteiro da Base (C) através da abertura deixada no passo 1 usando:  
Um 60 (parafuso 1/2"x 5 1/2")  
Dois 93 (arruela 1/2")  
Um 90 (porca de nylon 1/2")
- C. Prenda o Braço do Leg Extension (N) ao Frame do Leg Extension (L) usando o Eixo (P) pré-instalado como mostrado. Aperte os dois Parafusos Allen (88) para fixar o Eixo (P) ao Frame do Leg Extension (L). Prenda três Ponteiras (14) ao topo do Frame do Leg Extension (L) e em cada extremidade do Braço do Leg Extension (N).
- D. Prenda o Suporte do Leg Extension (Q) ao Braço do Leg Extension (N) usando:  
Um 63 (parafuso 1/2"x 3 1/2")  
Dois 93 (arruela 1/2")  
Um 90 (porca de nylon 1/2")  
A Bucha (100) já foi pré-instalada, dentro do Braço do Leg Extension (N).
- E. Prenda os Apoios do Leg (R) ao Suporte do Leg Extension (Q) usando:  
Quatro 89 (parafuso 5/16"x 3/4")\*  
Quatro 96 (arruela 5/16")  
Quatro 95 (arruela 5/16")

\*Não aperte demais estes parafusos. Aperte estes parafusos até que a arruela fique plana. Apertar demais esses parafusos danificará as porcas.

OBS.:

Neste momento você deve se certificar de que o equipamento está nivelado, estável e na posição correta. Você deve agora apertar com as chaves todos os parafusos e porcas da estrutura principal apenas. Não reaperte nenhum dos parafusos dos apoios. Além disso, deixe todos os parafusos da polia apertados com as mãos até o PASSO 20.





Above shows STEP 5 assembled and completed.

Be careful to assemble all components in the sequence they are presented.

A maioria das peças do frame principal neste passo terão pontos VERMELHOS.

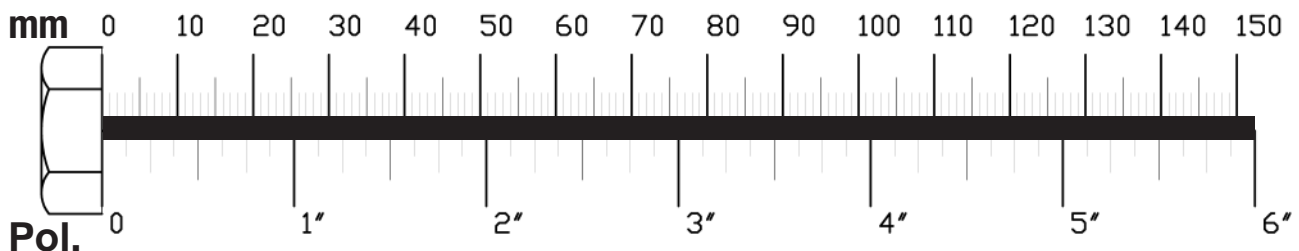
- A. Prenda a Ponteira (15) na parte frontal do Frame do Suporte do Leg Extension (S).
- B. Insira as duas Ponteiras (29) nas extremidades das Barras do Leg Extension (U). Prenda as Barras do Leg EXTension (U) ao Frame do Suporte do Leg Extension (S) usando:
  - Dois 72 (parafuso 3/8"x 3")
  - Quatro 94 (arruela 3/8")
  - Dois 91 (porca de nylon 3/8")
- C. Prenda o Assento do Leg Extension (V) ao Frame do Suporte do Leg Extension (S) usando:
  - Dois 82 (parafuso 5/16"x 2 3/4")\*
  - Dois 96 (arruela 5/16")
  - Dois 95 (arruela 5/16")

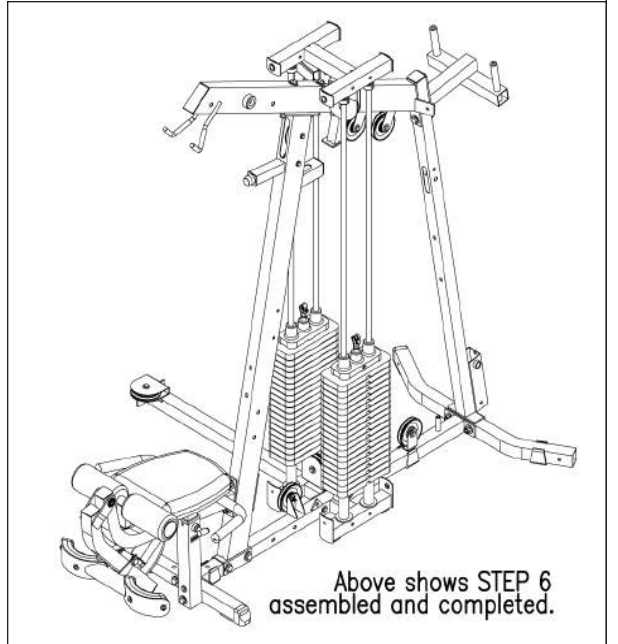
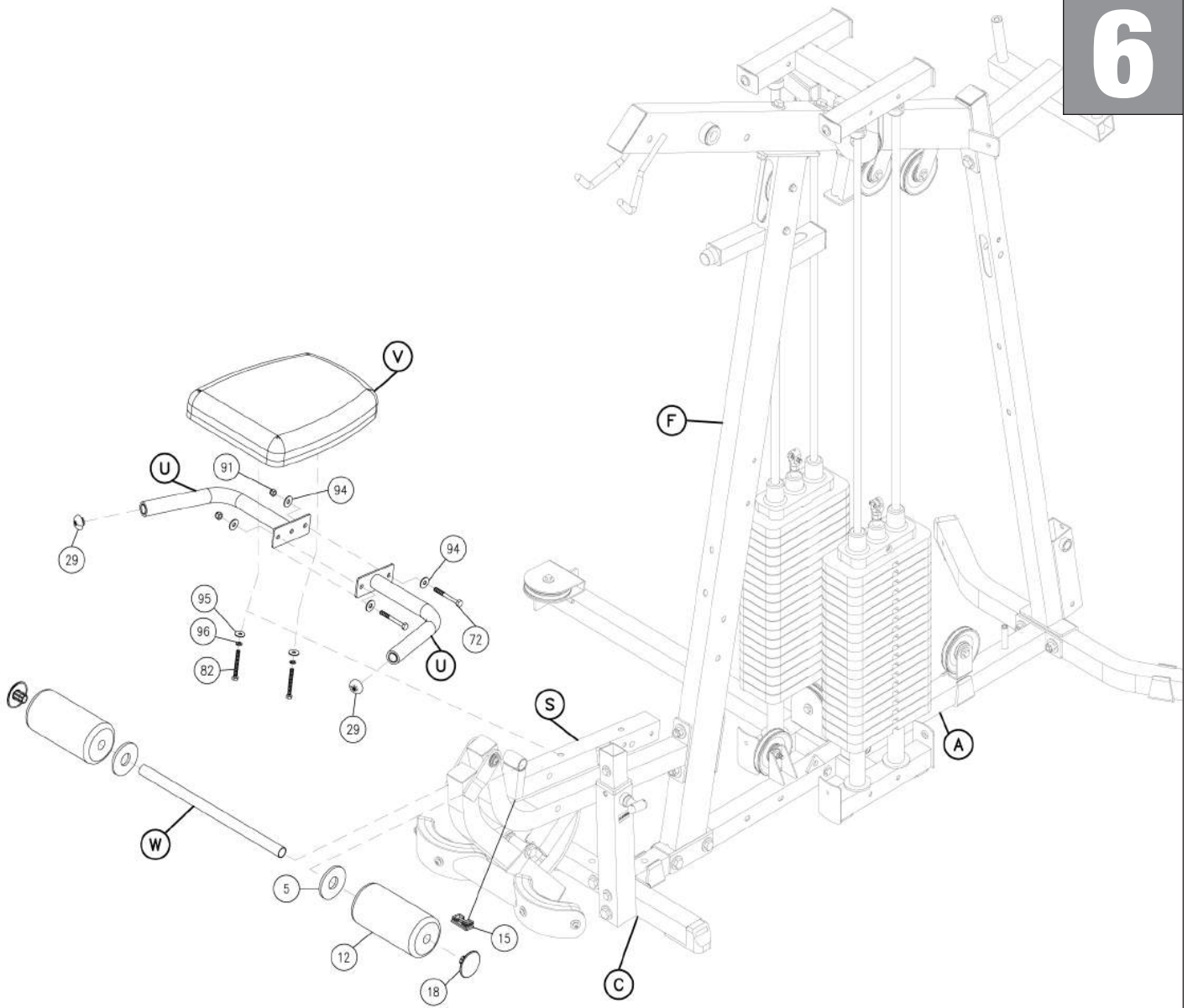
\*Não aperte demais estes parafusos. Aperte estes parafusos até que a arruela fique plana. Apertar demais esses parafusos danificará as porcas.

- D. Encaixe os Rolos de Espuma 4"x 8" (12) na Barra do Rolo de Espuma (W) e prenda ao Frame do Suporte do Leg Extension (S). Prenda os Rolos de Espuma (12) com a Arruela Plástica 3" (5) na parte de dentro e com a Ponteira Plástica do Rolo (18) na parte de fora como mostrado.

Obs.:

Você deve agora apertar com as chaves todos os parafusos e porcas neste passo. Não reaperte nenhum parafuso dos apoios ou das polias.





Be careful to assemble all components in the sequence they are presented.

A maioria das peças do frame principal neste passo terão pontos VERMELHOS.

- A. Prenda dois Suporte do Leg (X) ao Frame Vertical Dianteiro (F) usando:  
Dois 64 (parafuso 1/2"x 3 1/4")  
Quatro 93 (arruela 1/2")  
Dois 90 (porca de nylon 1/2")  
Encaixe dois Rolos de Espuma 4"x 8" (12) nos dois Suportes do Leg (X) e prenda com duas Ponteiros Plásticas do Rolo (18).
- B. Insira duas Buchas Plásticas (21) no Suporte do Encosto (Y). Conecte o Suporte do Encosto (Y) ao Frame Vertical Dianteiro (F) usando:  
Dois 73 (parafuso 3/8"x 2 3/4")  
Quatro 94 (arruela 3/8")  
Dois 91 (porca de nylon 3/8")
- C. Encaixe o Ajustador do Encosto (Z) no Suporte do Encosto (Y) e prenda com o Pop Pin Cabeça de Bola (56) e com o Parafuso (112). Olhe dentro do Ajustador do Encosto (Z) e ajuste o Parafuso (112) com a Porca (113) até que ele impeça o Ajustador do Encosto (Z) de escorregar, mas de forma a não interferir com o Acabamento do Encosto (ZB) no próximo passo.
- D. Prenda o Encosto Superior (ZA) ao Acabamento do Encosto (ZB) usando:  
Quatro 83 (parafuso 5/16"x 1")\*  
Quatro 96 (arruela 5/16")  
Quatro 95 (arruela 5/16")
- E. Prenda o Encosto Inferior (ZC) ao Frame Vertical Dianteiro (F) usando:  
Dois 80 (parafuso 5/16"x 5")\*  
Dois 96 (arruela 5/16")  
Dois 95 (arruela 5/16")

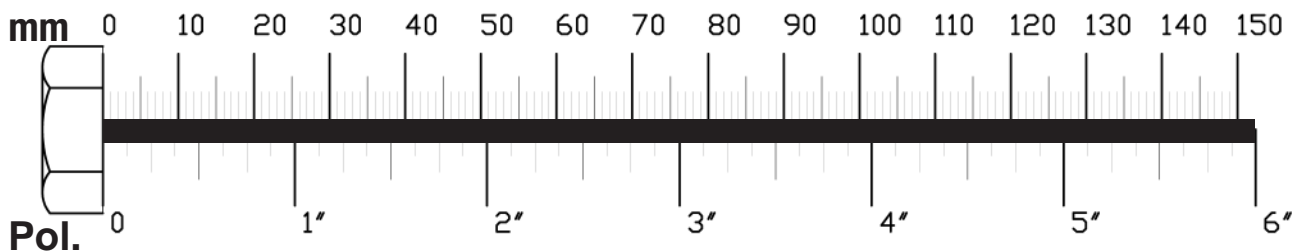
\*Não aperte demais estes parafusos. Aperte estes parafusos até que a arruela fique plana. Apertar demais esses parafusos danificará as porcas.

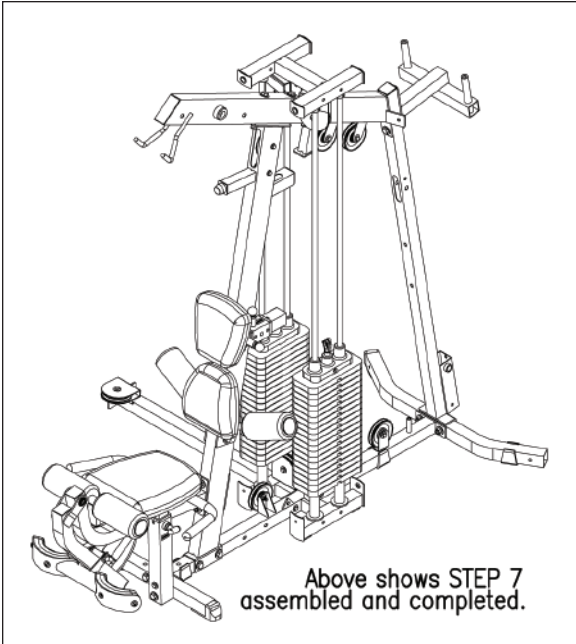
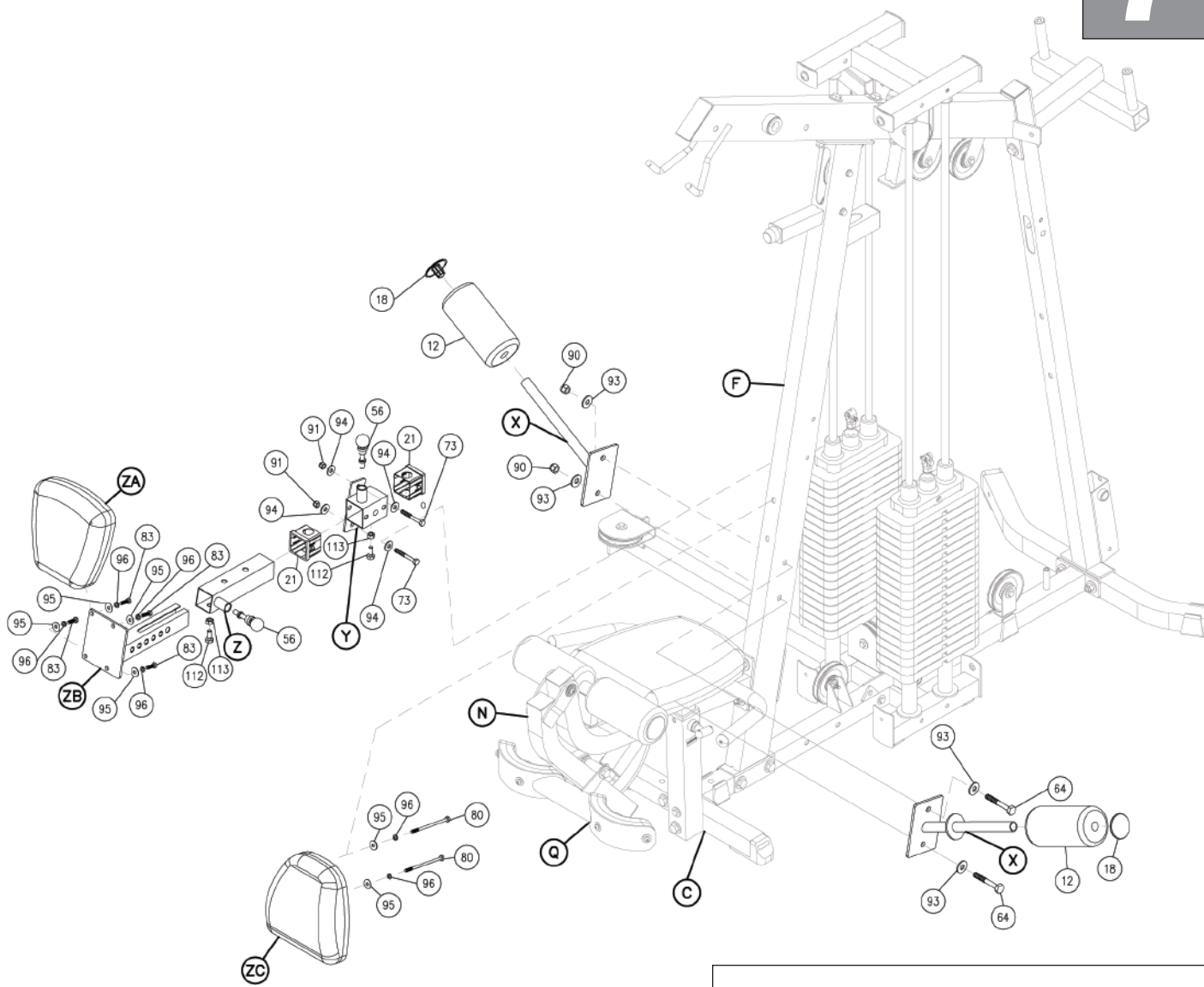
Encaixe o Acabamento do Encosto (ZB) no Ajustador do Encosto (Z) e prenda com o Pop Pin Cabeça de Bola (56) e com o Parafuso (112).

\*Não aperte demais estes parafusos. Aperte estes parafusos até que a arruela fique plana. Apertar demais esses parafusos danificará as porcas.

Obs.:

Você deve agora apertar com as chaves todos os parafusos e porcas neste passo. Não reaperte nenhum parafuso dos apoios ou das polias.





Be careful to assemble all components in the sequence they are presented.

A maioria das peças do frame principal neste passo terão pontos VERMELHOS.

OBS.:

Você precisará soltar dois Parafusos Allen (88) dentro do Suporte do Braço do Seated Press (AA) para remover o Eixo (AB).

- A. Prenda o Suporte do Braço do Seated Press (AA) ao Frame Principal Superior (G) com o Eixo (AB). Aperte o Parafuso Allen (88) no Suporte do Braço do Seated Press (AA).
- B. Prenda duas Polias (26) ao Suporte do Braço do Seated Press (AA) usando:
  - Dois 76 (parafuso 3/8" x 1 3/4")
  - Quatro 94 (arruela 3/8")
  - Dois 91 (porca de nylon 3/8")

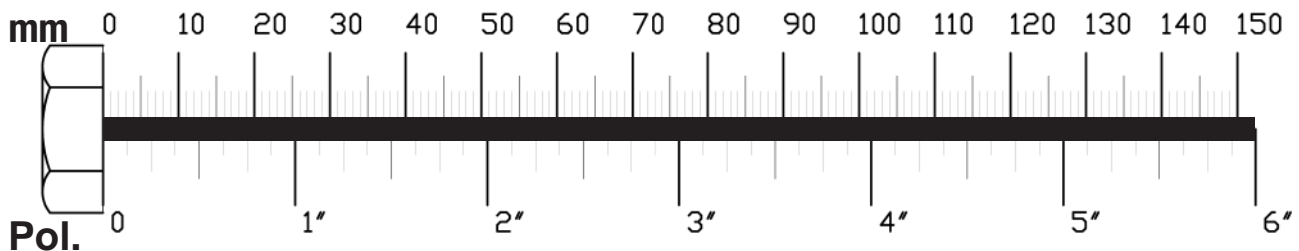
OBS.:

Você precisará soltar dois Parafusos Allen (88) dentro do Braço do Seated Press (AC) para remover o Eixo (AD).

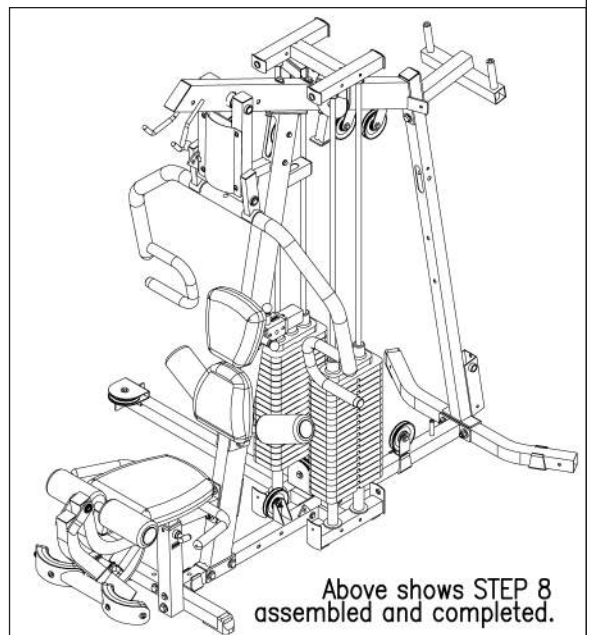
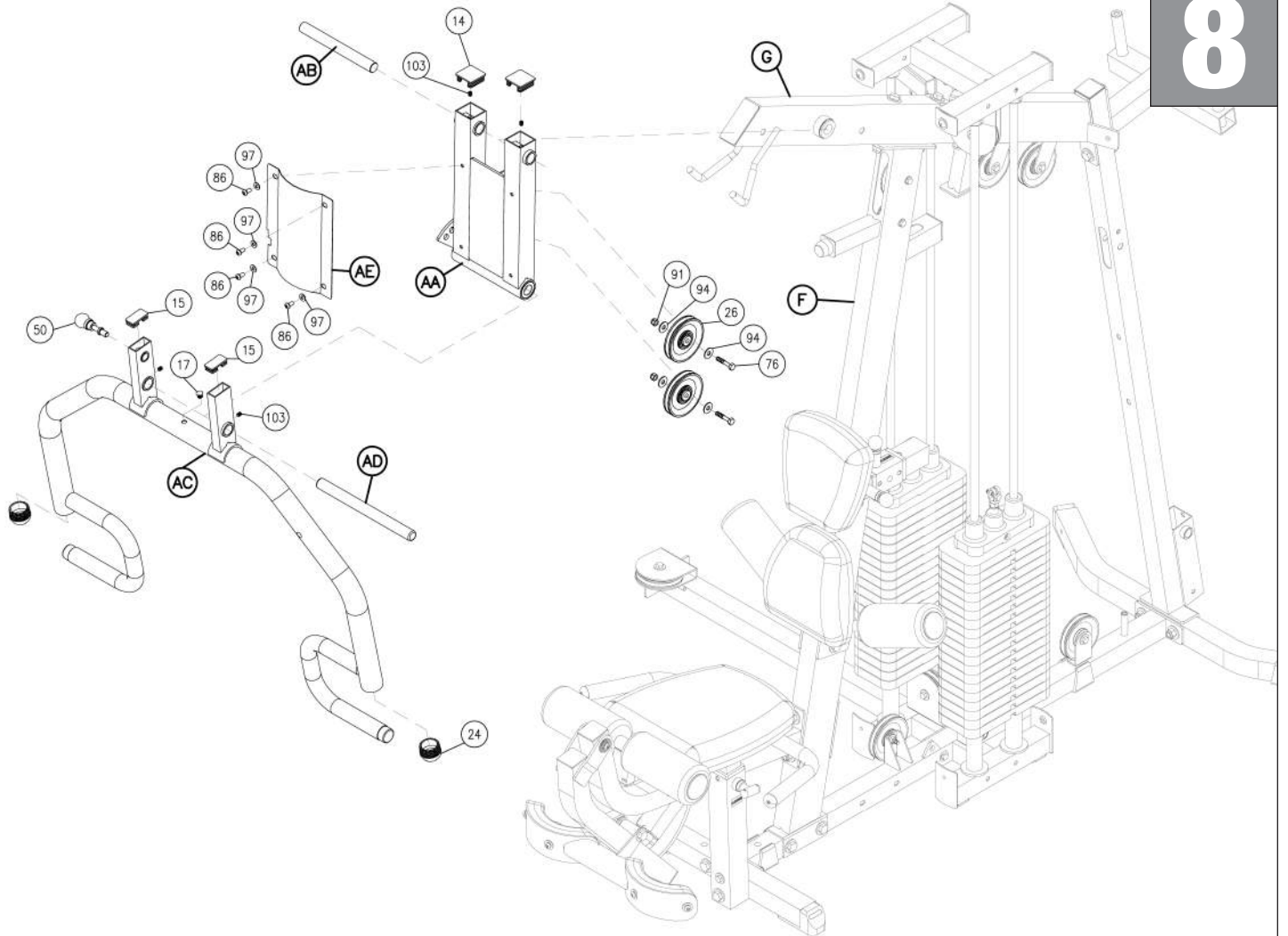
- C. Prenda o Braço do Seated Press (AC) ao Suporte do Braço do Seated Press (AA) com o Eixo (AD). Aperte dois Parafusos Allen (88) no Suporte do Braço do Seated Press (AA) e no Braço do Seated Press (AC).
- D. Prenda duas Ponteiras (14) ao topo do Suporte do Braço do Seated Press (AA). Prenda duas Ponteiras (15) ao topo do Braço do Seated Press (AC).
- E. Prenda a Carenagem do Seated Press (AE) ao Suporte do Braço do Seated Press (AA) usando:
  - Quatro 86 (parafuso allen 5/16" x 9/16")
  - Quatro 97 (arruela 5/16")

Obs.:

Você deve agora apertar com as chaves todos os parafusos e porcas neste passo. Não reaperte nenhum parafuso dos apoios ou das polias.







Above shows STEP 8 assembled and completed.

Be careful to assemble all components in the sequence they are presented.

A maioria das peças do frame principal neste passo terão pontos AMARELOS.

- A. Prenda três Ponteiros (13) na frente e laterais do Frame do Pec Dec (H) e prenda a Ponteira Quadrada de Borracha (32) ao topo do Frame do Pec Dec (H).
- B. Encaixe a Arruela (9), o Braço Esquerdo do Pec Dec (AK) e então o Suporte Esquerdo do Pec Dec (AL) no lado esquerdo do Frame do Pec Dec (H) como mostrado, usando:  
Um 59 (parafuso 1/2"x 1")  
Um 93 (arruela 1/2")
- C. Encaixe a Ponteira (29) na Barra Esquerda do Pec Dec (AM) e prenda ao Braço Esquerdo do Pec Dec (AK) usando:  
Um 85 (parafuso allen 5/16"x 3/4")  
Um 96 (arruela 5/16")

Obs.:

A Barra Esquerda do Pec Dec (AM) deve se dobrar para fora da estação, como mostrado.

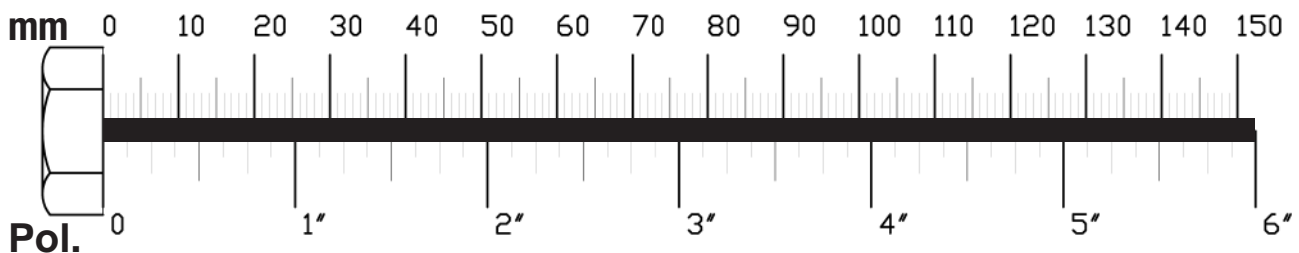
- D. Encaixe a Arruela (9), o Braço Direito do Pec Dec (AP) e então o Suporte Direito do Pec Dec (AQ) no lado direito do Frame do Pec Dec (H) como mostrado, usando:  
Um 59 (parafuso 1/2"x 1")  
Um 93 (arruela 1/2")
- E. Encaixe a Ponteira (29) na Barra Direita do Pec Dec (AR) e prenda ao Braço Direito do Pec Dec (AP) usando:  
Um 85 (parafuso allen 5/16"x 3/4")  
Um 96 (arruela 5/16")

Obs.:

A Barra Direita do Pec Dec (AR) deve se dobrar para fora da estação, como mostrado.

- F. Attach two Chrome Collars (106) to the top of Left Pec Dec Handle (AM) and Right Pec Dec Handle (AR) using:  
Two 88 (5/16" allen screw) preinstalled

Você deve agora apertar com as chaves todos os parafusos e porcas neste passo.  
Não reaperte nenhum parafuso dos apoios ou das polias.





Be careful to assemble all components in the sequence they are presented.

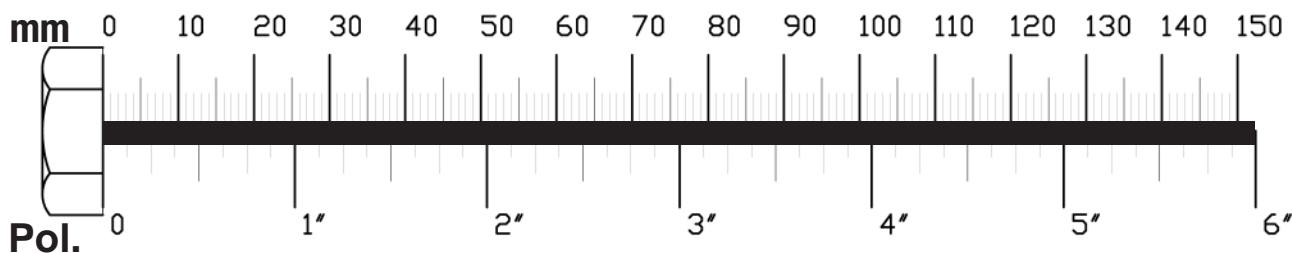
A maioria das peças do frame principal neste passo terão pontos AMARELOS.

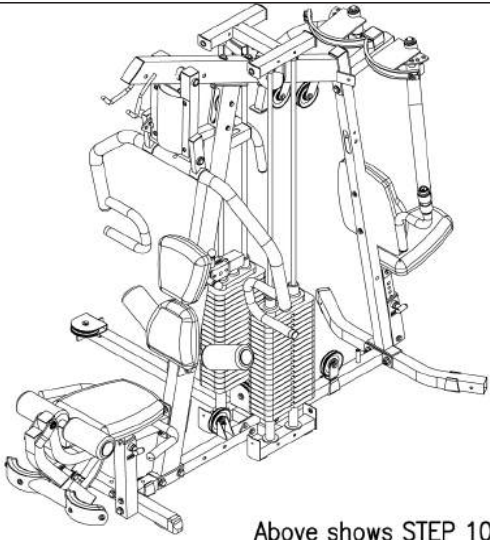
- A. Encaixe a Bucha Plástica (23) no receptáculo na parte de baixo do Frame Vertical Traseiro (E) como mostrado. Prenda o Ajustador Hidráulico do Assento (AU) à parte de dentro do receptáculo na parte de baixo do Frame Vertical Traseiro (E) usando:  
Um 72 (parafuso 3/8"x 3")  
Dois 94 (arruela 3/8")  
Um 91 (porca de nylon 3/8")
- B. Prenda duas Ponteiras (13) na parte da frente e na parte de trás do Frame do Assento do Pec Dec (AV). Encaixe o Frame do Assento do Pec Dec (AV) no receptáculo na parte de baixo do Frame Vertical Traseiro (E) e prenda o topo do Ajustador Hidráulico do Assento (AU) usando:  
Um 74 (parafuso 3/8"x 2 1/2")  
Dois 94 (arruela 3/8")  
Um 91 (porca de nylon 3/8")  
Insira o Pop Pin (48) na abertura rosqueada no receptáculo na parte de baixo do Frame Vertical Traseiro (E).
- C. Prenda o Assento do Pec Dec (AW) ao Frame do Assento do Pec Dec (AV) usando:  
Dois 82 (parafuso 5/16"x 2 3/4")\*  
Dois 96 (arruela 5/16")  
Dois 95 (arruela 5/16")
- D. Prenda o Encosto do Pec Dec (AX) ao Frame Vertical Traseiro (E) usando:  
Dois 82 (parafuso 5/16"x 2 3/4")\*  
Dois 96 (arruela 5/16")  
Dois 95 (arruela 5/16")

\*Não aperte demais estes parafusos. Aperte estes parafusos até que a arruela fique plana. Apertar demais esses parafusos danificará as porcas.

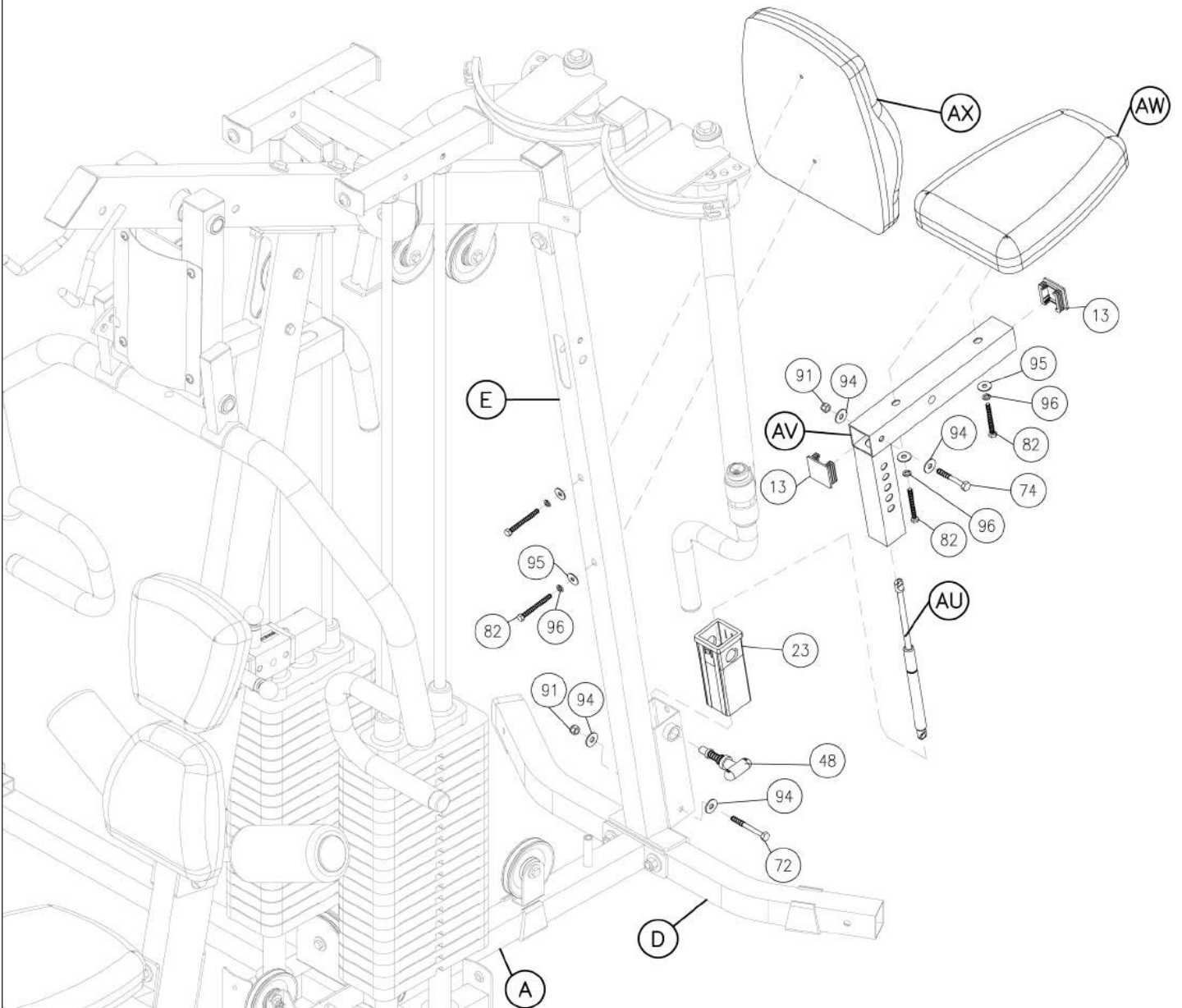
Obs.:

Você deve agora apertar com as chaves todos os parafusos e porcas neste passo. Não reaperte nenhum parafuso dos apoios ou das polias.





Above shows STEP 10 assembled and completed.

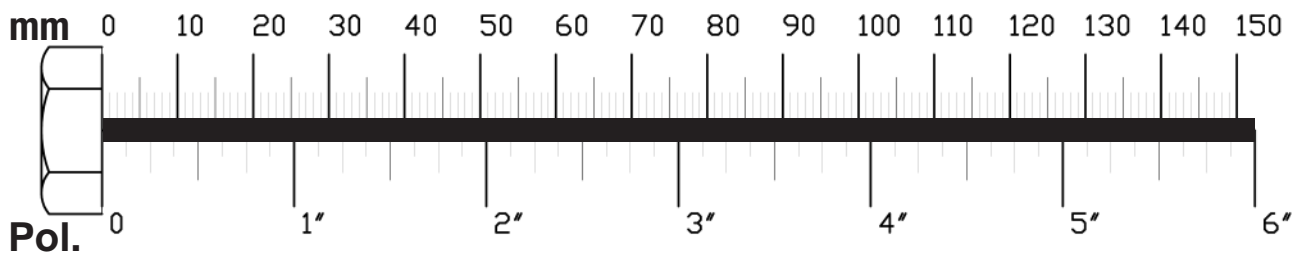


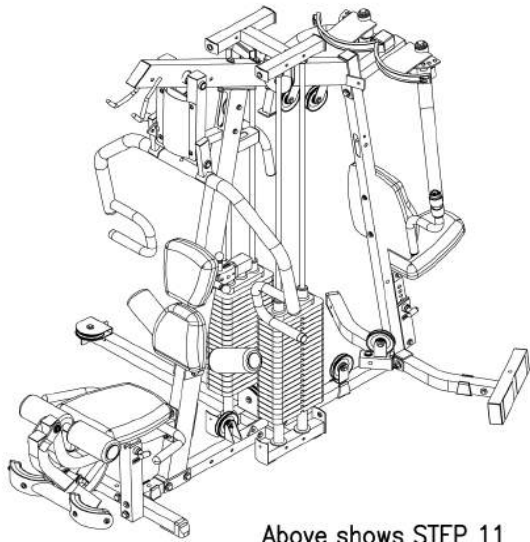
Be careful to assemble all components in the sequence they are presented.

- A. Prenda duas Ponteiras (13) nas extremidades do Frame da Polia Inferior (AY). Conecte o Frame da Polia Inferior (AY) ao Frame Principal da Base (A) usando:  
Um 98 (arruela 3/8")  
Um 87 (parafuso allen 3/8" x 5/8")
- B. Prenda a Barra do Pé (AZ) à abertura lateral do Frame Traseiro da Base (D) usando:  
Um 73 (parafuso 3/8"x 2 3/4")  
Dois 94 (arruela 3/8")  
Um 91 (porca de nylon 3/8")
- C. Prenda duas Ponteiras (16) e a Fita Adesiva (33) à Barra do Pé (AZ) como mostrado.
- D. Prenda a Polia (26) ao Frame da Polia Inferior (AY) usando:  
Um 76 (parafuso 3/8"x 1 3/4")  
Dois 94 (arruela 3/8")  
Um 91 (porca de nylon 3/8")

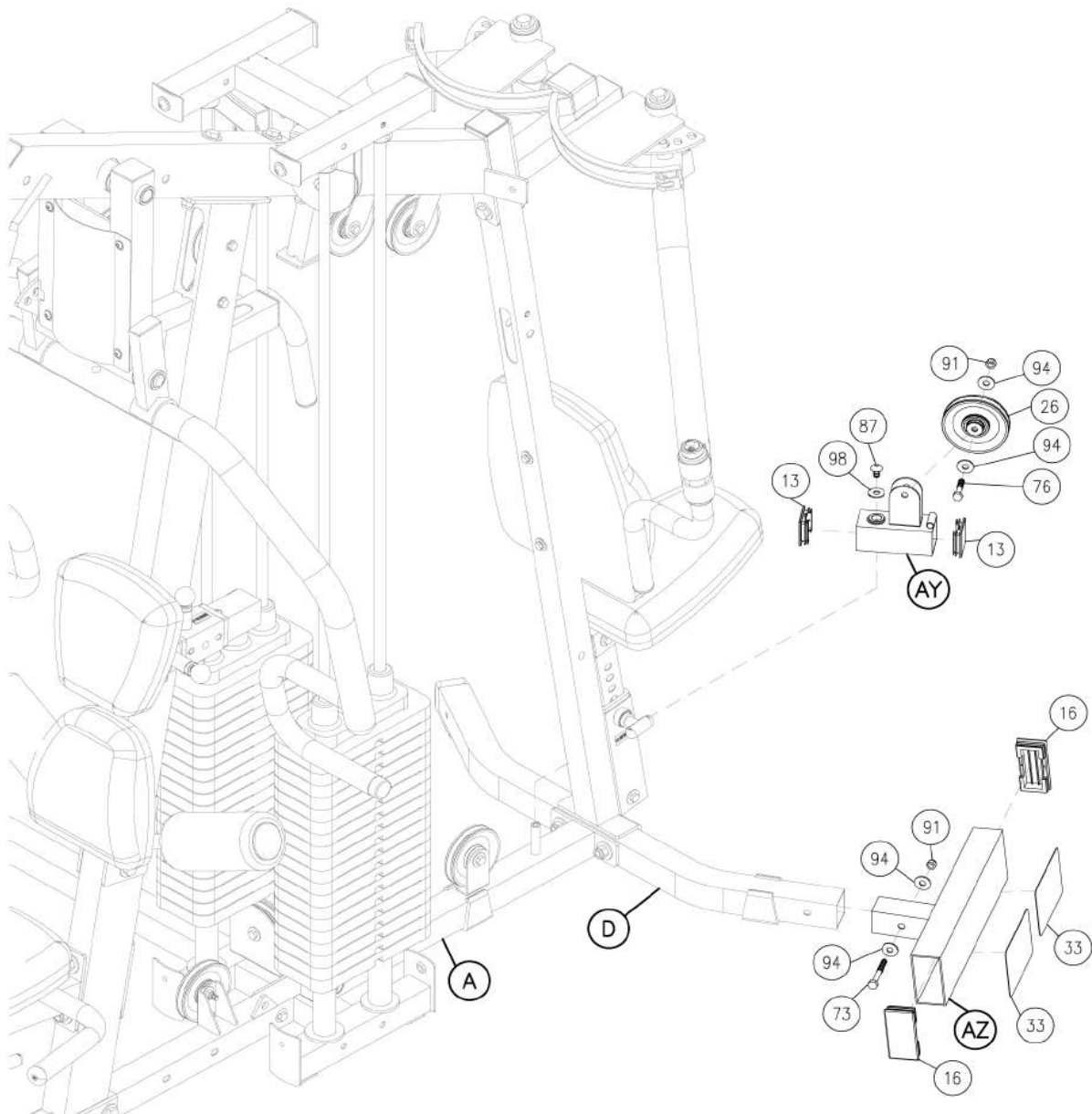
Obs.:

Você deve agora apertar com as chaves todos os parafusos e porcas neste passo.  
Não reaperte nenhum parafuso dos apoios ou das polias.





Above shows STEP 11 assembled and completed.



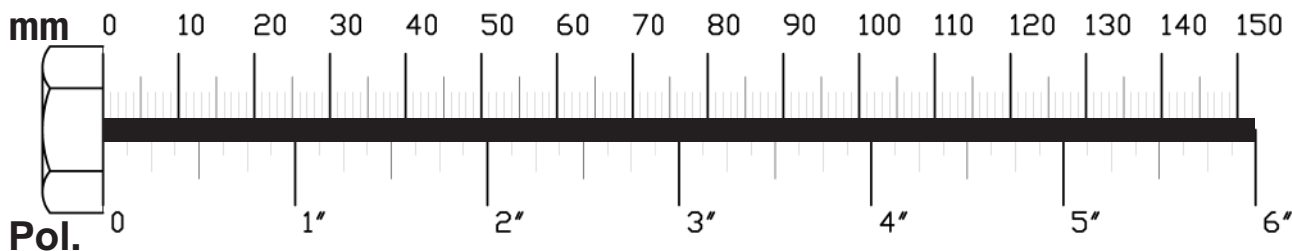
Be careful to assemble all components in the sequence they are presented.

A maioria das peças do frame principal neste passo terão pontos AZUIS.

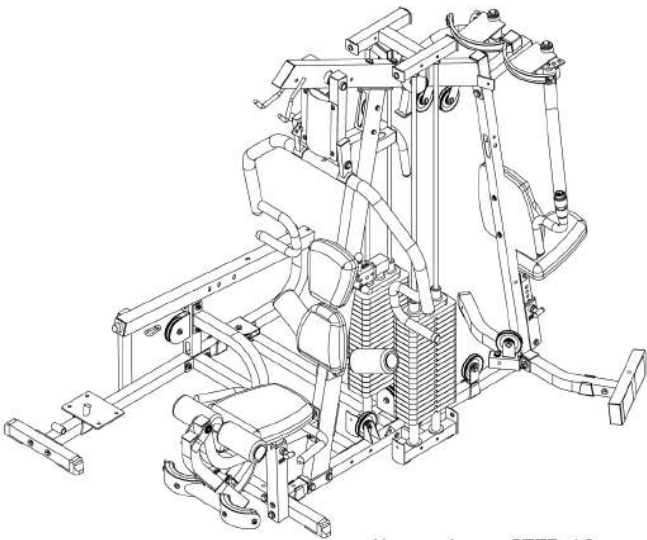
- A. Prenda o Conector do Leg Press (BA) ao Frame Principal da Base (A) usando:  
Dois 73 (parafuso 3/8"x 2 3/4")  
Quatro 94 (arruela 3/8")  
Dois 91 (porca de nylon 3/8")
- B. Prenda o Frame do Leg Press (BB) ao Conector do Leg Press (BA) usando:  
Quatro 73 (parafuso 3/8"x 2 3/4")  
Oito 94 (arruela 3/8")  
Quatro 91 (porca de nylon 3/8")
- C. Prenda o Frame do Leg Press (BB) ao Frame Lateral da Base (B) usando:  
Dois 73 (parafuso 3/8"x 2 3/4")  
Quatro 94 (arruela 3/8")  
Dois 91 (porca de nylon 3/8")
- D. Prenda a Ponteira (15) ao topo do Frame do Leg Press (BB).  
Prenda dois Niveladores do Frame (25) à parte de baixo do Frame do Leg Press (BB).  
Prenda a Polia (26) ao Frame do Leg Press (BB) usando:  
Um 76 (parafuso 3/8"x 1 3/4")  
Dois 94 (arruela 3/8")  
Um 91 (porca de nylon 3/8")
- E. Prenda duas Ponteiras do Pé (20) a cada extremidade da Frente do Leg Press (BC).  
Prenda a Frente do Leg Press (BC) à frente do Frame do Leg Press (BB) usando:  
Dois 65 (parafuso 1/2"x 3")  
Quatro 93 (arruela 1/2")  
Dois 90 (porca de nylon 1/2")

Obs.:

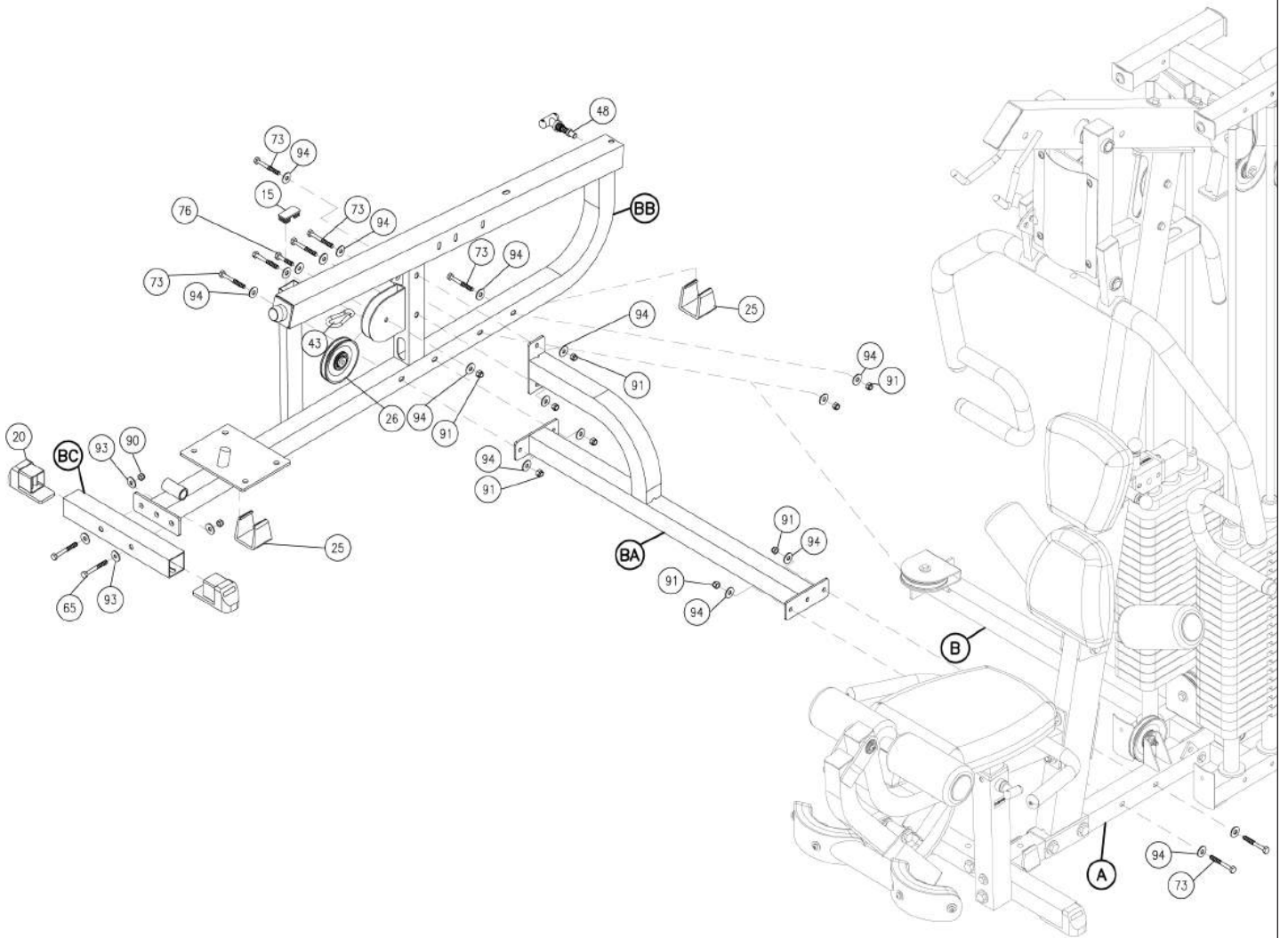
Você deve agora apertar com as chaves todos os parafusos e porcas neste passo.  
Não reaperte nenhum parafuso dos apoios ou das polias.







Above shows STEP 12 assembled and completed.



Be careful to assemble all components in the sequence they are presented.

A maioria das peças do frame principal neste passo terão pontos AZUIS.

- A. Encaixe dois Rolamentos (45) no eixo inferior do Pivô do Leg Press (BD) e deixe os parafusos allen frouxos.

OBS.:

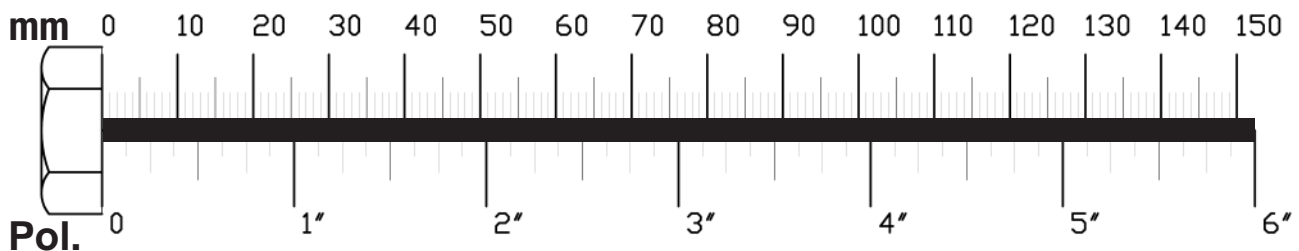
Os Parafusos Allen devem ambos estar na parte de dentro.

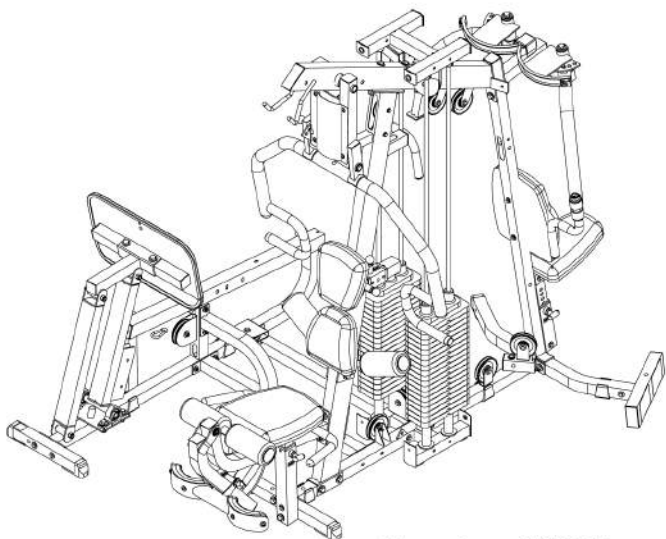
- B. Prenda dois Rolamentos (45) à placa na frente do do Frame do Leg Press (BB) usando:  
Quatro 66 (1/2"x 1 3/4" hex head bolt)  
Oito 93 (1/2" Washer)  
Quatro 90 (1/2" nylon lock nut)
- C. Prenda o Pivô Frontal do Leg Press (BE) e o Eixo (BF) ao Frame do Leg Press (BB) como mostrado usando:  
Dois 41 (bucha do leg press)  
Dois 90 (porca de nylon 1/2")
- D. Prenda o Frame "T" da Placa do Pé (BG) e o Eixo (BF) ao Pivô Frontal do Leg Press (BE) como mostrado usando:  
Dois 41 (bucha do leg press)  
Dois 90 (porca de nylon 1/2")
- E. Prenda o Frame "T" da Placa do Pé (BG) e o Eixo (BF) ao Pivô do Leg Press (BD) como mostrado usando:  
Dois 41 (bucha do leg press)  
Dois 90 (porca de nylon 1/2")
- F. Prenda a Placa do Pé (BR) ao Frame "T" da Placa do Pé (BG) usando:  
Dois 64 (parafuso 1/2"x 3 1/4")  
Quatro 93 (arruela 1/2")  
Dois 90 (porca de nylon 1/2")  
Prenda três Ponteiras (14) em cada lado da Placa do Pé (BR) e na frente do Frame "T" da Placa do Pé (BG).

Obs.:

Você deve agora apertar com as chaves todos os parafusos e porcas neste passo.

Não reaperte nenhum parafuso dos apoios ou das polias.





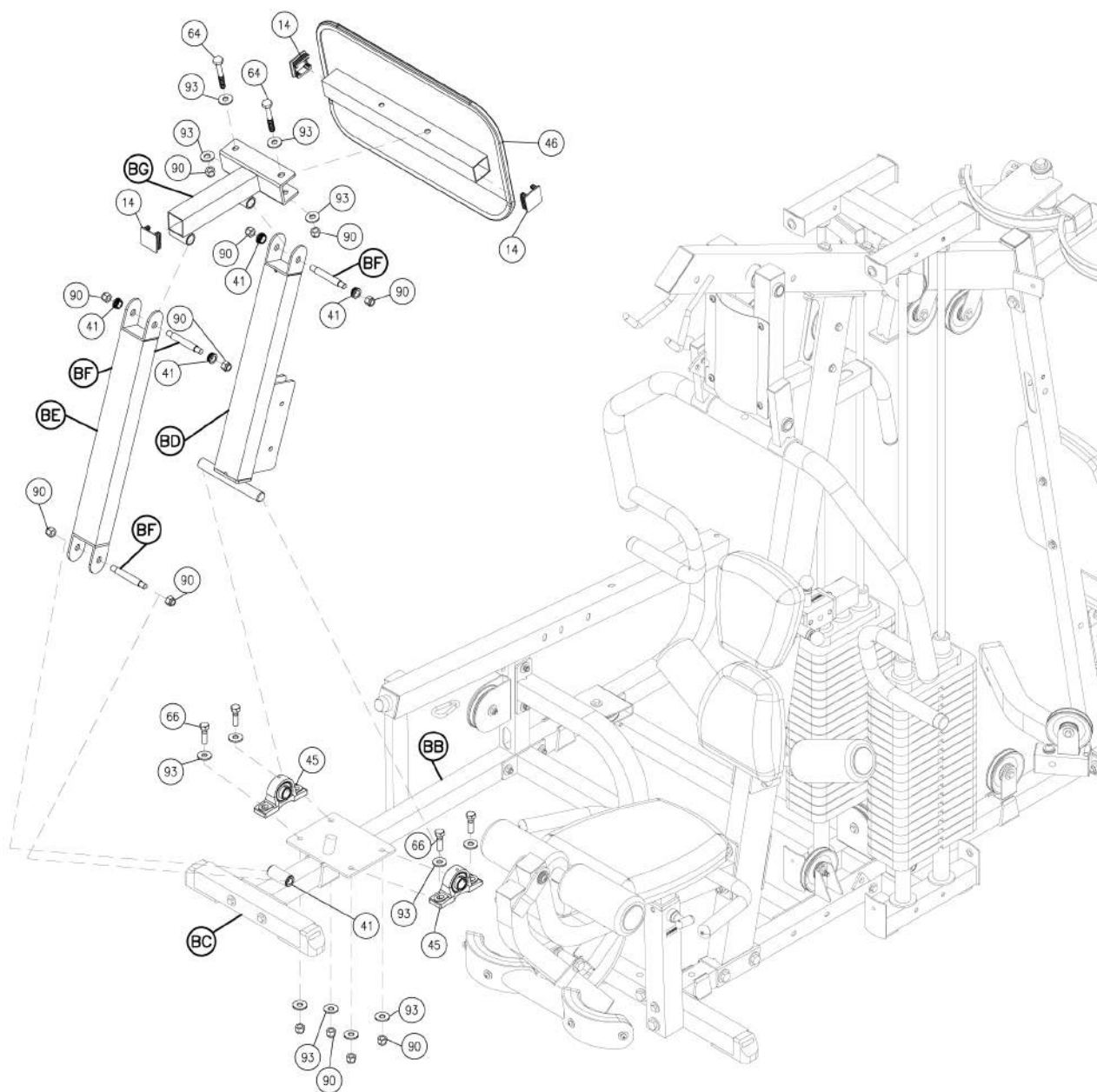
Above shows STEP 13 assembled and completed.



Há dois conjuntos pequenos de parafusos em cada Rolamento (45).

Para o melhor alinhamento do sistema você deve soltar todos os parafusos antes de instalar os Rolamentos (45).

O passo final deste processo de montagem é apertar com as chaves todos os conjuntos de parafusos dos Rolamentos (45).



Be careful to assemble all components in the sequence they are presented.

A maioria das peças do frame principal neste passo terão pontos AZUIS.

- A. Encaixe a Ponteira (29) às Barras do Leg Press (BH).  
 Prenda as Barras do Leg Press (BH) ao Frame do Leg Press (BB) usando:  
 Dois 71 (parafuso 3/8"x 3 1/4")  
 Quatro 94 (arruela 3/8")  
 Dois 91 (porca de nylon 3/8")
- B. Prenda duas Flanges do Assento (BL) ao Frame do Leg Press (BB) usando:  
 Um 70 (parafuso 3/8"x 3 1/2")  
 Dois 94 (arruela 3/8")  
 Um 91 (porca de nylon 3/8")
- C. Prenda o Assento do Leg Press (BM) às duas Flanges do Assento (BL) usando:  
 Dois 83 (parafuso 5/16"x 1")\*  
 Dois 96 (arruela 5/16")  
 Dois 95 (arruela 5/16")

\*Não aperte demais estes parafusos. Aperte estes parafusos até que a arruela fique plana. Apertar demais esses parafusos danificará as porcas.

- D. Prenda o Assento do Leg Press (BM) ao Frame do Leg Press (BB) usando:  
 Um 81 (parafuso 5/16"x 3 1/4")\*  
 Um 96 (arruela 5/16")  
 Um 95 (arruela 5/16")

\*Não aperte demais estes parafusos. Aperte estes parafusos até que a arruela fique plana. Apertar demais esses parafusos danificará as porcas.

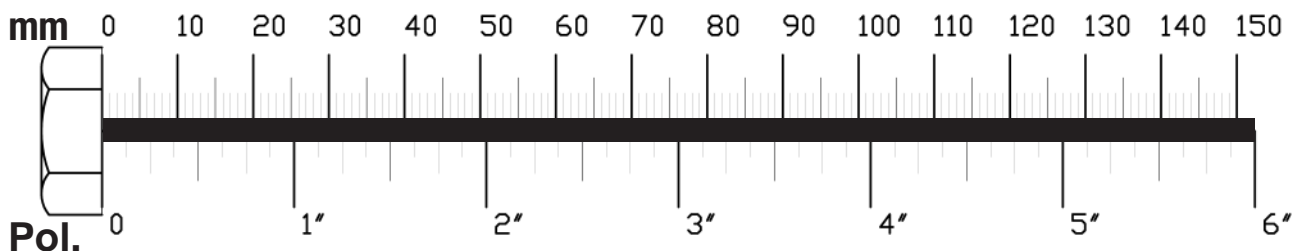
- E. Encaixe a Bucha Plástica (23) no Frame do Leg Press (BB).  
 Encaixe o Encosto do Leg Press (BP) na Bucha Plástica (23) e prenda com o Pop Pin "T" (48).  
 Prenda a Ponteira (14) na parte de baixo do Frame do Encosto do Leg Press (BP).

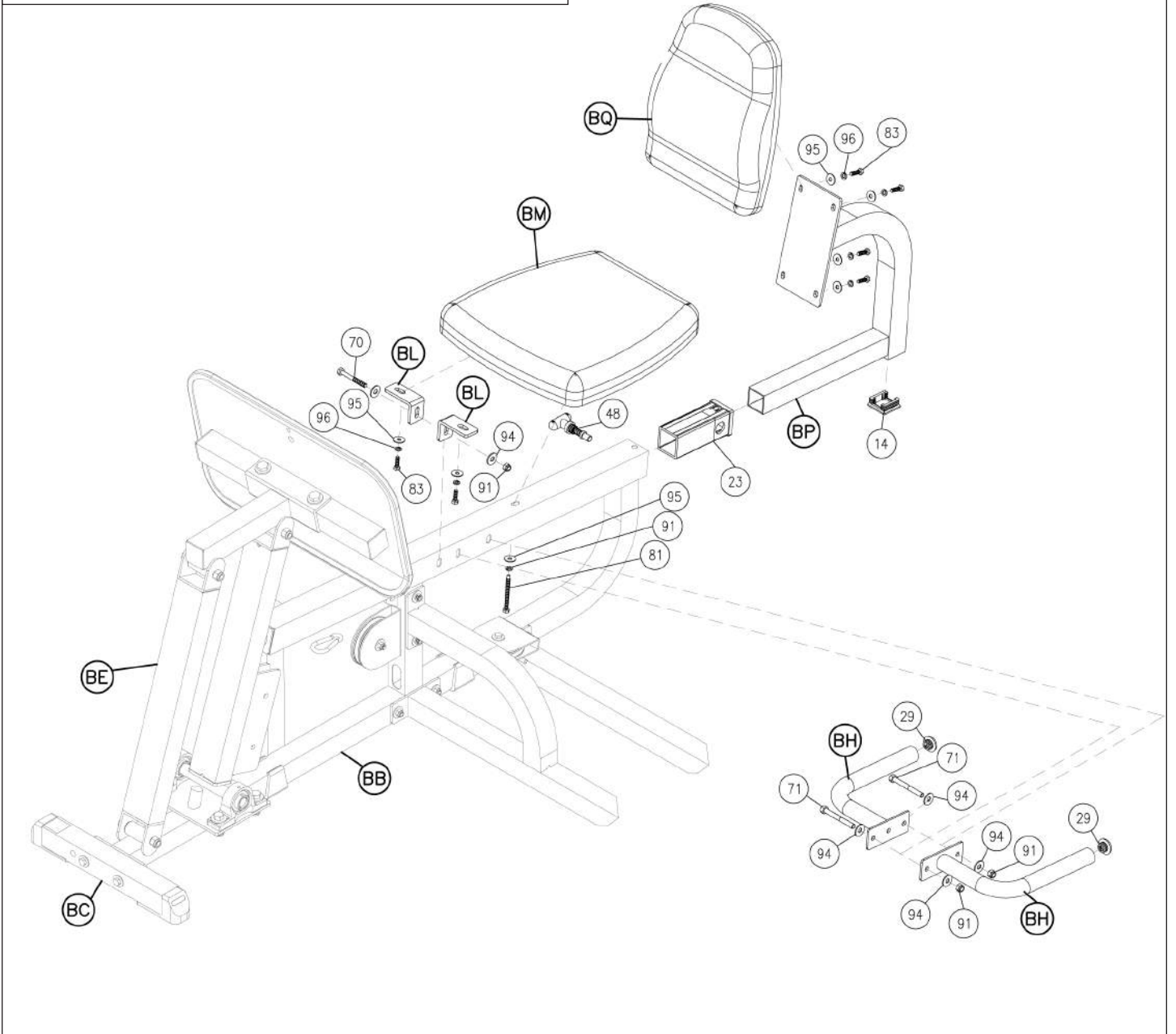
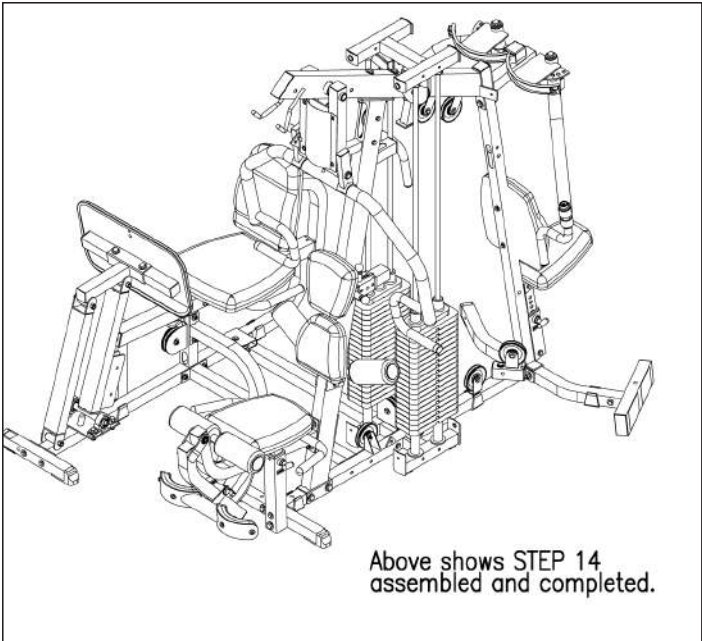
- F. Prenda o Encosto do Leg Press (BQ) ao Frame do Encosto do Leg Press (BP) usando:  
 Quatro 83 (parafuso 5/16"x 1")\*  
 Quatro 96 (arruela 5/16")  
 Quatro 95 (arruela 5/16")

\*Não aperte demais estes parafusos. Aperte estes parafusos até que a arruela fique plana. Apertar demais esses parafusos danificará as porcas.

Obs.:

Você deve agora apertar com as chaves todos os parafusos e porcas neste passo.  
 Não reaperte nenhum parafuso dos apoios ou das polias.

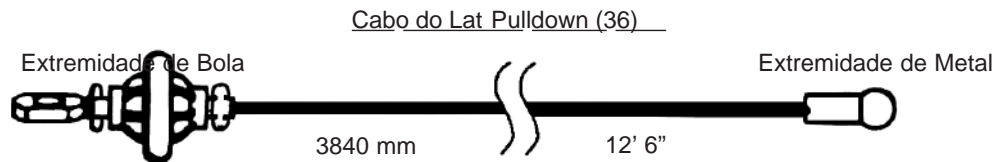




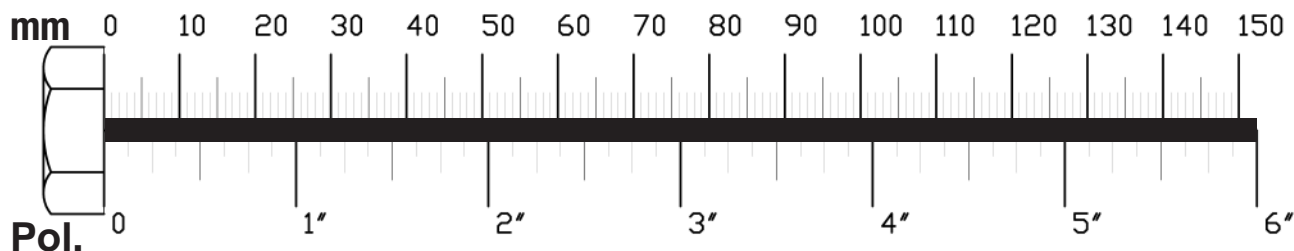
Be careful to assemble all components in the sequence they are presented.

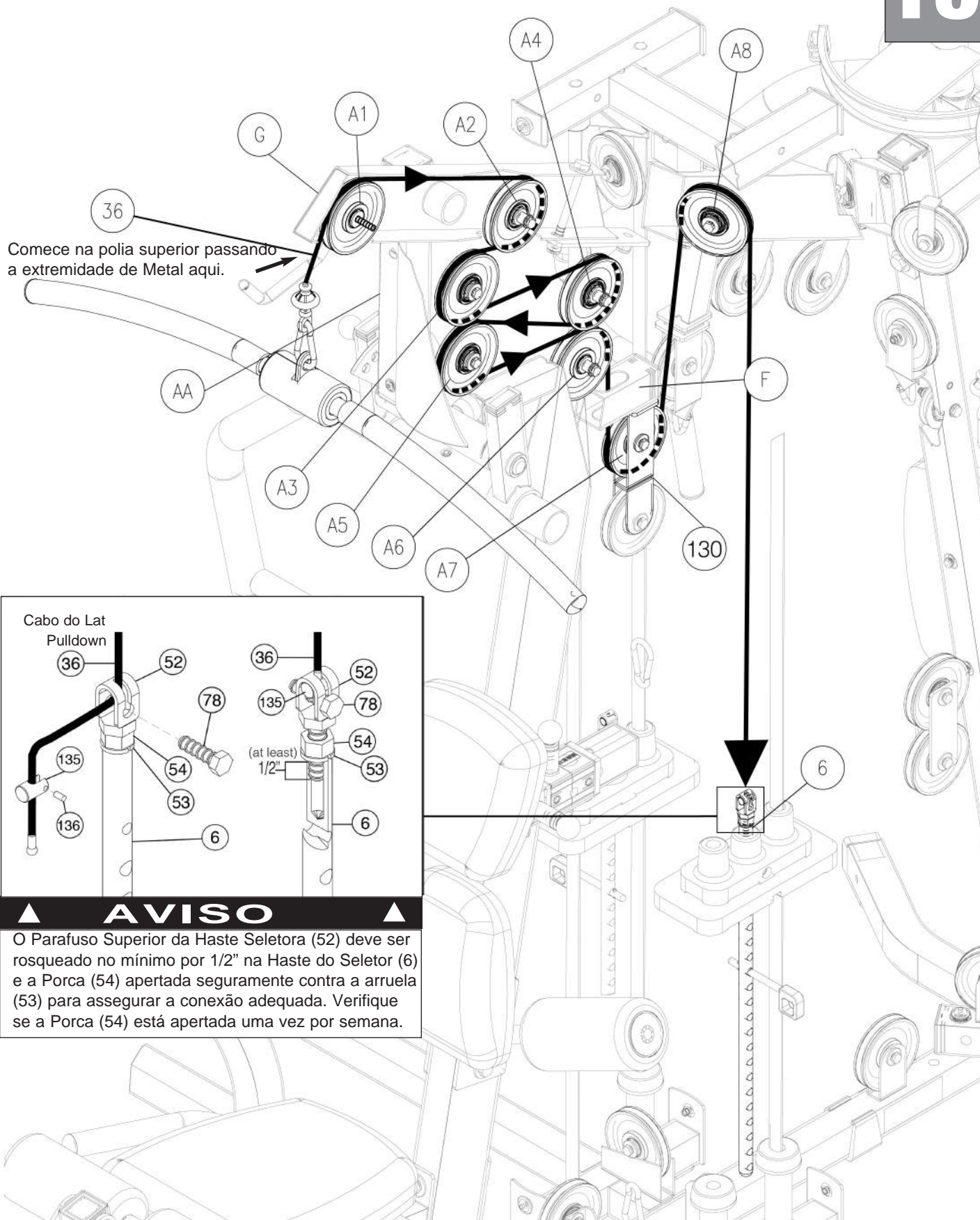
OBS.:

Todas as polias têm 4 1/4" de diâmetro (26), exceto quando observado.



- A. Comece pela parte frontal da estação. Insira extremidade de bola do Cabo do Lat Pulldown (36) no Frame Principal Superior (G), através do frame e para fora da segunda abertura. Passe todo o Cabo (36). Monte a Polia (A1) na primeira abertura e a Polia (A2) na segunda abertura. Certifique-se de que o Cabo (36) esteja acima dessas polias. Monte cada polia usando:
    - Um 73 (parafuso 3/8"x 2 3/4")
    - Dois 10 (espaçador da polia)
    - Um 91 (porca de nylon 3/8")
  - B. Remova a Polia (A3), passe o Cabo (36) por dentro da gaiola da polia como mostrado e recoloque a Polia (A3).
  - C. Remova a Polia (A4), passe o Cabo (36) ao redor da Polia (A4) como mostrado e recoloque a Polia (A4).
  - D. Remova a Polia (A5), passe o Cabo (36) por dentro da gaiola da polia como mostrado e recoloque a Polia (A5).
  - E. Passe o Cabo (36) por cima da Polia (A6). Passe o Cabo (36) para baixo através da abertura no braço pequeno do Frame Vertical Dianteiro (F). Passe todo o Cabo (36).
  - F. Passe o Cabo (36) através do Suporte Duplo da Polia (130) como mostrado e monte a Polia (A7) usando:
    - Um 76 (parafuso 3/8"x 1 3/4")
    - Dois 94 (arruela 3/8")
    - Um 91 (porca de nylon 3/8")
  - G. Passe o Cabo (36) para cima e sobre a Polia (A8)\* e então para baixo em direção à pilha de peso.
- \*Obs.:
- Deixe o parafuso através da Polia (A8) apertado com as mãos até o final dos Ajustes dos Cabos no Passo 21.
- H. Remova o Parafuso (56) do Parafuso Superior da Haste do Seletor (52), passe o Cabo (36) pelo Parafuso Superior da Haste do Seletor (52). Prenda o Eixo da Extremidade do Cabo (135) e aperte com o Parafuso Allen (136). Puxe o Cabo (36) com força, até que o Eixo da Extremidade do Cabo (135) encaixe no Parafuso Superior da Haste do Seletor (52). Recoloque o Parafuso (56) no Parafuso Superior da Haste do Seletor (52).





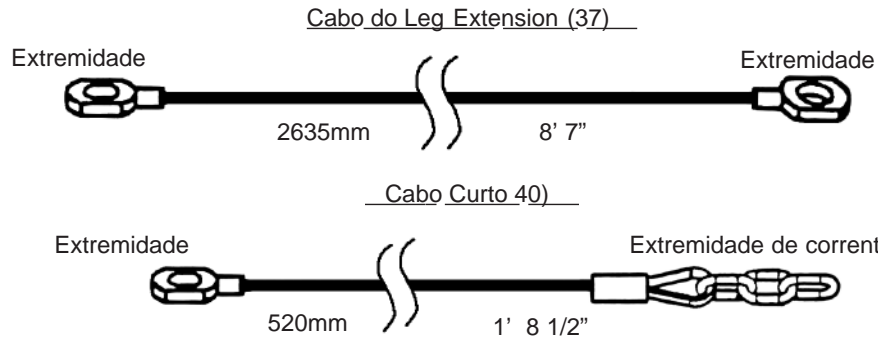
▲ **AVISO** ▲

O Parafuso Superior da Haste Seletora (52) deve ser rosqueado no mínimo por 1/2" na Haste do Seletor (6) e a Porca (54) apertada seguramente contra a arruela (53) para assegurar a conexão adequada. Verifique se a Porca (54) está apertada uma vez por semana.

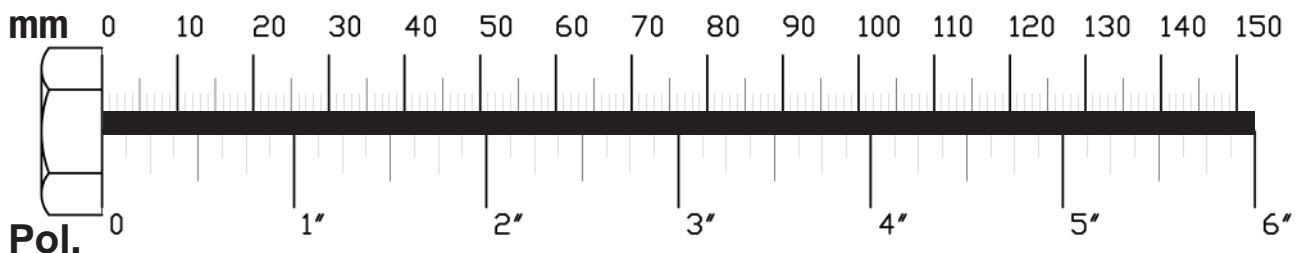
Be careful to assemble all components in the sequence they are presented.

OBS.:

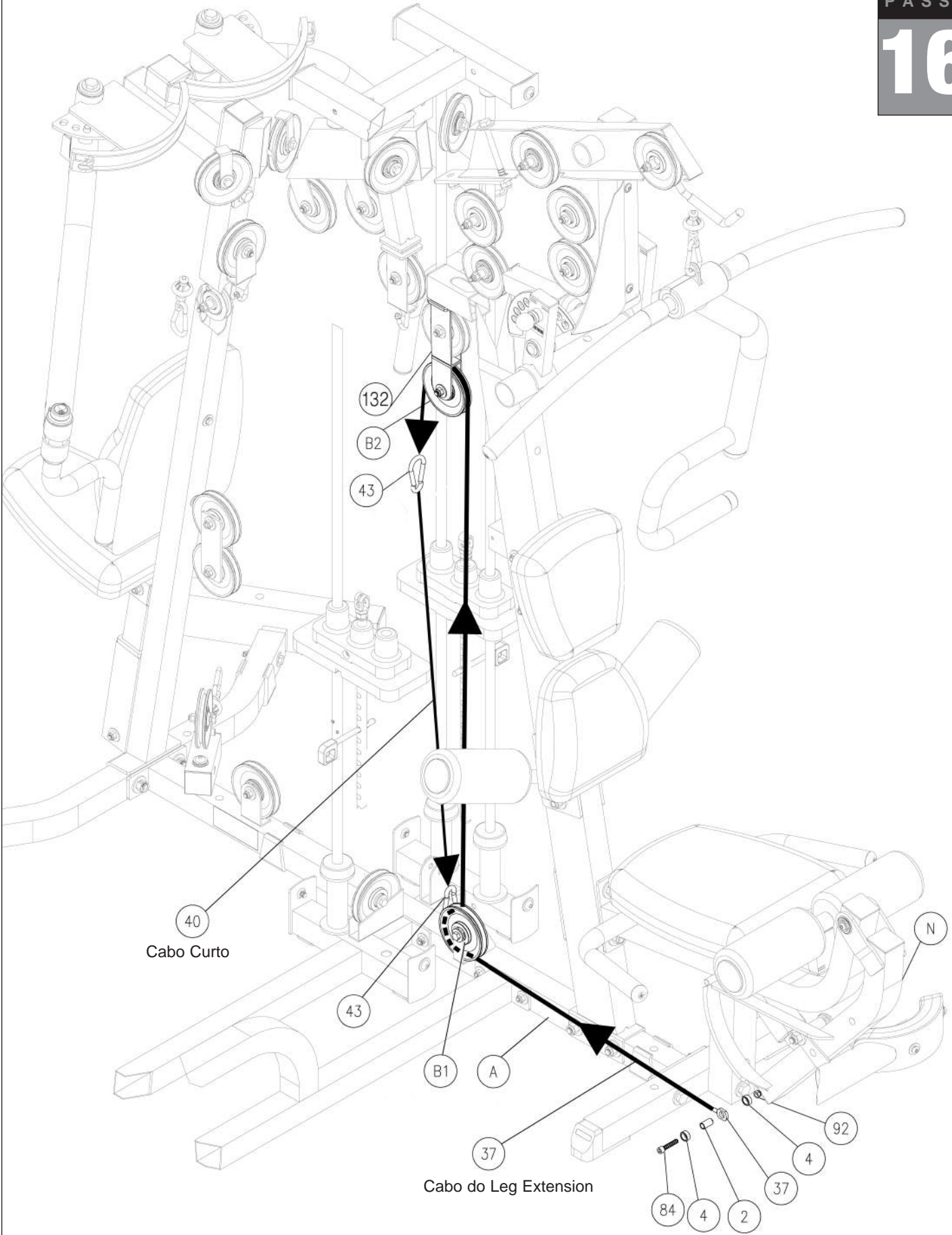
Todas as polias têm 4 1/4" de diâmetro (26), exceto quando observado.



- A. Prenda uma das extremidades do Cabo do Leg Extension (37) ao Braço do Leg Extension (N) usando:
  - Um 84 (parafuso allen 5/16"x 1 1/2")
  - Dois 4 (bucha de aço 3/4")
  - Um 2 (luva de aço 1/2")
  - Um 92 (porca de nylon 5/16")
- B. Passe o Cabo (37) por debaixo da Polia (B1) e para cima em direção ao Suporte Duplo da Polia (132).
- C. Passe o Cabo (37) por dentro da porção inferior do Suporte Duplo da Polia (132) como mostrado e monte a Polia (B2) usando:
  - Um 76 (parafuso 3/8"x 1 3/4")
  - Dois 94 (arruela 3/8")
  - Um 91 (porca de nylon 3/8")
- D. Prenda a extremidade furada do Cabo Curto (40) ao Cabo (37) usando um Mosquetão (43). Prenda a extremidade de corrente do Cabo (40) ao Frame Principal da Base (A) usando outro Mosquetão (43).



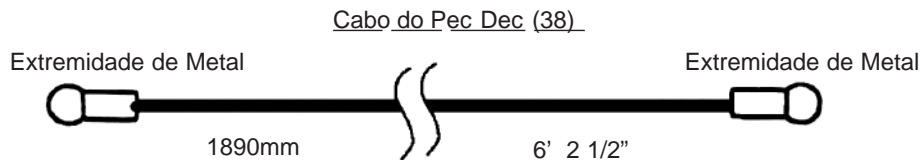




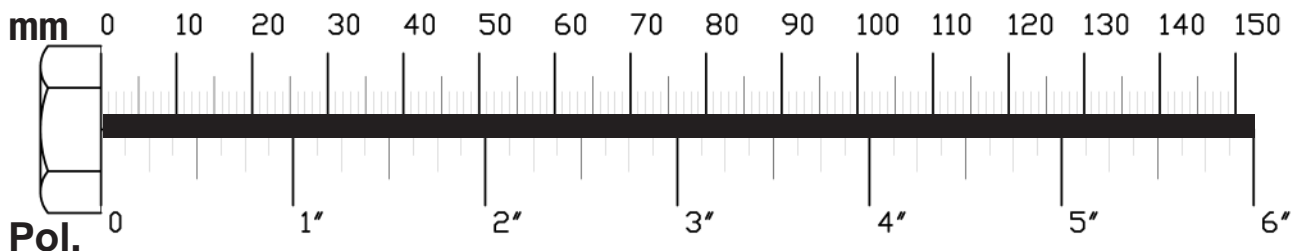
Be careful to assemble all components in the sequence they are presented.

OBS.:

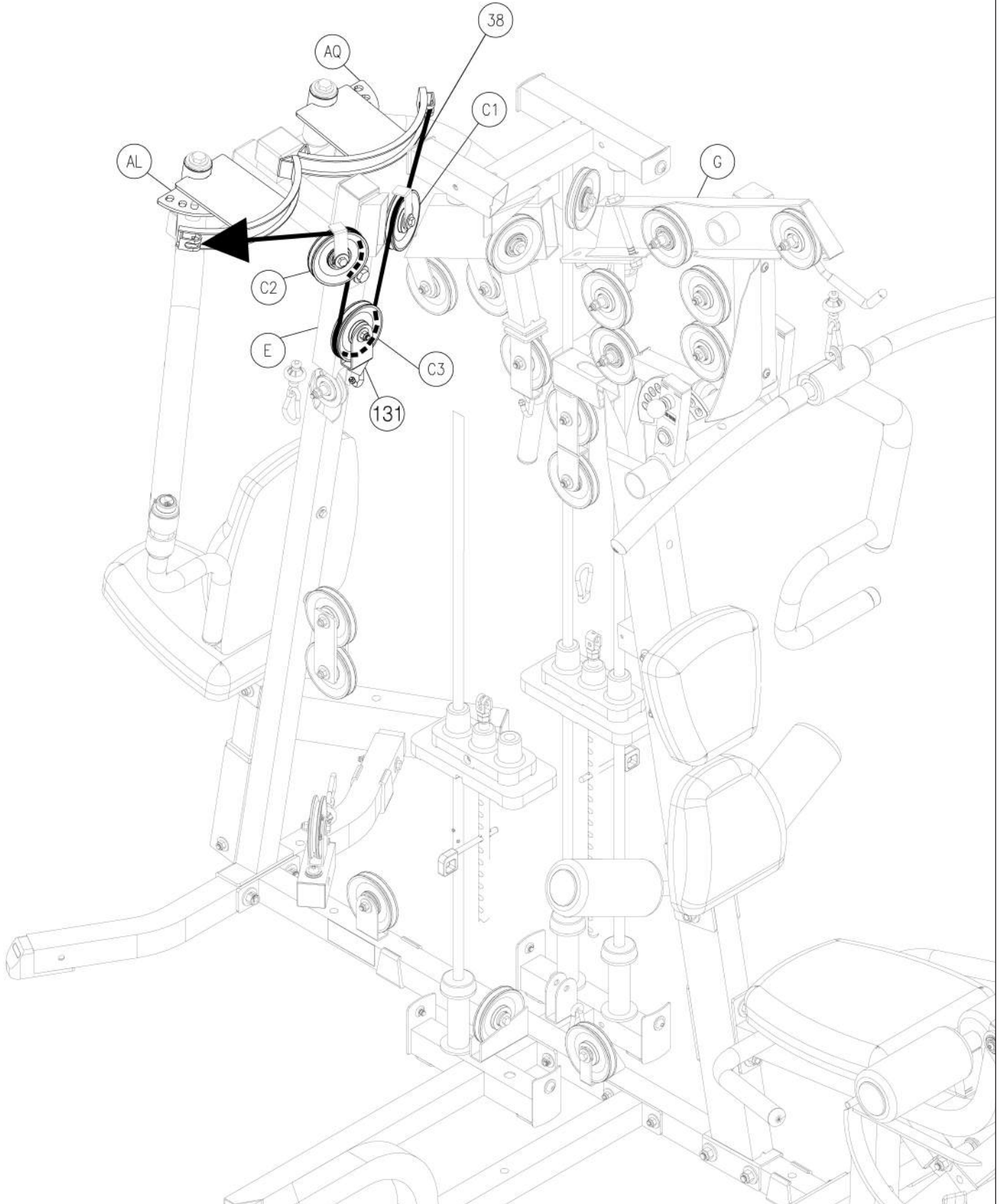
Todas as polias têm 4 1/4" de diâmetro (26), exceto quando observado.



- A. Prenda a extremidade de bola do Cabo do Pec Dec (38) ao Suporte Direito do Pec Dec (AQ) e guie abaixo do Frame Principal Superior (G).
- B. Prenda a outra extremidade de bola do Cabo (38) ao Suporte Esquerdo do Pec Dec (AL).
- C. Prenda a Polia (C1) à flange no Frame Superior (G) atrás do Suporte Direito do Pec Dec (AQ) usando:
  - Um 76 (parafuso 3/8"x 1 3/4")
  - Um 7 (guia do cabo da polia)
  - Dois 94 (arruela 3/8")
  - Um 91 (porca de nylon 3/8")
 Passe o Cabo do Pec Dec (38) sobre a Polia (C1).
- D. Prenda a Polia (C2) à flange no Frame Superior (G) atrás do Suporte Esquerdo do Pec Dec (AL) usando:
  - Um 76 (parafuso 3/8"x 1 3/4")
  - Um 7 (guia do cabo da polia)
  - Dois 94 (arruela 3/8")
  - Um 91 (porca de nylon 3/8")
 Passe o Cabo do Pec Dec (38) sobre a Polia (C2).
- E. Pendure o Suporte da Polia do Pec Dec (131) no Cabo do Pec Dec (38) como mostrado e monte a Polia (C3) usando:
  - Um 76 (parafuso 3/8"x 1 3/4")
  - Dois 94 (arruela 3/8")
  - Um 91 (porca de nylon 3/8")



Cabo do Pec Dec

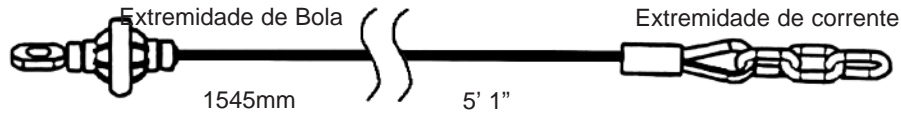


Be careful to assemble all components in the sequence they are presented.

OBS.:

Todas as polias têm 4 1/4" de diâmetro (26), exceto quando observado.

Cabo do Ab Crunch (39)

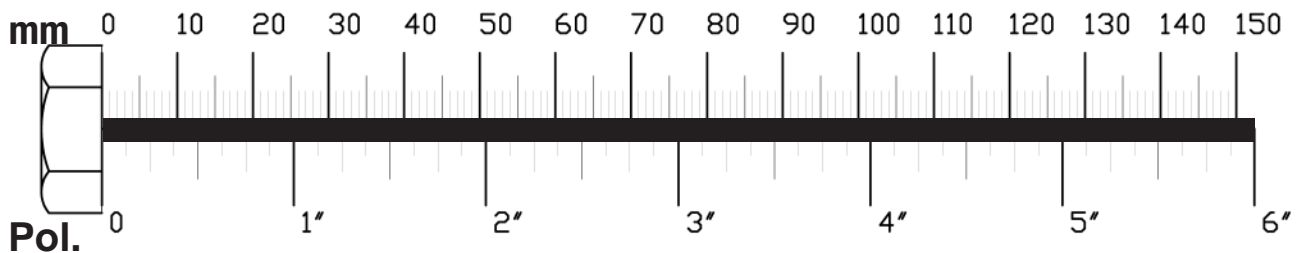


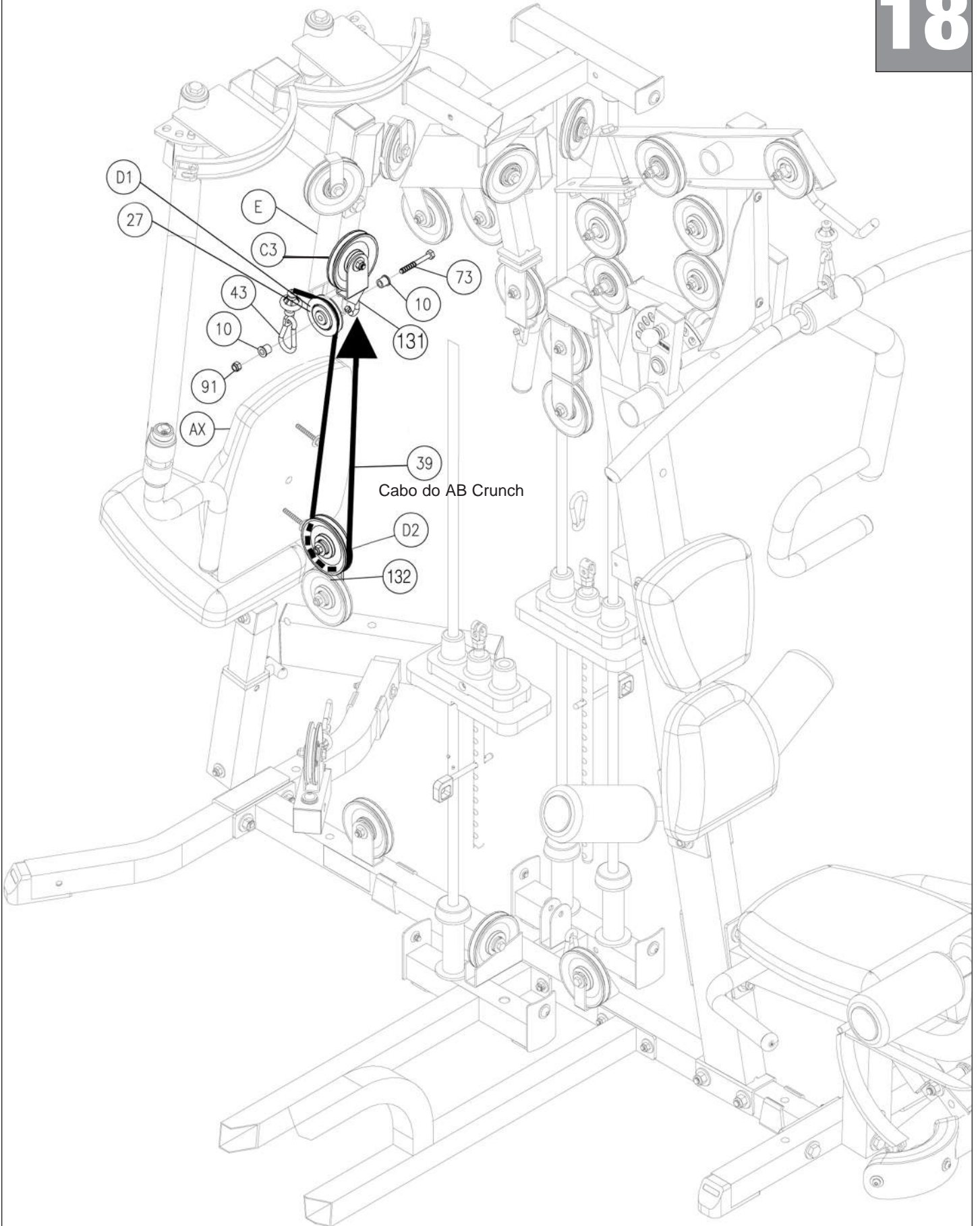
- A. Insira a extremidade de corrente do Cabo do Ab Crunch (39) na abertura acima do Encosto do Pec Dec (AX) e passe todo o cabo.

OBS.:

Você agora precisará de uma Polia 3" de diâmetro (27) para o próximo passo.

- B. Insira a Polia 3" (27) no Grame Vertical Traseiro (E) abaixo do Cabo (39) usando:  
Dois 10 (espaçador da polia)  
Um 73 (parafuso 3/8"x 2 3/4")  
Um 91 (porca de nylon 3/8")
- C. Prenda a extremidade de corrente do Cabo (39) à parte inferior do Suporte da Polia do Pec Dec (131).
- D. Pendure a Polia (D2) do Cabo (39) como mostrado usando duas Placas da Polia (132) e:  
Um 76 (parafuso 3/8"x 1 3/4")  
Dois 94 (arruela 3/8")  
Um 91 (porca de nylon 3/8")



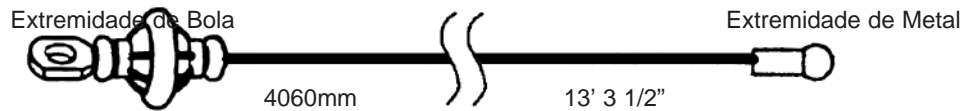


Be careful to assemble all components in the sequence they are presented.

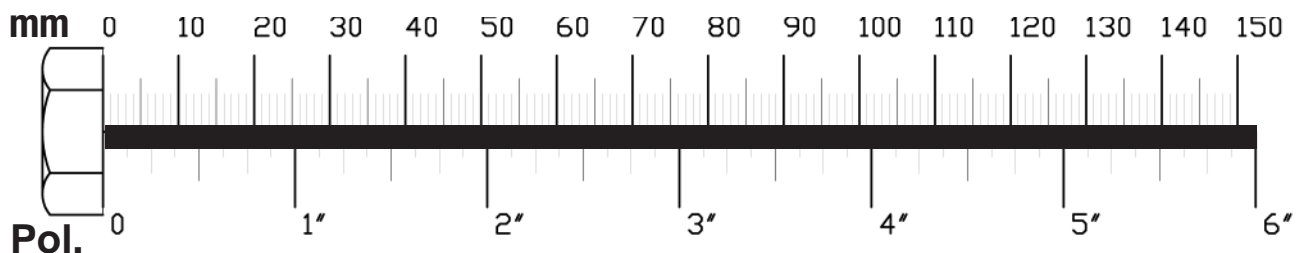
OBS.:

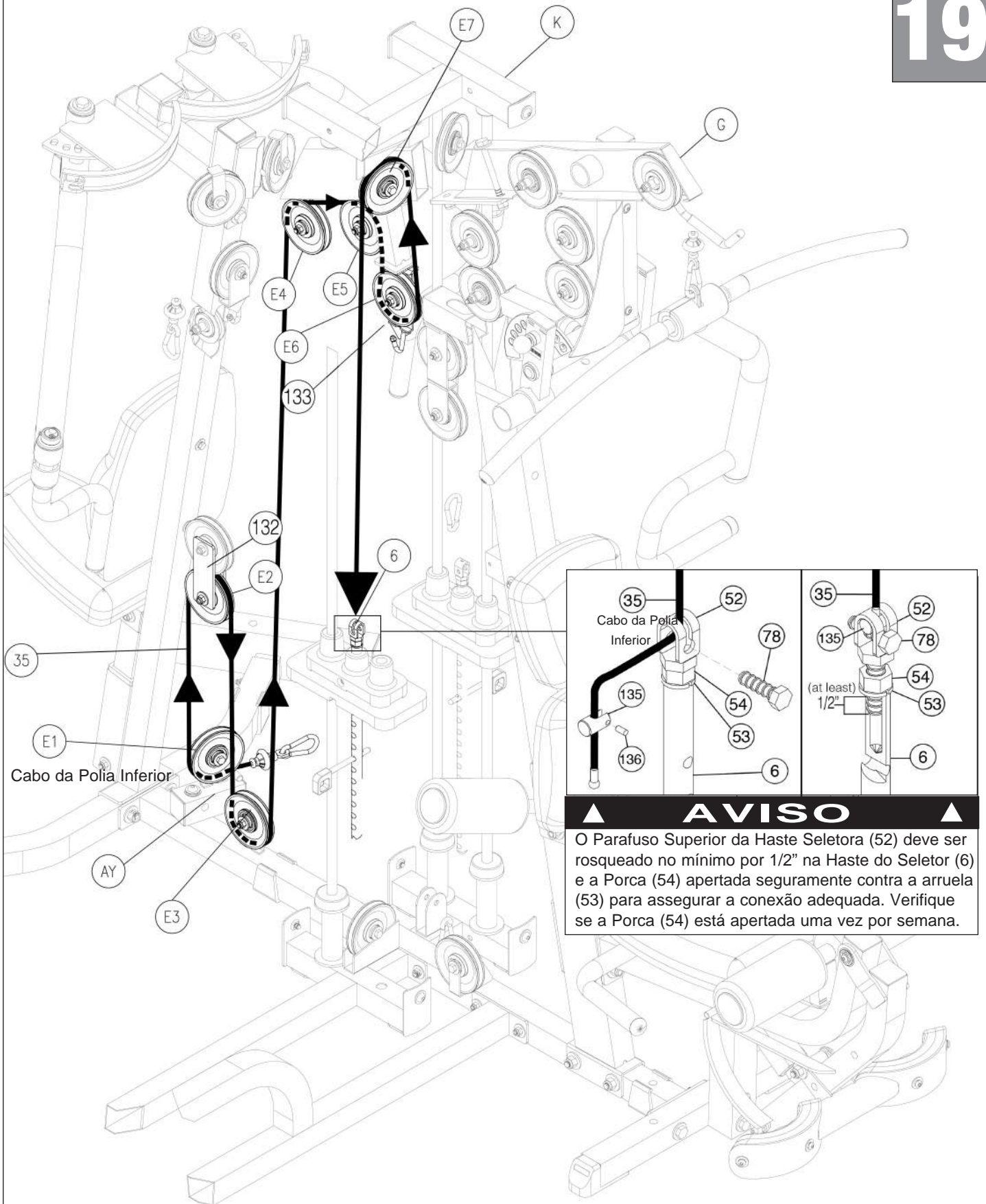
Todas as polias têm 4 1/4" de diâmetro (26), exceto quando observado.

Cabo da Polia Inferior (35)



- A. Insira a extremidade de metal do Cabo da Polia Inferior (35) no Frame da Polia Inferior (AY). Insira a extremidade de metal do Cabo (35) abaixo da Polia (E1).
  - B. Passe o Cabo (35) acima da Polia (E2) e prenda a Polia (E2) à parte de baixo das Placas da Polia (132) usando:
    - Um 76 (parafuso 3/8"x 1 3/4")
    - Dois 94 (arruela 3/8")
    - Um 91 (porca de nylon 3/8")
  - C. Passe o Cabo (35) por debaixo da Polia (E3).
  - D. Passe o Cabo (35) acima das Polias (E4) e (E5).
  - E. Passe o Cabo (35) pelo Suporte da Polia com Gancho (133) como mostrado. Monte a Polia (E6) usando:
    - Um 76 (parafuso 3/8"x 1 3/4")
    - Dois 94 (arruela 3/8")
    - Um 91 (porca de nylon 3/8")
  - F. Remova a Polia (E7) da gaiola da polia. Insira o Cabo (35) na gaiola da polia como mostrado e recoloque a Polia (E7).\*
- \*Obs.:
- Deixe o parafuso que passa a Polia (E7) apertado com as mãos somente até o final dos Ajustes dos Cabos no Passo 21.
- G. Remova o Parafuso (56) do Parafuso Superior da Haste do Seletor (52), passe o Cabo (35) pelo Parafuso Superior da Haste do Seletor (52). Prenda o Eixo da Extremidade do Cabo (135) e aperte com o Parafuso Allen (136). Puxe o Cabo (35) com força, até que o Eixo da Extremidade do Cabo (135) encaixe no Parafuso Superior da Haste do Seletor (52). Recoloque o Parafuso (56) no Parafuso Superior da Haste do Seletor (52).

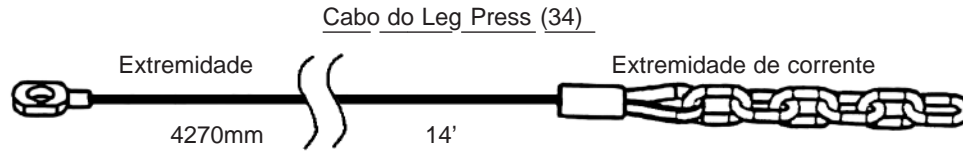




Be careful to assemble all components in the sequence they are presented.

OBS.:

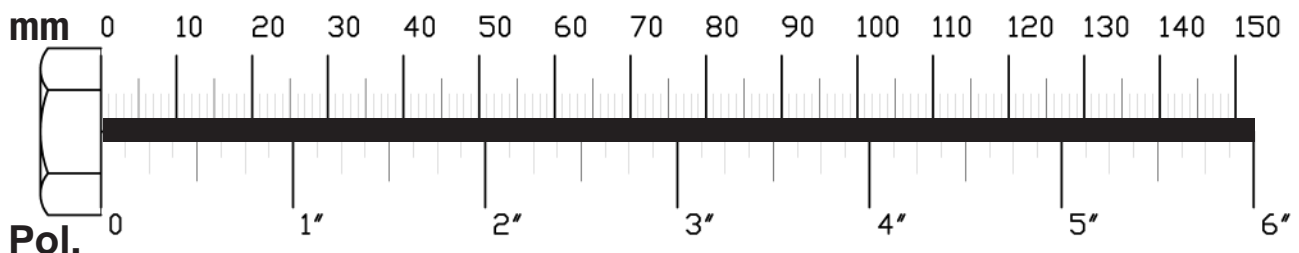
Todas as polias têm 4 1/4" de diâmetro (26), exceto quando observado.



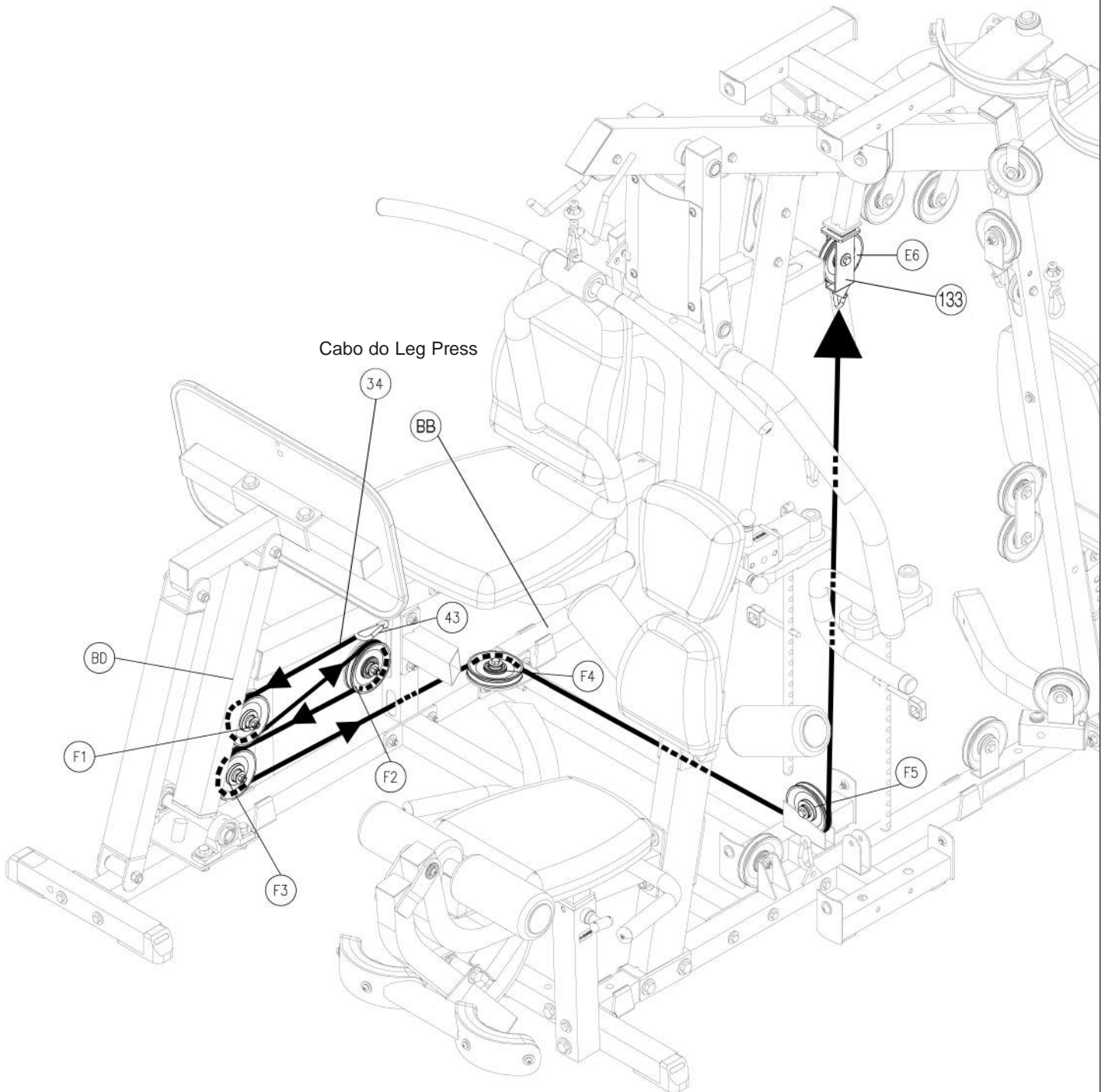
- A. Prenda a corrente do Cabo do Leg Press (34) ao Frame do Leg Press (BB) com o Mosquetão (43).
- B. Passe o Cabo (34) pela parte de cima da gaiola da polia no Pivô do Leg Press (BD) como mostrado e monte a Polia (F1) usando:
  - Um 75 (parafuso 3/8"x 2")
  - Dois 94 (arruela 3/8")
  - Um 91 (porca de nylon 3/8")
- C. Passe o Cabo (34) sobre a Polia (F2) como mostrado.
- D. Passe o Cabo (34) de volta na parte de baixo da gaiola da polia no Pivô do Leg Press (BD) e monte o Cabo (34) acima da Polia (F3) usando:
  - Um 75 (parafuso 3/8"x 2")
  - Dois 94 (arruela 3/8")
  - Um 91 (porca de nylon 3/8")
- E. Passe o Cabo (34) pela abertura na coluna de suporte do Frame do Leg Press (BB).  
Passe todo o Cabo (34).  
Passe o Cabo (34) ao redor da Polia (F4) como mostrado e em direção à Polia (F5).
- F. Passe o Cabo (34) abaixo da Polia (F5) e para cima na parte inferior do Suporte da Polia com Gancho (133).  
Prenda o Cabo (34) no Suporte da Polia com Gancho (133).

Obs.:

Você deve agora apertar com as chaves todos os parafusos e porcas neste passo.  
Exceto os parafusos dos apoios.







### AGORA É HORA DE SE FAZER TODOS OS AJUSTES NECESSÁRIOS PARA OS CABOS

Após a instalação dos cabos ter sido completada, você deve verificar a tensão de todos os cabos. Sinais óbvios de problemas com a tensão do cabo incluem:

- A Placa Superior (8) não pára diretamente no topo da pilha de peso.
- As aberturas na Haste do Seletor (6) não estão alinhadas com as aberturas das Placas de Peso.
- Cabo(s) estão frouxos e não há resistência da pilha de pesos para os primeiros centímetros de exercício.

Existem DEZ áreas para ajuste do cabo na G9S:

- Ⓐ DOIS Parafusos Superiores da Haste do Seletor (52)
- Ⓑ TRÊS Apoios de Borracha (42)
- Ⓒ TRÊS Correntes de Ajuste no Cabos (34), (39), (40).
- Ⓓ DOIS Ajustes na gaiola da polia no Frame Superior da Polia (K)

VEJA OBS 1 E OBS 2 NA PÁGINA 43.

Se houver muita tensão, e a Placa Superior (8) não parar diretamente sobre o topo da placa de peso:

- 1° -Gire e aperte o Apoio de Borracha (42).
- 2° -Adicione mais um Mosquetão.
- 3° -Mova a polia para uma abertura mais abaixo na gaiola da polia do Frame Superior da Polia (K).

Se há muito jogo ou folga excessiva:

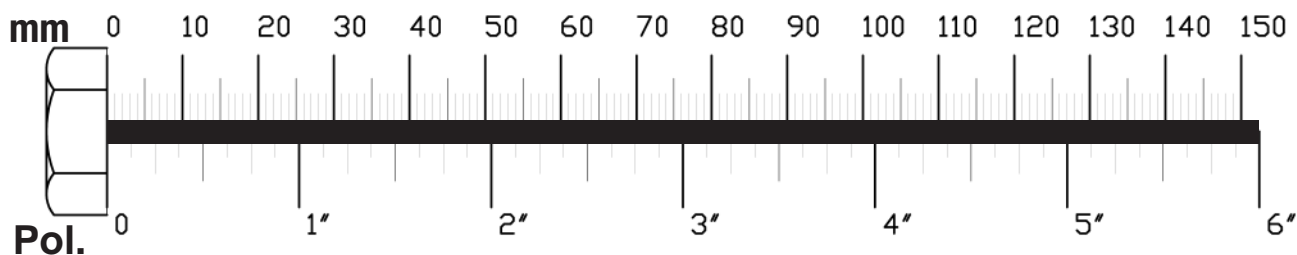
- 1° -Gire e afrouxe o Apoio de Borracha (42).
- 2° -Retire um Mosquetão.
- 3° -Mova a polia para uma abertura mais acima na gaiola da polia do Frame Superior da Polia (K).
- 4° -Parafuse mais o Parafuso Superior da Haste do Seletor (52) na Haste do Seletor (6).

OBS.:

Os cabos devem ser inspecionados diariamente e ajustados periodicamente para garantir segurança e operação tranqüila.

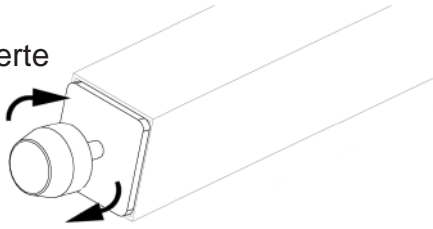
OBS.:

Após os ajustes dos cabos terem sido completados, volte e aperte os dois parafusos na gaiola da polia no Frame da Polia Superior (K).



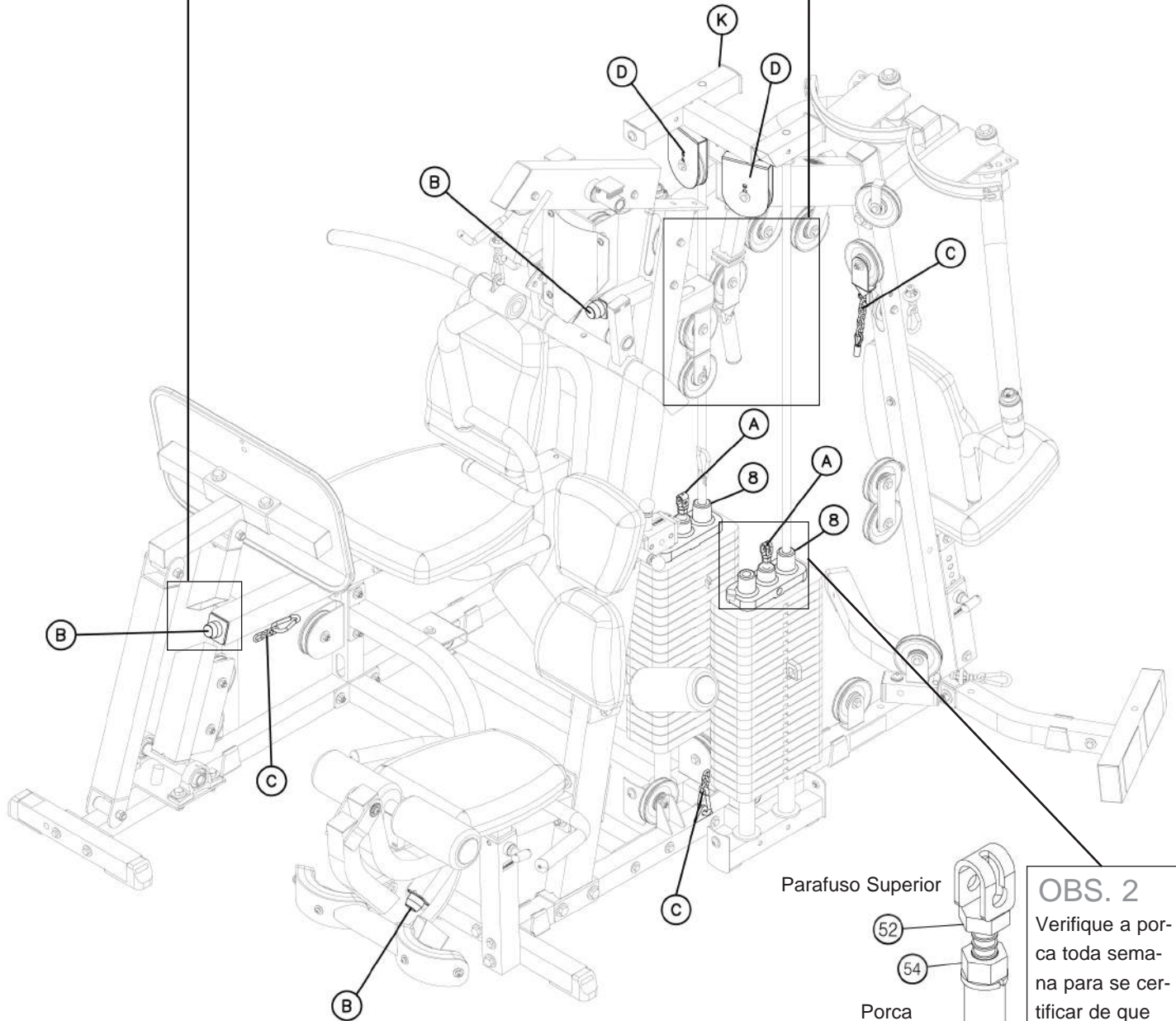
## B. Apoio de Borracha (42)

Aperte



## OBS. 1

Antes de começar os ajustes finais dos cabos, certifique-se de que ambas as gaiolas das polias estejam assentadas o mais perto possível das partes com solda nas partes do frame.



Parafuso Superior

52

54

Porca

## OBS. 2

Verifique a porca toda semana para se certificar de que esteja travada na haste.

## ▲ AVISO ▲

O Parafuso Superior da Haste do Seletor (52) deve ser rosqueado no mínimo por 1/2" na Haste do Seletor (6) e a Porca (54) deve ser apertada seguramente para garantir coxção adequada.

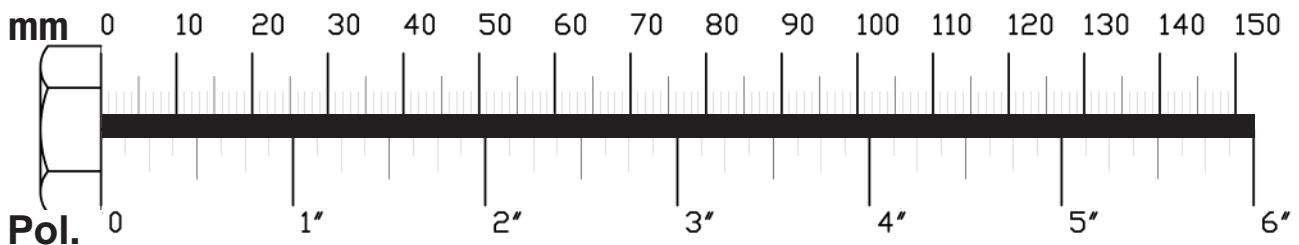
Be careful to assemble all components in the sequence they are presented.

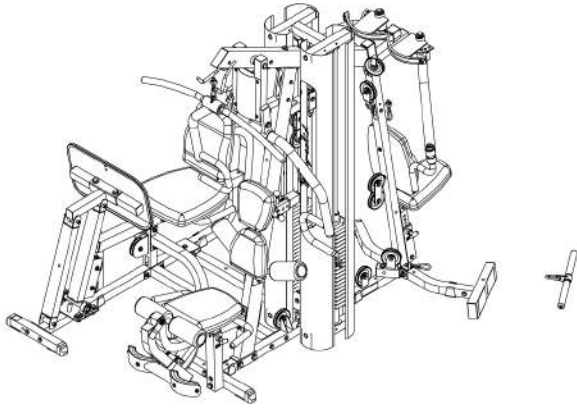
VEJA OBS 1 na página 45:

- A. Aplique os números das pilhas de peso na Placa Superior (8) e em cada Placa de Peso como mostrado.

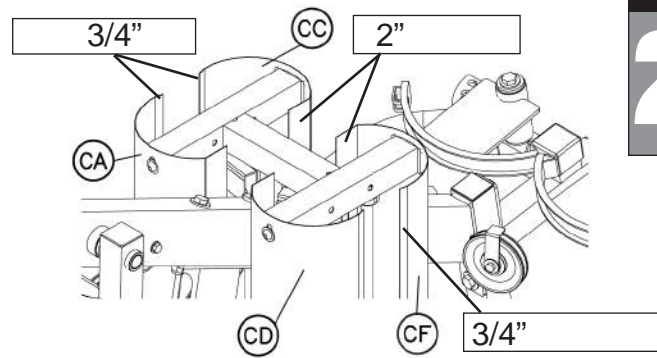
VEJA OBS 2 na página 45: Observe o formato de cada carenagem para colocação correta.

- B. A Carenagem da Pilha de Peso (CA) está pré-montada com o Acabamento da Carenagem (CB). Prenda a Carenagem da Pilha de Peso (CA) em cada lado da pilha de peso como mostrado. Parafuse o Frame Lateral da Base (B) e o Frame da Polia Superior (K) usando:  
Dois 87 (parafuso allen 3/8" x 5/8")  
Dois 98 (arruela 3/8")
- C. Prenda a Carenagem da Placa de Peso (CC) ao outro lado desta pilha de peso usando:  
Dois 87 (parafuso allen 3/8" x 5/8")  
Dois 98 (arruela 3/8")
- D. A Carenagem da Placa de Peso (CD) está pré-montada com o Acabamento da Carenagem (CE). Prenda a Carenagem da Placa de Peso (CD) à lateral da pilha de peso como mostrado. Parafuse no Frame Principal da Base (A) e no Frame da Polia Superior (K) usando:  
Dois 87 (parafuso allen 3/8" x 5/8")  
Dois 98 (arruela 3/8")
- E. Prenda a Carenagem da Placa de Peso (CF) ao outro lado desta pilha de peso usando:  
Dois 87 (parafuso allen 3/8" x 5/8")  
Dois 98 (arruela 3/8")





Above shows STEP 21 assembled and completed.

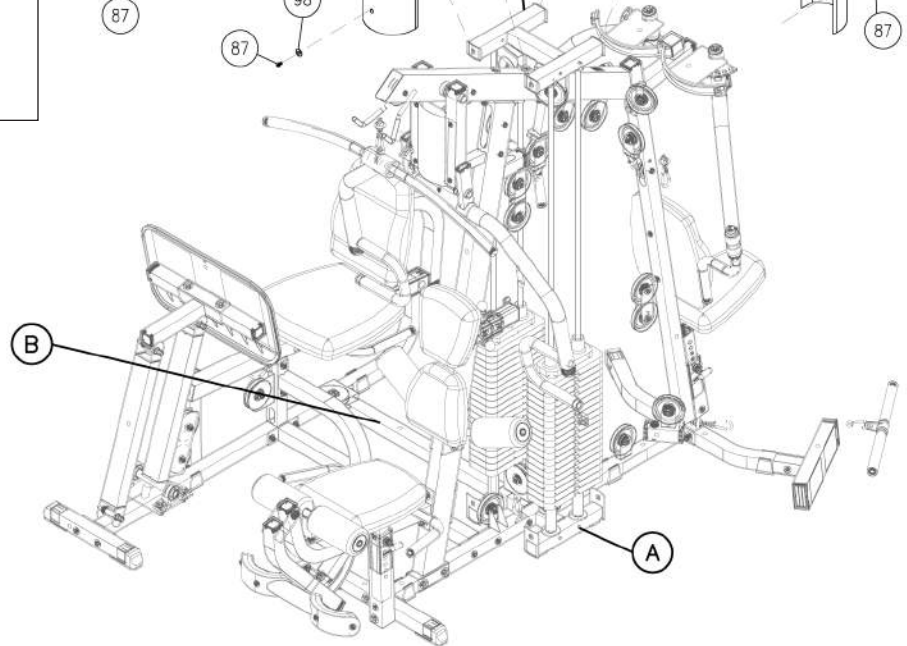
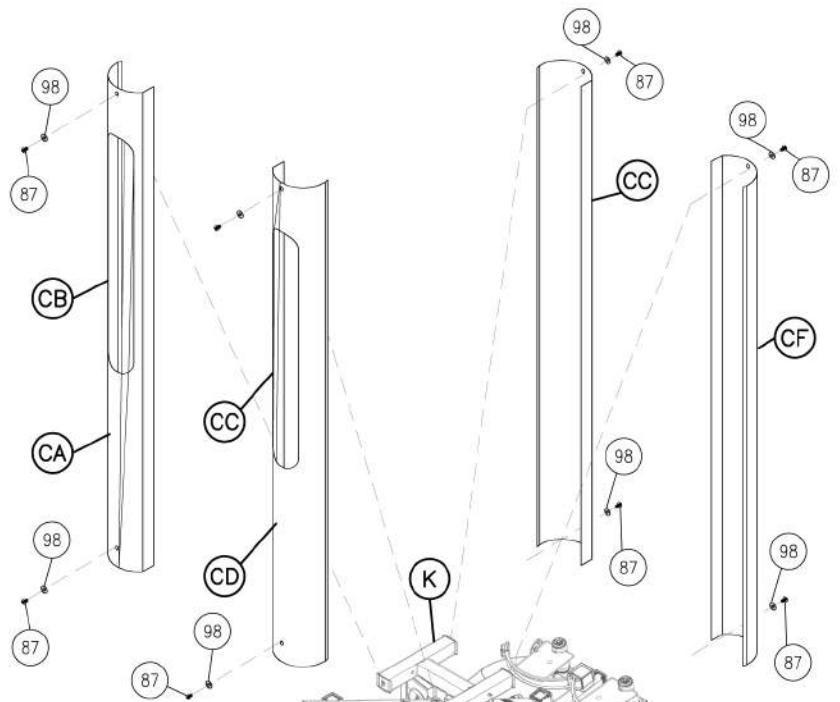
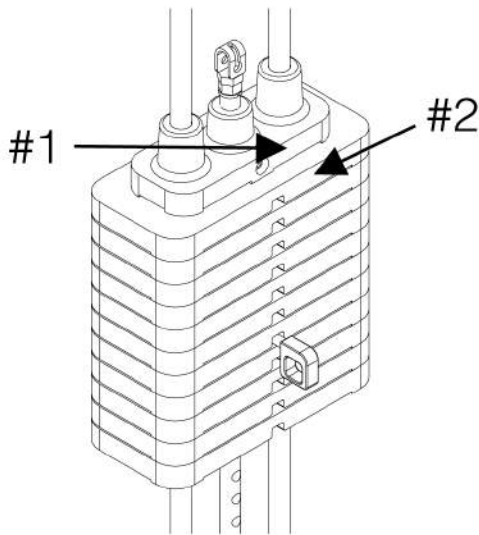


OBS. 2

Esta é a vista superior das quatro Carenagem da Pilha de Peso. Verifique a forma de cada uma para colocação correta.

OBS. 1

Aplique os números nas Placas da Pilha de Peso (51). Comece pela Placa Superior (8) com o número 1, e a primeira placa deve ser a de número 2. As Placas da Pilha de Peso (51) seguintes devem ser enumeradas na order seqüencial para baixo da pilha.



## Lista de Peças G9S

Posição	Código	Descrição	Qtd.
A	G9S-A	FRAME PRINCIPAL DA BASE	1
B	G9S-B	FRAME LATERAL DA BASE	1
C	G9S-C	FRAME DIANTEIRO DA BASE	1
D	G9S-D	FRAME TRASEIRO DA BASE	1
E	G9S-E	FRAME VERTICAL TRASEIRO	1
F	G9S-F	FRAME VERTICAL DIANTEIRO	1
G	G9S-G	FRAME PRINCIPAL SUPERIOR	1
H	G9S-H	FRAME DO PEC DEC	1
J	G9S-J	HASTE GUIA	4
K	G9S-K	FRAME DA POLIA SUPERIOR	1
L	G9S-L	FRAME DO LEG EXTENSION	1
M	G9S-M	PLACA 2"X 6"	1
N	G9S-N	BRAÇO DO LEG EXTENSION	1
P	G9S-P	EIXO 2"	1
Q	G9S-Q	SUPORTE DO LEG EXTENSION	1
S	G9S-S	FRAME DO SUPORTE DO LEG EXTENSION	1
T	G9S-T	AJUSTADOR HIDRÁULICO DO ASSENTO (PRÉ-INSTALADO)	1
U	G9S-U	BARRAS DO LEG EXTENSION	2
W	G9S-W	BARRA DO ROLO DE ESPUMA	1
X	G9S-X	SUPORTE DO LEG	2
Y	G9S-Y	SUPORTE DO ENCOSTO	1
Z	G9S-Z	AJUSTADOR DO ENCOSTO	1
ZB	G9S-ZB	ACABAMENTO DO ENCOSTO	1
AA	G9S-AA	SUPORTE DO BRAÇO DO SEATED PRES	1
AB	G9S-AB	EIXO 9"	1
AC	G9S-AC	BRAÇOS DO SEATED PRESS	1
AD	G9S-AD	EIXO 11 3/4"	1
AK	G9S-AK	BRAÇO ESQUERDO DO PEC DEC	1
AL	G9S-AL	SUPORTE ESQUERDO DO PEC DEC	1
AM	G9S-AM	BARRA ESQUERDA DO PEC DEC	1
AP	G9S-AP	BRAÇO DIREITO DO PEC DEC	1
AQ	G9S-AQ	SUPORTE DIREITO DO PEC DEC	1
AR	G9S-AR	BARRA DIREITA DO PEC DEC	1
AU	G9S-AU	AJUSTADOR HIDRÁULICO DO ASSENTO	1
AV	G9S-AV	FRAME DO ASSENTO DO PEC DEC	1
AY	G9S-AY	FRAME DA POLIA INFERIOR	1
AZ	G9S-AZ	BARRA DO PÉ	1

Os números das peças são requisitados para se solicitar peças.

## Lista de Peças G9S

Posição	Código	Descrição	Qtd.
BA	G9S-BA	CONECTOR DO LEG PRESS	1
BB	G9S-BB	FRAME DO LEG PRESS	1
BC	G9S-BC	FRENTE DO LEG PRESS	1
BD	G9S-BD	PIVÔ DO LEG PRESS	1
BE	G9S-BE	PIVÔ FRONTAL DO LEG PRESS	1
BF	G9S-BF	EIXO 3"	3
BG	G9S-BG	FRAME "T" DA PLACA DO PÉ	1
BH	G9S-BH	BARRAS DO LEG PRESS	2
BL	G9S-BL	FLANGE DO ASSENTO	2
BP	G9S-BP	FRAME DO ENCOSTO DO LEG PRESS	1

## Lista de Carenagens

Posição	Código	Descrição	Qtd.
AE	G9S-AE	CARENAGEM DO SEATED PRESS	1
CA	G9S-CA	CARENAGEM DA PILHA DE PESO	1
CB	G9S-CB	ACABAMENTO DA CARENAGEM	1
CC	G9S-CC	CARENAGEM DA PLACA DE PESO	1
CD	G9S-CD	CARENAGEM DA PLACA DE PESO	1
CE	G9S-CE	ACABAMENTO DA CARENAGEM	1
CF	G9S-CF	CARENAGEM DA PLACA DE PESO	1

## Lista de Apoios

Posição	Código	Descrição	Qtd.
R	G9S-R	APOIO DO LEG	2
V	G9S-V	ASSENTO DO LEG EXTENSION	1
ZA	G9S-ZA	ENCOSTO SUPERIOR	1
ZC	G9S-ZC	ENCOSTO INFERIOR	1
AW	G9S-AW	ASSENTO DO PEC DEC	1
AX	G9S-AX	ENCOSTO DO PEC DEC	1
BM	G9S-BM	ASSENTO DO LEG PRESS	1
BQ	G9S-BQ	ENCOSTO DO LEG PRES	1

Os números das peças são requisitados para se solicitar peças.

# Lista de Peças G9S

Posição	Código	Descrição	Qtd.
1	G9S-001	PINO DA PILHA DE PESO 4 1/4" L X 7/16" W	2
2	G9S-002	LUVA DE AÇO 1/2" OD X 5/16" ID X 3/4" L	1
3	G9S-003	CORRENTE DE AÇO 3/16"	1
4	G9S-004	BUCHA DE AÇO 3/4" OD X 1/2" ID X 5/16" W	2
5	G9S-005	ARRUELA PLÁSTICA 3" OD X 1" ID	2
6	G9S-006	HASTE DO SELETOR (20 aberturas de seleção)	2
7	G9S-007	GUIA DO CABO DA POLIA 3" L X 1" W	3
8	G9S-008	PLACA SUPERIOR (10 lbs.)	2
9	G9S-009	ARRUELA 1 3/8" OD X 1" ID (35mm X 25mm)	2
10	G9S-010	ESPAÇADOR DA POLIA 9/16" X 3/8" ID X 5/8" L (15mm X 9mm X 17mm)	10
12	G9S-012	ROLO DE ESPUMA 4" X 8"	4
13	G9S-013	PONTEIRA PLÁSTICA 2" X 2" (9/16" ESPESSURA)	5
14	G9S-014	PONTEIRA PLÁSTICA 2" X 2" (3/4" ESPESSURA)	13
15	G9S-015	PONTEIRA PLÁSTICA 1" X 2"	4
16	G9S-016	PONTEIRA PLÁSTICA 2" X 4"	2
17	G9S-017	PONTEIRA DA ABERTURA DO FRAME 3/8" (redonda)	1
18	G9S-018	PONTEIRA PLÁSTICA DO ROLO 2.5" OD X 1" ID	4
19	G9S-019	PONTEIRA DO PÉ 2" X 2" (1.8" ESPESSURA)	3
20	G9S-020	PONTEIRA DO PÉ 2" X 2" (2.5" ESPESSURA)	2
21	G9S-021	BUCHA PLÁSTICA 2" X 2" (2" COMPRIMENTO)	2
22	G9S-022	COLAR DO EIXO 1 3/8" OD 3/4 ID 1.5" L	4
23	G9S-023	BUCHA PLÁSTICA 2" X 2" (6 1/2" COMPRIMENTO)	3
24	G9S-024	PONTEIRA PLÁSTICA 2"	2
25	G9S-025	NIVELADOR DO FRAME 2" X 2"	5
26	G9S-026	POLIA PLÁSTICA 4 1/4" X 3/4" LARGURA	26
27	G9S-027	POLIA PLÁSTICA 3" X 5/8" LARGURA	1
28	G9S-028	ACABAMENTOS DA PILHA DE PESO 2" X 2"	4
29	G9S-029	PONTEIRA 1 1/2"	10
30	G9S-030	APOIO DE BORRACHA	2
31	G9S-031	ANEL DE BORRACHA 2 1/2"	4
32	G9S-032	PONTEIRA QUADRADA DE BORRACHA 2" X 2"	1
33	G9S-033	FITA ADESIVA 5 1/2" X 3 3/4"	2
41	G9S-041	BUCHA 7/8" OD X 3/8" ID (22mm X 11mm leg press)	6
42	G9S-042	APOIO DE BORRACHA 1 1/2"	3
43	G9S-043	MOSQUETÃO	7
45	G9S-045	ROLAMENTO 1" ID	2
47	G9S-047	PROTETOR DO PÉ (PRÉ-INSTALADO)	1
48	G9S-048	POP PIN "T" 3" L	3
49	G9S-049	BUCHA 7/8" OD X 3/8" ID (22mm X 11mm leg extension)	2
50	G9S-050	POP PIN CABEÇA DE BOLA 5.5" L (pec dec)	2
51	G9S-051	PLACA DA PILHA DE PESO 10lbs.	40
52	G9S-052	PARAFUSO SUPERIOR DA HASTE DO SELETOR 1/2" X 2"	2
53	G9S-053	ARRUELA 1/2"	2
54	G9S-054	PORCA 1/2"	2
55	G9S-055	ELEVADORES DA PILHA DE PESO 4 7/8" L	4
56	G9S-056	POP PIN CABEÇA DE BOLA 3 13/16" L (apoio traseiro)	2
57	G9S-057	POP PIN CABEÇA DE BOLA 3 11/16" L (seated press)	1
59	G9S-059	PARAFUSO 1/2" X 1" ROSCA CHEIA	2

Os números das peças são requisitados para se solicitar peças.



## Lista de Peças G9S

Posição	Código	Descrição	Qty.
60	G9S-060	PARAFUSO 1/2" X 5 1/2" ROSCA PARCIAL	1
61	G9S-061	PARAFUSO 1/2" X 5 1/4" ROSCA PARCIAL	3
62	G9S-062	PARAFUSO 1/2" X 5" ROSCA PARCIAL	2
63	G9S-063	PARAFUSO 1/2" X 3 1/2" ROSCA PARCIAL	1
64	G9S-064	PARAFUSO 1/2" X 3 1/4" ROSCA PARCIAL	9
65	G9S-065	PARAFUSO 1/2" X 3" ROSCA PARCIAL	4
66	G9S-066	PARAFUSO 1/2" X 1 3/4" ROSCA CHEIA	4
70	G9S-070	PARAFUSO 3/8" X 3 1/2" ROSCA PARCIAL	1
71	G9S-071	PARAFUSO 3/8" X 3 1/4" ROSCA PARCIAL	2
72	G9S-072	PARAFUSO 3/8" X 3" ROSCA PARCIAL	3
73	G9S-073	PARAFUSO 3/8" X 2 3/4" ROSCA PARCIAL	18
74	G9S-074	PARAFUSO 3/8" X 2 1/2" ROSCA PARCIAL	1
75	G9S-075	PARAFUSO 3/8" X 2" ROSCA PARCIAL	2
76	G9S-076	PARAFUSO 3/8" X 1 3/4" ROSCA PARCIAL	21
77	G9S-077	PARAFUSO ALLEN 3/8" X 2" ROSCA CHEIA	2
78	G9S-078	PARAFUSO 3/8" X 7/8" ROSCA CHEIA	2
80	G9S-080	PARAFUSO 5/16" X 5" ROSCA PARCIAL	2
81	G9S-081	PARAFUSO 5/16" X 3 1/4" ROSCA PARCIAL	1
82	G9S-082	PARAFUSO 5/16" X 2 3/4" ROSCA CHEIA	6
83	G9S-083	PARAFUSO 5/16" X 1" ROSCA CHEIA	10
84	G9S-084	PARAFUSO ALLEN 5/16" X 1 1/2" ROSCA CHEIA	1
85	G9S-085	PARAFUSO ALLEN 5/16" X 3/4" ROSCA CHEIA	4
86	G9S-086	PARAFUSO ALLEN 5/16" X 9/16" ROSCA CHEIA (8mmX15mm)	6
87	G9S-087	PARAFUSO ALLEN 3/8" X 5/8" ROSCA CHEIA (10mmX16mm)	9
88	G9S-088	PARAFUSO ALLEN 5/16" X 5/16" ROSCA CHEIA	14
89	G9S-089	PARAFUSO ALLEN 5/16" X 3/4" ROSCA CHEIA	4
90	G9S-090	PORCA DE NYLON 1/2"	21
91	G9S-091	PORCA DE NYLON 3/8"	50
92	G9S-092	PORCA DE NYLON 5/16"	1
93	G9S-093	ARRUELA 1/2"	43
94	G9S-094	ARRUELA 3/8"	90
95	G9S-095	ARRUELA 5/16"	23
96	G9S-096	ARRUELA 5/16"	23
97	G9S-097	ARRUELA 5/16" (carenagens 8mm)	4
98	G9S-098	ARRUELA 3/8" (carenagens 10mm)	9
101	G9S-101	PARAFUSO ALLEN 3/16" X 3/16" -PRÉ-INSTALADO	4
102	G9S-102	PONTEIRA 1 3/8"OD X 1"ID X 3/4"L- PRÉ-INSTALADO	2
103	G9S-103	ANEL 1 1/2" OD X 1 1/4"ID (leg ext)-PRÉ-INSTALADO	2
104	G9S-104	BUCHA 1 3/4"OD 1"ID - PRÉ-INSTALADO (seated press)	2
105	G9S-105	BUCHA 7/8"OD 5/8"ID - PRÉ-INSTALADO (coluna inferior)	2
106	G9S-106	COLAR 1 7/16" OD X 1" ID	2
107	G9S-107	BUCHA 1 3/4"OD 1"ID - PRÉ-INSTALADO (pec dec)	12
108	G9S-108	PORCA 3/16" ID - PRÉ-INSTALADO	2
112	G9S-112	PARAFUSO 3/8" X 1" ROSCA CHEIA (parafuso de ajuste)	2
113	G9S-113	PORCA 3/8"	2
114	G9S-114	BUCHA DE AÇO 1 3/4"OD 1" ID - PRÉ-INSTALADO (seated press)	2
115	G9S-115	ANEL - 1 3/4"OD 1" ID -PRÉ-INSTALADO (seated press)	2
135	G9S-135	EIXO DA EXTREMIDADE DO CABO 3/4" L	2
136	G9S-136	PARAFUSO ALLEN 1/8" X 1/4"(4mm X 8mm)	2

Os números das peças são requisitados para se solicitar peças.

## Lista de Cabos

Posição	Código	Descrição	Qtd.
34	G9S-034	CABO DO LEG PRESS 4270 mm(14')	1
35	G9S-035	CABO DA POLIA INFERIOR 4060 mm(13' 3 1/2")	1
36	G9S-036	CABO DO LAT PULLDOWN 3840 mm(12' 6")	1
37	G9S-037	CABO DO LEG EXTENSION 2635 mm(8' 7")	1
38	G9S-038	CABO DO PEC DEC1890 mm(6' 2 1/2")	1
39	G9S-039	CABO DO AB CRUNCH 1545 mm(5' 1")	1
40	G9S-040	CABO CURTO 520 mm(1' 8 1/2")	1

## Lista de Suportes da Polia

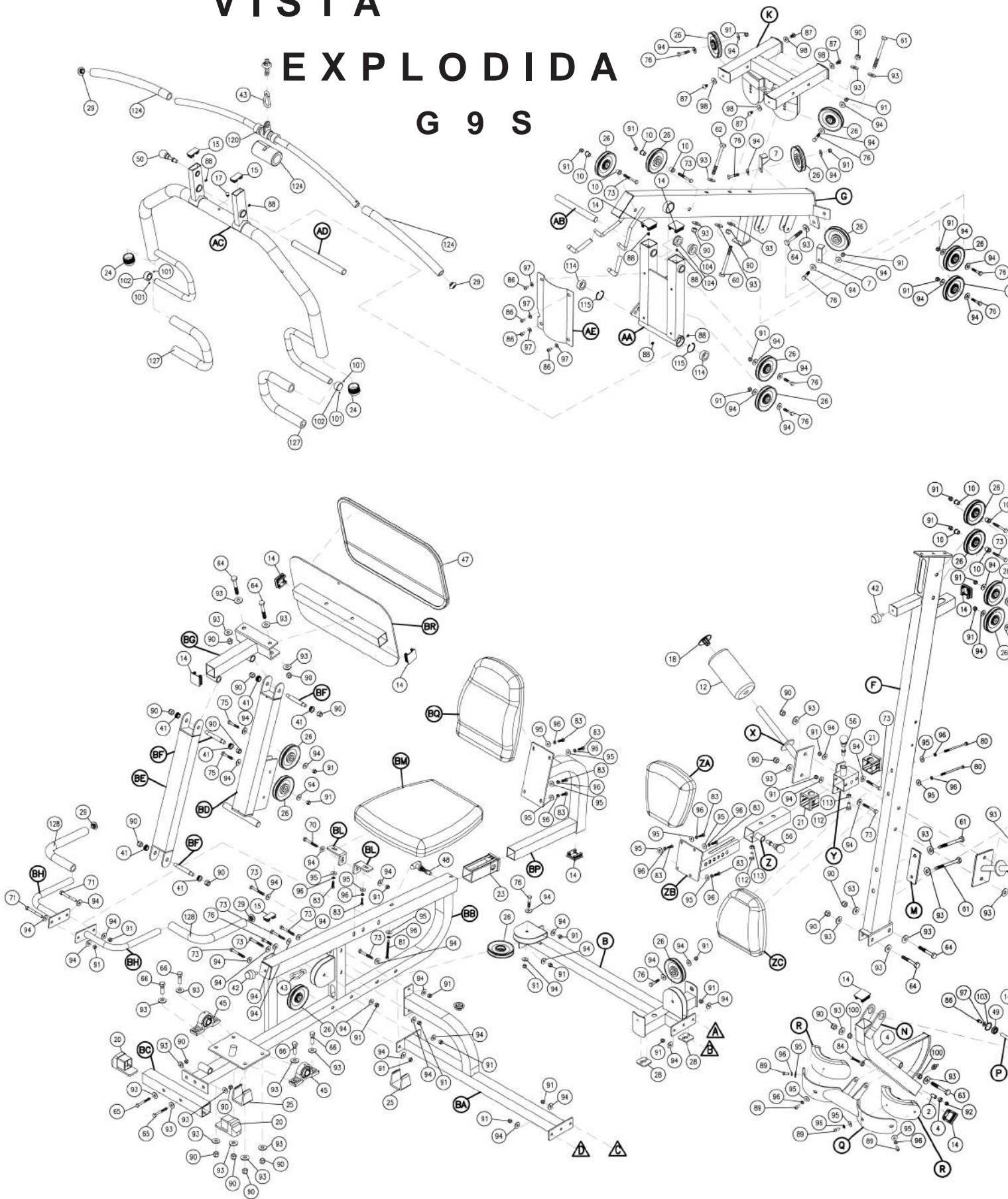
Posição	Código	Descrição	Qtd.
130	G9S-130	SUORTE DUPLO DA POLIA	1
131	G9S-131	SUORTE DA POLIA DO PEC DEC	1
132	G9S-132	PLACA DA POLIA	2
133	G9S-133	SUORTE DA POLIA COM GANCHO	1

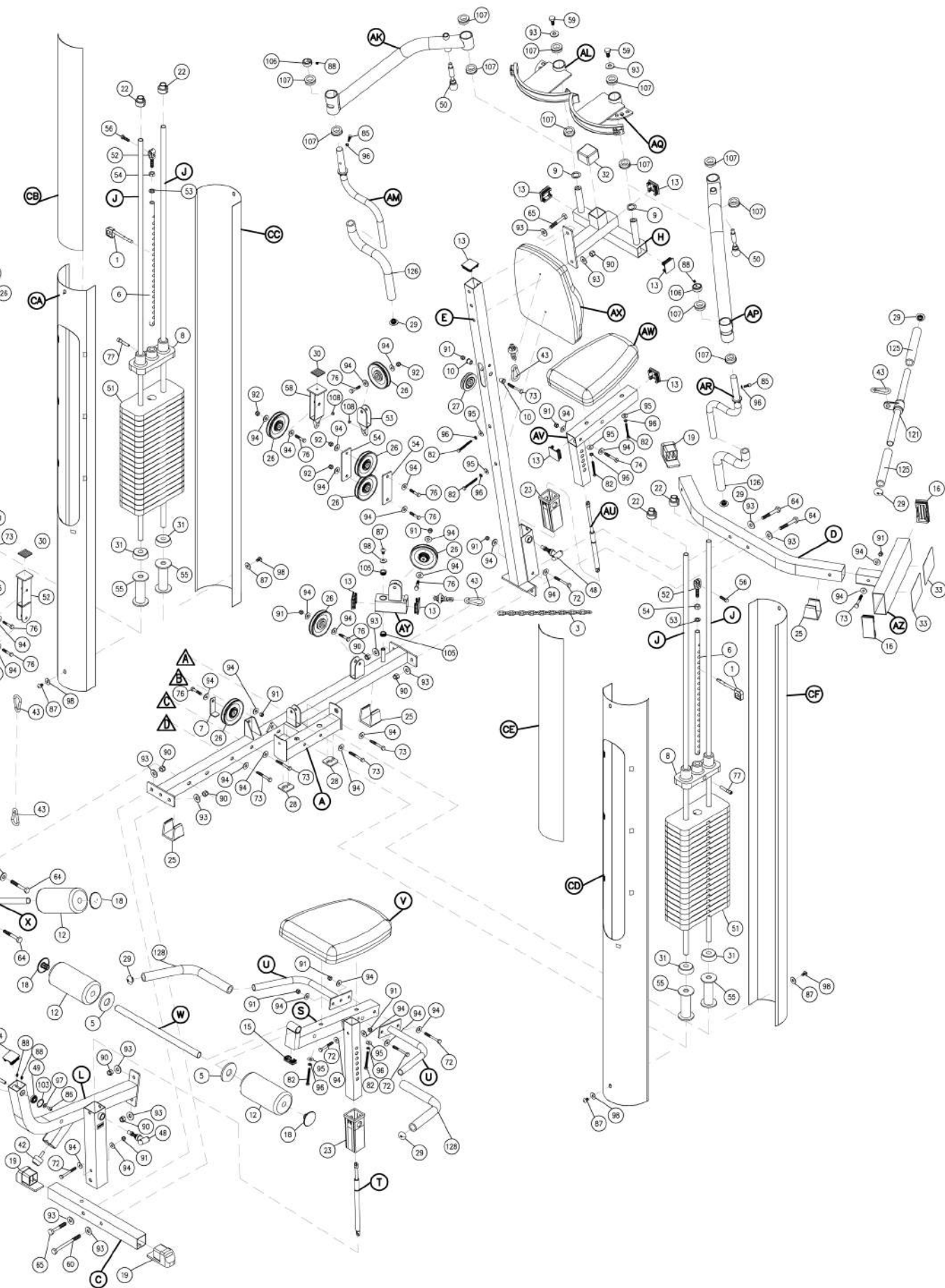
## Lista de Acessórios

Posição	Código	Descrição	Qtd.
120	G9S-120	BARRA DO LAT	1
121	G9S-121	BARRA DA COLUNA INFERIOR	1
122	G9S-122	FITA DO TORNOZELO	1
123	G9S-123	CINTA ABDOMINAL	1
124	G9S-124	MANOPLA 1 1/2" OD X 18" L -PRÉ-INSTALADA	2
125	G9S-125	MANOPLA 1 1/2" OD X 8 3/8" L -PRÉ-INSTALADA	2
126	G9S-126	MANOPLA 1 1/2" OD X 17 1/4" L -PRÉ-INSTALADA	2
127	G9S-127	MANOPLA 1 1/2" OD X 24" L -PRÉ-INSTALADA	2
128	G9S-128	MANOPLA 1 1/2" OD X 17" L -PRÉ-INSTALADA	4
PAINT	G9S-PAINT	TINTA - CINZA	1
POSTER	G9S-POSTER	POSTER DE TREINO	1

Os números das peças são requisitados para se solicitar peças.

# VISTA EXPLODIDA G 9 S

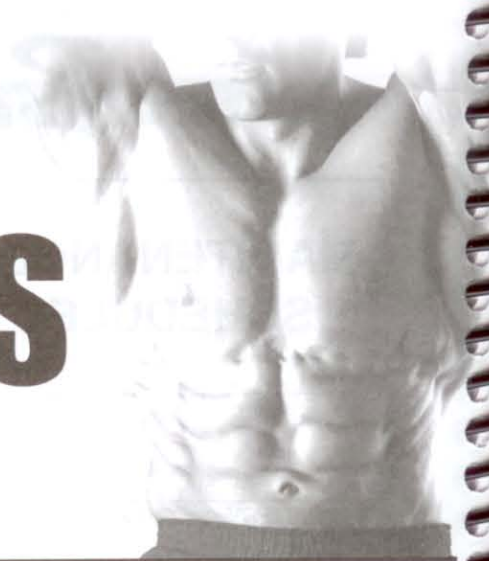




# PHRASES, TERMS, TIPS & GUIDELINES

## BEGINNER'S GUIDELINES

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



### **AEROBIC**

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

### **ANAEROBIC**

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

### **ATROPHY**

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

### **BALLISTIC STRETCHING**

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

### **BREATHING**

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

### **CARDIOVASCULAR**

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

### **CHALLENGE YOUR MUSCLES**

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

### **CHANGE ROUTINE**

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

### **CIRCUIT TRAINING**

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

### **CONCENTRIC MUSCLE ACTION**

The muscle shortens while contracting against resistance.

### **ECCENTRIC MUSCLE ACTION**

The muscle lengthens while contracting against resistance.

### **EXERCISE FREQUENCY**

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

### **EXERCISE LARGE MUSCLES FIRST**

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

### **EXERCISE PROGRAM DURATION**

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

### **GIVE YOUR MUSCLES A REST**

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### **HYPERTROPHY**

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

### **INTENSITY**

The degree to which the body is worked during exercise.

### **ISOKINETIC EXERCISE**

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

### **ISOMETRIC EXERCISE**

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

### **ISOTONIC EXERCISE**

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

### **MUSCLE FATIGUE**

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

### **MUSCULAR ENDURANCE**

The ability to perform repetitive muscular contractions against some resistance.

### **MUSCULAR STRENGTH**

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

### **OSTEOPOROSIS**

A decrease in bone density.

### **PLYOMETRIC EXERCISE**

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

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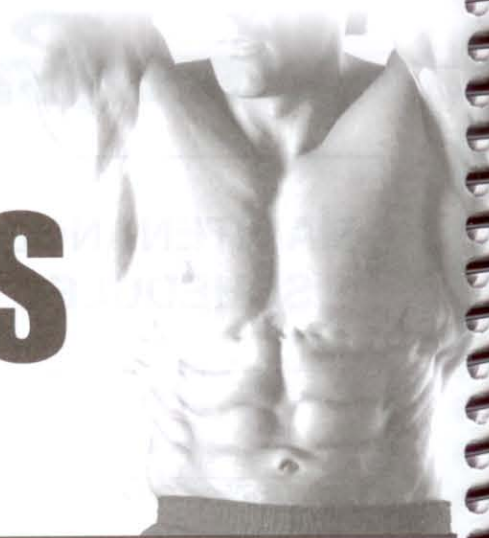
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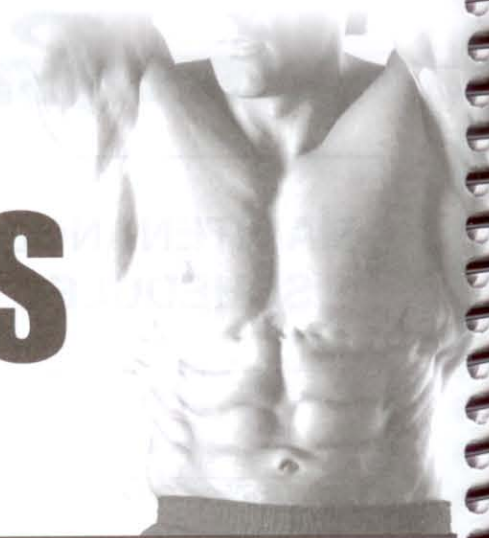
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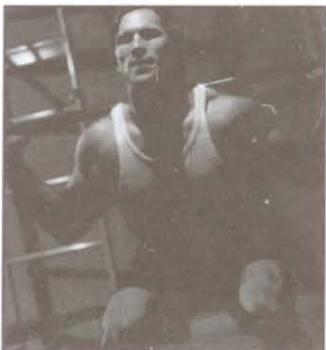
## SETTING UP YOUR PERSONAL PROGRAM



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



Muscular Endurance & Definition



Increase Strength



Increase Power & Muscle Mass

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

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



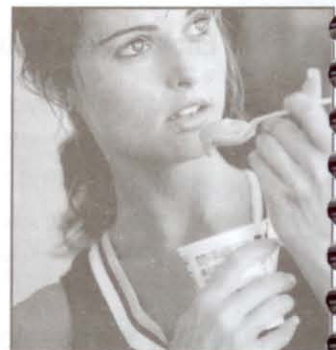
Stretching



Aerobic Exercise



Weight Training



Nutrition

## DETERMINE YOUR TRAINING METHOD



There are three basic types of weight training methods:

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

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

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

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

### Which training method is right for you?

#### FOR MUSCULAR ENDURANCE & DEFINITION

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

#### FOR STRENGTH

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

#### FOR POWER AND MUSCLE MASS

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

### DESIGNING YOUR PERSONAL ROUTINE

#### FIRST:

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

#### SECOND:

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

#### THIRD:

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

#### FOURTH:

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

#### FIFTH:

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

#### BEGINNER'S SAMPLE WORKOUT ROUTINE WHEN TRAINING FOR DEFINITION

Exercício	Repetições	Séries
Bench / Chest Press	15 a 20	3 ou 4
Lat Pulldown	15 a 20	3 ou 4
Shoulder Press	15 a 20	3 ou 4
Tricep Pressdown	15 a 20	3 ou 4
Bicep Curl	15 a 20	3 ou 4
Leg Press / Squat	15 a 20	3 ou 4
Leg Extension	15 a 20	3 ou 4
Leg Curl	15 a 20	3 ou 4
Calf Raise	15 a 20	3 ou 4
Ab Crunch	20 a 30	3 ou 4

# PHRASES, TERMS, TIPS & GUIDELINES

## BEGINNER'S GUIDELINES

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



### **AEROBIC**

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

### **ANAEROBIC**

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

### **ATROPHY**

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

### **BALLISTIC STRETCHING**

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

### **BREATHING**

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

### **CARDIOVASCULAR**

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

### **CHALLENGE YOUR MUSCLES**

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

### **CHANGE ROUTINE**

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

### **CIRCUIT TRAINING**

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

### **CONCENTRIC MUSCLE ACTION**

The muscle shortens while contracting against resistance.

### **ECCENTRIC MUSCLE ACTION**

The muscle lengthens while contracting against resistance.

### **EXERCISE FREQUENCY**

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

### **EXERCISE LARGE MUSCLES FIRST**

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

### **EXERCISE PROGRAM DURATION**

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

### **GIVE YOUR MUSCLES A REST**

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

### **HYPERTROPHY**

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

### **INTENSITY**

The degree to which the body is worked during exercise.

### **ISOKINETIC EXERCISE**

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

### **ISOMETRIC EXERCISE**

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

### **ISOTONIC EXERCISE**

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

### **MUSCLE FATIGUE**

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

### **MUSCULAR ENDURANCE**

The ability to perform repetitive muscular contractions against some resistance.

### **MUSCULAR STRENGTH**

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

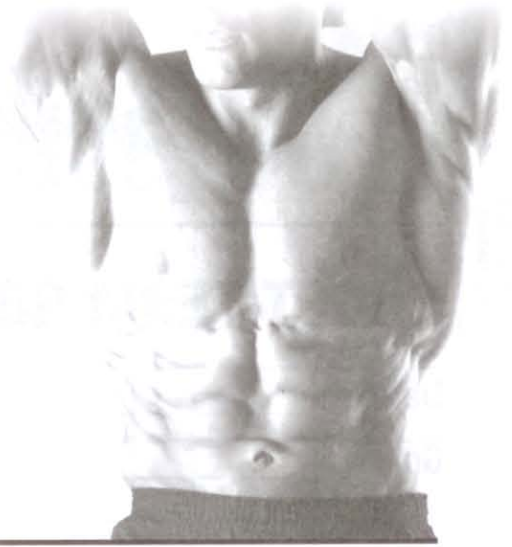
### **OSTEOPOROSIS**

A decrease in bone density.

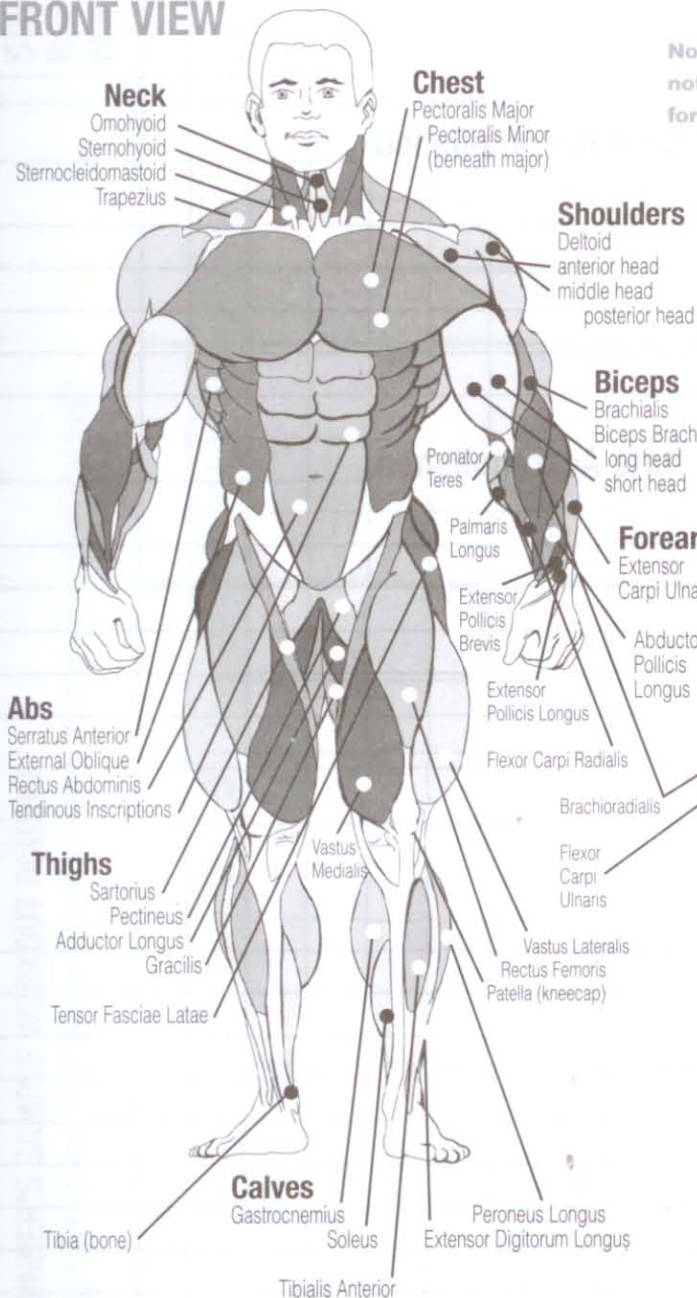
### **PLYOMETRIC EXERCISE**

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

# ANATOMY CHART

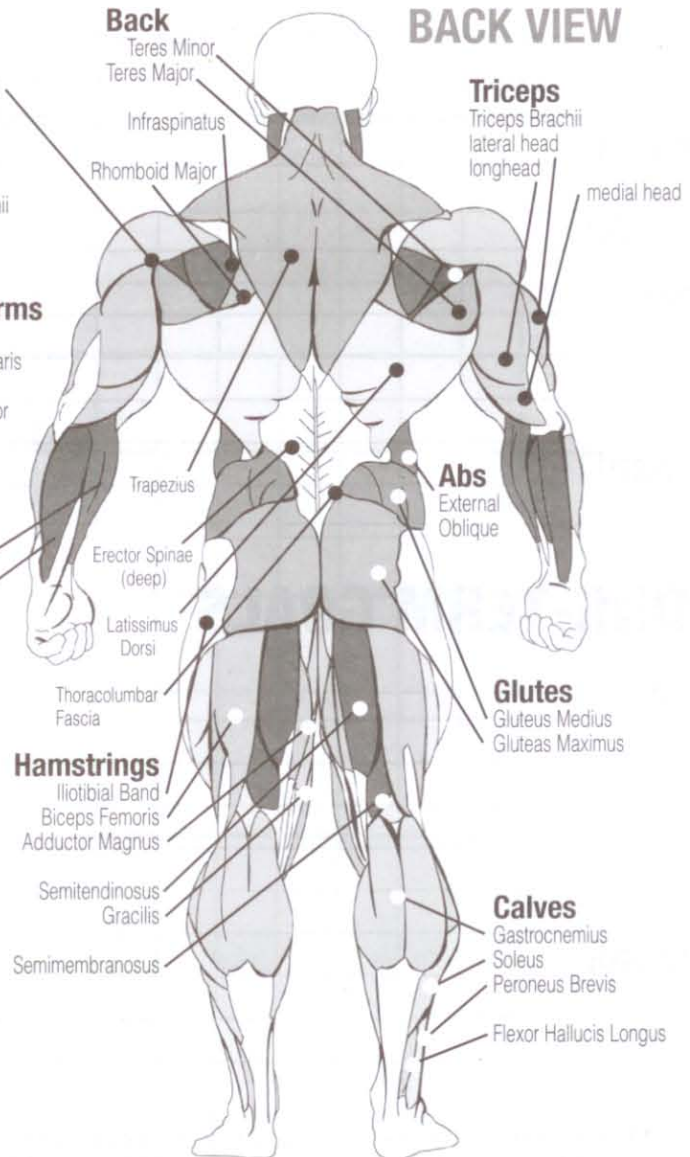


## FRONT VIEW



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

## BACK VIEW





## SHORT-TERM GOALS

Date Set \_\_\_\_\_ Date Accomplished \_\_\_\_\_

Goal \_\_\_\_\_  
\_\_\_\_\_

Reward\*\* \_\_\_\_\_

Date Set \_\_\_\_\_ Date Accomplished \_\_\_\_\_

Goal \_\_\_\_\_  
\_\_\_\_\_

Reward\*\* \_\_\_\_\_

Date Set \_\_\_\_\_ Date Accomplished \_\_\_\_\_

Goal \_\_\_\_\_  
\_\_\_\_\_

Reward\*\* \_\_\_\_\_

## LONG-TERM GOALS

Goal \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reward! \_\_\_\_\_  
\_\_\_\_\_

\* Make several copies of this page to keep track of your goals and accomplishments.  
You can print more copies of this page by going to <http://www.bodysolid.com/support/docs.html>  
\*\* Don't forget to reward yourself for a job well-done!



## WEIGHT TRAINING EXERCISE LOG

### BEGINNER'S SAMPLE WORKOUT ROUTINE

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

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

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

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# WEIGHT TRAINING EXERCISE LOG

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

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## WEIGHT TRAINING EXERCISE LOG

### BEGINNER'S SAMPLE WORKOUT ROUTINE

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S = Sets  
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Date	S			R			W											
	S	R	W	S	R	W	S	R	W									
Exercise																		
BENCH / CHEST PRESS																		
LAT PULLDOWN																		
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# STRETCHING WARM-UP/COOL-DOWN



## UPPER BACK

### Cross Arm in Front of Chest

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

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



Stretching the upper back

## UPPER BACK

### Arms Straight Up Above Head (Pillar)

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

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



Stretching the shoulders, chest and upper back

## LOWER BACK

### Spinal Twist (Pretzel)

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

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



Stretching the low back and sides

# STRETCHING WARM-UP/COOL-DOWN

## LOWER BACK

### Semi-Leg Straddle

MUSCLE(S) AFFECTED: *spinal erectors*

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



Stretching the low back from seated position

## HIPS

### Forward Lunge (Fencer)

MUSCLE(S) AFFECTED: *iliopsoas, rectus femoris*

1. Standing, take a long step forward (as with the lunge) with the right leg and flex the right knee until it is directly over the right foot.
2. Keep right foot flat on floor.
3. Keep back leg straight.
4. Keep back foot pointed in same direction as front foot; it is not necessary to have heel on floor.
5. Keep torso upright and rest hands on hips or front leg.
6. Slowly lower hips forward and downward.
7. Hold for 10 to 15 seconds.
8. Repeat with the left leg.



Stretching the hip flexors

## HIPS

### Supine Knee Flex

MUSCLE(S) AFFECTED: *hip extensors (gluteus maximus and hamstrings)*

1. Lie on back with legs straight.
2. Flex right leg and lift knee toward chest.
3. Place both hands below knee and continue to pull knee toward chest.
4. Hold for 10 to 15 seconds.
5. Repeat with left leg.



Stretching the gluteals and hamstrings

# STRETCHING WARM-UP/COOL-DOWN

## SHOULDER

### Seated Lean-Back

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

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



Stretching shoulder joints—sitting

## CHEST

### Straight Arms Behind Back

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

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



Stretching the chest

## POSTERIOR OF UPPER ARM

### Behind-Neck Stretch (Chicken Wing)

MUSCLE(S) AFFECTED: *triceps and latissimus dorsi*

1. Standing or sitting, flex right arm and raise elbow above head.
2. Reach the right hand down toward the left scapula.
3. Grasp right elbow with left hand.
4. Pull elbow behind head with left hand.
5. Hold for 10 seconds.
6. Repeat with left arm.



Stretching the triceps

# STRETCHING WARM-UP/COOL-DOWN

## NECK

### Look Right and Left

MUSCLE(S) AFFECTED: *sternocleidomastoid*

1. Stand or sit with head and neck upright.
2. Turn head to the right using a submaximal concentric contraction. Hold for 10 seconds.
3. Turn head to the left using a submaximal concentric contraction. Hold for 10 seconds.



Rotational flexion of the neck

## NECK

### Flexion and Extension

MUSCLE(S) AFFECTED: *sternocleidomastoid, suboccipitals and splenii*

1. Standing or sitting with head and neck upright, flex neck anteriorly (forward) by tucking chin in toward the chest; hold for 10 seconds.
2. If the chin touches the chest, try to touch lower on the chest with the chin.
3. Extend neck posteriorly (backward) by trying to touch the head to the trapezius; hold for 10 seconds.

Neck extension



Neck flexion



## SHOULDER

### Straight Arms Behind Back

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

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



Stretching shoulder joints—standing



# STRETCHING WARM-UP/COOL-DOWN

## SIDES

### Side Bend with Straight Arms

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

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



Stretching the sides, upper back and shoulders

## SIDES

### Side Bend with Bent Arm

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

1. Stand with feet 14 to 16 inches apart.
2. Flex right arm and raise elbow above head.
3. Reach the right hand down toward the left shoulder.
4. Grasp the right elbow (just above the elbow) with the left hand.
5. Pull the elbow behind head.
6. Keeping arm bent, lean from waist to left side.
7. Do not bend knees.
8. After moving as far as possible, hold for 10 to 15 seconds.
9. Repeat with the left arm.



Stretching the sides, triceps and upper back

## ANTERIOR OF THIGH AND HIP FLEXOR

### Side Quadricep Stretch

MUSCLE(S) AFFECTED: *quadriceps and iliopectas*

1. Lie on left side with both legs straight.
2. Place left forearm flat on floor and upper arm perpendicular to floor.
3. Place left forearm at 45° angle with torso.
4. Flex right leg with heel of right foot moving toward buttocks.
5. Grasp front of ankle with right hand and pull toward buttocks.
6. WARNING: Do not pull on ankle so hard that pain or discomfort is felt in knee. Move knee backward and slightly upward. The stretch occurs not so much from the excessive flexion of the knee but from moving the knee back and slightly up.
7. Hold for 10 to 15 seconds.
8. Repeat with the left leg.



Stretching the quadriceps on side

# STRETCHING WARM-UP/COOL-DOWN

## ANTERIOR OF THIGH AND HIP FLEXOR

### Kneeling Quadriceps Stretch

MUSCLE(S) AFFECTED: *quadriceps*

1. Kneel with the balls of the feet on the ground.
2. Keep hips straight (upper leg and torso should be in a straight line).
3. Place palms of hands on buttocks and push slightly forward.
4. With a straight body, lean slightly backward until developmental stretch is felt in quadriceps.
5. Hold for 10 to 15 seconds.



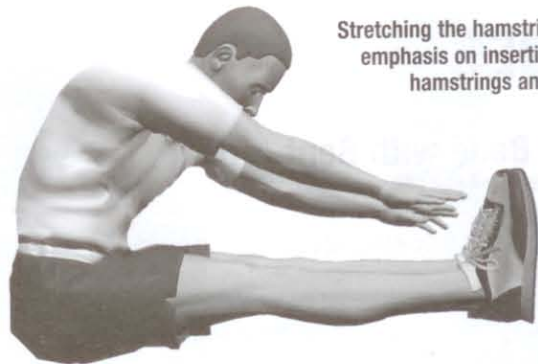
Stretching the quadriceps kneeling

## POSTERIOR OF THIGH

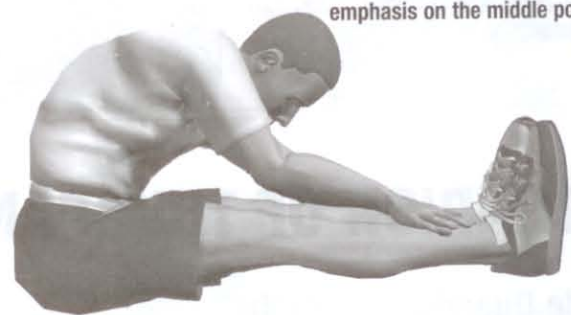
### Sitting Toe Touch

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

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



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



Stretching the hamstrings with emphasis on the middle portion.



Stretching the hamstrings with emphasis on the upper portion.





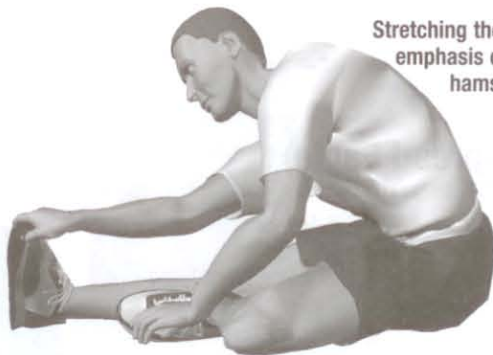
# STRETCHING WARM-UP/COOL-DOWN

## POSTERIOR OF THIGH

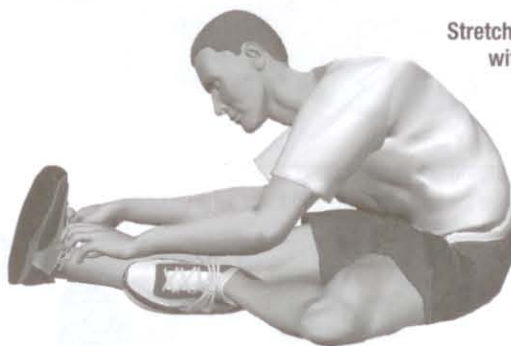
### Semistraddle (Figure Four)

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

1. Sit with the upper body nearly vertical and legs straight.
2. Place sole of left foot on left side of right knee. The lateral side of left leg should be resting on the floor.
3. Lean forward from the waist and grasp toes with right hand and slightly pull toes toward the upper body as the chest is also pulled toward right leg. Hold for 10 seconds.
4. Release toes and relax foot.
5. Grasp ankle and continue to pull chest toward right leg. Hold for 10 seconds.
6. Point toes away from body and continue to pull chest toward right leg. Hold for 10 seconds.
7. Repeat with the left leg.



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



Stretching the hamstrings with emphasis on the middle portion



Stretching the hamstrings with emphasis on the upper portion

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

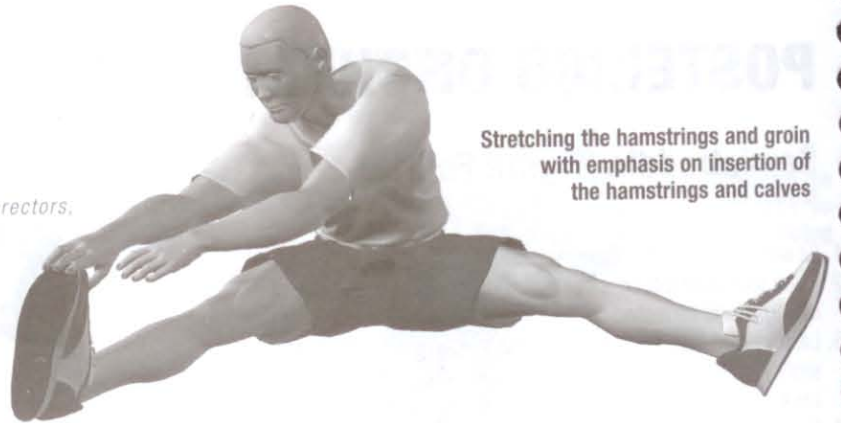
# STRETCHING WARM-UP/COOL-DOWN

## GROIN

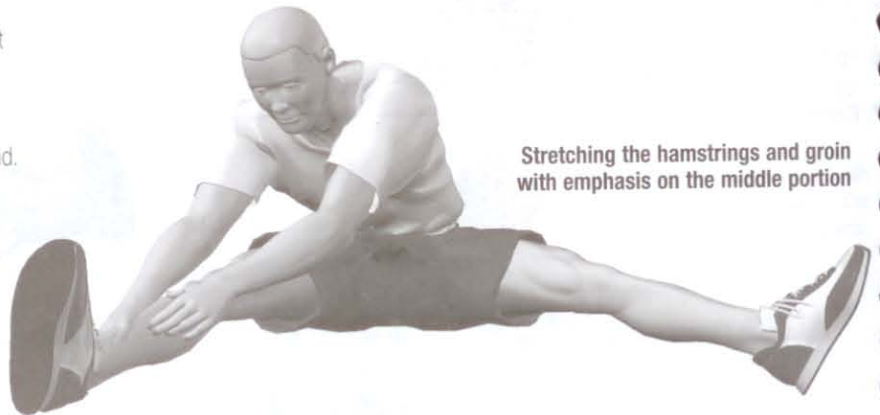
### Straddle (Spread Eagle)

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

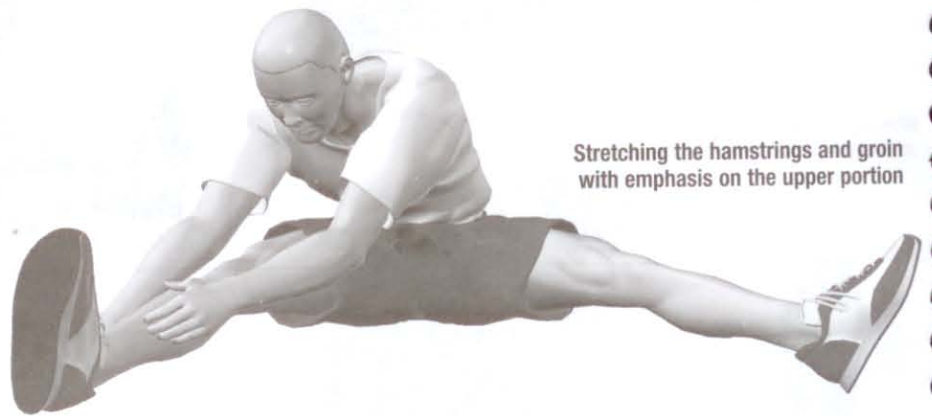
1. Sit with the upper body nearly vertical and legs straight, and spread legs as far as possible.
2. With right hand, grasp toes of right foot and pull on toes slightly, while pulling chest toward right leg. Hold for 10 seconds.
3. Release toes and relax foot.
4. Grasp ankle and continue to pull chest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



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



Stretching the hamstrings and groin with emphasis on the middle portion



Stretching the hamstrings and groin with emphasis on the upper portion



Stretching the groin, low back and hamstrings



# STRETCHING WARM-UP/COOL-DOWN

## GROIN

### Butterfly

MUSCLE(S) AFFECTED: *adductors and sartorius*

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



Stretching the groin

## POSTERIOR OF LOWER LEG

### Bent-Over Toe Raise

MUSCLE(S) AFFECTED: *gastrocnemius and soleus*

1. Stand with heel of right foot 6 to 8 inches in front of left foot.
2. Flex right foot toward shin (dorsi-flexion) with heel in contact with floor.
3. Lean forward and try to touch right leg with chest while both legs are straight.
4. Continue to lean downward with upper body as the foot is dorsi-flexed near maximal toward the shin.
5. Hold for 10 to 15 seconds.
6. Repeat with the left leg.



Stretching calves without a step

## POSTERIOR OF LOWER LEG

### Step Stretch

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

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



Stretching the calves standing on a step



Preparing to stretch the achilles tendon by slightly bending the knee



Stretching the achilles tendon by lowering the heel

# Body-Solid TREINO G9S



## P E C T O R A L



**Horizontal Grip Chest Press**  
*(Pectorals)*

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



**Incline Press**  
*(Upper Pectorals)*

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



**Cable Crossover**  
*(Pectorals)*

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



**Pectoral Fly**  
*(Pectorals)*

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

## B A C K



**Lat Pulldown**  
*(Latissimus Dorsi)*

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



**Shrugs**  
*(Trapezius)*

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



**Chest Supported Mid Row**  
*(Latissimus Dorsi)*

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



**Seated Row**  
*(Latissimus Dorsi)*

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

# Body-Solid

## TREINO G9S



**Standing Bicep Curl**  
(Biceps)

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



**Concentration Curl**  
(Biceps)

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



**Triceps Press Down**  
(Triceps)

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



**Seated Triceps Extension**  
(Triceps)

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

## LEGS



**Leg Press**  
(Quadriceps & Hamstrings)

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



**Calf Press**  
(Gastrocnemius)

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



**Leg Extension**  
(Quadriceps)

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



**Standing Leg Curl**  
(Hamstrings)

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

# Body-Solid

## TREINO G9S



### SHOULDERS



**Shoulder Press**  
(Deltoids)

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



**Side Deltoid Raise**  
(Deltoids)

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



**Upright Row**  
(Deltoids & Trapezius)

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



**Rear Deltoid Fly**  
(Deltoids & Trapezius)

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

### H I P S



**Leg Abduction**  
(Outer Thighs)

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



**Leg Adduction**  
(Inner Thighs)

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



**Glute Kickback**  
(Glutes)

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

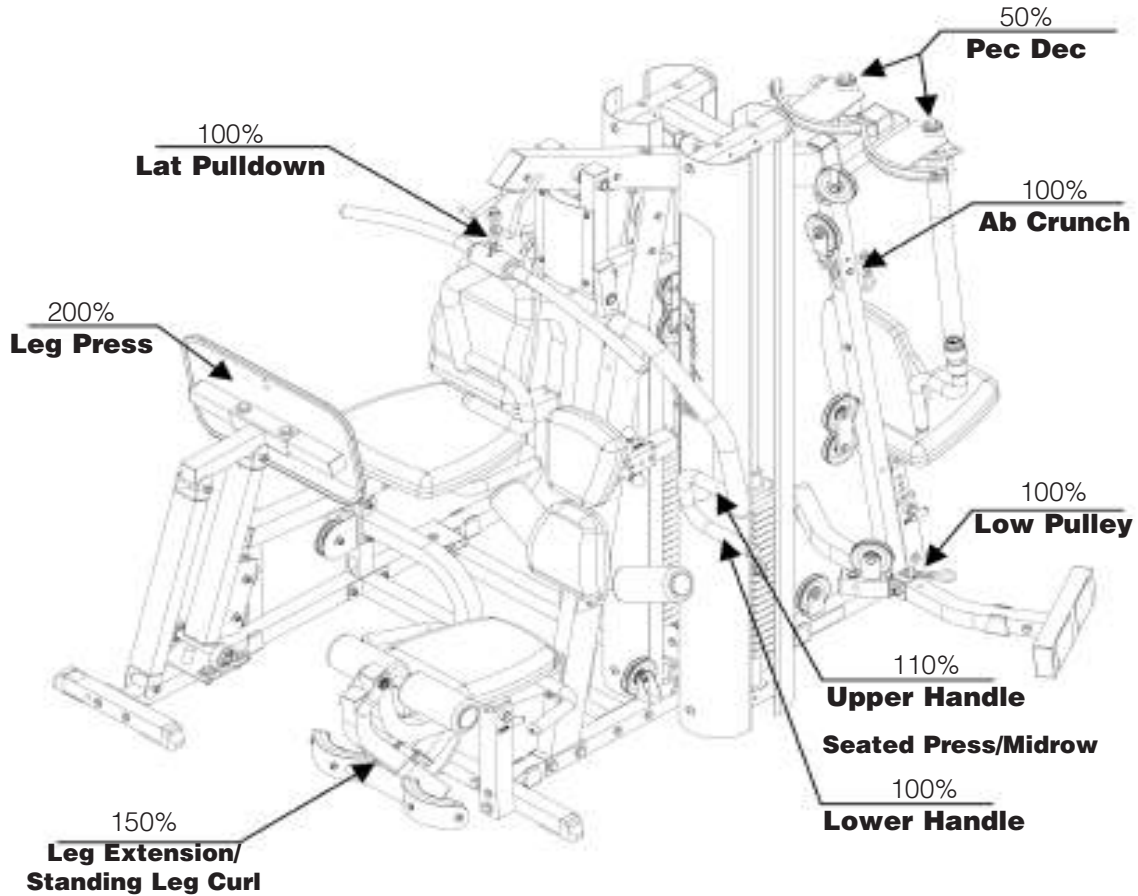


**Resistance Ab Crunch**  
(Abdominals)

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

### A B S

# Weight Ratios



	50%	100%	110%	150%	200%
Top Plate 1	5 lbs.	10 lbs.	11 lbs.	15 lbs.	20 lbs.
2	10	20	22	30	40
3	15	30	33	45	60
4	20	40	44	60	80
5	25	50	55	75	100
6	30	60	66	90	120
7	35	70	77	105	140
8	40	80	88	120	160
9	45	90	99	135	180
10	50	100	110	150	200
11	55	110	121	165	220
12	60	120	132	180	240
13	65	130	143	195	260
14	70	140	154	210	280
15	75	150	165	225	300
16	80	160	176	240	320
17	85	170	187	255	340
18	90	180	198	270	360
19	95	190	209	285	380
20	100	200	220	300	400
21	105	210	231	315	420

This chart shows the actual weight you are lifting.

To use this chart; count the number of plates you have pinned, and move across to the correct weight ratio (depending on the exercise you are performing).

**Weight Plates**