

TORQUE FITNESS F5 FOLD AWAY STRENGTH TRAINER™



Equipment Safety

There is a risk assumed by individuals who use this type of equipment. To minimize risk, you must follow these precautions:

- READ THESE WARNINGS AND ACCOMPANYING ASSEMBLY AND MAINTENANCE GUIDE COMPLETELY PRIOR TO ANY USE OR ASSEMBLY.** Failure to read and follow the safety instructions and warnings within this chart or the Assembly and Maintenance Guide may result in possible serious injury or death. Use this product only for the intended uses described in the Assembly and Maintenance Guide and Exercise Chart. **DO NOT** modify equipment in any way. **Any use other than as intended or modification of product will void any and all product warranties.**
- Carefully inspect equipment before each use. Replace all parts at the first sign of wear or damage. Tighten all loose connections. Pay special attention to cable ends and connections. Do not disassemble, remove any parts or components or otherwise attempt to repair this product. **DO NOT** use product if product appears damaged. **DO NOT** attempt to fix a broken or jammed machine; obtain assistance from your authorized Torque Fitness dealer. **Failure to comply with these instructions will void any and all product warranties.**
- Keep body and clothing clear of all moving parts. Do not put any foreign objects on or near this product when in use. Wear comfortable clothing that does not impair freedom of movement. Do not wear clothing that is too loose and could get caught in moving parts.
- Make sure all adjustment spring pins are fully engaged after making an adjustment and before using the product.
- Make sure the weight stack selector is completely inserted into the weight stack before beginning any exercise.
- Children and pets must not be allowed near this machine. Supervise teenagers. This product is not a toy.
- If unsure of the proper use of this product, contact your authorized Torque Fitness dealer or **Torque Fitness Customer Service in the U.S. and Canada, 1-877-TORQUEUS, all other countries, +1-763-754-7533.**

Exercise Safety

- Consult your physician before starting any exercise program.
- Warm up properly before engaging in resistance training with 5-10 minutes of light calisthenics or other cardiovascular exercise.
- Stop exercising and consult a physician immediately if you experience dizziness, nausea, faintness, chest pain, shortness of breath or any other abnormal symptoms during your use of this product.
- Certain exercise programs and/or equipment may not be suitable or appropriate for pregnant women, people with heart conditions, balance impairments or other pre-existing health problems. Persons with disabilities should consult a physician and obtain medical approval prior to using this product and should only use this product under close supervision. **Failure to comply with these instructions will void any and all product warranties.**
- Do not attempt to lift more than you can manage; exercises should be challenging but not painful.
- Maintain control of the weights throughout the movements; do not swing or jerk the body. Perform exercises in a slow, controlled motion maintaining consistent speed throughout the movement.
- Hold proper alignment during exercises by keeping the head, neck and lower back neutral (in line), rather than hyperextended (arched).
- Do not let the weights touch between each repetition; ensure a full range of motion with control of the weight stack until the end of the set.
- Do not hold your breath.** Be sure to exhale during the pressing/pushing (exertion) phase and inhale upon returning to the start position.

Training Tips

- Determine your goals. To increase muscle size, do 3-4 sets of each exercise, with 8-10 repetitions and resting one minute between sets. For muscular endurance, perform 2-3 sets of each exercise, with 12-15 repetitions and resting 30-45 seconds between sets. The last few repetitions on each set should be challenging; if not, increase the amount of weight.
- For the best results and muscular balance, choose exercises that work complementary body parts, such as chest and back, biceps and triceps, etc.
- Do not perform resistance exercises on the same muscle group two days in a row, allow at least 48 hours of recuperative time in between.
- To minimize soreness and improve flexibility, stretch major muscles after exercise; don't bounce, hold each stretch 10 to 30 seconds.
- As muscles get stronger, add more resistance to continue achieving results.
- Establish a regular regimen of home gym workouts to experience the most benefit.
- This exercise chart is organized in three progressive, full-body workouts:
 - The **Traditional Workout** includes traditional machine exercises where you are supported and isolating a small number of muscles.
 - The **Hybrid Workout** incorporates exercise movements that require more self-stabilization to utilize more muscle fibers and more muscle groups and additional neuromuscular coordination to deliver greater results, faster.
 - The most advanced workout, the **Functional Movement Workout**, mimics the kinds of movements your body performs everyday in real life—such as heavy physical labor, working in the garden or playing sports. These exercises engage multiple muscle groups working together through multiple joints and multiple planes just like you naturally move.

Follow one of these workouts strictly or mix exercises across workouts, choosing at least one exercise from each muscle group. Change your exercise sequence every 6-10 weeks or when you feel your body adapting and your results slowing down. Do a full-body workout each session, or select a four-day per-week split routine as follows:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|---------|-----------|------------|---------|----------|-------------|
| Chest | Back | Cardio | Chest | Back | Cardio | Active Rest |
| Triceps | Biceps | | Triceps | Biceps | | |
| Shoulders | | | Shoulders | Torso | | |
| Lower Body | | | Lower Body | | | |
| Stretch | Stretch | Stretch | Stretch | Stretch | Stretch | Stretch |

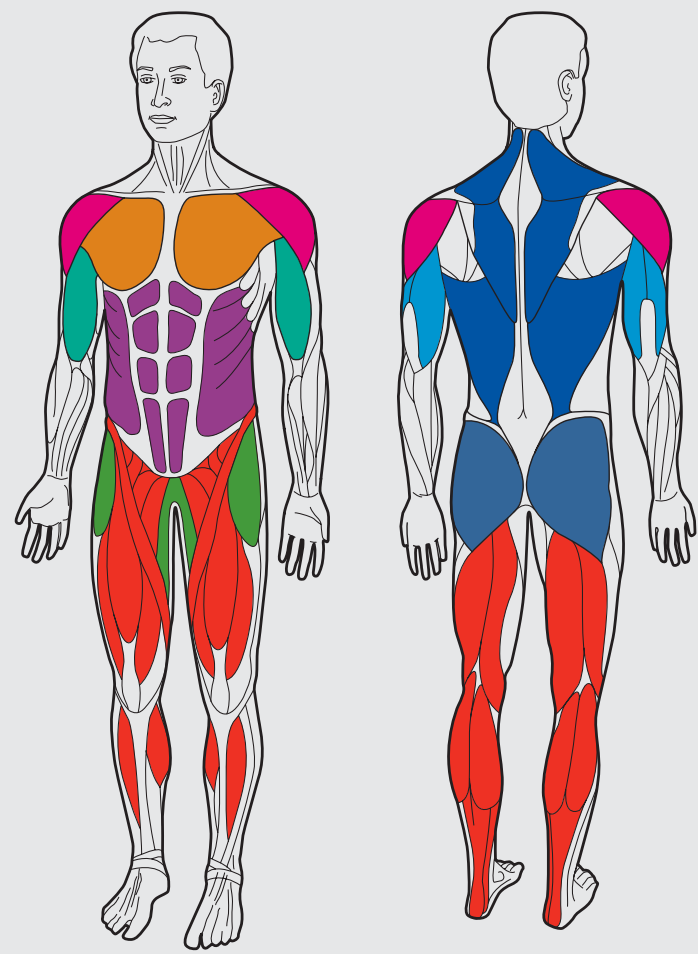
Cardiovascular exercise is any activity that keeps your heart rate elevated within your target heart rate range for at least 30-60 minutes. Active rest consists of lower-intensity activities, such as an easywalk, a leisurely bike ride or playing with the kids outdoors.

Exercises:

For Every Exercise:

- [WARNING]** When using the bench, pull locking spring pin located at base of the bench pivot and twist 90° to retract position, then lower bench and twist locking spring pin so that plunger is securely locked into lowered bench position.
- [WARNING]** When storing bench out of way, fold bench into upright position and twist locking spring pin so that plunger is securely locked into upper (storage) position.
- D-handle/ankle cuff pulley exercises can be performed simultaneously on one arm/leg at a time to enhance core stabilization.
- If performing exercise with one arm or leg, complete repetitions on one side, switch sides and repeat on opposite side.
- The doors of your F5 adjust into two open positions creating a wide position for the pulley adjustment uprights and a narrow position. Each exercise will describe the recommended door width position.
- This is only an example of the exercises that can be performed on your F5 Fold Away Strength Trainer. For additional exercises and workout information, please see our website, www.torquefitness.com.

***NOTE: Exercise ball, abdominal/triceps strap and triceps rope are not included. A commercially approved BURST-PROOF exercise ball must be used with this product. Consult your authorized Torque Fitness dealer if unsure.**



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Muscle Group

Traditional Workout

Hybrid Workout

Functional Movement Workout

CHEST



- Flat Bench Chest Press (Pectorals, Anterior Deltoids)**
- Set doors narrow, adjust bench and seat pad to horizontal position; adjust swivel pulleys to lowest position (#17) and set resistance.
 - Lie on bench with small of back at bottom of long pad, grasp handles so elbows form 90° angle, palms facing away from machine.
 - Slowly press up and simultaneously bring hands together without locking elbows; return to start position and repeat.



- Incline Bench Chest Press (Pectorals, Anterior Deltoids)**
- Set doors narrow, adjust bench to incline (about 45°) and lower seat pad to decline position; adjust swivel pulleys to lowest position (#17) and set resistance.
 - Lie on bench with small of back at bottom of long pad, grasp handles so elbows form 90° angle, palms facing away from machine.
 - Slowly press up and simultaneously bring hands together without locking elbows; return to start position and repeat.



- Bench Pectoral Fly (Pectorals, Anterior Deltoids)**
- Set doors wide, adjust bench and seat pads to horizontal or decline position (about 45°), adjust swivel pulleys to lowest position (#17) and set resistance.
 - Lie on bench with small of back at bottom of long pad, grasp handles with palms up and arms outstretched, in line with middle of chest and with slight bend in elbows.
 - Slowly bring hands together over chest while maintaining arc in arms; return to start position and repeat.



- Lat Pulldown on Bench (Latissimus Dorsi)**
- Set doors wide, attach lat bar to top swivel pulley, adjust seat pad to lower incline position and bench to vertical position (lock bench in place, see "Exercises" section); set resistance.
 - Sit on bench so front of body is under top pulleys and knees are tucked under cut outs in back pad.
 - Grasp lat bar with palms facing the machine, hands slightly wider than shoulder-width, slightly retract shoulder blades and pull bar down toward breastbone.
 - Slowly return to start position without locking elbows and repeat.



- One Arm Cable Row—Bench (Latissimus Dorsi, Rhomboids)**
- Set doors wide, adjust bench and seat pad to horizontal position; adjust swivel pulley to lowest position (#17) and set resistance.
 - Place one hand and knee on bench facing the swivel low pulley, grasp D-handle with palm facing machine.
 - Slowly pull hand back and up toward abdomen, leading with elbow; return to start position and repeat.



- Incline Bench Biceps Curl (Biceps)**
- Set doors narrow, adjust seat pad to the lower, decline position and bench to vertical position; adjust swivel pulleys to lowest position (#17) and set resistance.
 - Sit in bench facing away from machine and grasp D-handles with hands lowered to sides and elbows tucked in.
 - With underhand grip, slowly curl hands up toward shoulders, keeping elbows at sides and rotating around them.
 - Return to start position and repeat.



- Bench Overhead Biceps Curl (Biceps)**
- Set doors wide, adjust lat bar to high pulley, adjust bench and seat pad to horizontal position and set resistance.
 - Lie on bench with head toward base tower.
 - Grasp lat bar with underhand grip, hands shoulder-width apart, and slowly curl hands toward shoulders, pivoting around fixed elbows until forearm and upper arms form 90° angle.
 - Return to start position and repeat.



- Seated Overhead Triceps Extension (Triceps)**
- Set doors narrow, adjust seat pad to lower decline position and bench to vertical position; adjust swivel pulleys to lowest position (#17) and set resistance.
 - Sit in seat and grasp D-handles behind head, with arms at 90° angle and elbows pointing out.
 - Slowly extend hands overhead; return to start position and repeat.



- Bench Shoulder Press (Deltoids)**
- Set doors narrow, adjust seat pad to lower decline position and bench to vertical position; adjust swivel pulleys to lowest position (#17) and set resistance.
 - Sit in bench facing away from machine, grasp handles with palms facing out and bring handles just above shoulder height with elbows bent.
 - With back pressed against back pad, slowly extend arms overhead without locking elbows; return to start position and repeat.



- Seated Cable Abdominal & Oblique Crunch (Abdominals, Obliques)**
- Set doors narrow or wide, adjust seat pad to the lower decline position and bench to vertical position, attach abdominal/triceps strap or triceps rope (both sold separately) to high pulley and set resistance.
 - Sit in bench facing away from base tower, grasp ab/triceps strap or rope handles so it rests comfortably around neck with handles on upper chest.
 - Slowly contract abdominals so rib cage moves toward hips; for obliques, rotate torso while contracting so that right shoulder moves toward left hips and vice versa.
 - Return to start position and repeat.



- Leg Extension (Quadriceps)**
- Set doors narrow or wide, adjust bench to horizontal position, adjust seat pad to lower decline position, adjust leg curl/extension arm to lowest position and set resistance.
 - Sit upright with legs over seat pad roller pads and feet locked under leg arm roller pads, with knees aligned with pivot point (orange washers) and no less than 90° angle at knees.
 - Slowly extend legs as far as possible, return to start position and repeat.



- Prone Leg Curl (Hamstrings)**
- Set doors narrow or wide, adjust bench to horizontal position and seat pad to upper incline position, pull spring pin on leg curl arm to place in upper position and set resistance.
 - Lie face down on pad so seat pad roller pads are just above knees and hook back of legs just above heels under leg arm roller pads.
 - Slowly contract hamstrings bringing feet toward buttocks as far as possible without arching back; return to start position and repeat.



- Calf Raise (Calves)**
- Set doors narrow, lock bench up and out of the way, adjust swivel pulleys to lowest position (#17) and set resistance.
 - Stand facing machine, grasp handles with palms in neutral grip and straight at sides.
 - Rise up on the balls of feet as far as possible, pause, lower to start position and repeat.



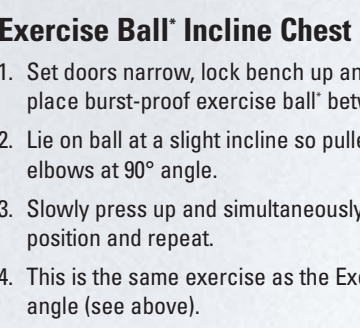
- Functional Exercise—Golf Swing or High to Low Core Rotation**
- Set doors wide, lock bench up and out of the way, adjust one of swivel pulleys to highest position (#1) and set resistance.
 - Grasp handle like a golf club, and start at height of backswing with body perpendicular to pulley.
 - Slowly follow through with high to low swinging motion by rotating torso, then return to starting position and repeat.
 - After completing set, switch sides and repeat on other side, although this may feel unnatural.



- Exercise Ball Chest Press (Pectorals, Anterior Deltoids)**
- Set doors narrow, lock bench up and out of the way, adjust swivel pulleys to lowest position (#17), place burst-proof exercise ball between swivel pulleys and set resistance.
 - Lie flat on ball so pulley handles are aligned at mid-chest, grasp handles with elbows at 90° angle.
 - Slowly press up and simultaneously bring hands together without locking elbows; return to start position and repeat.



- Exercise Ball Pectoral Fly (Pectorals)**
- Set doors narrow, lock bench up and out of the way, adjust swivel pulleys to lowest position (#17), place burst-proof exercise ball between swivel pulleys and set resistance.
 - Lie flat on ball so pulley handles are aligned at mid-chest, grasp handles with arms outstretched to sides and a slight bend at elbows.
 - Slowly bring hands together over chest while maintaining arc in arms.
 - Return to start position and repeat.



- Exercise Ball Incline Chest Press (Pectorals, Anterior Deltoids)**
- Set doors narrow, lock bench up and out of the way, adjust swivel pulleys to lowest position (#17), place burst-proof exercise ball between swivel pulleys and set resistance.
 - Lie on ball at a slight incline so pulley handles are aligned at mid-chest, grasp handles with elbows at 90° angle.
 - Slowly press up and simultaneously bring hands together without locking elbows; return to start position and repeat.
 - This is the same exercise as the Exercise Ball Flat Chest Press except your body is at a slight angle (see above).



- Lat Pulldown on Exercise Ball (Latissimus Dorsi)**
- Set doors wide, attach lat bar to high pulley, lock bench up and out of the wayplace burst-proof exercise ball between swivel pulleys and set resistance.
 - Sit upright on ball facing machine, and grasp lat bar with hands slightly wider than shoulder-width apart, palms facing machine.
 - Slightly retract shoulder blades and slowly lower bar to breastbone.
 - Return to start position without locking elbows and repeat.



- One Arm Cable Row—Bench (Latissimus Dorsi, Rhomboids)**
- Set doors wide, adjust bench and seat pad to horizontal position; adjust swivel pulley to lowest position (#17) and set resistance.
 - Place one hand and knee on bench facing the swivel low pulley, grasp D-handle with palm facing machine.
 - Slowly pull hand back and up toward abdomen, leading with elbow; return to start position and repeat.



- Exercise Ball Biceps Curl (Biceps)**
- Set doors narrow, lock bench up and out of the way, adjust swivel pulleys to lowest position (#17), place burst-proof exercise ball between swivel pulleys and set resistance.
 - Sit upright on ball, facing away from machine, grasp D-handles with underhand grip and arms extended.
 - Slowly curl hands toward shoulders, pivoting around fixed elbows.
 - Return to start position and repeat.



- Exercise Ball Overhead Biceps Curl (Biceps)**
- Set doors wide, lock bench up and out of the way, attach lat bar to high pulley, place burst-proof exercise ball between swivel pulleys and set resistance.
 - Sit upright on ball, facing machine, grasp lat bar with arms extended but without locking elbows.
 - Slowly curl hands toward shoulders, pivoting around fixed elbows.
 - Return to start position and repeat.



- Standing One Arm Triceps Kickback (Triceps)**
- Set doors wide, lock bench up and out of the way, adjust swivel pulleys to lowest position (#17) and set resistance.
 - Stand in staggered stance facing swivel low pulley; grasp D-handle with hand furthest from machine.
 - Bend elbow to form 90° angle and slowly extend hand as far as possible around fixed elbow; return to start position and repeat.
 - After completing set, switch sides and repeat with other hand using opposite swivel pulley.



- Internal and External Shoulder Rotation (Rotator Cuff)**
- Set doors wide, lock bench up and out of the way, adjust swivel pulleys to mid-abdominal height and set resistance.
 - Stand facing away from machine, perpendicular to swivel pulley, and grasp handle with hand closest to handle with palm in neutral position.
 - For internal shoulder rotation, tuck elbow at side at 90° angle and slowly rotate hand horizontally across midline around a fixed pivot at elbow; return to start position and repeat.
 - For external shoulder rotation, grasp handle with hand furthest from pulley (facing into machine), start with hand pointing toward pulley and rotate outward toward midline of body.
 - After completing set with one hand, switch sides and repeat.



- Exercise Ball Abdominal and Oblique Crunch (Abdominals, Obliques)**
- Set doors narrow or wide, lock bench up and out of the way, attach abdominal/triceps strap or triceps rope (both sold separately) to high pulley, place burst-proof exercise ball between swivel pulleys and set resistance.
 - Sit upright on ball facing away from machine and grasp ab/triceps strap or rope handles so it rests comfortably around neck and handles are on upper chest.
 - Slowly contract abdominals so rib cage moves toward hips; for obliques, rotate torso while contracting so that right shoulder moves toward left hips and vice versa.
 - Return to start position and repeat.



- Hip Abduction (Abductors)**
- Set doors wide, lock bench up and out of the way, adjust swivel pulleys to lowest position (#17), attach ankle strap to ankle furthest from swivel pulley and set resistance.
 - Stand perpendicular to base pulley facing away from machine, grasp door for stability and slowly draw leg out to side, keeping leg straight.
 - Return to start position and repeat. After completing one set, switch to other leg.



- Hip Adduction (Adductors)**
- Set doors wide, lock bench up and out of the way, adjust swivel pulleys to lowest position (#17), attach ankle strap to ankle closest to swivel pulley and set resistance.
 - Stand perpendicular to base pulley facing away from machine, grasp door for stability and slowly draw leg inward toward midline of body, keeping leg straight.
 - Return to start position and repeat. After completing one set, switch to other leg.



- Hip Extension (Gluteus Maximus)**
- Set doors wide, lock bench up and out of the way, adjust swivel pulleys to lowest position (#17), attach ankle strap to ankle furthest from machine and set resistance.
 - Facing one of base pulleys, take a step away from the base pulley with support leg so starting leg is slightly angled toward base pulley.
 - Grasp adjustable upright for stability and keeping exercise leg straight, slowly bring rearward and extend as far as possible.
 - Return to start position and repeat. After completing one set, switch to other leg.



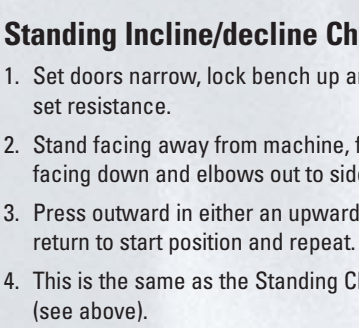
- Functional Exercise—Tennis Swing or Core Rotation**
- Set doors wide, lock bench up and out of the way, adjust swivel pulleys to hand level and set resistance.
 - Stand in staggered stance with body facing perpendicular to swivel pulley, grasp D-handle like a tennis racket, keep slight bend in elbow and draw hand across midline of the body while rotating torso as in a tennis forehand stroke.
 - Reverse swing to starting position and repeat. Then repeat using same arm, mimicking backhand swing.
 - Turn around and mimic forehand and backhand using other hand, although this may feel unnatural.



- Standing Chest Press (Pectorals, Anterior Deltoids)**
- Set doors narrow, lock bench up and out of the way, adjust swivel pulleys to chest height and set resistance.
 - Stand facing away from machine, feet staggered, grasp D-handles and bring hands up, palms facing down and elbows out to side at a 90° angle.
 - Press outward and simultaneously bring hands together; return to start position and repeat.



- Standing Pectoral Fly (Pectorals, Anterior Deltoids)**
- Set doors wide, lock bench up and out of the way, adjust swivel pulleys to shoulder height and set resistance.
 - Stand facing away from machine, feet staggered; grasp D-handles and stretch arms outward, elbows up, hands in neutral position just below shoulder height.
 - With slight bend in elbows, bring hands together as if hugging a tree, moving slightly downward.
 - Slowly return to start position and repeat.



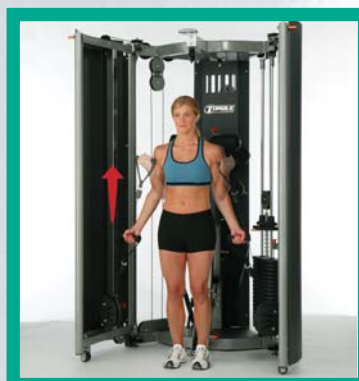
- Standing Incline/decline Chest Press (Pectorals, Anterior Deltoids)**
- Set doors narrow, lock bench up and out of the way, adjust swivel pulleys to chest height and set resistance.
 - Stand facing away from machine, feet staggered, grasp D-handles and bring hands up, palms facing down and elbows out to side at a 90° angle (see above).
 - Press outward in either an upward (incline) or downward (decline) angle and bring hands together; return to start position and repeat.
 - This is the same as the Standing Chest Press except you press in an incline or decline angle (see above).



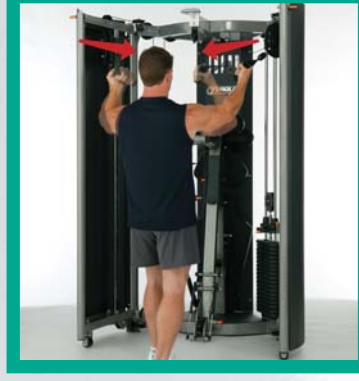
- Standing Cable Row (Latissimus Dorsi, Rhomboids)**
- Set doors narrow, lock bench up and out of the way, adjust swivel pulleys to just below shoulder height and set resistance.
 - Stand facing machine with feet staggered, grasp D-handles and extend arms in front of swivel pulleys without locking elbows.
 - Pull hands as far back as possible, leading with elbows; return to start position and repeat.



- One Arm Reverse Fly (Rhomboids, Posterior Deltoids)**
- Set doors wide, lock bench up and out of the way, adjust swivel pulleys to chest height and set resistance.
 - Stand perpendicular to swivel pulley, grasp D-handle with hand furthest from pulley and palm in neutral grip.
 - With arm extended and a slight arc, slowly draw hand outward until at shoulder height; return to start position and repeat.
 - After completing set with one hand, switch sides and repeat.



- Standing Biceps Curl (Biceps)**
- Set doors narrow, lock bench up and out of the way, adjust swivel pulleys to lowest position (#17) and set resistance.
 - Stand facing away from machine, feet shoulder-width apart, and arms extended at sides without locking elbows.
 - Slowly curl hands toward shoulders, pivoting around fixed elbows and keeping upper body stable; return to start position and repeat.



- Standing Overhead Biceps Curl (Biceps)**
- Set doors narrow, lock bench up and out of the way, adjust swivel pulleys to lowest position (#1) and set resistance.
 - Stand facing machine, feet staggered, and grasp D-handles with underhand grip and arms extend.
 - Slowly curl handles toward shoulders, pivoting around fixed elbows; return to start position and repeat.



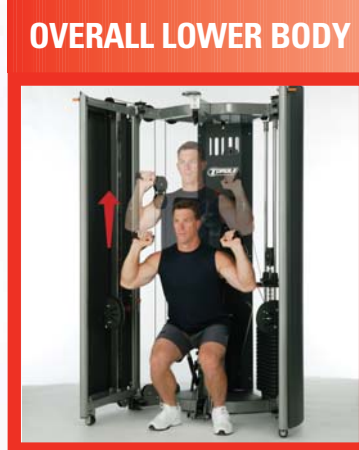
- Standing Triceps Press (Triceps)**
- Set doors narrow, lock bench up and out of the way, adjust swivel pulleys to highest position (#1) and set resistance.
 - Stand facing machine, feet shoulder-width apart, grasp handles overhead and bring upper arms down to sides with elbows bent at 90°.
 - Slowly extend hands down to sides of body, pivoting around fixed elbows; return to start position and repeat.



- Front Deltoid Raise (Anterior Deltoids)**
- Set doors narrow, lock bench up and out of the way, adjust swivel pulleys to lowest position (#17) and set resistance.
 - Stand facing away from tower; grasp handles with palms facing rearward, arms down at sides.
 - Slowly raise handle straight forward and up toward shoulders; return to start position and repeat.



- Kneeling Abdominal and Oblique Crunch—High Pulleys (Abdominals, Obliques)**
- Set doors narrow or wide, lock bench up and out of the way, attach abdominal/triceps strap or triceps rope (both sold separately) to high pulley and set resistance.
 - Grasp ab/triceps strap or rope handles so it rests comfortably around neck and handles are on upper chest.
 - Kneeling, facing away from machine, slowly contract abdominals so rib cage moves toward hips; for obliques, rotate torso while contracting so right shoulder moves toward left hips and vice versa.
 - Return to start position and repeat.



- Squat (Quadriceps, Hamstrings, Glutes)**
- Set doors narrow, lock bench up and out of the way, adjust swivel pulleys to just above knee height and set resistance.
 - Stand facing away from machine, grasp handles with palms up and bring handles over shoulders.
 - Keeping feet shoulder-width apart, slowly lower by pushing buttocks out toward machine, until thighs are parallel to ground.
 - Push straight up until just before knees are locked; return to start position and repeat.



- Lunge (Quadriceps, Hamstrings, Glutes, Calves)**
- Set doors narrow, lock bench up and out of the way, adjust swivel pulleys to lowest position (#17), set resistance level and grasp handles with neutral grip.
 - Stand facing away from machine (for more resistance, face machine) and step back to lift weight stack.
 - With one foot, take a step away from machine so that knee forms 90° angle, and opposite knee does not touch ground.
 - Return to start position and repeat; alternate legs for each rep, or after completing one set, switch to other leg.



- Functional Exercise—Low to High Core Rotation**
- Set doors wide, lock bench up and out of the way, adjust swivel pulleys to lowest position (#17) and set resistance.
 - Stand facing machine as if picking something up off the floor, facing perpendicular to base pulley.
 - Keeping back straight, knees bent and head slightly up, push upward while rotating torso so that handle extends opposite base low pulley.
 - Slowly reverse motion to start position and repeat. After completing set, switch sides and repeat on other side.

Upper Body

BACK

BICEPS

TRICEPS

SHOULDERS

ABS & OBLIQUES

Lower Body

Functional Movement

FUNCTIONAL