



*TRAIN THE WAY
YOUR BODY MOVES*



Functional Training Exercise Guide



F9 TORQUE TEST DRIVE

The next seven pages consist of a workout to demonstrate the full body training capabilities of the F9.

This short workout will allow you to compare and contrast user defined functional movements to traditional or fixed path motion.

All exercises are to be done in 2 sets with 10-12 repetitions per set.

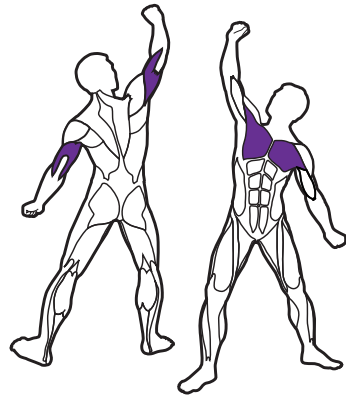
It is recommended that customers follow this workout two times per week for the first three weeks of training before moving on to more advanced movements in order to familiarize themselves and their body with the F9.

Consult your physician before starting any exercise program.



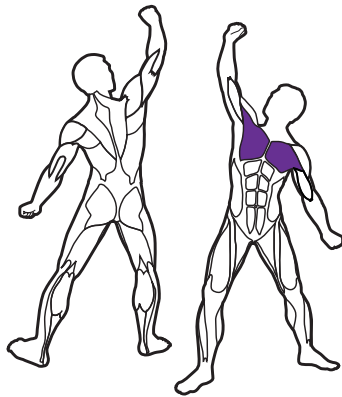


CHEST PRESS



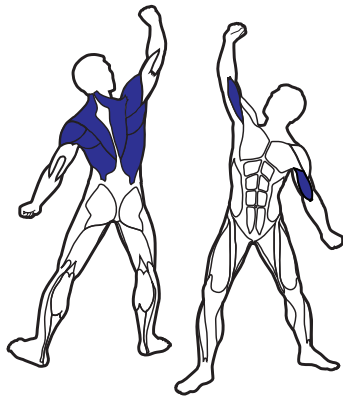


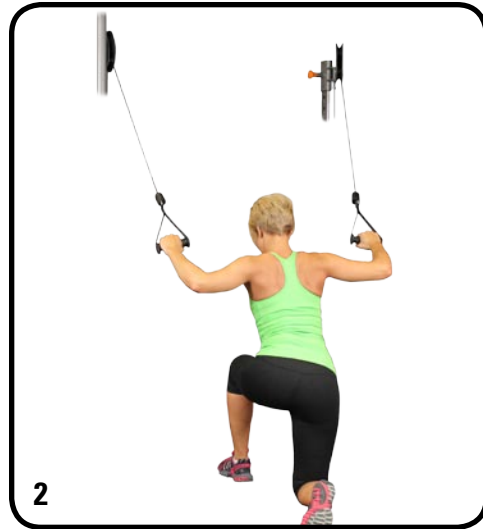
CHEST FLY (DOORS WIDE)



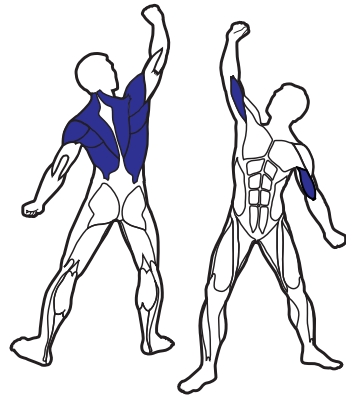


ROW



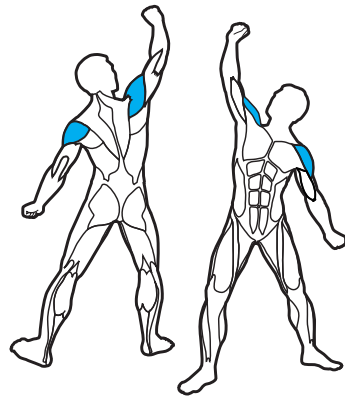


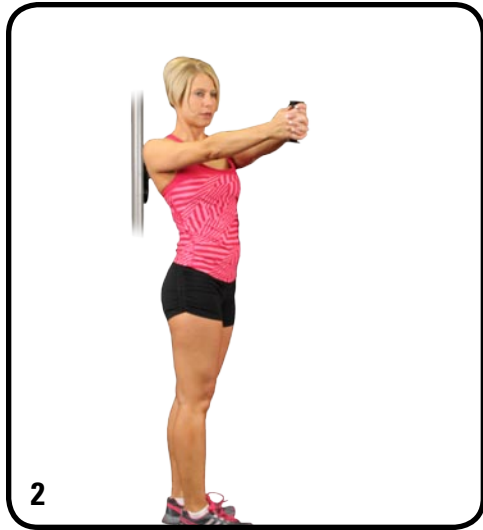
KNEELING LAT PULL-DOWN



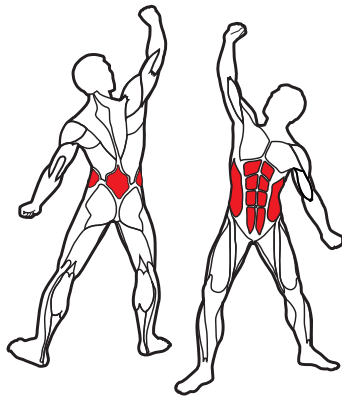


SHOULDER PRESS



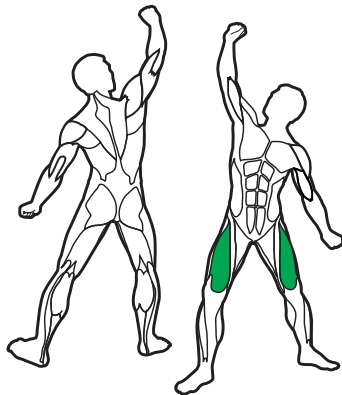


CORE ROTATION





LEG EXTENSION





Equipment Safety

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

1. **READ THESE WARNINGS AND ACCOMPANYING OWNER'S MANUAL COMPLETELY PRIOR TO ANY USE OR ASSEMBLY. Failure to read and follow the safety instructions and warnings within this chart or the Owner's Manual 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.**
2. Carefully inspect equipment before each use. Replace all parts at the first sign of wear or damage. Tighten all loose connections. Pay 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.**
3. 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.
4. Make sure all adjustment spring pins are fully engaged after making an adjustment and before using the product.
5. Ensure the weight stack selector is completely inserted into the weight stack before beginning any exercise.
6. Children and pets must not be allowed near this machine. Supervise teenagers.
7. 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-TORQUE5 (877-867-7835), all other countries, +1-763-754-7533.**



Exercise Safety

1. **Consult your physician before starting any exercise program.**
2. Warm up properly before engaging in resistance training with 5-10 minutes of light calisthenics or other cardiovascular exercise.
3. 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.
4. Certain exercise programs and/or equipment may not be suitable or appropriate for pregnant woman, 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.**
5. Do not attempt to lift more than you can manage; exercises should be challenging but not painful.
6. 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.
7. Hold proper alignment during exercises by keeping the head, neck and lower back neutral (in line), rather than hyperextended (arched).
8. 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.
9. **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

1. Determine your goals. To increase strength, do 3-4 sets of each exercise, with 8-10 repetitions and resting one minute between sets. For muscular endurance or to tone, 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.
2. For the best results and muscular balance, choose exercises that work complementary or opposing muscle groups, such as chest and back, biceps and triceps, etc.
3. 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.
4. To minimize soreness and improve flexibility, stretch major muscles after exercise; don't bounce and hold each stretch 10 to 30 seconds.
5. As muscles get stronger, add more resistance to continue achieving results.
6. Establish a regular regimen of home gym workouts to experience the most benefit.

Train the way your body moves

Functional strength training allows users to train the way your body moves in everyday life and sporting activities regardless of your age, sex or fitness level. The F9 Functional Trainer is designed to allow for independent anatomical movement in three-dimensional space which provides more exercise variety to eliminate physical and mental fatigue. By engaging your core in virtually every cable exercise on the F9, your balance will improve and workouts will become more efficient. Functional strength training will improve your range of motion and prevent injury allowing you to drive the golf ball further, hit the tennis ball harder, ski the entire mountain or spend more active time with your kids or grand kids.

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 Triceps Shoulders Core	Back Biceps Lower Body	Cardio	Chest Triceps Shoulders Core	Back Biceps Lower Body	Cardio	Active Rest
Stretch	Stretch	Stretch	Stretch	Stretch	Stretch	Stretch

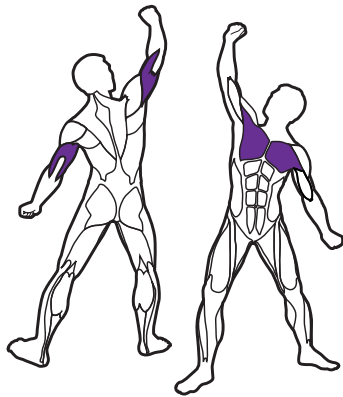
Cardiovascular exercise is any activity that keeps your heart rate elevated within your target heart rate range for at least 30–60 minutes. Active rest consists of lower-intensity activities, such as an easy walk, a leisurely bike ride or playing with the kids outdoors.

The following pages present only an example of the exercises that can be performed on your F9 Fold Away Strength Trainer. **For additional exercises and workout information, please visit: www.torquefitness.com, www.youtube.com/torquefitnesstv, and www.facebook.com/torquefitness**

Note: Stability ball and FSFIB bench are not included. A commercially approved **BURST-PROOF** stability ball must be used with this product. Consult your authorized Torque Fitness dealer if unsure.



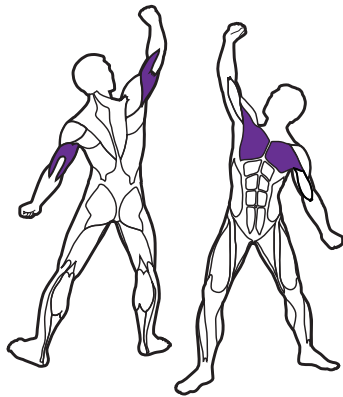
INCLINE PRESS



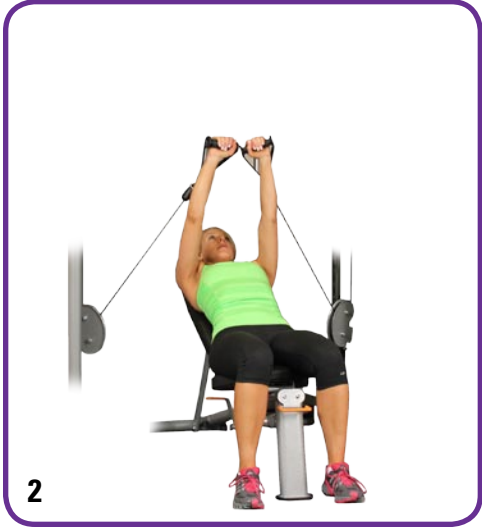
CHEST



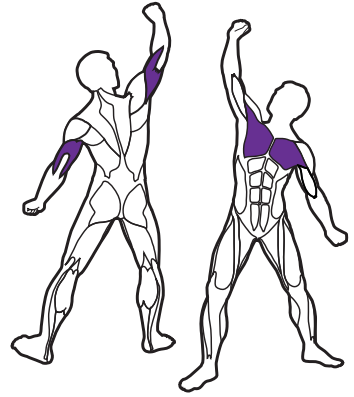
ISOLATERAL DECLINE PRESS

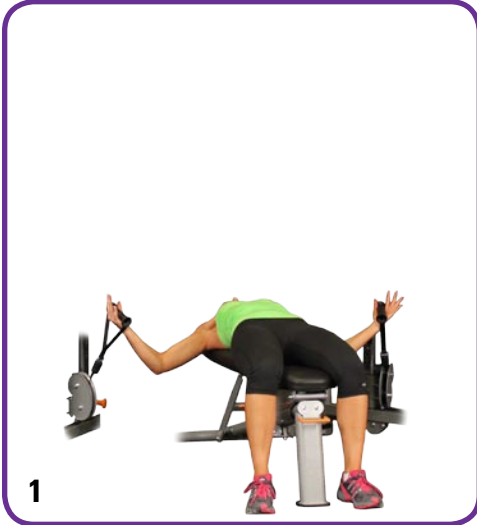


CHEST

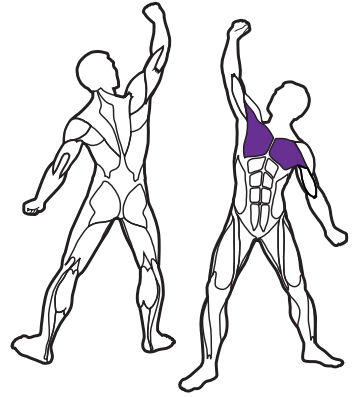


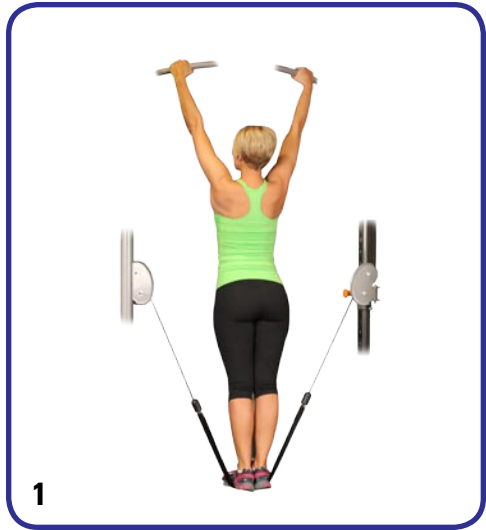
**BENCH
INCLINE PRESS**
(DOORS WIDE, BENCH NOT INCLUDED)



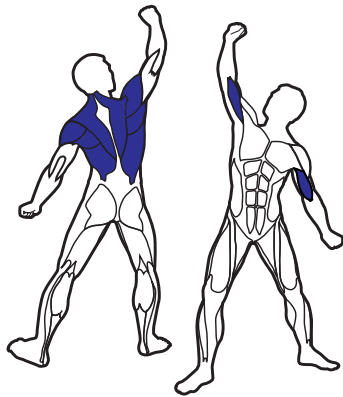


**BENCH
CHEST FLY**
(DOORS WIDE, BENCH NOT INCLUDED)





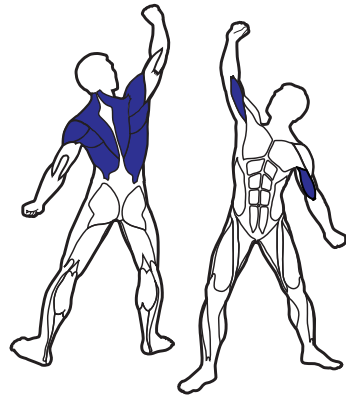
ASSISTED CHIN-UP



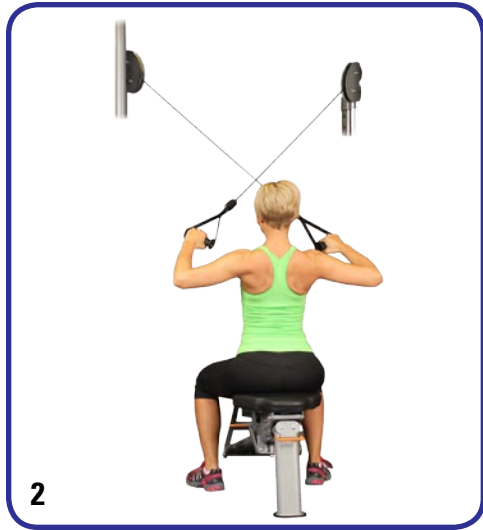
BACK



KNEELING ISOLATERAL LAT PULL-DOWN

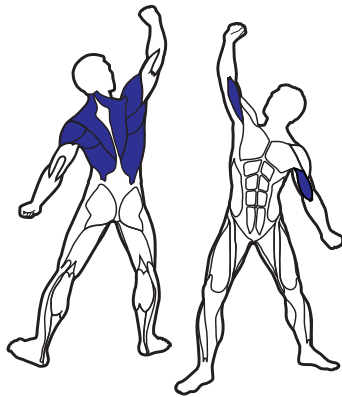


BACK



BENCH CROSS-GRIP LAT PULL-DOWN

(BENCH NOT INCLUDED)

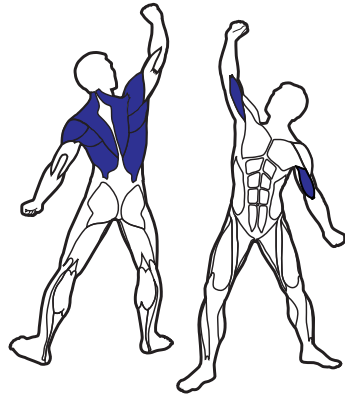


BACK



KNEELING SINGLE ARM ROW

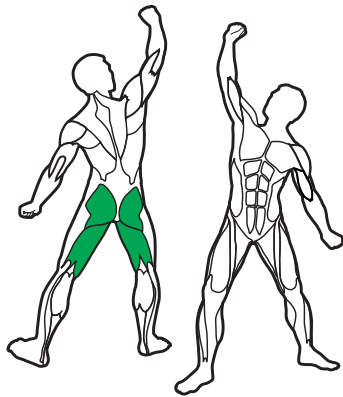
(BENCH NOT INCLUDED)



BACK



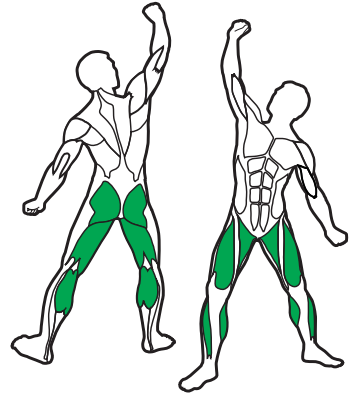
LEG CURL



LEGS

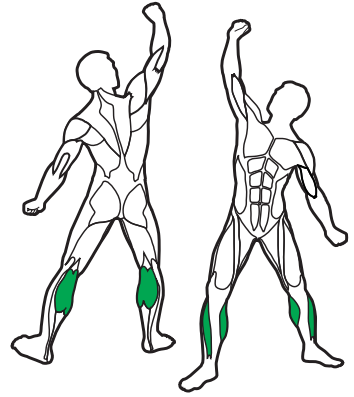


SQUAT WITH HARNESS



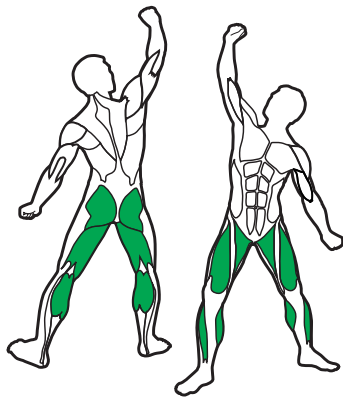


SINGLE LEG CALF RAISE WITH HANDLES





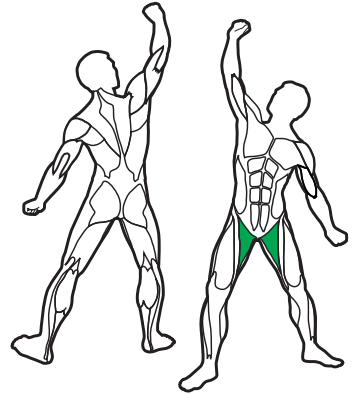
LUNGE



LEGS

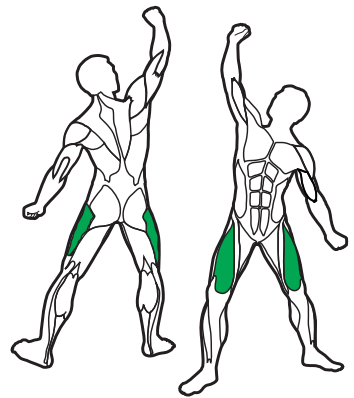


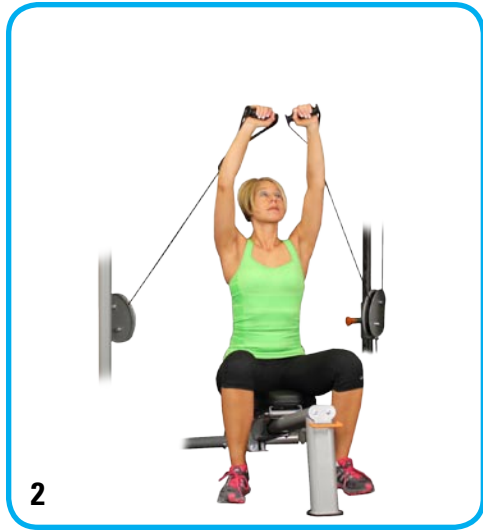
HIP ADDUCTION



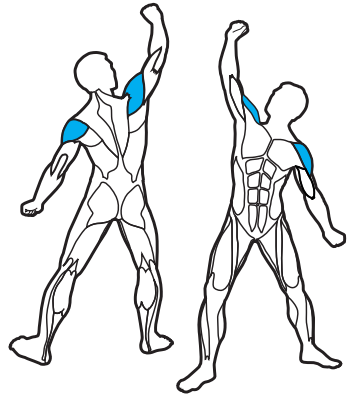


HIP ABDUCTION





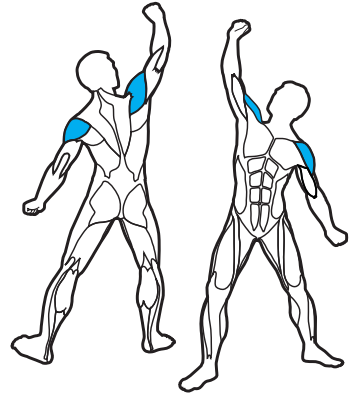
BENCH SHOULDER PRESS



SHOULDERS

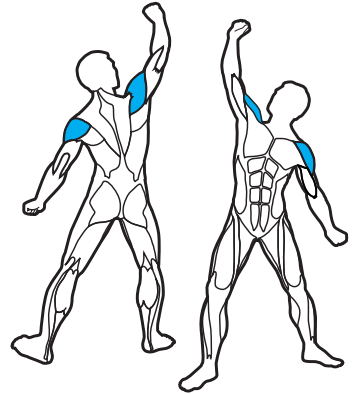


LATERAL RAISE
(DOORS WIDE)



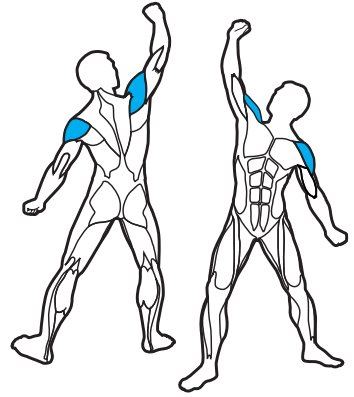


FRONT DELTOID RAISE



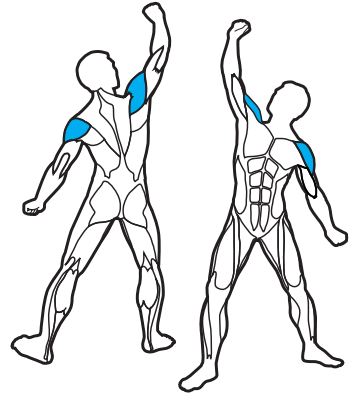


**INTERNAL SHOULDER
ROTATION**



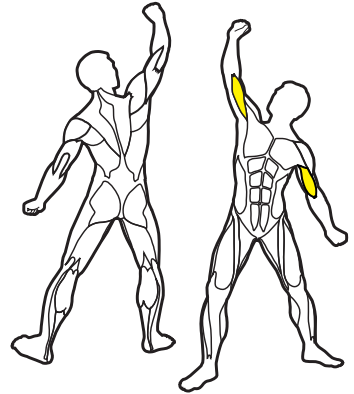


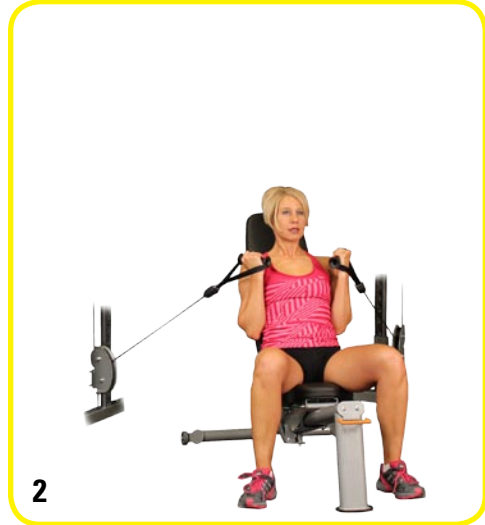
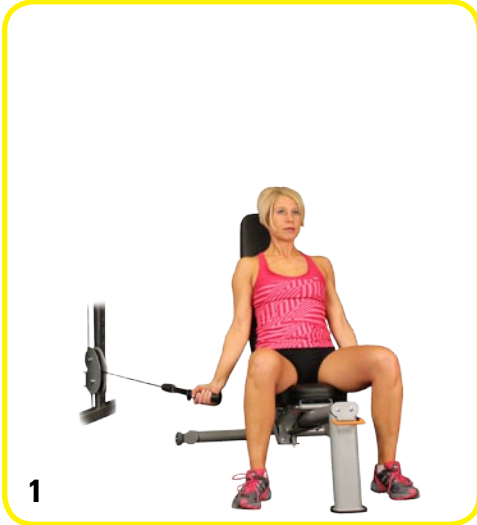
**EXTERNAL SHOULDER
ROTATION**





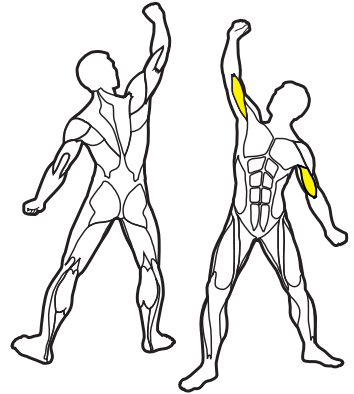
ISOLATERAL BICEPS CURL





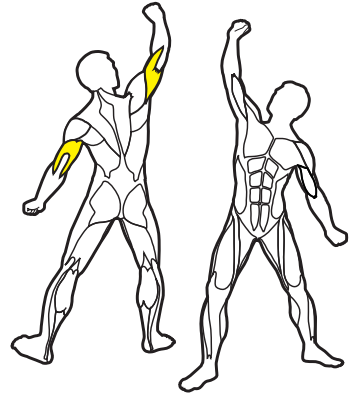
SEATED BICEPS CURL

(BENCH NOT INCLUDED)



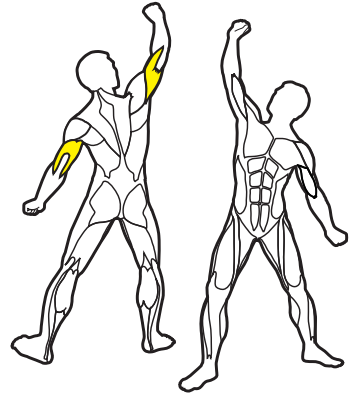


**SINGLE ARM
TRICEPS EXTENSION**





ISOLATERAL TRICEPS EXTENSION



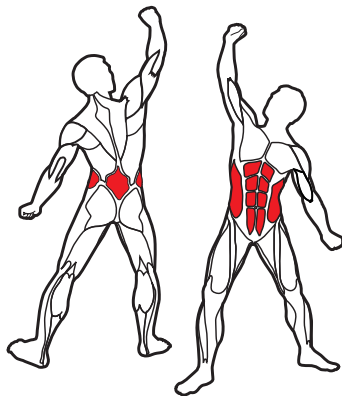


1



2

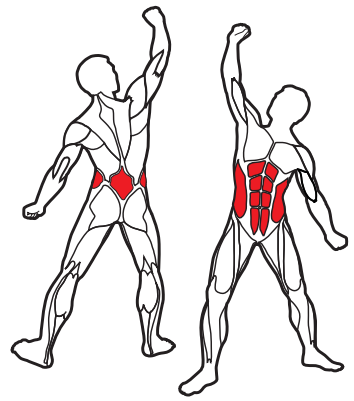
TWISTING VERTICAL KNEE RAISE



CORE

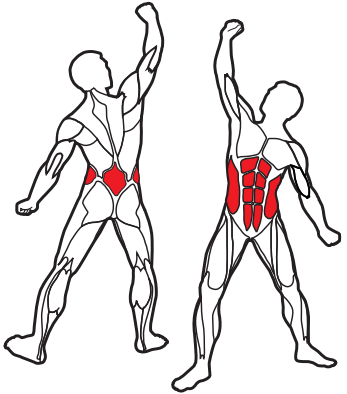


**LOW TO HIGH
ROTATION**



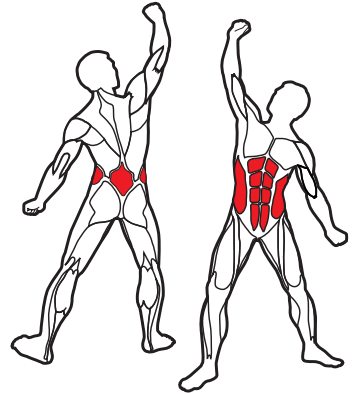


**HIGH TO LOW
ROTATION**





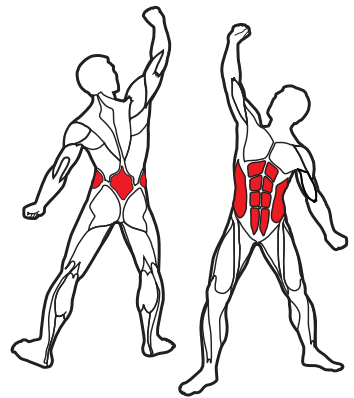
**STABILITY BALL
ABDOMINAL CRUNCH**
(STABILITY BALL NOT INCLUDED)





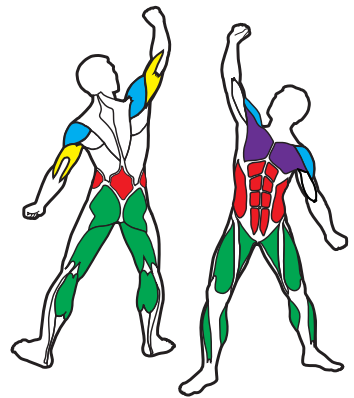
STABILITY BALL CORE ROTATION

(STABILITY BALL NOT INCLUDED)



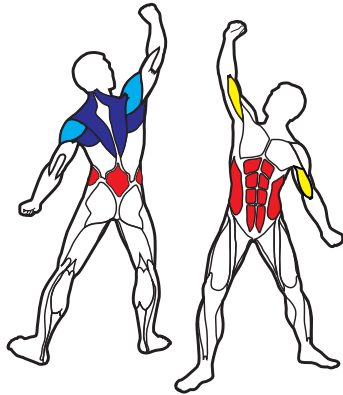


LUNGE TO CHEST PRESS





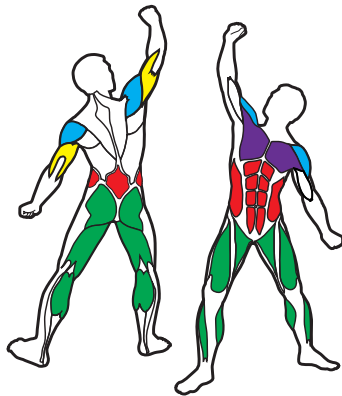
**HIGH TO LOW
WOOD CHOP WITH
STRAIGHT BAR**
(STRAIGHT BAR NOT INCLUDED)



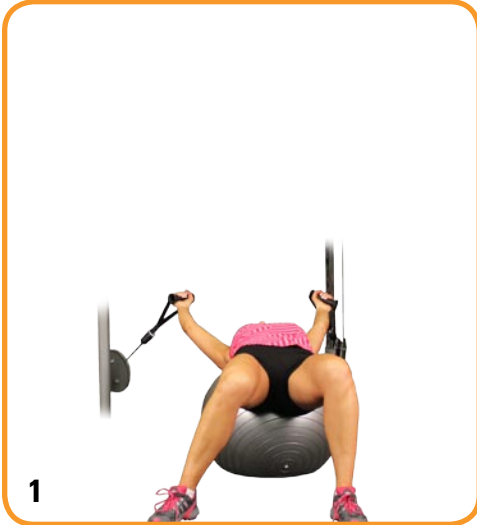
FUNCTIONAL



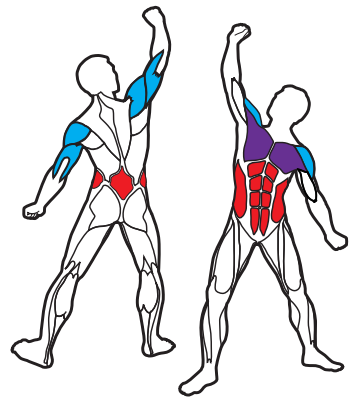
**SINGLE ARM CHEST
PRESS TO LUNGE
WITH ROTATION**

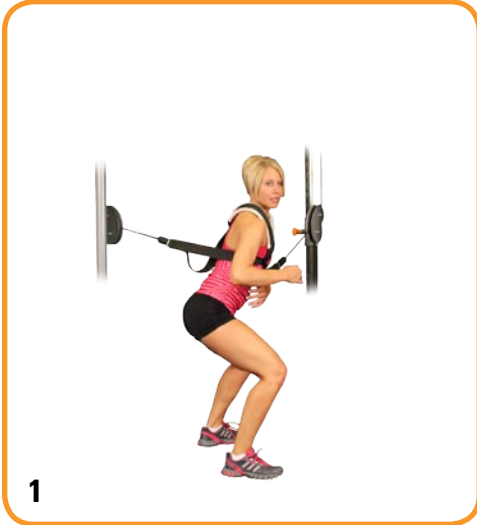


FUNCTIONAL

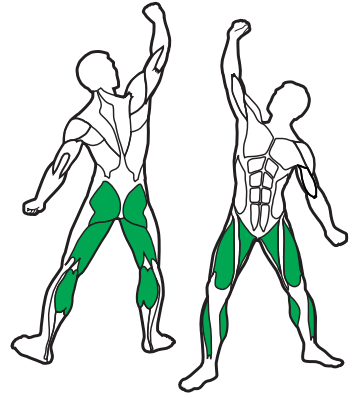


**STABILITY BALL
PULL-OVER**
(STABILITY BALL NOT INCLUDED)





LATERAL SHUFFLE WITH HARNESS





**SINGLE LEG-SINGLE ARM
CHEST PRESS**

