

Special Edition Includes:

**Dr. Ellington Darden's
Six Week Fast Fat Loss –
Body Leanness Program**



BOWFLEX[®]
ULTIMATE[®] 2



**The Bowflex Ultimate[®] 2
Owner's Manual
and Fitness Guide**

(Shown with optional accessories)



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- Always read and follow the Warning and Safety labels attached to your Bowflex Ultimate® 2. Do not remove these labels. If you need replacement labels, please call a Nautilus® Representative at (800) 605-3369.
- Read the owner's manual and follow it carefully before using the machine.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness for experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- Never allow children to use the Bowflex Ultimate® 2 unsupervised. To do so could result in injury. If children are allowed to use the equipment, their mental and physical development should be taken into account. They should be controlled and instructed on the correct use of the equipment.
- This equipment is under no circumstances suitable as a children's toy.
- Inspect your machine for any worn or loose components prior to use. Tighten or replace any worn or loose components prior to use. Pay close attention to cables, or belts and their connections.
- Never use dumbbells or other weight equipment to incrementally increase the weight resistance. Use only the Power Rod® units that came with your Bowflex Ultimate® 2.
- Set up and use your Bowflex Ultimate® 2 on a hard, level surface.
- Do not wear any loose or dangling clothing or jewelry while using the Bowflex Ultimate® 2. Stand clear of all moving components.
- Before beginning any exercise program consult your physician or health care professional. Only he or she can determine the exercise program that is appropriate for your particular age and condition. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the exercise and consult your physician.
- This machine is meant for individual consumer use only, and is not meant for use by institutions.
- Maximum user weight for the Bowflex Ultimate® 2 is 300 pounds (136 kg). For your safety, do not use or allow others to use the Bowflex Ultimate® 2 if they weigh in excess of 300 pounds (136 kg).
- Allow a workout area of at least 8'4" x 6'6" (2.6 m x 2 m) of free space for safe operation of the Bowflex Ultimate® 2.
- Keep your body weight centered on the machine, seat, or base frame platform while exercising.
- When using the Bowflex Ultimate® 2 home gym for standing leg exercises, always grasp the Lat Tower on your machine for stability.
- Keep out of the path of the Power Rod® units when exercising and make certain that observers also stand clear of the Bowflex Ultimate® 2 when the Power Rod® units are in use.
- Never move or adjust the seat while sitting on it. Never stand on the seat.
- When hooking up Power Rod® units do not stand directly looking over the top of the rods. Stand off to the side while attaching rods.
- Never attempt to exercise with more resistance than you are physically able to handle.
- Keep cables and Power Rod® units bound with the rod binding strap when not in use.
- Before exercising, make sure the cable pulley system is properly secured, properly attached, and in perfect working condition.
- All exercises in this manual are based on the calibrated resistance and capacity levels of the Bowflex Ultimate® 2. Exercises not in this manual are not recommended by the manufacturer.
- Never attempt to exercise while the seat rail is in the folded position unless you are specifically instructed to do so.

Get to Know Your Bowflex Ultimate® 2

Please take your time to read through the entire manual and follow it carefully before attempting to use your Bowflex Ultimate® 2. Also locate and read all warning labels that are posted on the machine. It's important to understand how to properly perform each exercise before you do so using Power Rod® Resistance.



Squat Attachment

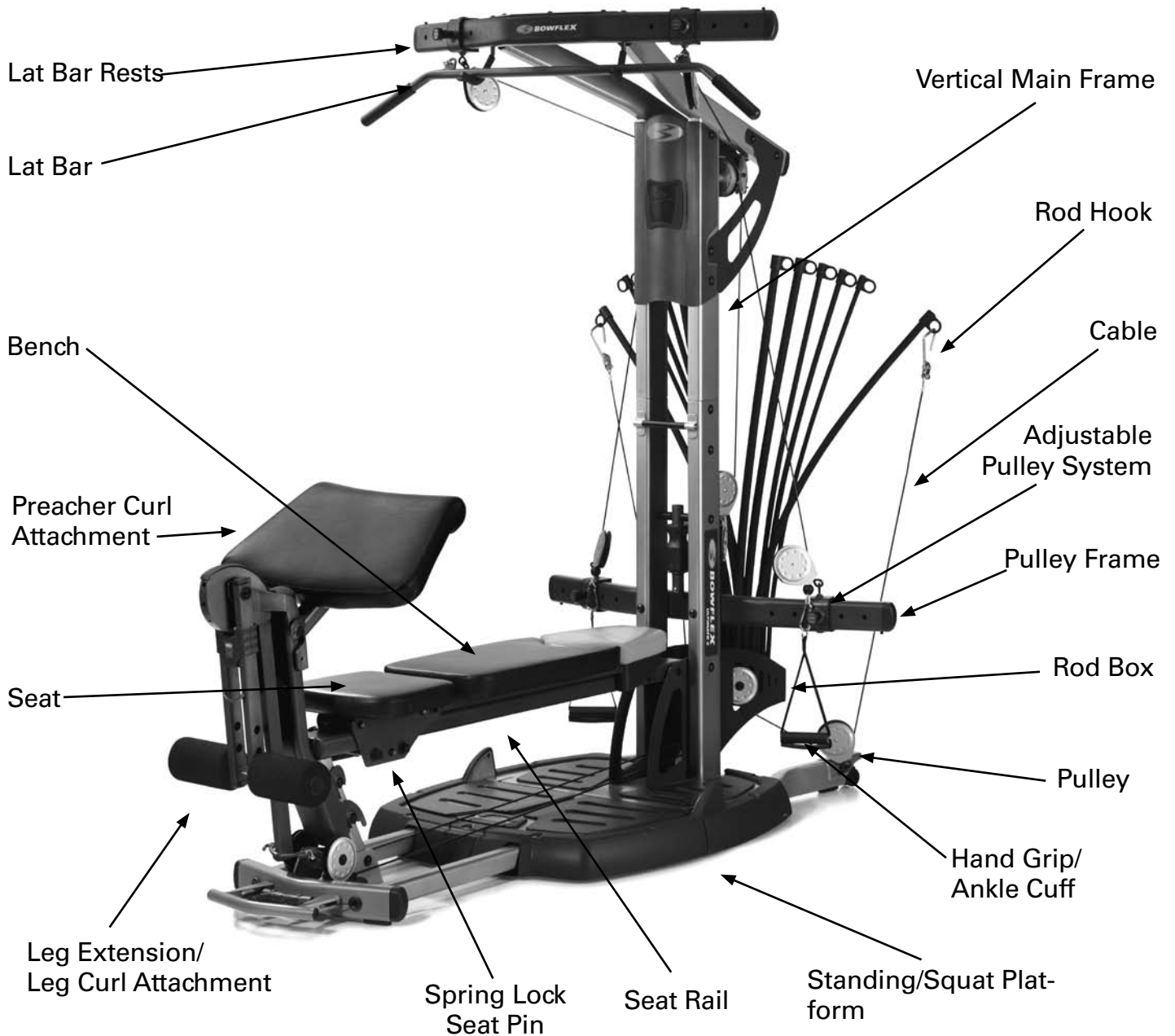


Preacher Curl Attachment



Ab Curl Attachment (optional)

Bowflex Ultimate® 2 Parts Reference Guide



Using Your Bowflex Ultimate® 2

Power Rod® Resistance

The Power Rod® units are made from a special composite material. Your rods are sheathed with a protective black rubber coating. Each rod is marked with its weight rating on the "Rod Cap":



Adjusting And Understanding The Resistance

The Bowflex Ultimate® 2 comes with 310 lb. (140 kg) of nominal resistance {one pair of 5 lb. (2.25 kg) rods, two pairs of 10 lb. (4.5 kg) rods, one pair of 30 lb. (13.5 kg) rods, and two pairs of 50 lb. (22.5 kg) rods}. If you upgraded to a 410 lb. (185 kg) capacity, you will have

an additional pair of 50 lb. (22.5 kg) Power Rod® units.

Note: The actual resistance supplied by the rods can vary because of environmental conditions, such as temperature or humidity.

Hooking The Power Rod® Units To The Cables

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

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



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



Safety

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

When You Are Not Using Your Bowflex Ultimate® 2

Disconnect the cables from the Power Rod® units when you are not using your Bowflex Ultimate® 2. Use the rod binding strap included with your machine to bind all the rods together at the top. You can also place your cables and grips through the strap to keep them out of the way.



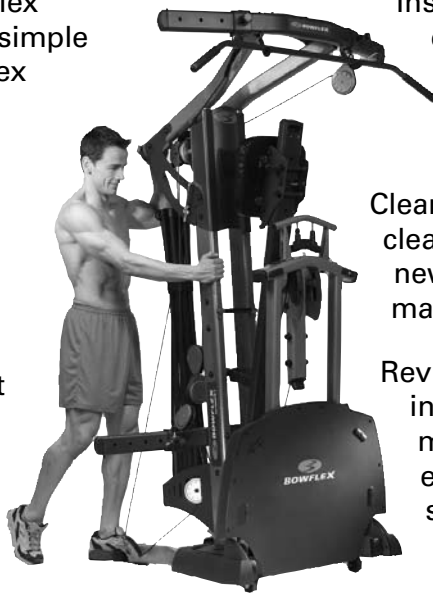
To upgrade to 410 pounds (185 kg) of Power Rod® Resistance please call 1-800-663-6315

Using Your Bowflex Ultimate® 2

Folding & Moving Your Bowflex Ultimate® 2

Folding and moving your Bowflex Ultimate® 2 is easy. Follow the simple steps below to fold your Bowflex Ultimate® 2. Once it's folded, simply roll it away.

1. Remove all attachments and the bench from the machine.
2. Lock the sliding seat in the forward locked position.
3. Lift the seat rail (toward the Power Rod® units) and lock it in the upright position using the rail securing device.
4. Fold the rail support leg down.
5. Squeeze the platform release handle and lift the platform (toward the Power Rod® units) until it locks in the upright position.



Maintenance & Care of Your Bowflex Ultimate® 2

Inspect your machine for any worn or loose components prior to use. Tighten or replace any worn or loose components prior to use. Pay close attention to cables, or belts and their connections.

Clean the bench with a non-abrasive household cleanser after each use. This will keep it looking new. Do not use automotive cleaner, which can make the bench too "slick."

Review all warning notices. The safety and integrity designed into a machine can only be maintained when the equipment is regularly examined for damage and repaired. It is the sole responsibility of the owner to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately or the equipment removed from service until the repair is made. Only manufacturer supplied components shall be used to maintain/repair the equipment.

If you have any questions regarding your Bowflex Ultimate® 2, please call our Customer Service Department at 1-800-605-3369 or by mail at: 16400 SE Nautilus Drive, Vancouver, WA 98683.

Unfolding Your Bowflex Ultimate® 2



To fold or unfold the Bowflex Ultimate® 2 simply grasp the metal bar and plastic handle and squeeze them together to retract the locking pins. When folding the Front Base, release the plastic handle when the base is vertical and make sure it locks securely into place.

With use, the cables can stretch and the locking pins may not engage. If you experience problems with getting pins to lock into place when folding or unfolding the machine, refer to your assembly manual for instructions on how to adjust the the cables.

Using Your Bowflex Ultimate® 2

The Workout Bench

Your Bowflex Ultimate® 2 home gym has four different bench positions. To adjust the bench, simply locate the spring lock pin on the side of the seat. Pull out pin to release seat, then slide it to the desired position. Pull out pin, give it half a turn, and release to place it in a “free sliding” position for exercises such as rowing.

Quick Release Bench: The long portion of your bench attaches to and releases from the seat portion very easily. To attach it, simply insert the half hinge on the end of the bench into the half hinge on the seat. For standing exercises, simply remove the bench by lifting up on the long portion and pulling away from the seat.



Flat Position: Along the side of the seat rail there are three holes for the spring lock seat pin. Pull out on the pin and

slide the entire bench forward until the spring lock seat pin locks into a hole. With the bench in the flat position, there are two possible holes for the spring lock pin to lock into, one forward and one back.



Incline Position: Start with the bench flat in the furthest position away from the Power Rod® units. Pull out on the spring lock seat pin and lift the long bench pad up. Slide forward until the pin locks into the farthest forward

hole. Rest the bench's incline support bracket on the base of the Power Rod® units.

“Free Sliding” Position: Remove the long bench pad. Pull out on the spring lock seat pin,



Using the Bowflex Ultimate® 2 Hand Grips

The Bowflex Ultimate® 2 hand grips can be used as regular grips, hand cuffs or ankle cuffs.



Regular Grip: Grasp the handle and cuff together to form a grip without inserting your hand through the cuff portion. Most of the exercises you perform utilize this grip.

Hand Cuff Grip: Slip your hand through the cuff portion of the grip so that the foam pad rests on the back of your hand. Then grasp the remainder of the grip that is sitting in your palm. This

method of gripping is great for exercises like front shoulder raises or any exercise where your palm is facing down.

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



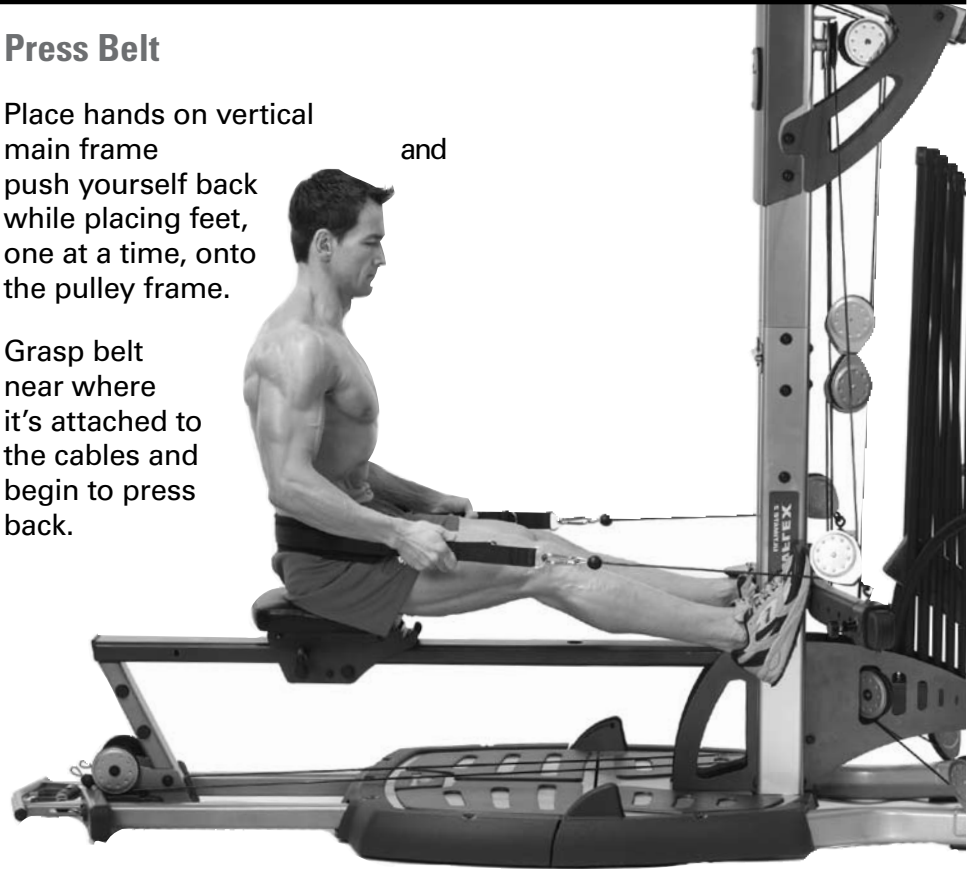
Using Your Bowflex Ultimate® 2

Using the Bowflex Ultimate® 2 Leg Press Belt

The Leg Press Belt is used exclusively for the Leg Press and the Calf Raise exercises.

- With the Bowflex Ultimate® 2 seat adjusted to the “free sliding” position (spring lock seat pin unlocked), the hand grips removed, and the desired amount of resistance hooked up, sit on the seat and position the leg press belt around your hips.
- Slide forward to the pulleys and place your feet through the right and left openings under the rod cables.
- Attach the rod cables to the D-rings on the Leg Press Belt so that the belt is taut.

- Place hands on vertical main frame and push yourself back while placing feet, one at a time, onto the pulley frame.
- Grasp belt near where it's attached to the cables and begin to press back.

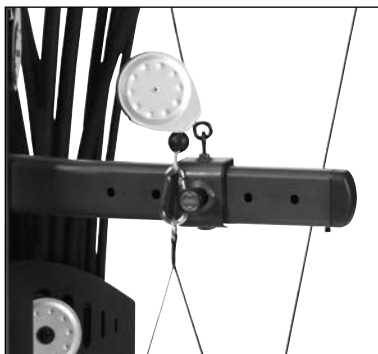


Using the Bowflex Ultimate® 2 Adjustable Pulley System

Using the Bowflex Ultimate® 2 adjustable pulley system is as easy as pulling a pin and expanding the pulley out.

Pulley knobs are spring-loaded and are located on the back of the adjustable pulley system. To extend the pulley, simply twist the knob a couple of turns to the left, then pull out. Next, pull the adjustable sleeve out away from the machine until it clicks into the extended position. Then, tighten the knob to lock the adjustable pulley into position.

The adjustable pulley system was designed to change the angle of resistance to increase the effectiveness of many upper body exercises.



Use the pulley system in either the wide or narrow pulley position. We've included a guide

in each exercise so you can use the pulley at the correct position.

To avoid injury, do not attempt to use the pulley in the wide position when the manual indicates to perform the exercise in the narrow pulley position.

Make certain the adjustable pulley system is locked and secure before adding any Power Rod® resistance to the pulley.

Exercises in the wide position may require a lighter weight than those in the narrow position.

The Bowflex Ultimate® 2 adjustable pulley system allows you to work the same muscles from different angles, depending on the width of the pulley angle.



About Your Bowflex Ultimate® 2 Attachments

Using the Bowflex Ultimate® 2 Leg Extension/Leg Curl Attachment

The Bowflex Ultimate® 2 leg extension/leg curl attachment is a gym-quality attachment that helps you develop strong, muscular legs.

With all Power Rod® resistance off and with the bench in the incline position, move the attachment to the end of the sliding seat rail and use the spring lock seat pin to lock it into position. Next, place the hooks on the Leg Extension attachment over the posts on the Seat Rail support and press firmly down into position. Now, hook the cables to the hooks at the bottom of the Leg extension attachment.



To do a seated leg extension, place the hooks on the Leg Extension seat attachment over the posts at the top of the

Leg Extension and place the cross brace on the seat frame in the bracket behind the sliding seat.

Using a snap hook, attach the loops at the end of the leg attachment cables to the rod cables. Once this is accomplished, you are ready to add Power Rod® resistance to the attachment.

To set up for leg curls, simply remove the quick release bench and place it onto the hinge of the leg extension/leg curl seat.

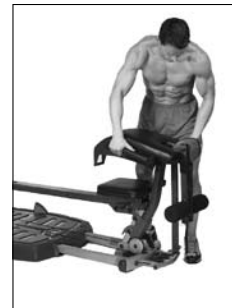
The leg extension/leg curl attachment has five possible angles of adjustment. To rotate the arm, pull down on the plastic handle (located just under the pivot point), rotate the arm up or down, and release the handle to lock the arm in your preferred position.

Safety:

- Make sure the attachment is completely seated on the posts and the sliding seat is locked in position before sitting on it or adding weight to the cables.



1) Hook the Leg Extension to the Seat Rail Support



2) Hook the Leg Extension Seat to the Leg Extension



3) Place the Bench on the Seat Rail

The Bowflex Ultimate® 2 Preacher Curl Attachment

This attachment is specifically designed to give added support for working the biceps. The attachment is mounted on the rear of the machine and serves to stabilize the arms to create a more effective exercise. To use the preacher curl attachment, first remove any Power Rod® resistance.

Slide the seat all the way to the end of the seat rail and use the spring lock seat pin to lock it into position. Next, place the hooks on the leg extension attachment over the posts on the seat rail support and press firmly down into position. Now, place the hooks on the preacher curl attachment over the posts at the top of the leg extension and press firmly into position. Hook the two cables to the hooks at the bottom of the leg extension attachment. Use a snap hook to attach a curl bar to the strap between the roller pads.

The leg extension/leg curl attachment has five possible angles of adjustment. To rotate the arm, pull down on the plastic handle (located just under the pivot point), rotate

the arm up or down, and release the handle to lock the arm in your preferred position.

Safety

- Make sure the attachments are completely seated on the posts and the sliding seat is locked in position before sitting on it or adding weight to the cables.
- Before using the attachment make sure all fasteners are in place and tightened.
- Always check fasteners, snap hooks, cables and pulleys before each workout to ensure proper functioning.



1) Hook the Leg Extension to the Seat Rail Support



2) Hook the Preacher Curl to the Leg Extension

About Your Bowflex Ultimate® 2 Attachments

Using the Bowflex Ultimate® 2 Squat Attachment

⚠ WARNING Failure to secure the Seat Rail Securing Device into the seat rail may cause injury.

It is important to lock the Seat Rail Securing Device into the Seat Rail before performing the following exercises:

- Standing Lat Row
- Standing Biceps Curl (with pulleys)
- Squat
- Lunge
- Standing Calf Press
- Wide Squat

Part A

Lock the Seat Rail Securing Device

Step 1: Remove the Seat Back

Step 2: Lock the Sliding Seat

2-1 Make sure that the sliding seat lock handle is in the locked position (Figure 1).

Step 3: Lift the Seat Rail

3-1 Bend at the knees and grab the Seat Rail with one hand and the locked Sliding Seat with your other hand (Figure 2).

3-2 Use your legs to lift the Seat Rail (Figure 3).

3-3 With both hands, push the Seat Rail all the way up until the locked Sliding Seat is touching the mast of the machine (Figure 4).

(Part A continued on page 2)



Figure 1



Figure 2



Figure 3

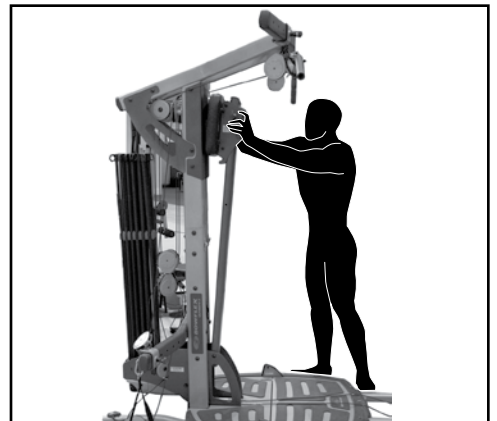


Figure 4

About Your Bowflex Ultimate® 2 Attachments

Part A (continued)

Lock the Seat Rail Securing Device

Step 4: Secure the Seat Rail Securing Device

4-1 Insert the Seat Rail Securing Device into the hole in the Seat Rail until it clicks (Figures 5, 6, 7).

Step 5: Make sure that the Seat Rail is secured.

5-1 Stand to the side of the machine base and Seat Rail.

⚠ WARNING Do not stand on the base below the Seat Rail when you pull on it. This may cause injury.

5-2 Pull down on the Seat Rail to make sure that the Seat Rail Securing Device is secured (Figure 8).

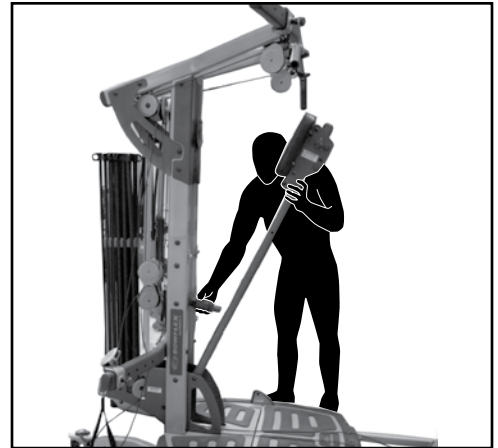


Figure 5

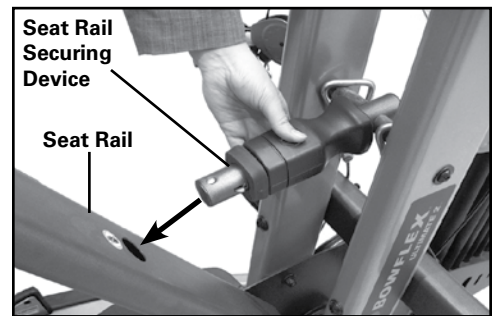


Figure 6



Figure 7



Figure 8

About Your Bowflex Ultimate® 2 Attachments

Using the Bowflex Ultimate® 2 Squat Attachment

Part B

Attach the Squat Frame

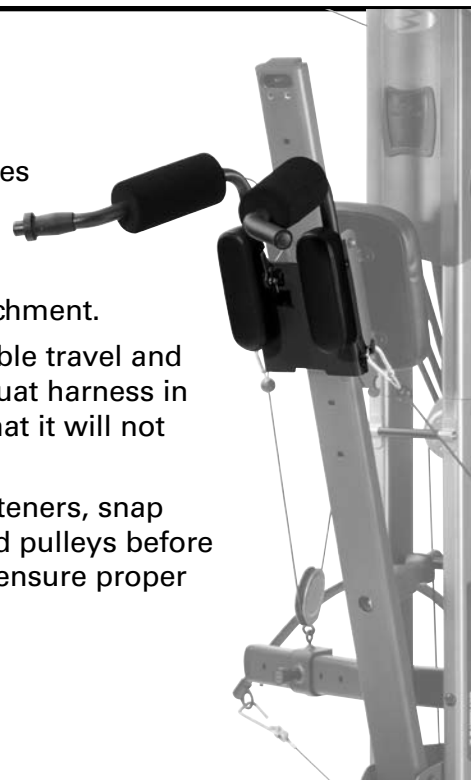
Make sure the Seat Rail Securing Device locks securely into the seat rail. Hook the lower hooks on the squat attachment onto the lower posts on the sliding seat frame, then rotate the squat frame up until it locks into position.

Before attaching the cables you must position the squat attachment into the lowest position on the seat rail. To do this, pull the spring lock seat pin out to the unlocked position and pull out on the release handle and rotate it forward to allow the squat attachment to slide along the seat rail. Now push up slightly on the squat attachment to release the safety lock and slide the squat attachment down to the lowest position. Pull out on the release handle and rotate it back to the locked position. Finally, slide the squat attachment up until it locks into the lowest hole on the bottom of the seat rail. Now you can extend the cables from the sliding pulleys on the chest bar to the hooks on the sides of the squat attachment and add Power Rod® resistance.

Use the squat attachment by squatting under the handlebars with the shoulder pads resting on your shoulders. Now pull out on the release handle and rotate it forward to allow the squat to slide freely along the seat rail.

Safety

- Always wear shoes with non-skid soles when using the low pulley/squat attachment.
- Always adjust cable travel and tension of the squat harness in such a manner that it will not cause a hazard.
- Always check fasteners, snap hooks, cables and pulleys before each workout to ensure proper functioning.



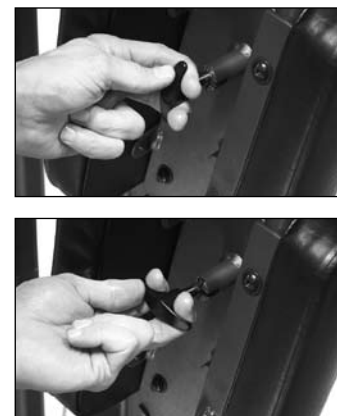
1) Hook the Squat Attachment to the Sliding Seat



2) Fold Squat Attachment up. Squat Attachment will lock into place



3) Attach the cables



4) Unlock the Seat Pin

About Your Bowflex Ultimate® 2 Attachments

Part C

Release the Seat Rail Securing Device

Step 1: Secure the Seat Rail Securing Device

1-1 With your inside foot on the machine base, hold the Seat Rail with one hand and push your shoulder into it lightly (Figure 9).

1-2 Continue to hold the Seat Rail with one hand and your shoulder. Use your free hand to unlock the Seat Rail Securing Device (Figures 9 and 10) until it releases (Figure 11).

Step 2: Lower the Seat Rail

2-1 When the Seat Rail Securing Device releases use both hands to hold onto the Seat Rail (Figure 12).

2-2 Use both hands to carefully lower the seat down into the horizontal position (Figure 13).



WARNING Do not stand on the base below the Seat Rail when you lower it. This may cause injury.

WARNING Always use both hands to lift and lower the Seat Rail. Bend at the knees when lifting or setting down the Seat Rail. Failure to use proper lifting techniques may cause injury.



Figure 9



Figure 10

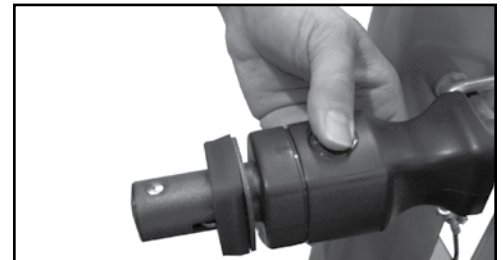


Figure 11

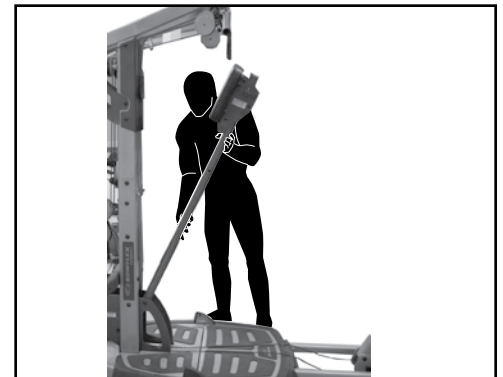


Figure 12

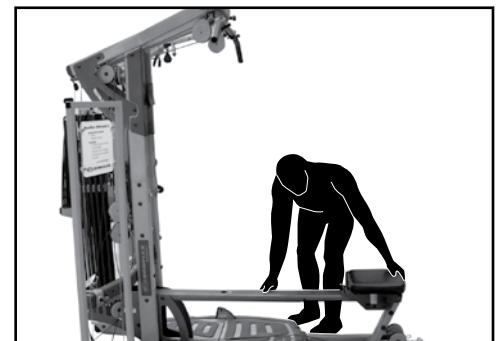


Figure 13

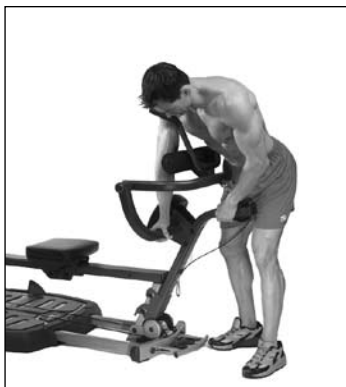
About Your Bowflex Ultimate® 2 Attachments

The Bowflex Ultimate® 2 Ab Crunch Attachment (optional)

To use the ab crunch attachment, slide the seat all the way to the end of the seat rail and use the spring lock seat pin to lock it into position. Next, place the hooks on the ab crunch attachment over the posts on the seat rail support and press firmly down into position. Finally, hook the cables to the hooks at the bottom of



1) Hook the Ab Crunch to the Seat Rail Support

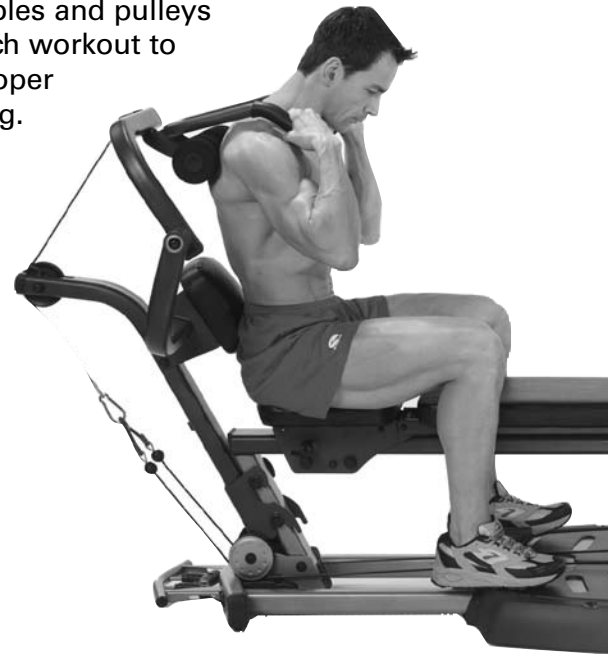


2) Push firmly into place

the ab crunch cable.

Safety

- Make sure the attachment is completely seated on the posts and the sliding seat is locked in position before adding weight to the cables.
- Always check fasteners, snap hooks, cables and pulleys before each workout to ensure proper functioning.



The Bowflex® DVD Player (optional)

The optional DVD player provides entertainment during your workout.

To install the DVD player, remove the rubber cover from the fact plate and insert the DVD bracket into the slots on the face plate. You can position the DVD player in three different viewing angles by using the different positioning slots in the DVD bracket.



To order the Bowflex™
DVD Player please
call 1-800-663-6315

Defining Your Goals

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

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

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

Muscle Power is the combination of strength and speed of the muscular contraction. This is often misinterpreted as:

- a) Being directly associated with certain skill or sport; and/or
- b) Meaning that you must move fast.

Load is actually a more important factor than speed when attempting to improve power. When training to achieve muscular power, pick a resistance that fatigues you in the 3-5 repetition range. When performing these reps, it is more important to think of contracting the muscles faster rather than attempting to move faster. Performing sport simulation exercises usually results in a deterioration of the motor pattern or skill. The biomechanically sound method of improving power in your sport is to train for power using the correct joint movements, as described in this manual.

Then practice the skill associated with your sport, learning to apply this newly achieved power.

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

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

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

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

Defining Your Goals

supplemented with cardiovascular training, such as rowing on the Bowflex Ultimate® 2.

Reaching Your Goals

To reach your goals you must follow a consistent, well designed program that provides balanced development to all parts of the body and includes both aerobic and strength exercise. Only then will you meet your goals safely and efficiently.

The workout routines found in this manual are professionally designed and written to target specific fitness goals. Should you not find one specific program to your liking, you can design your own, based on sound information and the principles found in this manual.

Designing Your Own Program

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

Understand fitness and its components: Improperly designed programs can be dangerous. Take some time to review this manual as well as other fitness guides.

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

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

Select complementary exercises: Be sure to pair

exercises that address compound joint movements and single joint movements. In addition, select exercises that address complementary muscle groups.

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

Remember your cardiovascular component: Any fitness program must contain a cardiovascular fitness component to be complete. So complement your resistance training with aerobic exercise such as walking, running, bicycling or rowing on the Bowflex Ultimate® 2.

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

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

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

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



Exercising Properly

Working Out

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

Warming Up

We recommend that you warm up by rowing on the Bowflex Ultimate® 2.

Aerobic Rowing Position:

- Remove bench, unlock the seat.
- Sit on the seat facing the Power Rod® units.
- Grab the handles and keep the arms straight to the front.
- Position the arches of your feet on the footrest of the machine, knees bent comfortably.
- Sit up straight with your spine in good alignment.

Motion:

- Initiate the movement by extending the knees while simultaneously bending the arms and pinching the shoulder blades together.
- With the arms passing by the sides of your trunk, the handles should be near your torso as the knees near extension.

Key Points:

- Do not lose spinal alignment — keep your chest lifted.
- If you bend forward during the return toward the Power Rod® units, bend at the hips, not the waist.

Breathing

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

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

Performing Your Routine

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

Cool Down

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

The Workouts

20 Minute Better Body Workout

Frequency: 3 Days Per Week (M-W-F) Time: About 20 Minutes

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

Body Part	Exercise	Sets	Reps
Chest	Bench Press	1-2	10-15
Back	Seated Lat Rows	1-2	10-15
Shoulders	Standing Lateral Shoulder Raise	1-2	10-15
Arms	Standing Biceps Curl	1-2	10-15
	Lying 45° Triceps Extension	1-2	10-15
Legs	Leg Extension	1-2	10-15
	Leg Curl Knee Flexion	1-2	10-15
	Seated Calf Press	1-2	10-15
Trunk	Low Back Extension	1-2	10-15
	Resisted Abdominal Crunch	1-2	10-15

Advanced General Conditioning

Frequency: 4 Days Per Week (M-T-TH-F) Time: About 35-45 Minutes

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

Day 1 & 3

Body Part	Exercise	Sets	Reps
Chest	Bench Press (Wide Pulley)	1-3	10-12
Shoulders	Seated Shoulder Press	1-3	10-12
Arms	Cross Triceps Extension	1-3	10-12
	French Press	1-3	10-12
Legs	Leg Press	1-3	10-12
	Leg Curl Knee Flexion	1-3	10-12
	Seated Calf Press	1-3	10-12

Day 2 & 4

Body Part	Exercise	Sets	Reps
Back	Seated Lat Rows	1-3	10-12
	Narrow Pulldowns	1-3	10-12
Shoulders	Rear Deltoid Rows	1-3	10-12
Arms	Standing Biceps Curl	1-3	10-12
	Reverse Curls	1-3	10-12
Trunk	Low Back Extension	1-3	10-12
	Seated Resisted Abdominal Crunch	1-3	10-12
	Reverse Crunch	1-3	10-12

The Workouts

20 Minute Upper/lower Body

Frequency: 4 Days Per Week (M-T-TH-F) Time: About 20 Minutes

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

DAY 1 & 3

Body Part	Exercise	Sets	Reps
Chest	Bench Press	1-3	12-15
Back	Wide Pulldowns	1-3	12-15
Shoulders	Standing Lateral Shoulder Raise	1-3	12-15
Arms	Standing Biceps Curl	1-3	12-15
	French Press	1-3	12-15

DAY 2 & 4

Body Part	Exercise	Sets	Reps
Legs	Leg Extension	1-3	12-15
	Leg Curl Knee Flexion	1-3	12-15
	Standing Hip Extension	1-3	12-15
	Seated Calf Press	1-3	12-15
Trunk	Low Back Extension	1-3	10-12
	Seated Resisted Abdominal Crunch	1-3	10-12

The Workouts

Body Building

Frequency: 3 Days On, 1 Day Off Time: About 45-60 Minutes

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

DAY 1

Body Part	Exercise	Sets	Reps
Chest	Bench Press (Wide Pulley)	2-4	8-12
	Chest Fly	2-4	8-12
Shoulders	Seated Shoulder Press	2-4	8-12
	Rear Deltoid Rows	2-4	8-12
	Standing Lateral Shoulder Raise	2-4	8-12
	Shoulder Shrug	2-4	8-12

DAY 2

Body Part	Exercise	Sets	Reps
Back	Seated Lat Rows	2-4	8-12
	Narrow Pulldowns	2-4	8-12
Arms	Standing Biceps Curl	2-4	8-12
	Reverse Curl	2-4	8-12
	Lying 45° Triceps Extension	2-4	8-12
	French Press	2-4	8-12

DAY 3

Body Part	Exercise	Sets	Reps
Legs	Leg Press	2-4	8-12
	Leg Extension	2-4	8-12
	Standing Hip Extension	2-4	8-12
	Leg Curl Knee Flexion	1-3	8-12
	Seated Calf Press	2-4	12-15
Trunk	Low Back Extensions	2-4	8-12
	Seated Resisted Abdominal Crunch	2-4	8-12
	Seated Resisted Oblique Crunch	2-4	8-12
	Aerobic Rowing		Progress up to 15-25 minutes

The Workouts

Circuit Training – Anaerobic/Cardiovascular

Frequency: 2-3 Times Per Week

Time: About 20-45 Minutes

Circuit training is a great way to achieve the benefits of strength training and cardiovascular training in one quick, challenging routine. The idea is to move quickly from exercise to exercise, taking only as much rest between sets as it takes to set up the next exercise (less than 20 seconds). One circuit equals one set of each exercise. Initially, start with completing one round of Circuit 1. Then add an additional round of the same circuit. Once you reach three rounds of Circuit 1, add one round of Circuit 2. Add additional rounds of Circuit 2 as your fitness level increases. Repeat process with Circuit 3. Do not let your heart rate exceed 220 minus your age. Perform each rep of each exercise slowly and with perfect technique. Count three seconds up and three seconds down. Warm-up with 5-15 minutes of rowing or some other aerobic exercise before starting your circuits.

Circuit 1

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

Circuit 2

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

Circuit 3

Body Part	Exercise	Reps
Shoulders	Rear Deltoid Rows	8-12
Arms	Lying 45° Triceps Extensions	8-12
Legs	Leg Curl Knee Flexion	8-12
Trunk	Seated Resisted Oblique Crunch	8-12
Legs	Seated Calf Press	8-12

The Workouts

True Aerobic Circuit Training

Frequency: 2-3 Times Per Week

Time: About 20-60 Minutes

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

Warm-up with 5-15 minutes of rowing or some other aerobic exercise before starting your circuits.

Circuit 1

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

Circuit 2

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

The Workouts

Strength Training

Frequency: 3 Days Per Week (M-W-F) Time: About 45-60 Minutes

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

Day 1

Body Part	Exercise	Sets	Reps
Chest	Bench Press (wide pulley)	2-4	5-8
	Chest Fly (wide pulley)	2-4	5-8
Shoulders	Seated Shoulder Press	2-4	5-8
	Standing Lateral Shoulder Raise	2-4	5-8
	Rear Deltoid Rows	2-4	5-8
	Shoulder Shrug	2-4	5-8

Day 2

Body Part	Exercise	Sets	Reps
Back	Standing Lat Row	2-4	5-8
	Wide Pulldowns	2-4	5-8
Arms	Standing Biceps Curl	2-4	5-8
	Reverse Curl	2-4	5-8
	Lying 45° Triceps Extension	2-4	5-8
	"Rope" Pushdown	2-4	5-8

Day 3

Body Part	Exercise	Sets	Reps
Legs	Squat	2-4	5-8
	Leg Curl Knee Flexion	2-4	5-8
	Leg Extension	2-4	5-8
	Seated Calf Press	2-4	5-8
Trunk	Low Back Extension	2-4	8-12
	Seated Resisted Abdominal Crunch	2-4	5-8

Chest Exercises

Bench Press – Shoulder Horizontal Adduction (and elbow extension)

Muscles worked:

Pectoralis Major; Deltoids; Triceps

Bench Position:

45° incline

Accessory:

Hand Grips

Pulleys:

Chest Bar



Success Tips

- Maintain a 90° angle between upper arms and torso throughout motion.
- Keep chest muscles tightened. Limit and control your range of motion.
- Keep knees bent, feet on floor, head back against bench.
- Keep elbows in front of shoulders.
- Keep shoulder blades pinched together and maintain good spinal alignment.

START

- Grasp Hand Grips in both hands.
- Slowly bend your elbows until hands are at chest level. Rotate upper arms away from torso, elbows out, palms forward.
- Line up arms with cables keeping your wrists straight.
- Raise chest, pinch shoulder blades together, and maintain a slight, comfortable arch in your lower back.

ACTION

- Press your hands forward, straightening your arms while moving your hands together. Do not lock elbows.
- Return to Start position, keeping your wrists at shoulder width and in line with the cables.

Chest Fly – Shoulder Horizontal Adduction (elbow stabilized)

Muscles worked:

Pectoralis Major; Anterior Deltoid

Bench Position:

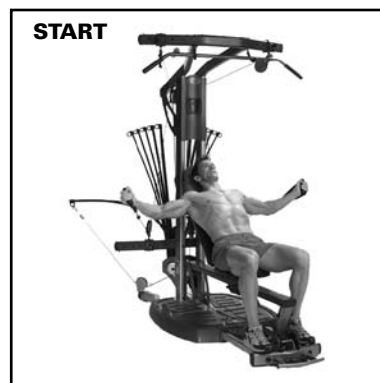
45° incline

Accessory:

Hand Grips

Pulleys:

Chest Bar



Success Tips

- Maintain a 60-90° angle between upper arms and torso during exercise.
- Keep chest muscles tightened. Limit and control your range of motion.
- Keep knees bent, feet on floor, head back against bench.
- To improve your pectoralis involvement, keep your shoulder blades pinched together throughout upward and downward movements.

START

- Grasp Hand Grips in both hands.
- Open your arms into a wide, elbow bent position. Keeping elbows and forearms below chest level, palms forward.
- Raise chest, pinch shoulder blades together, and maintain a slight, comfortable arch in your lower back.

ACTION

- Slowly press your arms forward and upward, straightening arms and moving your hands together.
- Slowly return to Start position

Chest Exercises

Decline Bench Press – Shoulder Horizontal Adduction (and elbow extension)

Muscles worked:
Pectoralis Major; Deltoids; Triceps

Bench Position:
45° incline

Accessory:
Hand Grips

Pulleys:
Chest Bar



Success Tips

- Maintain a 90° angle between your upper arms and torso at the start of the motion, and slightly less than 90° at the finish.
- Keep knees bent, feet on floor, head back against bench.
- Do not let your elbows travel behind your shoulders.
- Keep shoulder blades pinched together and maintain good spinal alignment.

START

- Grasp Hand Grips in both hands.
- Cables travel beneath arms, forearms aligned with cables.
- Bend your elbows back, keeping upper arms at a 90° angle from your torso. Elbows should be 10° (5-6" or 13-15 cm) lower than the standard Bench Press position.
- Raise chest, pinch shoulder blades together, and maintain a comfortable arch in lower back.

ACTION

- Slowly press your hands forward, straightening your arms while moving your hands to the center and downward, at least 10° below your shoulders. Do not lock your elbows.
- Slowly return to the starting position, keeping your wrists steady and your movements slow and controlled.

Incline Bench Press – Shoulder Horizontal Adduction (and elbow extension)

Muscles worked:
Pectoralis Major; Deltoids; Triceps

Bench Position:
45° incline

Accessory:
Hand Grips

Pulleys:
Chest Bar



Success Tips

- Maintain a 90° angle between your upper arms and torso at the start of the motion, and slightly more than 90° at the finish.
- Keep knees bent, feet on floor, head back against bench.
- Do not let your elbows travel behind your shoulders.
- Keep shoulder blades pinched together and maintain good spinal alignment.

START

- Grasp Hand Grips in both hands.
- Cables travel above forearms. Keep your forearms in line with the cables at all times.
- Bend your elbows back, keeping upper arms at a 90° angle from torso. Forearms 10-15° (6-8" or 13-20 cm) higher than Bench Press position.
- Raise chest, pinch shoulder blades together, and maintain a slight arch in your lower back.

ACTION

- Slowly press your hands forward, straightening your arms and moving hands to the center and downward, at least 10° above your shoulders.
- Slowly return to the starting position, keeping your wrists steady and your movements slow and controlled.

Chest Exercises

Resisted Punch – Shoulder Flexion, Elbow Extension, Scapular Protraction

Muscles worked:

Anterior Deltoid; Triceps

Bench Position:

Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



Success Tips

- Maintain an upright, erect posture as your trunk rotates with the punch.
- Keep knees bent and feet on floor.
- Maintain good spinal alignment.

START

- Sit on the bench facing away from the Power Rod® units.
- Reach behind your body and grasp one Hand Grip with an overhand grip, as shown above.
- Bend your elbows until your hands are level with your waist.

ACTION

- Using moderate speed, rotate your trunk and press your arm(s) forward to full extension, allowing shoulder blade to move forward at the end of the punch.
- Slowly return to the Start position. Do not relax the tension in your arm.
- You may vary this exercise by using bilateral movement with both arms or punching upward or downward.

Lying Cable Crossover – Shoulder Adduction (elbow stabilized)

Muscles worked:

Pectoralis Major

Bench Position:

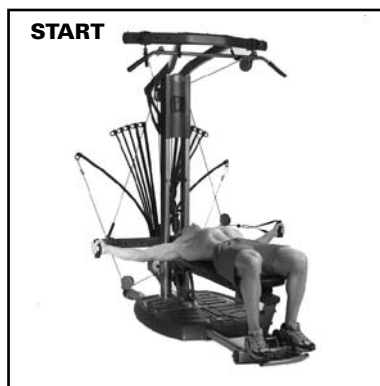
Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



Success Tips

- Keep chest lifted throughout exercise.
- Keep knees bent, feet on floor, head back against bench.

START

- Lie flat on your back, head toward the Power Rod® units. Position yourself far enough down the Bench to grasp the Hand Grips over your head with arms straight out to the side.
- Grasp the Hand Grips, palms facing down.
- Tighten your abdominals to stabilize your spine. Maintain a slight, comfortable arch in your lower back.

ACTION

- Keeping your arms straight, move your hands in an arc upward and across your torso toward the opposite thigh.
- Control the return to the Start position by slowly moving your arms back to shoulder level, releasing the shoulder blades and keeping arms straight.

Chest Exercises

Decline Chest Fly

Muscles worked:
Pectoralis Major; Anterior Deltoid

Bench Position:
45° incline

Accessory:
Hand Grips

Pulleys:
Chest Bar



Success Tips

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

START

- Sit in the 45° position, reach straight behind your body, grasp the handles, and slightly bend your elbows with your palms facing forward.
- Keeping knees bent and feet flat on the floor, lay your head back against the bench and straighten your arms to the front. Lower your arms 8-10 inches from a regular chest fly.

ACTION

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

Shoulder Exercises

Rear Deltoid Rows – Shoulder Horizontal Abduction (and elbow flexion)

Muscles worked:

Rear and Middle Deltoids; Posterior Rotator Cuff; Upper Latissimus; Teres Major; Trapezius; Rhomboids

Bench Position:

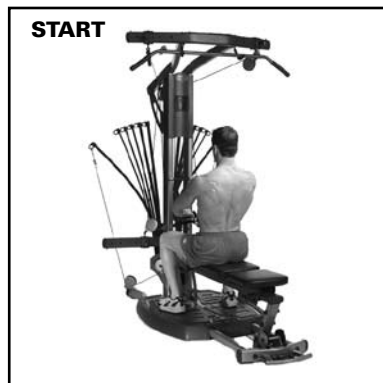
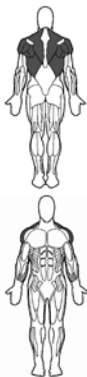
Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



START



FINISH

Success Tips

- Maintain a 90° angle between your upper arms and torso during motion.
- Keep knees bent and feet on floor.
- To work one arm at a time, place non-working hand on bench to stabilize.
- Keep shoulder blades pinched together and maintain good spinal alignment.

START

- Sit on the bench facing Power Rod® units.
- Grasp the Hand Grips. Keep palms down and arms straight.
- Sit up straight. Bend slightly forward from hips until arms are in front of body at a 90° angle from torso and in line toward the pulley.
- Lift your chest and keep your shoulder blades together.
- Keep forearms in line with cables.

ACTION

- Allowing your arms to bend slowly, move your elbows outwards and backwards, keeping a 70-90° angle between your upper arms and torso.
- Move until your elbows are slightly behind your shoulders, then slowly reverse back to the Start position.
- Keep your shoulder blades tightened throughout motion.

Standing Lateral Shoulder Raise – Shoulder Abduction (elbow stabilized)

Muscles worked:

Middle Deltoids; Upper Trapezius

Bench Position:

Removed

Accessory:

Hand Grips

Pulleys:

Chest Bar



START



FINISH

Success Tips

- Do not swing your arms upward or move your trunk during the motion.
- Keep your feet on floor.

START

- Remove the bench and stand on the platform, straddling the seat rail and facing the Power Rod® units.
- Grasp the Hand Grips, palms facing each other.
- Align your spine and bend forward slightly at the hips (15-20°).
- Let arms hang in line with cables.
- Elevate shoulders slightly toward back of head, keeping spine aligned.

ACTION

- Slowly raise your arms out to your sides, at a 90° angle from your body.
- Keep your forearms facing outward throughout the movement.
- Slowly return to the Start position without relaxing muscle tension.

Shoulder Exercises

Seated Shoulder Press – Shoulder Adduction (and elbow extension)

Muscles worked:

Front Deltoids; Upper Trapezius;
Triceps

Bench Position:

Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



START



FINISH

START

- Sit on the bench facing away from the Power Rod® units.
- Keep your chest up, abs tight and maintain a slight arch in lower back.
- Grasp Hand Grips, palms facing out.
- Raise the Hand Grips to head level so your elbows are equal to shoulder level. Keep your palms facing forward.

ACTION

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

Success Tips

- Keep knees bent and feet on floor.
- Do not increase the arch in your lower back as you raise your arms, but keep your spine steady and tight.
- Keep abdominals tight and maintain good spinal alignment

Front Shoulder Raise – Shoulder Flexion (elbow stabilized)

Muscles worked:

Front and Middle Deltoids

Bench Position:

Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



START



FINISH

START

- Sit on the bench, facing away from the Power Rod® units.
- Keep your chest up, abs tight and maintain a slight arch in lower back.
- Grasp the Hand Grips, palms facing back, arms straight at your sides.

ACTION

- Keeping your arms straight, move them forward, leading with your forearms, until arms are extended in front of you at shoulder height.
- Arms may be moved alternately or together.
- Slowly return to the Start position next to the torso.

Success Tips

- Keep abdominals tight and maintain good spinal alignment.
- Keep knees bent and feet on floor.
- Do not increase the arch in your lower back as you raise your arms, but keep your spine steady and tight.

Shoulder Exercises

Shoulder Extension – (elbows stabilized)

Muscles worked:

Latissimus Dorsi; Teres Major; Rear Deltoid; Middle Trapezius; Rhomboids; Triceps



Bench Position:

Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar

Success Tips

- Keep knees bent and feet flat on floor.
- Keep your lats tightened throughout the motion.
- Keep abdominals tight and maintain good spinal alignment.
- Release your shoulder blades at the end of each rep and initiate new rep by retracting your shoulder blades.



START

START

- Sit on the bench facing Power Rod® units.
- Grasp the Hand Grips, palms facing down, arms straight and at approximately a 45° angle from torso.
- Tighten your trunk muscles to stabilize your spine while maintaining a slight arch in the lower back.



FINISH

ACTION

- Initiate movement by pinching shoulder blades together.
- Continue movement by moving your hands in an arc downward, along your sides, until hands are level with hips.
- With controlled movement, slowly return to the Start position.

Shoulder Shrug – Scapular Elevation

Muscles worked:

Upper Trapezius



Bench Position:

Removed

Accessory:

Hand Grips

Pulleys:

Chest Bar

Success Tips

- Keep abdominals tight and maintain good spinal alignment.
- Do not bend your neck or slouch during this exercise.
- Raise shoulders evenly.
- For variation, try this exercise bent forward slightly from the hips.



START

START

- Stand on the platform, facing the Power Rod® units.
- Reach down and grasp the Hand Grips, palms facing each other.
- Let your arms hang at your sides.



FINISH

ACTION

- Slowly raise your shoulders towards the back of your head, keeping your neck and head still.
- Slowly reverse back to the Start position, keeping your upper trapezius muscles tight throughout the motion.

Shoulder Exercises

Scapular Protraction – (elbows stabilized)

Muscles worked:

Serratus Anterior

Bench Position:

45° incline

Accessory:

Hand Grips

Pulleys:

Chest Bar



Success Tips

- Keep knees bent and feet flat on floor. Lean head back against the bench.
- Keep your spine aligned and a slight arch in your lower back.
- Maintain a 90° angle between upper arms and torso throughout exercise.
- Do not slouch forward or use your arm muscles to assist this motion. Keep this motion only in the shoulder blades.

START

START

- Reach behind your body, grasp the Hand Grips and straighten your arms in front of you at a 90° angle from torso.
- Keep your arms in line with the cables, palms facing down and wrists straight.

FINISH

ACTION

- Keeping your arms straight and in line with the cables, slowly move your shoulder blades forward off the bench, bringing your hands together using only your shoulder muscles.
- Slowly return to the Start position, keeping tension in your shoulder blades.

Scapular Depression

Muscles worked:

Lower Trapezius

Bench Position:

Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



Success Tips

- Do not lose spinal alignment—keep your chest lifted and head on bench.
- Keep knees bent and feet flat on floor.

START

START

- Lie on the bench, head toward the Power Rod® units.
- Grasp the Hand Grips and bring your arms straight down your sides along your trunk.
- Tighten your trunk muscles to stabilize your spine while maintaining a slight arch in your lower back.

FINISH

ACTION

- Keeping your arms straight, slide your shoulder blades downward, toward your hips.
- When your shoulder blades have fully depressed, slowly return to the Start position.

Shoulder Exercises

Lying Front Shoulder Raise – Shoulder Flexion (elbows stabilized)

Muscles worked:

Front and Middle Deltoids

Bench Position:

Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



START

- Sit on the bench facing Power Rod® units.
- Grasp the Hand Grips, palms facing down, arms straight.
- Lie back slowly, supporting your head on the bench.
- Keep your chest lifted, maintaining a slight arch in your lower back.



ACTION

- Keeping your arms straight, move them in an arc upwards until they are directly over your shoulders.
- You may perform this move with both arms simultaneously or one at a time.
- With controlled movement, slowly return to the Start position.

Success Tips

- Keep knees bent and feet flat on floor.
- Keep abdominals tight and maintain good spinal alignment.
- Do not increase the arch in your lower back while you are lifting your arms.

Reverse Fly – Shoulder Horizontal Abduction (elbows stabilized in slight flexion)

Muscles worked:

Rear Deltoids; Middle Deltoids; Trapezius; Rhomboids

Bench Position:

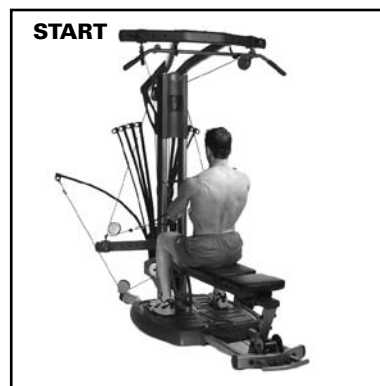
Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



START

- Sit on the Bench facing the Power Rod® units.
- Grasp the Hand Grips, palms facing floor, arms nearly straight.
- Sit up straight and bend slightly forward from the hips until arms/cables are in front of body at a 90° angle from torso.



ACTION

- Maintaining the bend in your arms, move your arms outward and backward.
- When your elbows are slightly behind your shoulders, slowly return to the Start position, keeping your rear shoulder muscles tightened throughout movement.

Success Tips

- Do not lose spinal alignment—keep your chest lifted.
- Keep knees bent and feet flat on floor.
- Keep your spine aligned and a slight arch in your lower back.
- Maintain a 90° angle between upper arms and torso throughout exercise.

Shoulder Exercises

Seated Lateral Shoulder Raise – Shoulder Flexion (elbows stabilized)

Muscles worked:

Supraspinatus; Middle Deltoids;
Trapezius

Bench Position:

Flat Bench Forward

Accessory:

Hand Grips

Pulleys:

Chest Bar



START

- Sit on the bench facing Power Rod® units.
- Spread the cuff from the Hand Grips and slide them over your forearms, near the elbow.
- Keep your chest lifted, maintaining a slight arch in your lower back.



ACTION

- Raise your arms directly out to your sides, nearly shoulder level.
- At the top of the movement, you may need to rotate your hands slowly to prevent the cuff from sliding off.
- With controlled movement, slowly return to the Start position.

Success Tips

- Keep knees bent and feet flat on floor.
- Keep abdominals tight and maintain good spinal alignment.
- Do not increase swing arms upward or move trunk during movement.

Scapular Retraction

Muscles worked:

Middle Trapezius; Rhomboids

Bench Position:

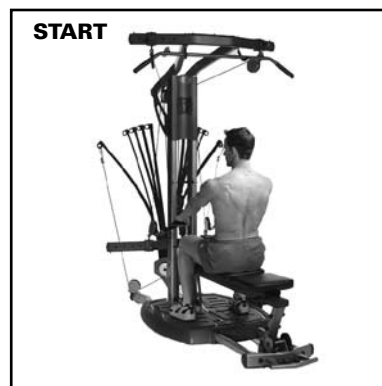
Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



START

- Sit on the Bench facing the Power Rod® units.
- Grasp the Hand Grips, palms facing each other.



ACTION

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

Success Tips

- Do not lose spinal alignment—keep your chest lifted.
- Keep knees bent and feet flat on floor.
- Keep your spine aligned and a slight arch in your lower back.
- Do not use your arm muscles for this movement.

Shoulder Exercises

Rotator Cuff External Rotation

Muscles worked:

Teres Minor; Infraspinatus

Bench Position:

Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



START



FINISH

Success Tips

- Control the motion during the entire exercise. **DO NOT USE MOMENTUM.**
- Do not rotate your spine to get additional range of motion. Try for pure external rotation of your shoulder. More is not better!
- Use light resistance only. You should perform 12–15 perfect reps.

START

- Sit on the bench with one side towards the Power Rod® units.
- Using the arm furthest from the rods, reach across your body, grasp the handle nearest you and draw that arm back into your side, keeping your elbow bent, forearm against your abdomen and your elbow against your side.
- Position yourself on the bench to remove any slack in the cable.

ACTION

- Rotate your forearm away from your abdomen and out to the side, keeping your elbow and upper arm by your side during the entire motion.
- Slowly return to the starting position.
- Repeat with your other arm on the other side of the machine.

Rotator Cuff Internal Rotation

Muscles worked:

Subscapularis; Pectoralis Major

Bench Position:

Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



START



FINISH

Success Tips

- Control the motion during the entire exercise. **DO NOT USE MOMENTUM.**
- Do not rotate your spine to get additional range of motion. Try for pure rotation of your shoulder. More is not better!
- Use light resistance only. You should perform 12–15 perfect reps.

START

- Sit on the bench with one side towards the Power Rod® units.
- Grasp the handle nearest you and draw your upper arm into your side, keeping your elbow bent, lower arm out in front.
- Distance yourself on the bench to eliminate slack in the cable

ACTION

- Rotate your forearm towards your abdomen, keeping your elbow by your side during the entire motion.
- Slowly return to the starting position.
- Repeat with the other arm on the other side of the bench.

Shoulder Exercises

Stiff Arm Pulldown

Muscles worked:
Latissimus Dorsi

Bench Position:
Removed

Accessory:
Lat Bar

Pulleys:
Lat Tower



Success Tips

- Do not lose spinal alignment.
- Keep your lats tightened throughout the entire motion.
- Release your shoulder blades at the end of each rep and initiate each new rep by lowering your shoulder blades.
- Keep your elbows nearly straight (not locked).

START

- Remove the bench and stand facing the Power Rod® units straddling the rail.
- Grasp the lat bar with your palms down and step back slightly.
- Bend over slightly from your hips (not your waist), lift your chest and tighten your abdominals to stabilize your spine while maintaining a very slight arch in your lower back.

ACTION

- Initiate the movement by lowering your shoulders down and together.
- Keeping your arms straight, continue by slowly moving your hands in an arc toward your legs.
- Slowly return to the starting position without relaxing.

Back Exercises

Lying Lat Pulldowns

Muscles worked:

Latissimus Dorsi; Teres Major;
Rear Deltoids

Bench Position:

Flat Bench Forward

Accessory:

Hand Grips

Pulleys:

Chest Bar



START



FINISH

Success Tips

- Keep knees bent and feet flat on floor. Lean head back against the bench.
- Keep your spine aligned, abs tight and a slight arch in your lower back.
- Keep your lats tightened throughout this exercise.
- Release your shoulder blades at the top of each rep. Initiate each new rep by depressing your shoulder blades.

START

- Lie on your back on the bench, head near the Power Rod® units.
- Slip your arms through the Hand Grips, slide the cuffs past your elbows and tighten them enough to stabilize.
- With your palms facing inward, slide your body down the bench far enough that your arms are fully extended—your glutes may hang off the end of the bench.

ACTION

- Initiate the movement by pulling your shoulder blades downward. Slowly start bending your elbows, pulling them down toward your hips and then inward into your trunk.
- Slowly return to the Start position, allowing your arms and shoulder blades to move back without relaxing the tension in your shoulders.

Low Back Extension – Seated (with hip extension)

Muscles worked:

Erector Spinae

Bench Position:

Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



START



FINISH

Success Tips

- Keep knees bent and feet flat on floor. Lean head back against the bench.
- Keep your spine aligned, abs tight and a slight arch in your lower back.
- Keep your lats tightened throughout this exercise.
- Release your shoulder blades at the top of each rep. Initiate each new rep by depressing your shoulder blades.

START

- Sit on the bench, facing Power Rod® units.
- Grasp the Hand Grips and slide them over your forearms, tightening near your elbows.
- Brace your heels on the platform, knees bent comfortably, arms crossed in front of chest. Pull the Hand Grips into your chest.
- Pinch shoulder blades together and lean forward from the hips only.

ACTION

- Keeping your chest lifted, move your entire torso backwards by pivoting at the hips.
- Slowly return to the Start position without slouching or changing spinal alignment.

Back Exercises

Wide Pulldowns – Shoulder Adduction (with elbow flexion)

Muscles worked:

Latissimus Dorsi; Teres Major; Rear Deltoids; Biceps

Bench Position:

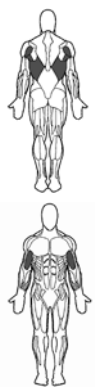
Flat Bench Forward

Accessory:

Bent Lat Bar

Pulleys:

Lat Tower



Success Tips

- Keep knees bent and feet flat on floor.
- To determine the appropriate grip width for you, hold your arms straight out to your sides at shoulder height. Bend your elbows approximately 90°. Hands should be no wider apart than your elbows (beginners may narrow their grip to increase comfort).
- Keep your spine aligned, abs tight and a slight arch in your lower back.

- START**
- Grasp the Bent Lat Bar using the wide grip determined by following the directions in the Success Tips, then sit on the bench, facing the Power Rod® units.
 - Position your thighs directly under the Lat Tower pulleys. Sit upright.
 - Keep your arms extended and straight.

- ACTION**
- Initiate movement by pulling shoulder blades together while simultaneously drawing elbows down and inward.
 - Bent Lat Bar may not touch your chest. At the end of the motion, arms should be near your sides, shoulder blades fully depressed.
 - Keep forearms facing upward.
 - Slowly return to Start position.

Narrow Pulldowns with Hand Grips – Shoulder Extension (with elbow flexion)

Muscles worked:

Latissimus Dorsi; Teres Major; Rear Deltoids; Biceps

Bench Position:

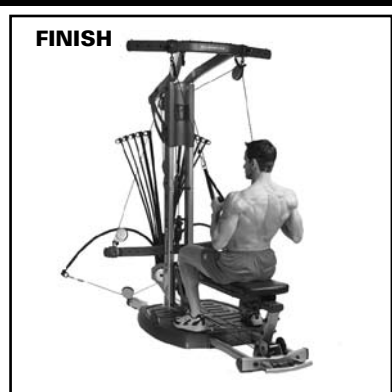
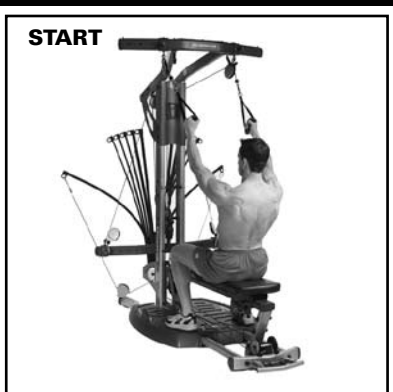
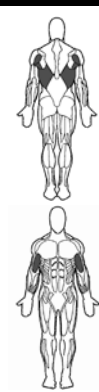
Flat Bench Forward

Accessory:

Hand Grips

Pulleys:

Lat Tower



Success Tips

- Keep your chest lifted, abs tight, and a very slight arch in your lower back.
- Keep knees bent and feet flat on floor.
- Keep the lats tightened throughout the entire motion.

- START**
- Attach a Hand Grip to each cable on the Lat Tower Pulleys.
 - Straddle the bench facing the Power Rod® units, grasp a Hand Grip in each hand, palms facing each other and sit down on the bench.
 - Position your thighs directly under the Lat Tower pulleys. Sit upright.

- ACTION**
- Keep hands at shoulder width, arms straight. Initiate movement by pulling your shoulder blades down and together while simultaneously bending your elbows, drawing them down and inward towards your sides.
 - At the end of the motion, arms should be near your sides, shoulder blades depressed, forearms facing upward.
 - Slowly return to Start position.

Back Exercises

Seated Lat Rows – Shoulder Extension (and elbow flexion)

Muscles worked:

Latissimus Dorsi; Teres Major;
Rear Deltoids; Biceps

Bench Position:

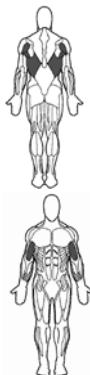
Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



START



FINISH

Success Tips

- Keep knees bent and feet flat on floor.
- Do not bend your torso forward.
- Keep your chest lifted and maintain spinal alignment.
- Release your shoulder blades at the end of each rep. Initiate each new rep by pinching your shoulder blades

START

- Sit on the bench facing Power Rod® units, with your posterior near the back (leg extension) end of the bench.
- Grasp the Hand Grips, palms facing each other.
- Place your heels on the edge of the Standing Platform and bend your knees comfortably.

ACTION

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

Reverse Grip Pulldowns

Muscles worked:

Latissimus Dorsi; Teres Major;
Rear Deltoids; Biceps

Bench Position:

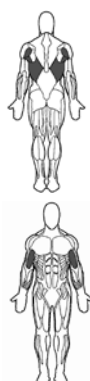
Flat Back Bench

Accessory:

Lat Bar

Pulleys:

Lat Tower



START



FINISH

Success Tips

- Keep your lats tightened throughout the entire motion.
- Maintain good spinal alignment, abs tight, slight arch in your lower back.

START

- Grasp the lat bar with an under hand grip, shoulder width apart, and sit on the seat facing the Power Rod® units.
- Position your thighs under the pulleys and sit upright with your arms extending upward.

ACTION

- Initiate the movement by pulling your shoulder blades down and together while simultaneously drawing your elbows in an arc, towards the sides of your body.
- Slowly return to the starting position allowing your arms and shoulder blades to move fully upward.

Back Exercises

Standing Lat Row

Muscles worked:
Latissimus Dorsi; Rear Deltoids;
Biceps; Teres Major

Bench Position:
Folded

Accessory:
Hand Grips

Pulleys:
Chest Bar



START

- Remove the seat, stand on the platform facing away from the Power Rod® units, and grasp the handles with an overhand grip, arms hanging toward pulleys. Bend over to about 45°, slight tension in the cables.

ACTION

- Slowly move your elbows backward as you bring the handles to a point below your chest.
- Slowly lower the handles to the starting position, keeping knees bent and back flat.

Success Tips

- Do not bend your neck forward or backward.
- Release your shoulder blades at the end of each rep.
- Start each rep by retracting your shoulder blades.
- Keep your spine aligned, chest lifted.

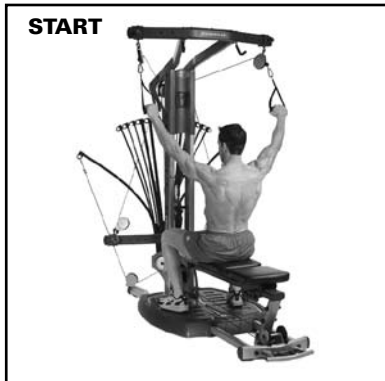
Wide Pulldowns with Grips

Muscles worked:
Latissimus Dorsi; Rear Deltoids;
Biceps; Teres Major

Bench Position:
Flat Back Bench

Accessory:
Hand Grips

Pulleys:
Lat tower



START

- Facing the Power Rod® units, grasp the handles with an overhand grip then sit on the bench.
- Position your thighs directly under the pulleys and sit upright with your arms extending upward.
- Maintain good spinal alignment, chest lifted, abs tight and with a very slight arch in your lower back.

ACTION

- Initiate the movement by pulling your shoulder blades down and together while simultaneously drawing your elbows downward to the sides toward your torso.
- Slowly return to the starting position allowing your arms and shoulder blades to move fully upward, without relaxing your muscles.

Success Tips

- Do not lose spinal alignment.
- Keep your abs and torso tightened throughout the entire motion.

Arm Exercises

Triceps Pushdown – Elbow Extension

Muscles worked:

Triceps

Bench Position:

Removed

Accessory:

Bent Lat Bar

Pulleys:

Lat Tower



START



FINISH

Success Tips

- Keep your upper arms motionless and your wrists straight.
- Keep your chest lifted, abs tight and maintain a slight arch in lower back.
- Tighten the triceps throughout the exercise, using controlled motion.

START

- Straddle the Seat Rail, facing the Power Rod® units.
- Grasp the Bent Lat Bar, palms facing down.
- Stand slightly back from Lat Tower (adjust for comfort).
- Bring hands in front of you, keeping the Lat Bar approximately at rib level.
- Bend over slightly from hips, shoulders directly over hands.

ACTION

- Keeping your upper arms stationary, elbows next to trunk, slowly push your arms downward in a gentle arc until hands are near tops of your thighs.
- Keeping your triceps tightened, slowly reverse the arcing motion and bring the Bent Lat Bar back to the Start position.

French Press – Elbow Extension overhead

Muscles worked:

Triceps

Bench Position:

Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



START



FINISH

Success Tips

- Keep your upper arms motionless and your wrists straight.
- Keep your chest lifted and maintain spinal alignment, keeping a very slight arch in your lower back.
- Tighten the triceps throughout the exercise, using controlled motion.

START

- Sit on the bench facing away from the Power Rod® units, keeping knees bent and feet flat on floor.
- Reach behind and grasp one or both of the Hand Grips, palms facing inward.
- Draw arms up until elbows are pointing forward, hands behind head.

ACTION

- Keeping your upper arms stationary, straighten your elbows, bringing your hands overhead, palms facing out.
- Stop your motion before your elbows are completely straight, and then reverse your motion, slowly returning to the Start position without relaxing muscle tension.

Arm Exercises

Lying 45° Triceps Extension – Elbow Extension

Muscles worked:

Triceps

Bench Position:

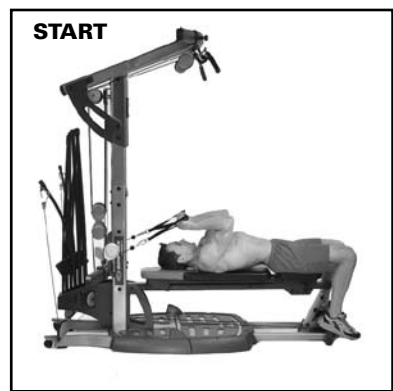
Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



Success Tips

- Keep your upper arms motionless and your wrists straight throughout the entire exercise.
- Keep your chest lifted, spine aligned, and a slight arch in your lower back.
- Tighten the triceps throughout the exercise, using controlled motion.

START

- Lie flat on the Bench, head toward the Power Rod® units. Keep your knees bent and your feet flat on the floor.
- Reach overhead and grasp the Hand Grips, palms facing up.
- Keep your elbows bent, bringing your upper arms to the front, at approximately a 45° angle from the front of your torso.

ACTION

- Keeping your upper arms stationary and next to your torso, straighten your arms in an arcing motion inward and down toward your legs.
- Fully straighten your arms and then, with a controlled motion, slowly bring your arms back to the Start position without moving your upper arms.

Cross Triceps Extension

Muscles worked:

Triceps

Bench Position:

45° incline

Accessory:

Hand Grips

Pulleys:

Chest Bar



Success Tips

- Keep your upper arm motionless and your wrists straight.
- Keep your chest lifted, pinch your shoulder blades together and maintain a slight arch in lower back.
- Tighten the triceps throughout the exercise, using controlled motion.

START

- Sit facing away from the Power Rod® units.
- Reach one hand over the opposite shoulder (right hand over left and vice versa) and grasp a Hand Grip. Bend your elbow until your hand is above your chest, palm facing the floor.
- With your free hand, stabilize the active hand at the elbow.

ACTION

- Keeping your upper arm stationary, straighten your elbow, slowly extending your arm outward, using an arcing motion and stopping approximately 90° from your chest.
- Keeping your triceps tightened, slowly reverse the arcing motion and bring your arm back to the Start position.

Arm Exercises

Standing Biceps Curl – Elbow Flexion (in supination)

Muscles worked:

Biceps

Bench Position:

Removed

Accessory:

Hand Grips

Pulleys:

Chest Bar



START



FINISH

Success Tips

- Keep your chest lifted, abs tight and a very slight arch in your lower back.
- Keep your elbows at your sides and your wrists straight.

START

- Straddle the Seat Rail, facing the Power Rod® units.
- Reach down and grasp the Hand Grips, palms facing forward.
- Straighten, keeping your arms by your sides, elbows loose.

ACTION

- Keeping your upper arms stationary and your elbows at your sides, slowly curl the Hand Grips forward, then upward and in towards your shoulders.
- Slowly reverse the arcing motion bringing your hands back to the Start position.

Seated Biceps Curl – Flexion (in supination)

Muscles worked:

Biceps

Bench Position:

Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



START



FINISH

Success Tips

- Keep your upper body motionless and your wrists straight.
- Keep your chest lifted, trunk muscles tight and maintain a slight arch in lower back.
- Keep your spine aligned throughout movement

START

- Sit on the bench, facing the Power Rod® units. Keep one foot flat on the floor, and bend the other leg, bringing your foot up onto the bench, knee slightly turned outward.
- With the arm on the same side as your lifted leg, reach forward and grasp a Hand Grip, keeping your elbow bent. Allow your upper arm (not elbow) to rest on the elevated knee.

ACTION

- Slowly curl your forearm up toward your shoulder, keeping the upper arm completely still.
- Keeping your biceps tightened, slowly reverse the curling motion and bring your arm back to the Start position.

Arm Exercises

Preacher Curl – Elbow Flexion (in supination)

Muscles worked:

Biceps; Brachialis; Brachioradialis



Bench Position:

Seat

Accessory:

Preacher Curl Attachment

Pulleys:

Squat Platform



Success Tips

- Keep wrists straight.
- Keep chest lifted, abs tight and maintain a very slight arch in your lower back.

START

- Sit at the end of the bench facing away from the Power Rod® units.
- Rest your elbows on the platform and grasp the inner handles of the ab/leg attachment with an underhand grip.
- Your knees should be bent and feet flat on the floor.

ACTION

- Slowly curl the handles in an arc toward your head while keeping your elbows and upper arms completely still.
- Slowly lower to the starting position.

Reverse Grip Tricep Pushdown

Muscles worked:

Triceps



Bench Position:

Removed

Accessory:

Lat Bar

Pulleys:

Chest Bar



Success Tips

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

START

- Stand on the platform facing the Power Rod® units.
- Grasp the lat bar with an underhand grip at shoulder width.
- Bring your arms straight down to your sides.

ACTION

- Keeping your upper arms stationary, elbows in a fixed position, bend your elbows moving your hands in an arcing motion towards your shoulders.
- Stop your motion when your hands are above your elbows, then slowly reverse your arcing motion until your elbows are straight.

Arm Exercises

Standing Biceps Curl (with Pulleys) – Elbow Flexion (in supination)

Muscles worked:
Biceps; Brachialis; Brachioradialis

Bench Position:
Folded

Accessory:
Hand Grips

Pulleys:
Squat Platform



Success Tips

- Keep your elbows from moving forward and backward.
- Keep your knees slightly bent.

START

- Remove the bench, stand on the platform facing away from the Power Rod® units, and grasp the handles from the pulleys with an underhand grip at shoulder width.

ACTION

- Keeping palms upward, slowly curl the handles upward toward your shoulders while keeping your elbows at your sides and your upper arms motionless.
- Slowly lower the handles to the starting position.

Tricep Kickback

Muscles worked:
Triceps

Bench Position:
Flat Back Bench

Accessory:
Hand Grips

Pulleys:
Chest Bar



Success Tips

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

START

- Straddle the bench facing the Power Rod® units, bend forward at your hips until your torso is parallel to the bench, slightly arching your back.
- Support yourself with one arm on the bench and grasp a handle with your free hand, palm facing inward.
- Draw your elbow back so that the upper arm is by your side, parallel to the bench, and your elbow bent about 90°.

ACTION

- Completely straighten your elbow while keeping your upper arm completely still.
- Slowly return to the starting position.
- Repeat with the other arm on the other side of the machine.

Arm Exercises

Lying Biceps Curl – Elbow Flexion (in supination)

Muscles worked:
Biceps; Brachialis; Brachioradialis

Bench Position:
Flat Bench Forward

Accessory:
Hand Grips

Pulleys:
Chest Bar



Success Tips

- Keep your upper arms motionless and your wrists straight throughout the entire exercise.
- Keep your chest lifted, spine straight, and a slight arch in your lower back.

- START**
- Sit on the bench, facing the Power Rod® units. Keep your knees bent and feet flat on the floor.
 - Grasp the Hand Grips, keeping your arms straight and palms up.
 - Lie back completely with your head supported by the bench.

- ACTION**
- Curl the Hand Grip forward and up, toward your shoulder, making sure to keep your upper arm completely motionless and your elbows at your sides.
 - Slowly bring your arm back to the Start position, maintaining the same arc of motion.

Seated Wrist Extension

Muscles worked:
Extensor Carpi Ulnaris;
Extensor Digitorum

Bench Position:
Flat Bench Back

Accessory:
Hand Grips

Pulleys:
Chest Bar



Success Tips

- Move slowly and keep tension in the back of the forearms at all times.
- Keep your chest lifted, trunk muscles tightened, and a very slight arch in your lower back.
- You may perform this exercise one arm at a time to make it easier to focus and isolate the back of your forearms, or with both arms simultaneously to save time.

- START**
- Sit facing the Power Rod® units with your knees bent, feet together and flat on the bench. Sit far back enough on the bench to maintain physical and cable tension throughout exercise.
 - Grasp the Hand Grips, palm facing down, and rest your mid-forearms on your lower thighs, keeping your elbows flared slightly to the side.

- ACTION**
- Slowly curl the back of your fists backward towards your forearms.
 - Stop when wrists are 90° from forearms or when you experience discomfort.
 - Slowly return to the Start position.

Arm Exercises

Standing Wrist Curl

Muscles worked:

Biceps; Flexor Digitorum,
Flexor Carpi Radialis

Bench Position:

Removed

Accessory:

Hand Grips

Pulleys:

Chest Bar



START



FINISH

START

- Straddle the Seat Rail, facing the Power Rod® units.
- Reach down and grasp the Hand Grips, palms facing forward.
- Straighten, keeping your upper arms and elbows by your sides, elbows loose.
- Bend your elbows 90°, palms up, and maintain that position throughout the entire exercise.

ACTION

- With your upper arms stationary and your elbows at your sides, slowly curl your fists toward the front of your forearms.
- Keeping your forearms still, slowly let your fists return to the Start position.

Success Tips

- Keep your chest lifted, trunk muscles tight and a very slight arch in your lower back.
- Move slowly, keeping tension in the front of your forearms at all times.
- Do not increase or decrease the bend in your elbow during this exercise—keep all motion in the wrist.
- Do not rock your body back and forth during wrist motion.

Reverse Curl – Elbow Flexion (in pronation)

Muscles worked:

Brachialis; Brachioradialis; Biceps

Bench Position:

Removed

Accessory:

Hand Grips

Pulleys:

Chest Bar



START



FINISH

START

- Straddle the Seat Rail, facing the Power Rod® units.
- Reach down and grasp the Hand Grips, palms facing backward.
- Straighten, keeping your upper arms and elbows by your sides, elbows loose.

ACTION

- Keeping your palms facing down, use your forearms to slowly bend your elbows, curling the Hand Grips forward, then upward and in towards your shoulders.
- Keep your elbows at your sides and your upper arms completely still.
- Slowly reverse the curling motion and bring your arms back to Start position.

Success Tips

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

Arm Exercises

Seated Wrist Curl – Wrist Flexion

Muscles worked:

Flexor Digitorum;
Flexor Carpi Radialis

Bench Position:

Flat Bench Back

Accessory:

Hand Grips

Pulleys:

Chest Bar



START



FINISH

START

- Sit facing the Power Rod® units with your knees bent, feet together and flat on the bench. Sit far back enough on the bench to maintain physical and cable tension throughout exercise.
- Grasp the Hand Grips, palm facing up, and rest your mid-forearms on your lower thighs, allowing the wrists to bend downward.

ACTION

- Slowly curl your fists towards the front of your forearms.
- Return to the Start position slowly, without relaxing the muscle tension in your wrists.

Success Tips

- Move slowly, keeping tension in the front of the forearms at all times.
- Keep your chest lifted, trunk muscles tightened, and a slight arch in your lower back.
- You can perform this exercise one arm at a time to make it easier to focus and isolate the front of your forearms, or you can perform it with both arms simultaneously to save time.

Standing Wrist Extension

Muscles worked:

Flexor Digitorum; Flexor Carpi Ulnaris; Brachialis

Bench Position:

Removed

Accessory:

Hand Grips

Pulleys:

Chest Bar



START



FINISH

START

- Straddle the Seat Rail, facing the Power Rod® units.
- Reach down and grasp the Hand Grips, palms facing backward.
- Straighten, keeping your upper arms and elbows by your sides.
- Bend your elbows 90°, and hold that position for the duration of this exercise.

ACTION

- Slowly curl the back of your fists backward towards your forearms.
- Stop when wrists are 90° from forearms or when you experience discomfort.
- Keeping your forearms still, slowly return to the Start position.

Success Tips

- Move slowly and keep tension in the wrists at all times.
- Keep your chest lifted, trunk muscles tightened, and a very slight arch in your lower back.
- Do not increase or decrease the bend in your elbow—perform the entire motion at your wrist.
- Do not rock your body during this exercise.

Arm Exercises

“Rope” Pushdown – Elbow Extension

Muscles worked:

Triceps

Bench Position:

Removed

Accessory:

Hand Grips

Pulleys:

Lat Tower



START



FINISH

Success Tips

- Keep your upper arms motionless and your wrists straight.
- Keep your chest lifted, abs tight and maintain a slight arch in lower back.
- Tighten the triceps throughout the exercise, using controlled motion.
- Keep your chest lifted, trunk muscles tightened, and a very slight arch in your lower back.

START

- Straddle the Seat Rail, facing the Power Rod® units.
- With each hand, grasp the opposite Hand Grip (right to left, etc.), palms facing down.
- Stand approximately 2-3 feet or .6-.9 m from Lat Tower (adjust for comfort).
- Cross the cables, palms facing each other, as if grabbing a rope.
- Keep your elbows bent, upper arms at your sides.

ACTION

- Keeping your upper arms stationary, elbows next to trunk, slowly straighten your arms downward, in a gentle arc, until hands are near tops of your thighs, hands and elbows straightened and directly in line with shoulders.
- Keeping your triceps tightened, slowly reverse the arcing motion and bring the Hand Grips back to the Start position.

Resisted Dip

Muscles worked:

Triceps; Anterior Deltoid

Bench Position:

Removed

Accessory:

Hand Grips

Pulleys:

Lat Tower



START



FINISH

Success Tips

- Keep your back straight and knees slightly bent.
- Keep your wrists straight.
- Keep your torso muscles tight and maintain good spinal alignment.

START

- Remove the seat and stand on the platform facing away from the Power Rod® units.
- Reach back and grasp the handles from the lat tower. Your elbows should be bent, elbows pointing back and out, palms in and knuckles almost touching your sides.

ACTION

- Straighten your arms downward, hands straight down next to your body, ending with your arms fully straightened by your hips.
- Slowly raise your hands in a reverse motion to the starting position.

Abdominal Exercises

Reverse Crunch – Spinal Flexion

Muscles worked:
Rectus Abdominus; Obliques

Bench Position:
Flat Bench Back

Accessory:
None

Pulleys:
None



Success Tips

- Keep your upper body, knees and hips stationary. Relax your neck.
- Tighten your abs before you move.
- Allow exhalation up and inhalation down without exaggerating breathing.
- Contract as far into the movement as possible. Lower under control. Keep abs tight during entire motion.

- START**
- Lie on the bench, head toward the Power Rod® units, grasp bench for support.
 - Bend your hips and knees until your legs are in a “seated” position as shown above—knees and hips at 90° angles.
 - If maintaining this position is difficult, adjust to one you can maintain for the duration of this exercise. As you strengthen, this position will become easier.

- ACTION**
- Tighten your abs, and then slowly curl your hips toward your rib cage. Move as far as you can without using your legs to get momentum.
 - Do not curl up onto your shoulder blades.
 - Slowly reverse the motion, returning to the Start position without relaxing.

Resisted Reverse Crunch – Spinal Flexion

Muscles worked:
Rectus Abdominus; Obliques

Bench Position:
Flat Bench Forward

Accessory:
Ankle Cuffs

Pulleys:
Chest Bar



Success Tips

- Allow exhalation up and inhalation down without exaggerating breathing.
- Do not “kick” into the motion, but allow body to slowly initiate movement.
- Tighten your abs throughout the entire exercise, relaxing only at the end of each set. Keep hips and knees motionless.
- Move slowly to eliminate momentum.

- START**
- Face the Power Rod® units, and attach an Ankle Cuff to each ankle.
 - Lie back on the bench, head away from the Power Rod® units.
 - Bend your hips and knees at 90° angles, as shown.
 - Reach behind your head and grasp the Seat.
 - Relax your neck.

- ACTION**
- Tighten your abs and slowly curl your hips toward your rib cage. Move as far as you can without using your legs or curling onto your shoulder blades.
 - Slowly reverse the motion, returning to the Start position without relaxing your abs.

Abdominal Exercises

Seated (Resisted) Abdominal Crunch – Spinal Flexion

Muscles worked:

Rectus Abdominus; Obliques

Bench Position:

45° incline

Accessory:

Hand Grips

Pulleys:

Chest Bar



Success Tips

- Do not lift your head or chin—your head should follow the rib motion rather than lead it. Maintain normal neck posture.
- Tighten your abs throughout the entire exercise, relaxing only at the end of each set.
- Move slowly to eliminate momentum.
- Allow exhalation up and inhalation down without exaggerating breathing.

START

- Grasp the Hand Grips in both hands, drawing them over your shoulders. Rest the back of your fists on your chest or shoulders, palms facing up.
- Lower back can start out flat or in a normal arch, knees and hips are bent and feet should be flat on the floor.

ACTION

- Tighten your abs and curl only your torso, slowly moving your ribs toward your hips. Move as far as you can without moving your hips or neck.
- Do not allow your lower back to lose contact with the bench during this entire exercise.
- Slowly reverse the motion, returning to the Start position without relaxing your abs.

Seated (Resisted) Oblique Abdominal Crunch – Spinal Oblique Flexion

Muscles worked:

Rectus Abdominus; Obliques

Bench Position:

45° incline

Accessory:

Hand Grips

Pulleys:

Chest Bar



Success Tips

- Do not lift your head or chin—your head should follow the rib motion rather than lead it. Maintain normal neck posture.
- Tighten your abs throughout the entire exercise, relaxing only at the end of each set.
- Move slowly to eliminate momentum.
- Allow exhalation up and inhalation down without exaggerating breathing.

START

- Cross one arm over the opposite shoulder, grasp a Hand Grip, and rest the hand on your shoulder or chest, palm facing down.
- Lower back can start out flat or in a normal arch, knees and hips are bent and feet should be flat on the floor.

ACTION

- Tighten your abs on the side with the active arm, focusing on the side of your ribs to the front of your pelvis on that side.
- Slowly move diagonally, rotating torso away from the side holding the Hand Grip, ribs turned toward the front of your pelvis.
- Crunch as deeply as you can, keeping lower back on bench.
- Slowly reverse to the Start position without resting.

Abdominal Exercises

Ab Crunch – using optional Ab Crunch Attachment

Muscles worked:

Rectus Abdominus; Obliques

Bench Position:

Flat Bench Back

Accessory:

Ab Crunch Attachment

Pulleys:

Squat Platform



START



FINISH

START

- Sit on the seat, bench removed, legs toward the Power Rod® units, knees bent, feet flat on the platform.
- Lean against the support and grab the Ab Attachment with each hand above your shoulders.

ACTION

- Tighten your abs and slowly curl your shoulders toward your knees as far as comfortable.
- Slowly reverse the motion, returning to the starting position without relaxing.

Success Tips

- Relax your neck.
- Hold the Ab Attachment against your back
- Make slow, controlled movements.

Trunk Rotation

Muscles worked:

Rectus Abdominus; Obliques; Serratus Anterior

Bench Position:

Flat Bench Back

Accessory:

Handgrips

Pulleys:

Chest Bar



START



FINISH

START

- Sit sideways on the bench, one side toward the Power Rod® units. Grasp Hand Grip closest to you with both hands.
- Raise both arms up near shoulder level, hands extended over the leg closest to the Power Rod® units.
- Keep your elbows slightly bent.

ACTION

- Tighten your entire abdominal area and slowly rotate your rib cage and arms away from the Power Rod® units 30-40°, as if you were rotating with a rod through the middle of your spine.
- Slowly reverse the motion, returning to the Start position without relaxing muscle tension.

Success Tips

- Keep chest lifted, shoulders pinched, abs tight and slight arch in lower back.
- This exercise must be performed correctly—failure to do so could result in injury. Use only low weight Power Rod® units.
- Keep all motion in your torso.
- Move only as far as your muscles will take you—do not use momentum to increase your range of motion

Leg Exercises

Leg Extension

Muscles worked:

Quadriceps

Bench Position:

Leg Extension Seat

Accessory:

Leg Extension

Pulleys:

Leg Extension


Success Tips

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

START

- Sit on the Leg Extension Seat with your knees near the pivot point and the lower roller pads in front of your shins (see Start image above).
- Adjust your thighs to hip-width, pointing your knee caps forward.
- Grasp the sides of the seat to stabilize yourself.
- Sit up straight, chest lifted, abs tight and a slight arch in your lower back.

ACTION

- Tighten your quads and slowly straighten your legs, moving your feet forward then upward until your legs are completely straight and your kneecaps point upward to the ceiling.
- Slowly reverse the motion, returning to the Start position without relaxing your quads.

Lying Leg Extension

Muscles worked:

Quadriceps

Bench Position:

Flat Bench Forward

Accessory:

Ankle Cuff or Foot Harness

Pulleys:

Chest Bar


Success Tips

- Keep your chest lifted, spine aligned, abs tight and a very slight arch in your lower back.
- Keep your upper thigh motionless throughout this exercise.

START

- Sit on bench, facing the Power Rod® units. Secure Ankle Cuff around one ankle (do not cross cables).
- Lie back on the bench, head supported. Bend the active leg approximately 90° (tall users will need to modify this position).
- Clasp your hands around the active thigh behind the knee, and brace the inactive leg on the bench or the floor.

ACTION

- Slowly straighten your leg, moving only your knee and lower leg. Do not lock your knee.
- Slowly return to the Start position without relaxing your quadriceps.

Leg Exercises

Squat – using Squat Attachment

Muscles worked:

Quadriceps; Hamstrings;
Gluteus Maximus; Calfs

Bench Position:

Folded up with Squat
Attachment installed

Accessory:

Squat Attachment

Pulleys:

Squat Attachment



START

- Remove the bench assembly
- Use the squat attachment and stand under it, feet a little closer than shoulder width, away from the Power Rod® units and grab each handle of the squat attachment.
- Flatten your back, tighten your abs and keep your chest up.



ACTION

- Slowly squat down as your knees bend. Keep your chest up, back flat as your hips move backward.
- Lower to approximately 90° at your knees.
- Slowly return, under control, to the standing position.

Success Tips

- Keep your knees pointed the same direction as your toes.
- Keep your head and neck in line with your torso.
- Pay close attention to all alignment and stabilization issues on every part of every repetition!

Lunge

Muscles worked:

Quadriceps; Hamstrings;
Gluteus Maximus; Calfs

Bench Position:

Folded up with Squat
Attachment installed

Accessory:

Squat Attachment

Pulleys:

Squat Attachment



START

- Remove the bench assembly
- Lift the bench assembly, use the squat attachment and stand under it facing away from the Power Rod® units and grab each handle of the squat attachment.
- Step your left foot forward and your right foot back on the balls of the foot. Flatten your back, tighten your abs and keep your chest up.



ACTION

- Slowly lower your torso by bending your knees until your left leg is parallel to the floor.
- Your right foot should be far enough forward such that when down the lower leg should be vertical.
- Slowly return, under control, to the standing position.

Success Tips

- Do not use too much weight.
- Keep your upper body vertical, back straight.

Leg Exercises

Ankle Eversion

Muscles worked:

Peroneals

Bench Position:

Flat Bench Forward

Accessory:

Foot Harness

Pulleys:

Chest Bar Pulleys



START



FINISH

Success Tips

- Movement should occur only at the ankle—keep the rest of your body motionless.
- Keep abs tight and do not lift your hips or excessively arch your back.
- You should feel tension in the outside of your calf throughout the entire motion

START

- Sit on the Bench, with one side to the Power Rod® units.
- Attach a Foot Harness on the foot. Snap on the top ring to the cable.
- Straighten the attached leg and sit up straight.
- Allow the foot to rotate toward the Power Rod® units, keeping tension in the cables.

ACTION

- Slowly rotate your foot outward, away from Power Rod® units.
- Then, maintaining tension, slowly return to the Start position.

Ankle Inversion

Muscles worked:

Tibialis Anterior and Posterior

Bench Position:

Flat Bench Forward

Accessory:

Foot Harness

Pulleys:

Chest Bar Pulleys



START



FINISH

Success Tips

- Movement should occur only at the ankle—keep the rest of your body motionless.
- Keep abs tight and do not lift your hips or excessively arch your back.
- You should feel tension in the inside of your calf throughout the entire motion

START

- Sit on the Bench, with one side to the Power Rod® units.
- Attach a Foot Harness on the foot closest to pulley.
- Straighten the attached leg and sit up straight.
- Allow the foot to rotate toward the Power Rod® units, keeping tension in the cables.

ACTION

- Slowly rotate your foot outward, away from Power Rod® units.
- Then, maintaining tension, slowly return to the Start position.

Leg Exercises

Standing Hip Extension – (knee flexed)

Muscles worked:

Gluteus Maximus

Bench Position:

Removed

Accessory:

Foot Harness

Pulleys:

Chest Bar



START



FINISH

Success Tips

- Keep your chest lifted, spine aligned, abs tight and a very slight arch in your lower back.
- Do not bend from waist or lower back.

START

- Stand to one side of the Seat Rail, facing the Power Rod® units.
- Secure the Foot Harness around the foot furthest from the rail. Bend this leg approximately 90°.
- Bend forward 30-40° from your hips (not your waist) and very slightly bend the knee of your supporting leg.

ACTION

- Initiate the movement by tightening your glutes and slowly pivoting your leg from your hip. Move your entire leg backward, to a straight position.
- Slowly move your leg as far as you can, without allowing any movement at the waist or lower back.
- Slowly return to Start position.

Standing Hip Abduction

Muscles worked:

Gluteus Maximus

Bench Position:

Removed

Accessory:

Foot Harness

Pulleys:

Chest Bar



START



FINISH

Success Tips

- Keep your chest lifted, spine aligned, abs tight and a slight arch in your lower back.
- Do not bend from waist or lower back.
- Keep your abs tight throughout movement.
- Keep working leg straight or only very slightly bent.
- Use only a small range of motion.

START

- Stand to one side of the Seat Rail, one side next to Power Rod® units.
- Secure Foot Harness on the foot furthest from the Power Rod® units. Keep leg straightened, but knee loose.
- Adjust your position so that there is some tension in the cables at the start of this exercise.
- You may use your hand on the Lower Lat Tower or Chest Bar to stabilize movement.

ACTION

- Slowly move the attached leg outward, away from the Power Rod® units, at a 30-45° angle, keeping your hips and spine motionless.
- Slowly return to the Start position without relaxing tension in your leg.
- Keep your hips level during movement.

Leg Exercises

Seated Hip Adduction

Muscles worked:

Adductor Longus; Gluteus Medius

Bench Position:

Flat Bench Back

Accessory:

Foot Harness

Pulleys:

Chest Bar



START



FINISH

Success Tips

- Do not cross the attached leg in front of the stabilized leg.
- Keep abs tight and do not lift your hips or excessively arch your back.
- Keep your spine straight and your hips level—do not raise your hips during motion.
- Use only a small range of motion.

START

- Sit sideways on the bench and attach a Foot Harness to the ankle closest to the Power Rod® units.
- Sit far enough from the Power Rod® units that there is tension in the cable at the start of the exercise.
- Lift leg with harness in front of you, at a 45° angle from your trunk (toward Power Rod® units)—do not lock your knee.
- You may hold onto the bench for added stability.

ACTION

- Slowly allow the attached leg to move inward, toward the center as you face forward, keeping your hips and spine perfectly still.
- Keeping the leg still, slowly move it back into the Start position.

Seated Hip Abduction

Muscles worked:

Piriformis; Gluteus Maximus

Bench Position:

Flat Bench Forward

Accessory:

Foot Harness

Pulleys:

Chest Bar



START



FINISH

Success Tips

- Keep your spine straight and your hips level—do not raise your hips during motion.
- Use only a small range of motion.
- Keep your hips motionless throughout this exercise.

START

- Sit sideways on the bench and attach a Foot Harness to the ankle farthest from the Power Rod® units.
- Sit far enough from the Power Rod® units that there is tension in the cable at the start of the exercise.
- Lift leg with harness in front of you, at a 45° angle from your trunk (toward Power Rod® units)—do not lock your knee.
- You may hold onto the bench for added stability.

ACTION

- Slowly allow the attached leg to move outward, away from the Power Rod® units, keeping your hips and spine perfectly still.
- Keeping the leg still, slowly move it back into the Start position.

Leg Exercises

Standing Leg Kickback – Hip and Knee Extension

Muscles worked:

Gluteus Maximus

Bench Position:

Removed

Accessory:

Foot Harness

Pulleys:

Chest Bar



Success Tips

- Keep your chest lifted, spine aligned, abs tight and a very slight arch in your lower back.
- Do not bend from waist or lower back.

START

- Stand to one side of the Seat Rail, facing the Power Rod® units.
- Secure the Foot Harness around the ankle furthest from the rail. Bend this leg approximately 90°.
- Bend forward 30-40° from your hips (not your waist) and very slightly bend the knee of your supporting leg.

ACTION

- Extend the active leg backwards, straightening the knee.
- Slowly move your leg as far as you can, without allowing any movement at the waist, knee or lower back.
- Slowly return to the Start position.

Seated Calf Press

Muscles worked:

Soleus

Bench Position:

Removed

Accessory:

Leg Press Belt

Pulleys:

Chest Bar



Success Tips

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

START

- Remove the bench and unlock the rowing seat.
- Sit on the seat facing the Power Rod® units with the leg press belt attached and adjusted.
- Place the balls of your feet on the upright pulley frame.
- Push back and straighten your legs, but do not lock your knees.

ACTION

- Slowly press the balls of your feet into the frame and pull your heels towards your knees
- Slowly return to the starting position without relaxing.

Leg Exercises

Dorsi Flexion

Muscles worked:

Tibia Dorsi

Bench Position:

Removed

Accessory:

Foot Harness

Pulleys:

Chest Bar



Success Tips

- Move only at the ankle.
- Move your toe as far forward as possible, but don't let the handle slip off.

START

- Sit on the bench facing toward the Power Rod® units.
- Attach the Foot Harness on your right foot, bend your knee, place your heel on the bench, and sit upright such that there is tension on the cable.
- Your left foot should be flat on the platform, hands on your waist.

ACTION

- Slowly pull the top of your foot towards you.
- Slowly return to the starting position.
- Repeat with the left ankle.

Leg Press

Muscles worked:

Quadriceps

Bench Position:

Removed

Accessory:

Leg Press Belt

Pulleys:

Chest Bar



Success Tips

- Keep your spine in good posture.
- Straighten but do not lock your knees.
- Keep your quads tightened throughout the entire motion.
- Do not use momentum, MOVE SLOWLY.
- Lift your chest, tighten your abs and maintain a very slight arch in your lower back.

START

- Remove the bench, unlock the rowing seat, and sit facing the Power Rod® units with the leg press belt attached, your feet on the upright pulley frame.
- The belt should be placed around the pelvis, not the spine.
- Straighten your legs, but do not lock your knees.
- Rest your hands in a comfortable position.

ACTION

- Bend your knees and hips slowly allowing yourself to slide toward the Power Rod® units.
- Limit your slide to a position that allows you to still maintain good spinal posture, with your chest lifted, abs tight and a slight arch in your lower back.
- Slowly return to the starting position.

Leg Exercises

Standing Calf Press

Muscles worked:

Soleus

Bench Position:

Folded

Accessory:

Squat Bar

Pulleys:

Squat Platform



Success Tips

- Do not change your hip or knee position, ONLY ankle motion should be allowed.
- Keep your chest lifted, abs tight and maintain a very slight arch in your lower back.

- START**
- Remove the bench assembly and stand under the squat attachment.
 - Straighten your legs, stand upright, and grab the handles with each hand.

- ACTION**
- Slowly press up on the balls of your feet as high as comfortable.
 - Slowly return to the starting position without relaxing.

Standing Hip Flexion

Muscles worked:

Iliacus, Psoas Major, Rectus Femoris

Bench Position:

Removed

Accessory:

Ankle Cuff

Pulleys:

Chest Bar



Success Tips

- Make sure all motion occurs at your hip, NOT your waist or lower back.
- Keep your torso tight throughout the entire exercise.

- START**
- Remove the bench, stand on the platform on one side of the rail, facing away from the Power Rod® units.
 - Secure the cuff around your leg furthest from the rail just above your knee.
 - Straighten but do not lock your other leg.
 - Insure there is slight tension on the cable when your attached leg is down.

- ACTION**
- Initiate the movement by lifting your knee up toward your torso allowing your knee to bend without allowing any movement at your waist or lower back.
 - After lifting your knee as high as possible, slowly lower your knee to the starting position.
 - Repeat with your other leg on the other side of the machine.

Leg Exercises

Wide Squat

Muscles worked:

Quadriceps; Hamstrings;
Gluteus Maximus

Bench Position:

Folded up with Squat
Attachment Installed

Accessory:

Squat Attachment

Pulleys:

Squat Attachment



START

- Remove the bench assembly.
- Use the squat attachment and stand under it, feet a little closer than shoulder width, away from the Power Rod® units and grab each handle of the squat attachment.
- Flatten your back, tighten your abs and keep your chest up.

ACTION

- Slowly squat down as your knees bend. Keep your chest up, back flat as your hips move backward.
- Lower to approximately 90° at your knees.
- Slowly return, under control, to the standing position.

Success Tips

- Keep your knees pointed the same direction as your toes.
- Keep your head and neck in line with your torso.
- Pay close attention to all alignment and stabilization issues on every part of every repetition.

Leg Exercises

Leg Curl Knee Flexion

Muscles worked:

Biceps Femoris, Semimembranosus, Semitenonosus and Gastrocnemius

Bench Position:

Connected to Leg Extension Seat

Accessory:

Leg Extension Seat

Pulleys:

Base



Success Tips

- Make sure you straighten your legs under control, do not allow your knees to hyperextend.
- Keep your abs tight and maintain flattened lower back.
- Try to relax your calf and foot muscles.

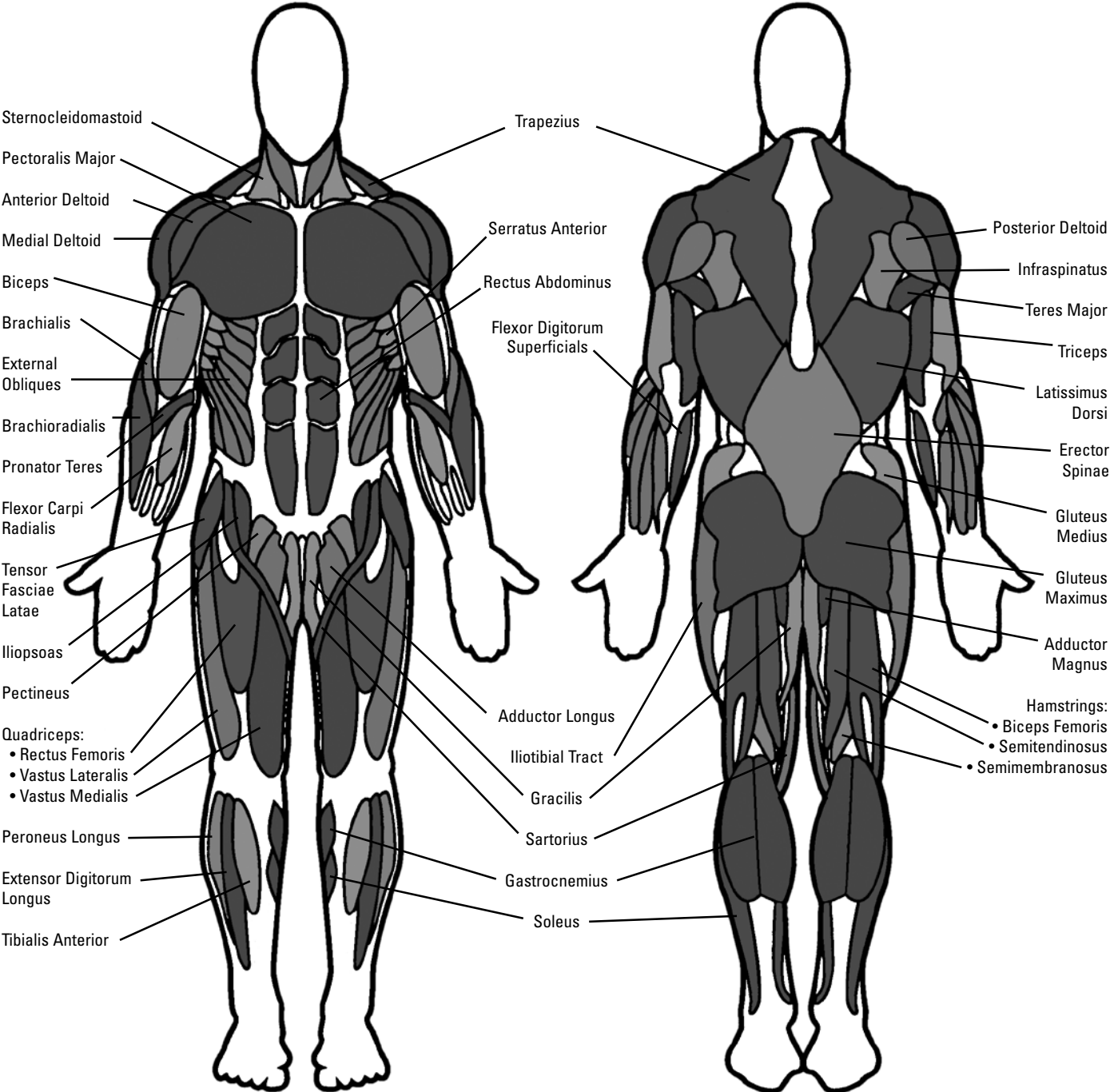
START

- Face the end of the machine and leg curl pads, and step between the pads and the seat, straddling the input arm.
- Lean forward, and place your hands on the bench to stabilize yourself as you move into position on the leg curl.
- Position your thighs on top of the leg extension seat with you knees just off the roller pad and aligned with the pivot point.
- Using your arms, lower yourself face down until your forearms/elbows are resting on the bench.
- Tighten your abdominals to maintain a straight spine/trunk.
- Point your knees and feet straight down, and tighten your inner thigh muscles (as if squeezing your knees together) to stabilize.

ACTION

- Slowly bend your knees, bringing your feet upward and then toward your hips without moving your spine and without raising your hips.
- Keeping the hamstrings tight, slowly allow your legs to straighten and return near the starting position. Do not fully extend our legs.

Muscle Chart



The Bowflex® Body Leanness Program

By Ellington Darden, Ph.D.

The following program was created by Dr. Ellington Darden. It contains a rigorous fitness and dietary program. Please consult your physician before beginning any fitness or dietary program.

Some of the names of the exercises listed in this program have been changed in order to match the names of the exercises in this manual. The exercises themselves have *not* been changed, in order to preserve the integrity of Dr. Darden's Study.

**FAST FAT LOSS
NOW!**



(Shown with optional accessories)

Introduction

The Bowflex® Body Leanness Program

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

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

Before starting the exercise routine you must be familiar with your Bowflex Ultimate® 2. You should experiment with finding the proper amount of resistance to use on each exercise. You should be able to perform 8 repetitions, but not more than 12 repetitions, for each exercise. It is essential that you learn how to perform each movement before trying a complete circuit, because part of the effectiveness of the training depends on minimal rest between each exercise.

WARNING!

Before beginning this program consult your physician or health care professional. Show this plan and your Bowflex Ultimate® 2 Owner's Manual to your physician or health care professional. Only he or she can determine if this course is appropriate for your particular age and condition. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

**Make sure you read your Bowflex Ultimate® 2
Owner's Manual BEFORE attempting a workout.**

There are a few people who should not try this program: Children and teenagers; pregnant women; women who are breast feeding; diabetics; individuals with certain types of heart, liver, or kidney disease; and those suffering from certain types of arthritis. This should not be taken as an all inclusive list. Some people should follow the course only with their physician's specific guidance. Play it safe and consult a health care professional.

A Personal Guarantee From Dr. Ellington Darden

Dear Bowflex® Enthusiast,

I'm excited, really excited! I'm elated because I've developed an exercising and eating program that produces fat loss faster than any plan I've ever tested.

The men involved in my research, for example, had an average fat loss of 27.95 pounds (12.68 kg) per man. Women on the same program averaged a reduction of 16.96 pounds (7.69 kg). Best of all, these dramatic results were achieved—not in six months—but in only six weeks!

That's right. Similar results can be accomplished by you in six short weeks, which include just 18 workouts (3 per week) on the Bowflex® machine.

The Bowflex® home gym was a significant part of the results. The exercises performed on it allowed the participants to build muscle, which accelerated their metabolisms, and produced faster and greater fat losses.

The plan worked so well that it became known as The Bowflex® Body Leanness Program.

Leanness means to strip away the fat from under the skin as well as at deeper levels. Leanness also implies a pleasing shape and tone to the skeletal muscles.

You might say leanness is the opposite of fatness because the people involved in my research certainly got rid of their excessive fatness in record time.

All the guidelines that were applied have been organized in the booklet you are now holding in your hands. It's the next best thing to actually going through one of my research projects. In fact, it's probably better since nothing is experimental. All of the fine points have been tried, tested and proven effective.

If you are overfat, and if you are interested in doing this program, there are several things that you need to understand about my experience. Since 1965, I've trained more than 10,000 overfat individuals. After many years of pushing, coaxing, and listening to these trainees, certain traits became evident to me:

- People are not lazy by choice. They are forced into it by the confusion that surrounds the abundance of fitness information that is available. If these individuals are given simple decisive instructions, they will train very intensely.
- People, if they are provided with specific menus, will drastically alter their eating habits.
- Most of these people, however, will do neither of these challenging things for more than a week—unless they quickly see and feel changes in their body.

The Bowflex® Body Leanness Program emerged from these findings. For you to get the best-possible results, you must be willing to exercise very intensely on the Bowflex® machine and adhere to a strict eating plan.

In return, you'll get simple exercise instructions, specific menus to use, and my guarantee that if you follow the program exactly as directed, you'll observe the pounds and inches disappear on almost a weekly basis.

Now it's your turn to get excited, and get started!

Sincerely,



Dr. Ellington Darden

Measurements

If you would like to measure your personal before-and-after results, there are several steps you need to take. It is important that you accurately perform each task, then at the end of the six-week program, repeat the process in the same manner.

Body Weight:

Remove clothing and shoes and record your weight to the nearest quarter pound or hundred grams. Be sure to use the same scale when weighing yourself at the end of the six-week program. For the most accurate recordings, weigh yourself nude in the morning.

Since the program is divided into three two-week segments, you may want to weigh yourself at the end of each two-week period. Understand, however that weight loss is not the best way to determine your success. Fat loss is the key component. To determine the amount of fat you've lost, you'll need to follow the instructions in the next section.

Enter your starting weight on the RESULTS SUMMARY SHEET provided.

Circumference of Body Parts:

For an even better idea of the changes that will occur to your body in the next six weeks, it is necessary to measure the circumference of certain body parts. This will tell you where the fat is shrinking and what areas are toning up.

Use a plastic tape to measure the following:

- 1) Upper arms — hanging and relaxed, midway between the shoulder and elbow.
- 2) 2" (5 cm) above navel — belly relaxed.
- 3) At navel — belly relaxed.
- 4) 2" (5 cm) below navel — belly relaxed.
- 5) Hips — feet together at maximum protrusion of buttocks.
- 6) Thighs — high, just below the buttocks crease with legs apart and weight distributed equally

on both feet.

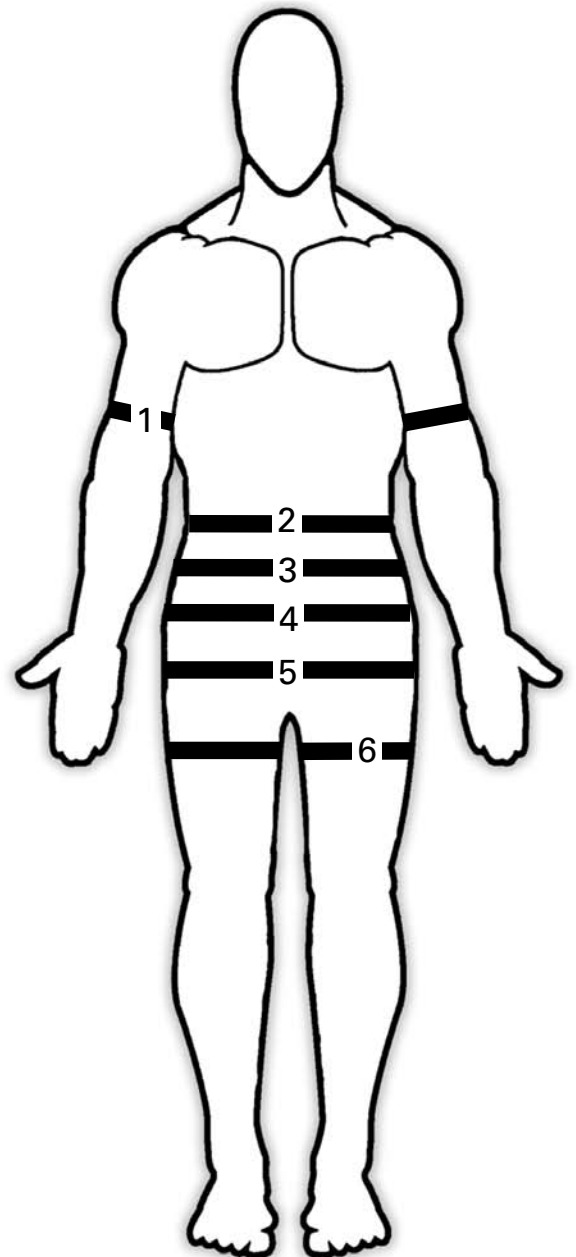
Women Measure:

Suprailium, triceps, and thigh.

Men Measure:

Chest, abdomen, and thigh.

Record each measurement on your Results Summary Sheet.



Measurements

Skinfold Measurements

To accurately track your progress through this six-week program, it is necessary to take skinfold measurements. By measuring yourself in this way, you will be able to determine your lean-body mass and your body-fat percentage. The goal of this program is to increase your lean-body mass and decrease your body-fat percentage.

Please read this section carefully. Proper measuring techniques are essential to track your success. It is best to have someone measure you. Measuring yourself can lead to inaccurate results.

Women Measure: Suprailium, Triceps, and Thigh



Suprailium

Stand relaxed. Pick up a diagonal skinfold just above the crest of the hip bone on the right side of the waist.



Triceps

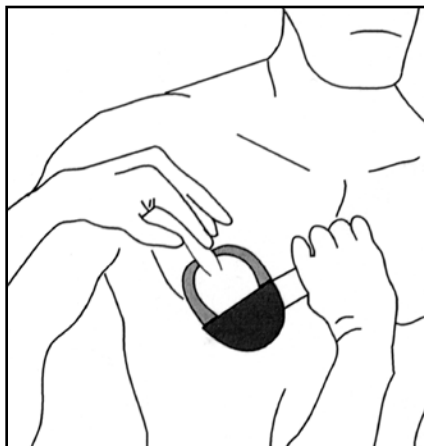
Stand with right elbow flexed 90 degrees and locate the center of the back of the upper arm midway between the shoulder and the elbow. Relax arm at your side. Pick up skinfold as pictured.



Thigh

Stand relaxed with most of the weight on your left leg. Pick up a skinfold in the vertical plane on the front side of the right thigh, midway between the hip and knee joints.

Men Measure: Chest, Abdomen and Thigh



Chest

Stand relaxed. Pick up a diagonal skinfold over the right pectorals muscle, midway between the armpit and the nipple.



Abdomen

Stand relaxed. Pick up a vertical skinfold on the right side of the navel.

Measurements

Using Calipers When Measuring Skinfolts

The procedure for measuring skinfold thickness is to grasp firmly with the thumb and forefinger a fold of skin and surface fat and pull it away from the underlying muscle. Take the caliper in your other hand and open the jaws. Clamp the jaws over the pinched skin and fat. The jaws exert constant tension at the point of contact with the skin. The thickness of the double layer of skin and fat can then be read directly from the caliper, which is marked in millimeters.

Women

Suprailium _____

Triceps _____

Thigh _____

Total _____

Men

Chest _____

Abdomen _____

Thigh _____

Total _____

Use these figures on the following chart to determine your body-fat percentage and enter the number on the line below.

Starting body-fat percentage _____

Optional Picture Taking

Pictures can be the most exciting evaluation you can do. The numbers and the tape measurements are great, but actually seeing differences from comparison photographs of yourself is quite satisfying.

Taking full-length photographs is not difficult, but to see the maximum difference between before and after, you should follow these guidelines.

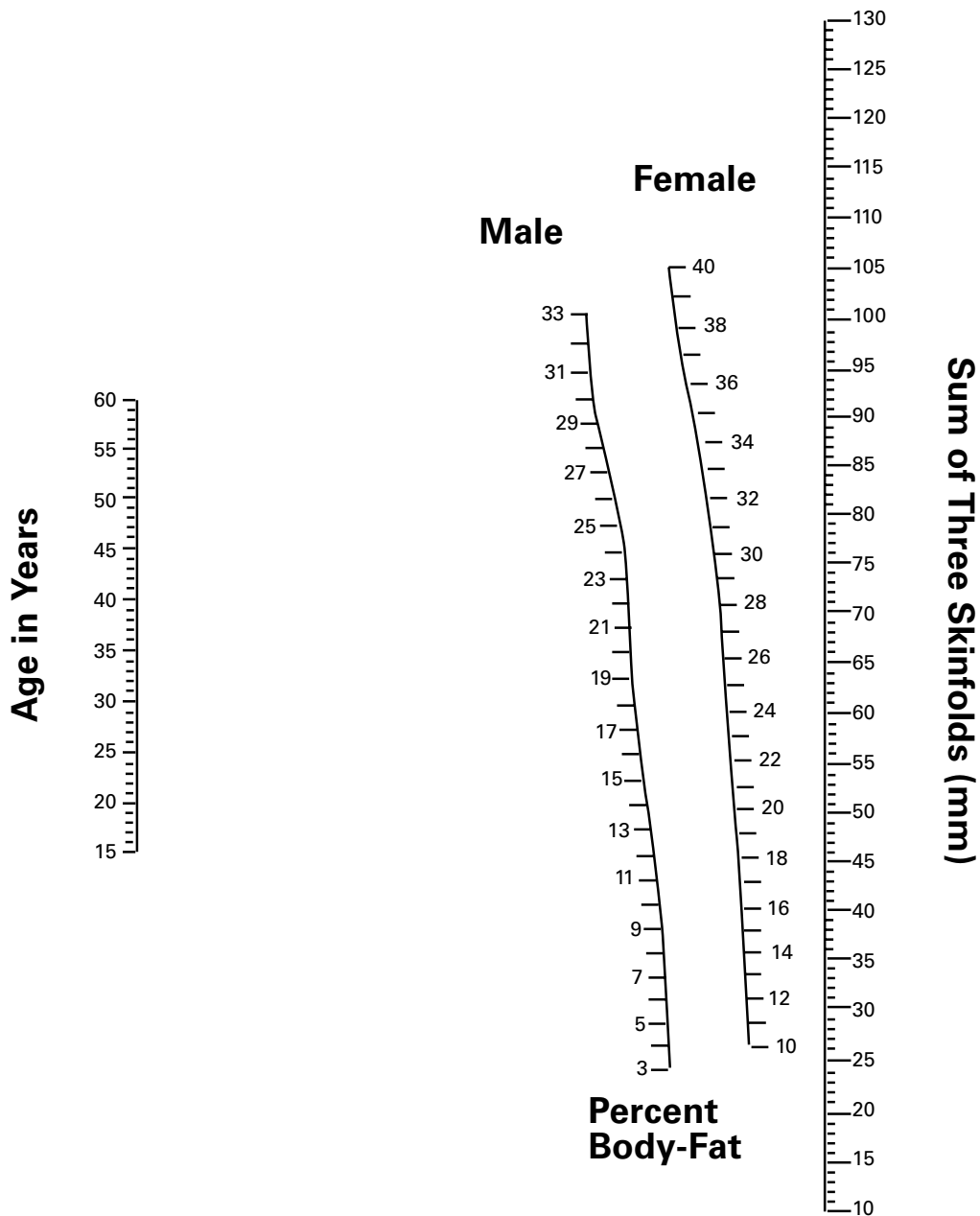
- 1) Keep everything the same. Wear the same outfit, a snug solid color is best, and have the person taking the picture stand in the same place, with the same setting behind you.
- 2) Make sure you stand against an uncluttered, light background.

- 3) Have the person taking the photograph move away from you until he can see your entire body in the viewfinder.
- 4) Stand relaxed for three pictures, front, right side, and back. Do not try to suck in your stomach.
- 5) Interlace your fingers and place them on top of your head, so the contours of your torso will be plainly visible. Keep your feet 8" (20 cm) apart in all three pictures.
- 6) When you get the film developed tell the processors to make your after photos the same size as your previous ones. This way, your height in both sets of photos is equal and more valid comparisons can be made.

Determining Your Body Fat

To Use The Nomogram:

- 1) Locate the sum of your three skinfolds in the right column and mark it.
- 2) Locate your age in years on the far left column and mark it.
- 3) Connect the two marks with a straightedge. Where the straightedge intersects the line in the middle column appropriate to you, you will find your body-fat percentage.



Calculating Lean Body Mass

Now that you know your body-fat percentage, you can calculate your lean-body percentage. This will eventually show you how many pounds of muscle were added to your body, after completing the program.

For Example:

Before the program, Joe weighs 200 pounds (90.7 kg) and measures 30% fat, which amounts to 60 pounds (27.2 kg). Thus, his lean-body mass is 70%, or 140 pounds (63.5 kg).

After the program, Joe weighs 180 pounds (81.6 kg) and is 20% fat, which equals 36 pounds (16.3 kg).

His lean-body mass is 80%, or 144 pounds (65.3 kg).

Simple calculations allow us to find the amount of fat Joe lost, and the amount of muscle Joe gained. Before fat weight (60 pounds), minus after fat weight (36 pounds) equals 24 pounds (10.8 kg) of fat lost. After lean-mass weight (144 pounds) minus before lean-mass weight (140 pounds) equals 4 pounds (1.8 kg) of muscle gained.

Enter Your Information Here: *(Pounds or Kilograms)*

Before

Body Weight		Fat Percentage	=	Body Fat Weight
<input type="text"/>	X	<input type="text"/>	=	<input type="text"/>

Body Weight		Weight of Body Fat	=	Lean-Body Weight
<input type="text"/>	–	<input type="text"/>	=	<input type="text"/>

Use the Same Factors to Calculate After Six Weeks.

After

Body Weight		Fat Percentage	=	Body Fat Weight
<input type="text"/>	X	<input type="text"/>	=	<input type="text"/>

Body Weight		Weight of Body Fat	=	Lean-Body Weight
<input type="text"/>	–	<input type="text"/>	=	<input type="text"/>

Final Results

<i>Before</i> Body Fat Weight		<i>After</i> Body Fat Weight	=	Total Fat Lost
<input type="text"/>	–	<input type="text"/>	=	<input type="text"/>

<i>After</i> Lean-Mass Weight		<i>Before</i> Lean-Mass Weight	=	Total Lean-Mass Gained
<input type="text"/>	–	<input type="text"/>	=	<input type="text"/>

Your Results Summary Sheet

Name _____ Age _____

Height _____ Weight Loss _____

Weight Before _____ Muscle Gain _____

Weight After _____ Fat Loss _____

Please follow the instructions in the "Measurements" section for measuring circumferences.

Measurements	Before	After	Difference
Right Arm	_____	_____	_____
Left Arm	_____	_____	_____
2" (5 cm) Above Navel	_____	_____	_____
Navel	_____	_____	_____
2" (5 cm) Below Navel	_____	_____	_____
Hips	_____	_____	_____
Right Thigh	_____	_____	_____
Left Thigh	_____	_____	_____
		Total	_____
Percent Body Fat	_____	_____	_____

If you wish to submit your results, please send to: Bowflex Results, 16400 SE Nautilus Drive, Vancouver, WA 98683. Or you may fax this sheet to Bowflex Results at 1-360-694-7755. Please include your name, address, and phone number. Submissions may be selected for use in promotional marketing materials.

The Workouts

GUIDELINES Week 1&2

All exercises should be practiced with one set of 8 to 12 repetitions. The style of performance is very important. The movement for each repetition should be 4 seconds in the positive phase and 4 seconds in the negative. Keep the motion slow and smooth. When 12 repetitions are accomplished, increase the resistance by approximately 5 percent. Keep the time between exercises to a minimum, no longer than **60** seconds. No workout should take more than 30 minutes to complete. Perform each workout three days a week.

Exercise	Sets	Reps
Leg Extension	1	8-12
Bench Press	1	8-12
Lying Biceps Curl	1	8-12
Seated Shoulder Press	1	8-12
Seated Abdominal Crunch	1	8-12

GUIDELINES Week 3&4

All exercises should be practiced with one set of 8 to 12 repetitions. The style of performance is very important. The movement for each repetition should be 4 seconds in the positive phase and 4 seconds in the negative. Keep the motion slow and smooth. When 12 repetitions are accomplished, increase the resistance by approximately 5 percent. Keep the time between exercises to a minimum, no longer than

45 seconds. No workout should take more than 30 minutes to complete. Perform each workout three days a week.

Exercise	Sets	Reps
Leg Extension	1	8-12
Bench Press	1	8-12
Lying Biceps Curl	1	8-12
Seated Shoulder Press	1	8-12
Rear Deltoid Rows*	1	8-12
Seated Triceps Extension	1	8-12
Seated Abdominal Crunch	1	8-12

GUIDELINES Week 5&6

All exercises should be practiced with one set of 8 to 12 repetitions. The style of performance is very important. The movement for each repetition should be 4 seconds in the positive phase and 4 seconds in the negative. Keep the motion slow and smooth. When 12 repetitions are accomplished, increase the resistance by approximately 5 percent. Keep the time between exercises to a minimum, no longer than

30 seconds. No workout should take more than 30 minutes to complete. Perform each workout three days a week.

Exercise	Sets	Reps
Leg Extension	1	8-12
Leg Press	1	8-12
Bench Press	1	8-12
Lying Biceps Curl	1	8-12
Lying Shoulder Pullover	1	8-12
Reverse Fly	1	8-12
Rear Deltoid Rows*	1	8-12
Seated Triceps Extension	1	8-12
Seated Abdominal Crunch	1	8-12

* The Upright Row exercise was used in Dr. Darden's original study. Although many people have used this exercise for years, recent information in the Physical Therapy field has caused the authors of this manual to caution against performing this exercise because of the unnatural twisting movement created in the shoulder joint. We suggest you substitute Rear Deltoid Rows for the upright Row exercise.

Eating Guidelines

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

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

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

Keep Menus Simple and Food Substitutions to a Minimum:

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

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

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

Avoid Too Much Stress:

Too much stress of any kind can cause the body to actually preserve fat stores. You should relax more. An after-dinner walk at a leisurely pace is helpful. Extra sleep is suggested, since sleep facilitates fat loss and muscle recovery. Furthermore, to keep the body well rested, **no other exercises or activities are allowed during the six-week program.** This is a scientifically proven program that works. More is not better. Any additional exercise other than the amount recommended can and will harm your fat loss.

Superhydrate Your System

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

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

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

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

Third, ice-cold water requires calories to warm it to core body temperature. In fact, **1 US gallon of ice cold water (3.8 l) generates 123 calories of heat energy.**

You'll be drinking from 1 to 1 5/8 US gallons (3.8 - 6.2 l) of water each day on the following superhydration schedule:

Week 1 = drink four 32-oz. bottles (3.8 l) of ice-cold water per day.

Week 2 = drink four and a half 32-oz. bottles (4.3 l) of ice-cold water per day.

Week 3 = drink five 32-oz. bottles (4.6 l) of ice-cold water per day.

Week 4 = drink five and a half 32-oz. bottles (5.2 l) of ice-cold water per day.

Week 5 = drink six 32-oz. bottles (5.7 l) of ice-cold water per day.

Week 6 = drink six and a half 32-oz. bottles (6.2 l) of ice-cold water per day.

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

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

The Eating Plan

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

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

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

Begin Week 1 on Monday and continue through Sunday. Week 2 is a repeat of Week 1. Calories for each food are noted in parentheses. A shopping list follows.

The eating plan for the next six weeks descends:

Week 1 & 2:

Men 1500 calories per day.

Women 1200 calories per day.

Week 3 & 4:

Men 1400 calories per day.

Women 1100 calories per day.

Week 5 & 6:

Men 1300 calories per day.

Women 1000 calories per day.

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

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

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

The Eating Plan – US Measurements

Breakfast = 300 calories

Choice of bagel, cereal or shake.

Bagel

1 plain bagel, Sarah Lee® (frozen) (210)
 3/4 oz. light cream cheese (45)
 1/2 C. orange juice, fresh or frozen (55)
 Any beverage without calories, caffeine, or sodium, such as decaffeinated coffee or tea.

Cereal

1.5 oz. (42 grams) serving equals approximately 165 calories.
 Choice of one: Kellogg's® Low Fat Granola (without raisins), General Mills® Honey Nut Clusters, General Mills® Basic 4
 1/2 C. skim milk (45)
 3/4 C. orange juice (82)
 Noncaloric beverage

Shake (choice of one shake)

Place ingredients in blender. Blend until smooth.

Banana-Orange Shake

1 large banana (8 3/4 inches long) (100)
 1/2 C. orange juice (55)
 1/2 C. skim milk (45)
 2 T. wheat germ (66)
 1 t. safflower oil (42)
 2 ice cubes (optional)

or Chocolate or Vanilla Shake

1 packet Carnation® Instant Breakfast, Champion UltraMet®, or another diet shake powder that contains the appropriate calories (100)
 1 C. skim milk (90)
 1/2 large banana (8 3/4 inches long) (50)
 1 t. safflower oil (42)
 1 t. Carnation® Malted Milk powder (20)
 2 ice cubes (optional)

Lunch = 300 calories.

Choice of sandwich, soup or salad.

Sandwich

2 slices whole wheat bread (140)
 2 t. Promise Ultra® Vegetable Oil Spread (24)
 2 oz. white meat (about 8 thin slices), chicken or turkey (80)
 1 oz. fat-free cheese (1 1/2 slices) (50)
 (Opt.: Add to bread 1 t. Dijon mustard (0)
 Noncaloric beverage

Soup (choice of one soup)

• Healthy Choice® Hearty Chicken, 15-oz. can (260), or

• Campbell's® Healthy Request Hearty Vegetable Beef, 16-oz. can (260)
 1/2 slice whole-wheat bread (35)
 Noncaloric beverage

Chef Salad

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

Mid-Afternoon Snack

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

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

Choose calories from:

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

Dinner

Men—500 calories, **Women**—300 calories

Choice of tuna salad dinner, steak dinner or frozen microwave dinner.

Tuna Salad Dinner

In a large bowl, mix the following:
 1 6-oz. can chunk light tuna in water (180)
 1 T. Hellmann's® Light, Reduced-Calorie Mayonnaise (50)
 2 T. sweet pickle relish (40)
 1/4 C. whole kernel corn, canned, no salt added (30)
 Noncaloric beverage

Men add:

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

Steak Dinner

3 oz. lean sirloin, broiled (176)
 1/2 C. sweet peas, canned, no salt added (60)
 1/2 C. beets, canned (35)
 1/2 C. skim milk (45)

Noncaloric beverage

Men add:

2 slices whole wheat bread (140)
 1 t. Promise Ultra® Vegetable Oil Spread (12)
 1/2 C. skim milk (45)

Frozen Microwave Dinner

Choice of one meal:

• Glazed Chicken Dinner, Lean Cuisine® (230)
 2/3 C. skim milk (60)
 Noncaloric beverage
 • Lasagna with Meat Sauce, Lean Cuisine® (240)
 1/2 C. skim milk (45)
 Noncaloric beverage
 • Macaroni and Cheese, Weight Watchers® (260)

1/2 C. skim milk (45)

Noncaloric beverage

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

1/2 C. skim milk (45)

Noncaloric beverage

• Grilled Turkey Breast, Healthy Choice® (260)

1/2 C. skim milk (45)

Noncaloric beverage

Men add:

2 slices whole wheat bread (140)
 2 t. Promise Ultra® Vegetable Oil Spread (24)
 1/2 C. skim milk (45)

Late-Night Snack

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

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

Choose calories from afternoon snack selections plus the following:

1/2 C. low-fat frozen yogurt (100)
 2 C. light, microwave popcorn (100)

The Eating Plan – Metric Measurements*

Breakfast = 300 calories

Choice of bagel, cereal or shake.

Bagel

1 plain bagel, Sarah Lee® (frozen) (210)
 21 g light cream cheese (45)
 120 ml orange juice, fresh or frozen (55)
 Any beverage without calories, caffeine, or sodium, such as decaffeinated coffee or tea.

Cereal

42 gram serving equals approximately 165 calories.
 Choice of one: Kellogg's® Low Fat Granola (without raisins), General Mills® Honey Nut Clusters, General Mills® Basic 4
 120 ml skim milk (45)
 177 ml orange juice (82)
 Noncaloric beverage

Shake (choice of one shake)

Place ingredients in blender. Blend until smooth.

Banana-Orange Shake

1 large banana (22 cm long) (100)
 120 ml orange juice (55)
 120 ml skim milk (45)
 15 ml wheat germ (66)
 5 ml safflower oil (42)
 2 ice cubes (optional)

or Chocolate or Vanilla Shake

1 packet Carnation® Instant Breakfast, Champion UltraMet®, or another diet shake powder that contains the appropriate calories (100)
 240 ml skim milk (90)
 1/2 large banana (22 cm long) (50)
 5 ml safflower oil (42)
 5 ml Carnation® Malted Milk powder (20)
 2 ice cubes (optional)

Lunch = 300 calories.

Choice of sandwich, soup or salad.

Sandwich

2 slices whole wheat bread (140)
 10 ml Promise Ultra® Vegetable Oil Spread (24)
 57 g white meat (about 8 thin slices), chicken or turkey (80)
 28 g fat-free cheese (1 1/2 slices) (50)
 (Opt.: Add to bread 5 ml Dijon mustard (0))
 Noncaloric beverage

Soup (choice of one soup)

• Healthy Choice® Hearty Chicken, 420 g can (260), or
 • Campbell's® Healthy Request Hearty Vegetable Beef, 450 g can (260)
 1/2 slice whole-wheat bread (35)
 Noncaloric beverage

Chef Salad

480 ml lettuce, chopped (20)
 57 g white meat, chicken or turkey (80)
 57 g fat-free cheese (100)
 4 slices tomato, chopped (28)
 15 ml Italian, fat-free dressing (6)
 1 slice whole wheat bread (70)
 Noncaloric beverage

Mid-Afternoon Snack

Men—200 calories for Weeks 1&2;

150 calories for Weeks 3&4;

100 calories for Weeks 5&6.

Women—150 calories for Weeks 1&2;

100 calories for Weeks 3&4;

50 calories for Weeks 5&6.

Choose calories from:

1 large banana (22 cm long) (100)
 1 apple (7.6 cm diameter) (100)
 1/2 cantaloupe (12.7 cm diameter) (94)
 5 dried prunes (100)
 28 g (2 small 14 g. boxes) raisins (82)
 240 ml light, nonfat, flavored yogurt (100)

Dinner

Men—500 calories, **Women**—300 calories

Choice of tuna salad dinner, steak dinner or frozen microwave dinner.

Tuna Salad Dinner

In a large bowl, mix the following:
 1 can (170 g) chunk light tuna in water (180)
 15 ml Hellmann's® Light, Reduced-Calorie Mayonnaise (50)
 30 ml sweet pickle relish (40)
 60 ml whole kernel corn, canned, no salt added (30)
 Noncaloric beverage
Men add:
 120 ml sliced white potatoes, canned (45)
 2 slices whole wheat bread (140)

Steak Dinner

85 g lean sirloin, broiled (176)
 120 ml sweet peas, canned, no salt added (60)
 120 ml beets, canned (35)
 120 ml skim milk (45)
 Noncaloric beverage
Men add:
 2 slices whole wheat bread (140)
 5 ml Promise Ultra® Vegetable Oil Spread (12)
 120 ml skim milk (45)

Frozen Microwave Dinner

Choose one meal:

• Glazed Chicken Dinner, Lean Cuisine® (230)
 160 ml skim milk (60)
 Noncaloric beverage
 • Lasagna with Meat Sauce, Lean Cuisine® (240)
 120 ml skim milk (45)
 Noncaloric beverage
 • Macaroni and Cheese, Weight Watchers® (260)
 120 ml skim milk (45)
 Noncaloric beverage
 • Broccoli & Cheddar Cheese Sauce over Baked Potato, Lean Cuisine® Lunch Express (250)
 120 ml skim milk (45)
 Noncaloric beverage
 • Grilled Turkey Breast, Healthy Choice® (260)
 120 ml skim milk (45)
 Noncaloric beverage

Men add:

2 slices whole-wheat bread (140)
 10 ml Promise Ultra® Vegetable Oil Spread (24)
 120 ml skim milk (45)

Late-Night Snack

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

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

Choose calories from afternoon snack selections plus the following:

120 ml low-fat frozen yogurt (100)
 240 ml light, microwave popcorn (100)

* Nutritionally equivalent products with similar calorie counts may be substituted if recommended products cannot be found.

Shopping List

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

Staples

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

Grains

Bagels, Sarah Lee (frozen)

Cereals – 1.5 oz. (42 g) serving equals approximately 165 calories; Kellogg's® Low-Fat Granola (without raisins), General Mills® Honey Nut Clusters, General Mills® Basic 4.

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

Fruits

Bananas, large (8 3/4 inches [22 cm] long), apples (3-inch [7.6 cm] diameter), cantaloupes (5-inch [12.7 cm] diameter), dried prunes, raisins.

Vegetables

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

Dairy

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

Meat, Poultry, Fish and Entrees

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

Canned soup:

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

Frozen microwave dinners or entrees:

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

Q & A

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

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

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

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

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

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

A. Yes.

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

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

Q. Is it possible to drink too much water?

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

Q. Is bottled water better than tap water?

A. Research shows that bottled water is not always higher quality water than tap water. The decision to drink bottled water or not is usually one of taste. If you dislike the taste of your tap water, then drink

your favorite bottled water. But first you might want to try a twist of lemon or lime added to the water from your tap. Some people say it makes a significant difference in the taste.

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

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

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

Q. I'm a 40-year-old woman with a teenage son and daughter. My husband and I both want to lose 10 pounds (4.5 kg) and the children would also like to lose some weight. Can I put the whole family on the program?

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

Your teenage son and daughter, however, could follow the Bowflex® exercise routines.

Q. I'm afraid that I might get large, unfeminine muscles from some of the Bowflex® exercises you recommend in this course. What can I do to prevent this from happening?

A. You are worrying about large muscles unnecessarily. Building large muscles requires two conditions. First, the individual must have long muscles and short tendons. Second, an abundance of testosterone must be present in the blood stream. Women almost never have either of these conditions.

Under no circumstances could 99.99 percent of American women develop excessively large muscles. Progressive resistance exercise such as with the

Bowflex® machine will make your muscles larger—but not excessively large—and larger muscles will make your body firmer and more shapely.

Q. Why is it so important I perform the Bowflex® exercises with a 4-second count on the lifting and lowering?

A. Because a slow, smooth 4-second lifting followed by a 4-second lowering involves more muscle fibers more thoroughly than faster speeds of movement. The more completely each involved muscle fiber works simply means you'll get better muscle-building results.

Q. I'm confused about how to breathe during each Bowflex® exercise?

A. Let's say your goal is to do 10 repetitions on a specific Bowflex® exercise that is performed in the recommended 4-second lifting and 4-second lowering style. Here are the proper breathing guidelines to follow:

- Breathe normally during the first five repetitions.
- Take shorter, more shallow breaths during the sixth, seventh and eighth repetitions.
- Emphasize exhalation more than inhalation, especially during the ninth and tenth repetitions. Focus on good form and slow movement.
- Do not hold your breath on any repetition. Practice relaxing your face and neck. Do not grit your teeth. Keep your eyes open and remain alert.

Q. I'm not as disciplined and patient as I'd like to be. How can I better stay on track with the program?

A. One suggestion is to team up with a partner. Most people are more motivated and make better progress if they go through the program with a friend. In selecting a training partner, here are several things to keep in mind:

- Your partner should be similar to you in age and condition.
- Your partner should be serious about getting into shape and making a commitment. That commitment means you'll be exercising together one hour, three times per week. Each of your joint training sessions should take approximately 50 minutes: 25 minutes for your workout and 25 minutes supervising your partner's workout.

- Your partner should be someone with whom you'll share a spirit of cooperation, not competition.
- Your partner should not be your spouse, brother, sister, or other family member. You do not want normal interpersonal problems to interfere with the training.

Q. Why won't you allow me to do aerobic dancing on my off-days to speed up the loss of body fat?

A. Because doing so doesn't speed up fat loss. Aerobic dancing—and other activities such as running, swimming, cycling, stair-stepping, and racquetball—do not contribute significantly to the fat-loss process. In fact, when added to proper strength training they can actually retard the reduction of fat.

Fat loss is retarded in two ways. Too much repetitive activity prevents maximum muscle building by using up your recover ability. A well-rested recover ability is necessary for muscle growth. Too much activity—especially if you are on a reduced-calorie diet—causes you to get the blahs and quickly lose your enthusiasm. If this happens, you're sure to break your diet.

The primary purpose of this program is to lose fat in the most effective and most efficient manner. Fat loss is prioritized and maximized by building muscle at the same time. The muscle-building process is optimized by a well-rested recovery ability, which necessitates keeping your strenuous and moderately strenuous activities to a bare minimum.

Once you get your body fat to a low level, you can add other activities—and I encourage you to do so—to your weekly fitness schedule. For now, follow the plan exactly as directed.

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

A. You should repeat the program for as long as it takes you to reach your goal. For example, it took Barry Ozer three six-week sessions—18 weeks—to lose all of his excessive fat, which amounted to 75 pounds (34 kg). There are, however, a few guidelines and modifications to apply.

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

Q & A

Keep your superhydration schedule at the highest level. In other words, sip 1 5/8 gallons (6.2 l) of ice-cold water each day.

Continue your Bowflex® exercise routine at the highest level. Perform the same 10 exercises three times per week. Try to get as strong as you can in each exercise, while always focusing on the 4-second count in both lifting and lowering.

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

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

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

Instead of eating from 1000 to 1500 calories a day, you'll be consuming from 1600 to 2400 calories per day. Maybe you can eat even more after your new body weight has stabilized. Trial-and-error experimentation is a must. Women should start with 1600 calories, and men with 2000 calories per day. Note what happens after a week. If your body weight keeps going down, raise the calories by 100 or 200, depending on how much weight you lost during the last week. Soon, you should reach a level where your body weight stabilizes. That level is your daily calorie requirement. Naturally, you'll be able to consume other foods than those listed in the Bowflex® eating plan. By then, however, you should know the value of being a smart shopper and a wise eater. Read labels. Compare nutritional information. Be conscious of the ideal 60:20:20 ratio for carbohydrates, proteins, and fats.

Eat smaller meals more frequently.

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

Drink at least 1 gallon (3.8 l) of cold water each day.

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

Train on the Bowflex® machine at least twice a week.

There are two primary differences between maintenance and strength-building routines. First, for maintenance, you do not have to increase the resistance each week or so. If you can do 100 pounds for 12 repetitions on the leg extension, then keep it on 100 pounds and do not go up to 105 pounds. You can maintain the 100-pound level much easier than you can increase it. Second, you do not need to train three times a week. You can maintain your strength at twice a week.

Add variety to your Bowflex® routines.

Now is the time to introduce more variety to your routines by adding some new exercises while removing some old ones. Below are two sample routines.

Maintenance Routine 1

1. Seated Hip Abduction
2. Seated Hip Adduction
3. Seated Straight Leg Calf Raise
4. Chest Fly
5. Incline Bench Press
6. Shoulder Pullover
7. Shoulder Shrug
8. Standing Biceps Curl
9. Seated Wrist Curl
10. Seated Wrist Extension

Maintenance Routine 2

1. Leg Curl
2. Leg Extension
3. Standing Lateral Shoulder Raise
4. Seated Shoulder Press
5. Rear Deltoid Row
6. Decline Press
7. Reverse Curl
8. Seated Triceps Extension
9. Low Back Extension
10. Abdominal Crunch

Look in your Bowflex Ultimate® 2 Owner's Manual for descriptions of the new exercises.

Be consistent with your Bowflex® machine exercising, healthy eating, and superhydrating—and your accomplishments may well exceed your goals.

Exercise Log

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

EXERCISE		DATE	DATE	DATE	DATE	DATE	DATE
Bench Press	Sets	2					
	Reps	10, 9					
	Resistance	120, 130					
	Sets						
	Reps						
	Resistance						
	Sets						
	Reps						
	Resistance						
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Warranty Information

6-Week Satisfaction Guarantee

We want you to know that the Bowflex Ultimate®2 is a superior product. Your satisfaction is guaranteed. If, for any reason, you are not 100% satisfied with your Bowflex Ultimate®2, please follow the instructions below to return your merchandise and receive a refund of the purchase price, less shipping and handling.

1. Call a Nautilus® Representative at 1-800-605-3369 or write to Nautilus, Inc. at 16400 SE Nautilus Drive, Vancouver, WA 98683 for a Return Authorization Number. Return Authorization will be granted if:
 - a. You purchased your Bowflex Ultimate®2 directly from Nautilus or from a certified Nautilus® dealer; and
 - b. You are calling within 6 weeks of the delivery date of your merchandise.

Returns should be shipped to: 16400 SE Nautilus Drive, Vancouver, WA 98683.

All returned merchandise must be properly packaged in the original boxes and in good condition.

NOTE: You are responsible for return shipping and for any damage or loss to merchandise that occurs during return shipment. We highly recommend that you insure your shipment.

3. Please mark all boxes clearly with:
 - Return Authorization Number • Your Name
 - Your Address • Your Phone Number

Boxes without this information clearly marked on the outside may be refused.

4. Please make copies of your original invoice and put one in each box of merchandise. Your shipment must be received within two weeks from the date the Nautilus® Representative issued you your Return Authorization Number.

Refunds may be denied or delayed if these instructions are not completely followed. Satisfaction Guarantee applies only to merchandise purchased by consumers directly from Nautilus, and does not apply to sales made by dealers or distributors.

What Does This Warranty Cover?

Nautilus warrants to the original purchaser of the Bowflex Ultimate®2 that the Bowflex Ultimate®2 is free from defects in materials and workmanship, when used for the purpose intended, under normal conditions. This warranty is extended only to the original purchaser and is not transferable or applicable to any other person.

How Long Does Warranty Coverage Last?

Residential: 12 Years on machine, No-Time-Limit Warranty on Power Rod® units.

Commercial : This warranty is void if Bowflex Ultimate®2 is used in a Commercial Environment

This warranty covers all defects in material or workmanship of the Bowflex Ultimate®2. Warranties do not cover commercial or institutional use or misuse and abuse by the consumer. To make this warranty effective, you must completely fill out the Bowflex Ultimate®2 Warranty Registration Card within 30 days of purchase and return it to the address on the Warranty Registration Card.

Warranty Does Not Cover

- A Bowflex Ultimate®2 purchased for commercial or institutional use.
- Damage due to use by persons who weigh more than 300 pounds (136 kg).
- Damage due to abuse, accident, failure to follow instructions or warnings in the Owner's Manual, misuse, mishandling, accident or Acts of God (such as floods, tornadoes, power surges, etc.).
- Damage due to normal wear and tear.

What Nautilus Will Do

During your Warranty Coverage Period, Nautilus will repair any Bowflex Ultimate®2 that proves to be defective in materials or workmanship. In the event repair is not possible, Nautilus will either replace your Bowflex Ultimate®2 or refund your purchase price, less shipping and handling. Nautilus reserves the right to substitute material of equal or better quality if identical materials are not available at the time of service under this Warranty. The replacement of the product under the terms of the Warranty in no way extends the Warranty period.

Service Support

Call to speak to a Nautilus® Representative at 1-800-605-3369 or write to Nautilus, Inc. at 16400 SE Nautilus Drive, Vancouver, WA 98683. You may need to return the defective part, at your expense, to the address given to you by a Nautilus® Representative. Always include an explanation of the problem. Adequate protective packaging of the defective parts or unit and cost of shipping are your responsibility. The repaired part or unit will be returned to you at the company's expense.

How State Law Applies

This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

What Is Covered

Nautilus warrants to the original purchaser of the Bowflex Ultimate®2 that the Bowflex Ultimate®2 is free from defects in materials or workmanship, with the exceptions stated below. This warranty is not transferable or applicable to any person other than the original purchaser and is only applicable for products sold and used in the United States or Canada or Mexico. Tampering with the unit will void the warranty.

Bowflex Ultimate® 2

- 12 years on machine
- No-Time-Limit Warranty on Power Rod® units.

Warranties Do Not Cover

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- Damage due to use by persons who weigh more than 300 pounds (136 kg).
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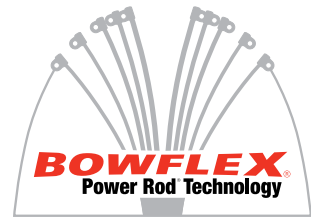
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Please fold over and tape before mailing

**Place
Stamp
Here**

**Bowflex Ultimate®2
16400 SE Nautilus Drive
Vancouver, WA 98683**



BOWFLEX **ULTIMATE 2**

This manual is written and designed by industry professionals. If you have any questions regarding your Bowflex Ultimate[®] 2 or any instructions found in this manual, please call **1-800-605-3369** for assistance.

(Shown with optional accessories)

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