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IT 198 Assignment 6

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**Gold’s Gym GB 2000**



**Introduction**

This product was designed as a home workout solution that allows the user to work all muscle groups, including arms, chest, back and legs. Using the machine can produce great health benefits, both mentally and physically. However, before trying our product, please read the entire manual to ensure proper use to avoid injury or even death.

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| **Disclaimer**  Before using the product, please consult a personal physician to ensure that you are mentally and physically capable of using the machine without harming yourself or those around you. |

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| **Warning**  As stated earlier, this product can cause physical harm to the user and those around if not used correctly. Here are some steps that can be taken to prevent possible injury:  Warming Up: It is important that the user is warmed up before attempting the exercise. This can be obtained by 5-10 minutes of light jogging and stretching.  Adjusting the Machine: The machine needs to be calibrated to the user’s body size and preference before performing any exercises. Each exercise may need a different adjustment and should be addressed each time arriving at the machine. In the “Exercises” section below, the proper adjustments for that routine will be explained in greater detail.  Setting Weights: If the user does not know how much weight to use for an exercise, he/she should attempt to practice the exercise without any weights. It is also important to monitor the amount of repetitions done per exercise. The user should only attempt to do as many repetitions he/she feels comfortable with.  Post Exercise: One the user has completed an exercise, he/she should remove any weights from the machine and return them to a safe place where the other weights are kept. Any weights left on the machine are accidents waiting to happen.  Cooling Down: Just as described in the “Warming Up” section, the user should also spend 5-10 minutes of stretching after a workout is complete to avoid muscle strain. |

**Exercises**

This section of the manual is in place to ensure proper setup and adjustments that must be made to the machine for each possible exercise. Please read each section carefully before trying any of the following exercises.

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| **Disclaimer**  If during any exercise the user feels pain or uncomfortable, stop the exercise and consult a physician. Continuing an exercise during this time can cause serious injury. |

**Exercise 1: Bench Press**

**Adjustments**: Before attempting the bench press exercise, please adjust the following machine components:

* Remove the seat pin (1) and set the seat to a height so you can easily reach the bar when laying on your back.
* Backrest - Set the backrest by moving the backrest bar (2) so that it is level with the seat, perpendicular to the uprights (3). At this point, you should be able to grab the bench press bar with your arms slightly bent.
* Safety Spotter - Make sure the safety spotters (4) are at the same level height before adding the bench press bar and weights to the machine.



**Obtain Weight Spotter:** This exercise requires a spotter to assist the user. The spotter should feel comfortable controlling the weight of the bar and weights in the case that the user cannot complete the exercise at any repetition. The spotter will be positioned between the two uprights.

**Technique:** It is critical that proper technique is used for this exercise to avoid injury. The following steps will explain how to perform the bench press exercise correctly.

* Lie on your back on the backrest, positioning your body so that the bar is directly above your eyes.
* Grasp the bar, with hands slightly more than a shoulder-width apart. Make sure a firm grip is held on the bar before lifting from the safety spotter.
* Lift the bar from the safety spotter and move it to directly above your chest.
* Allow the bar to lower to your chest at a controlled pace. When lowering the bar, keep elbows close to the ribcage. Avoid extending elbows outward, away from the body.
* Lower the bar all the way to your chest. The bar should only touch the chest lightly before the ascent. During ascent, keep the chest lifted. However, the back should remain on the backrest at all times. Extend arms until the elbows are in a locked position. This is one repetition of the exercise.

**Resources**

First Image - Overstock

Second Image - Ebay