

# CHEST

## BENT OVER CROSS

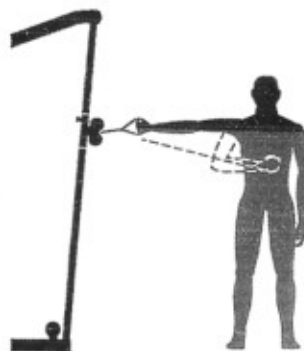
*Chest  
Front Shoulders*



1. Adjust handle to desired height.
2. Stand sideways to the machine and bend at the waist until your body is parallel to floor. Leave a slight bend in the knees.
3. Grip the handle with the hand closest from the pulley and arc the arm downwards keeping a slight bend in your arm.
4. Slowly return to the starting position.

## PECTORAL FLY

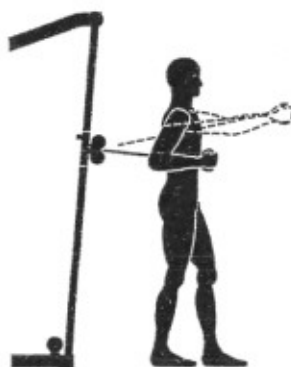
*Chest  
Shoulders*



1. Adjust the handle to the desired height.
2. Stand sideways to the machine.
3. Grip strap handle in one hand.
4. Hold arm parallel to the floor then arc arm to chest.
5. Slowly return to starting point.

## PUNCH

*Chest  
Shoulders  
Triceps*



1. Adjust handle to the desired height.
2. Stand with your back to the machine.
3. Grip handle overhand in one hand.
4. Extend arm straight out slowly. Keep your body straight throughout the movement.
5. Slowly bring arm to the starting position.

# CHEST

## INCLINE PRESS

(HPA-1 PRESS ARM)

*Upper Chest  
Front Shoulders*



1. Adjust the back pad angle to slightly forward.
2. Adjust the press arm and back pad to the desired beginning stretch.
3. Adjust the seat height if necessary to grip the handles as shown.
4. Sit with your back aligned to the pad (slightly forward).
5. Grip the handles at chest height.
6. Press arms forward until your arms are fully extended.
7. Slowly return to the starting position.

## BENCH PRESS

(HPA-1 PRESS ARM)

*Chest  
Shoulders  
Triceps*



1. Sit upright with your back supported by pad (adjust pad angle if necessary).
2. Adjust the press arm and back pad to the desired beginning stretch.
3. Adjust the seat height if necessary to grip the handles as shown.
4. Grip upper or lower horizontal handles on press arm.
5. Press handles forward until arms are fully extended.
6. Slowly return to starting point.

# CHEST

## DECLINE PRESS

(HPA-2 PRESS ARM)

Lower Chest  
Triceps



1. Adjust the seat height if necessary.
2. Unclip the press handles and hold at chest height.
3. Sit upright with your back supported by the back pad (adjust pad angle and pre-stretch position if necessary).
4. Press handles forward and down until arms are fully extended.
5. Slowly bring arms back to the starting position.

## VERTICAL BENCH PRESS

(HPA-2 PRESS ARM)

Chest  
Shoulders  
Triceps



1. Adjust the seat height if necessary.
2. Unclip the press handles and hold at chest height.
3. Sit upright with your back supported by the back pad (adjust pad angle and pre-stretch position if necessary).
4. Press handles forward until arms are fully extended, then slowly bring arms back to the starting position.

## INCLINE PRESS

(HPA-2 PRESS ARM)

Upper Chest  
Front Shoulder



1. Adjust the seat height if necessary.
2. Unclip the press handles and hold at top of chest.
3. Sit upright with your back supported by the back pad (adjust pad angle slightly forward and pre-stretch position if necessary).
4. Press handles forward and up until arms are fully extended.
5. Slowly bring arms back to the starting position.

## PEC FLY

(HPA-2 PRESS ARM)

Chest  
Shoulders  
Biceps



1. Adjust the seat height if necessary.
2. Unclip the press handles and hold with arms straight out at sides at chest height.
3. Sit upright with your back supported by the back pad (adjust pad angle and pre-stretch position if necessary).
4. Rotate arms forward and finish by bringing hands together in front of chest.
5. Hold contracted position briefly.
6. Slowly return to the starting position.

# BACK

## SEATED MID ROW

(HPA-1 PRESS ARM)

*Lats  
Traps  
Biceps*



1. Adjust the press arm all the way back.
2. Sit facing your machine and adjust the back pad so that your chest is supported when the mid row handles are just beyond your reach (adjust pad angle if necessary).
3. Adjust the seat height if necessary to grip the handles as shown.
4. Pull the pressing arm towards you until the handles are even with your chest.
5. Slowly return to starting position.

## ONE HANDED BENT OVER ROW

*Upper Back  
Shoulders  
Biceps*



1. Lock the leg extension arm with the hook latch and attach the strap handle to the lower pulley.
2. Grasp the handle. Bend over using the upper roller for support keeping knees bent. Do not bend over more than 90 degrees.
3. Pull arm upward keeping your elbow close to your body.
4. Slowly return to the starting position.

## BACK HYPER

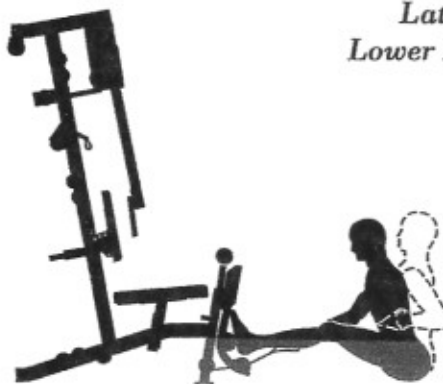
*Lower Back*



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Adjust the upper roller pads to hit at the top of the thighs.
3. Straddle the seat, angle legs back slightly and lean against the roller pads. Bend your upper body over 90 degrees, grip and hold the strap handles against your chest throughout the movement.
4. Arc body upward, but not fully erect.
5. Slowly return to the starting position.

## LOW ROW

*Lats  
Lower Back*

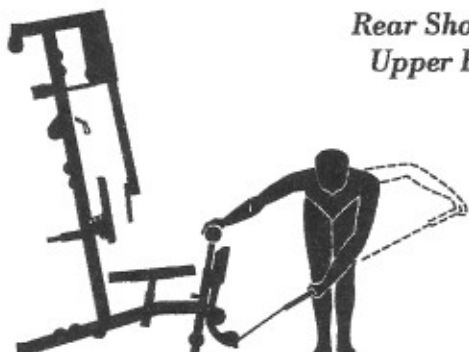


1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Sit facing the machine with your legs slightly bent. Keep them bent during the exercise.
3. Sit erect and pull your hands towards your upper abdominal area just below the chest. Do not lean back as you complete the movement.
4. Slowly return to the starting position.

# BACK

## BENT OVER REAR DELT

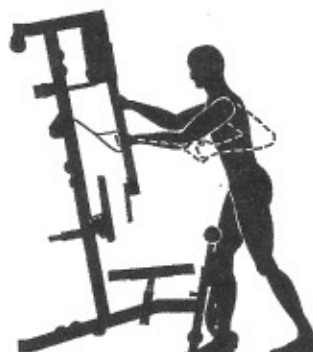
*Rear Shoulder  
Upper Back*



1. Lock the leg extension arm with the hook latch and attach a strap handle to the lower pulley.
2. Stand sideways to the machine and bend at the waist until your body is parallel to the floor. Leave a slight bend in the knees and use the upper roller for support.
3. Grip the handle with the hand furthest from the pulley and arc arm upwards keeping a slight bend in your arm.
4. Slowly return to the starting position.

## ONE ARM STANDING ROW

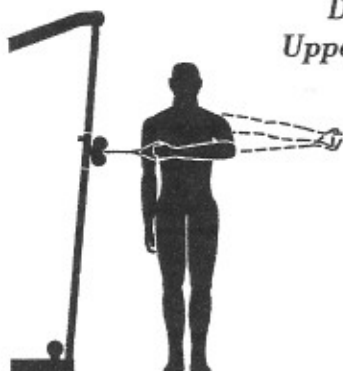
*Upper Back  
Shoulders  
Biceps*



1. Attach a strap handle to the middle pulley.
2. Stand facing the machine and grip the handle in one hand. Place your other hand on the press arm for support.
3. From a straight arm position pull arm towards your body, keeping elbow close to your side.
4. Slowly return to the starting position.

## STANDING REAR DELT

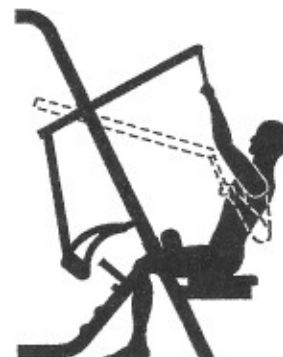
*Delts  
Upper Back*



1. Adjust the handle to the desired height.
2. Stand sideways to the machine and grip the strap handle with the hand furthest from the machine.
3. Start with your arm bent, arcing away from yourself and keeping the movement parallel to the floor.
4. Slowly return to the starting position.

## LAT PULL DOWN

*Lats  
Traps*

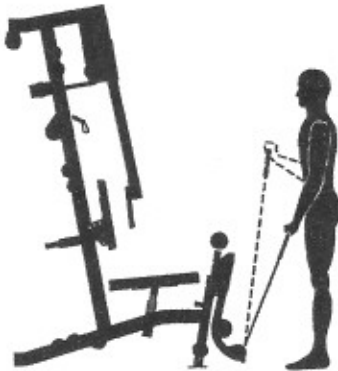


1. Sit facing the machine with your knees locked under the leg roller.
2. Grip lat handles with palms facing forward.
3. Lean back slightly pulling the bar down slowly until it reaches your upper chest area.
4. Slowly return to starting point.

# ARMS

## STANDING CURL

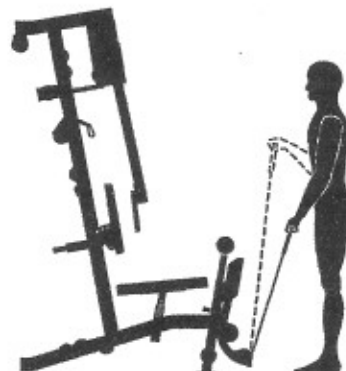
*Biceps*



1. Lock the leg extension arm with the latch hook and attach the strap handles to the lower pulley.
2. Stand facing the machine gripping the handles underhand, about 6" to 8" apart.
3. Curl arms upward slowly.
4. Slowly return to the starting position.

## REVERSE CURL

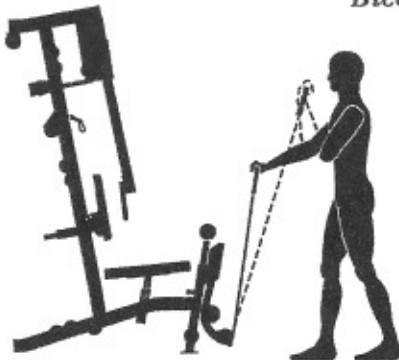
*Biceps  
Forearms*



1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Stand facing the machine gripping the handles overhand about 6" to 8" apart.
3. Curl arms upward slowly.
4. Slowly return to the starting position.

## ONE ARM CURL

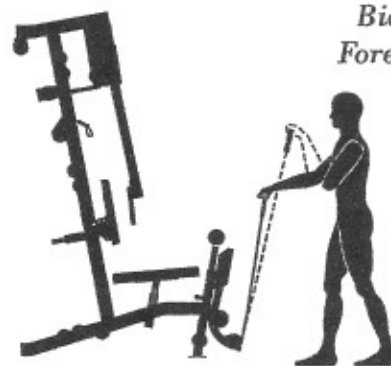
*Biceps*



1. Lock the leg extension arm with the latch hook and attach a strap handle to the lower pulley.
2. Stand facing the machine gripping the handle underhand, using other arm as a brace.
3. Curl arm upward slowly.
4. Slowly return to the starting position.

## ONE ARM REVERSE CURL

*Biceps  
Forearms*

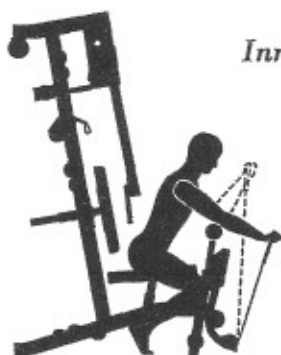


1. Lock the leg extension arm with the latch hook and attach a strap handle to the lower pulley.
2. Stand facing the machine gripping the handle overhand, using other arm as a brace.
3. Curl arm upward slowly.
4. Slowly return to the starting position.

# ARMS

## PREACHER CURL

*Biceps  
Inner Forearm*



1. Attach the strap handles to the lower pulley.
2. Adjust the upper roller pads to a comfortable height.
3. Grip the handles and position body slightly angled with arms supported by the upper roller pads.
4. Curl arms upward slowly keeping your elbows on the roller.
5. Slowly return to the starting position.

## STANDING CURL

*Biceps*



1. Adjust the handle to the desired height.
2. Stand facing the machine gripping the handles underhand, about 6" to 8" apart.
3. Curl arms upward slowly.
4. Slowly return to the starting position.

## REVERSE CURL

*Biceps  
Forearms*



1. Adjust the handle to the desired height.
2. Stand facing the machine gripping the handles overhand about 6" to 8" apart.
3. Curl arms upward slowly.
4. Slowly return to the starting position.

## ONE ARM CURL

*Biceps*



1. Adjust the handle to the desired height.
2. Stand facing the machine gripping the handle underhand, using other arm as a brace.
3. Curl arm upward slowly.
4. Slowly return to the starting position.

# ARMS

## ONE ARM REVERSE CURL

*Biceps  
Forearms*



1. Adjust handles to the desired height.
2. Stand facing the machine gripping the handle overhand, using other arm as a brace.
3. Curl arm upward slowly.
4. Slowly return to the starting position.

## TRICEPS EXTENSION

*Triceps*



1. Attach the strap handles to the middle pulley.
2. Grip a strap handle in each hand and sit leaning forward with your buttocks against the back pad.
3. Position your elbows forward and close to the sides of your head and slowly extend your hands forward until your arms are fully extended.
4. Slowly return to the starting position.

## TRICEPS KICK BACK

*Triceps  
Forearms*



1. Attach a strap handle to the middle pulley.
2. Stand facing the machine and grip the handle overhand.
3. Lean forward slightly using the Press Arm Handle for support.
4. Keeping arm tight to your body and your elbow fixed, push handle downward.
5. Slowly bring arm back to the starting position.

## TRICEPS PUSHDOWN

*Triceps*



1. Adjust the handle to the desired height.
2. Grip the curl bar overhand with your hands 6" to 8" apart.
3. Keeping your arms tight against your body push the bar down slowly.
4. Slowly return to the starting position.



# SHOULDERS

## SHOULDER PRESS

(HPA-1 PRESS ARM)

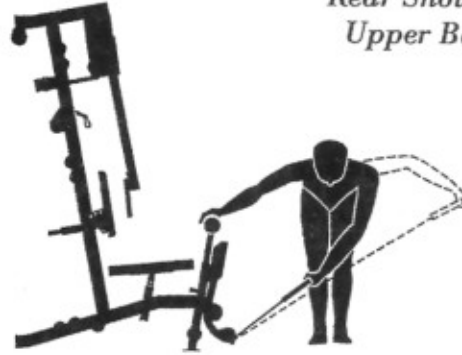


Shoulders  
Triceps

1. Adjust back pad for desired pre-stretch with pad angled fully forward.
2. Sit leaning forward with your buttocks against the back pad.
3. Hold the press arm handles slightly above shoulders.
4. Press handles up over your head until arms are fully extended.
5. Slowly return to the starting position.

## BENT OVER REAR DELT

Rear Shoulder  
Upper Back



1. Lock the leg extension arm with the hook latch and attach a strap handle to the lower pulley.
2. Stand sideways to the machine and bend at the waist until your body is parallel to the floor. Leave a slight bend in the knees and use the upper roller for support.
3. Grip the handle with the hand furthest from the pulley and arc arm upwards keeping a slight bend in your arm.
4. Slowly return to the starting position.

## SHOULDER PRESS

(HPA-2 PRESS ARM)

Shoulder  
Triceps



1. Adjust the seat height to the lowest position.
2. Adjust back pad for desired pre-stretch with pad angled fully forward.
3. Unclip press handles and hold slightly above shoulder height.
4. Sit all the way back into the angle of the back pad.
5. Press handles straight up over your head until arms are fully extended.

# SHOULDERS

## SHOULDER SHRUG

*Traps  
Shoulders*



1. Adjust the handle to the desired height.
2. Stand facing the machine with legs spread comfortably apart.
3. Grip handles overhand with hands 6" to 8" apart.
4. Slowly rotate shoulders up and then back around in a circular motion.

## UPRIGHT ROW

*Traps  
Shoulders*



1. Adjust the handle to the desired height.
2. Grip handles overhand and your hands 4" to 6" apart.
3. Stand erect with feet shoulder width apart and hands at thighs.
4. Keeping your elbows above your hands, slowly pull upwards until your hands are above your chest.
5. Slowly return to the starting position.

## LATERAL DELTOID

*Shoulder*



1. Adjust the handle to the desired height.
2. Stand sideways to the machine and grip the handle with the hand furthest away from the machine.
3. Raise arm laterally, keeping elbow locked, until your arm is parallel to the floor.
4. Slowly return to the starting position.

## FRONT DELTOID RAISE

*Frontal Delt*



1. Adjust the handle to the desired height.
2. Stand with your back to the machine.
3. Grip handle overhand in one hand.
4. Extend arm straight out slowly. Keep body straight throughout the movement.
5. Slowly bring arm back to the starting position.

# LEGS

## GLUTE KICK

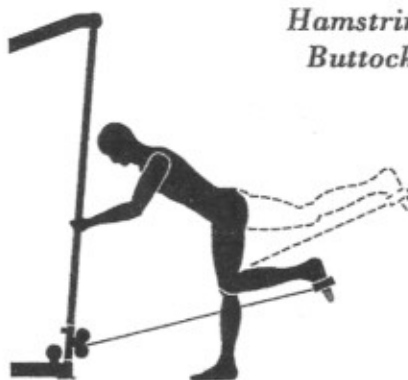
*Hamstrings  
Buttocks*



1. Adjust padded cup to the desired height.
2. Attach cuff to your ankle, angle your upper body forward using the adjuster tube for balance.
3. Keep your hips stationary and your leg straight. Slowly raise your foot backwards and up as far as possible.
4. Contract the buttocks at the peak of movement then slowly lower your leg to the starting position.

## DONKEY KICK

*Hamstrings  
Buttocks*



1. Adjust padded cuff to the desired height.
2. Loop the padded cuff under your foot, angle your upper body forward using the adjuster tube for balance.
3. Slowly raise your foot backwards and up as far as possible as shown.
4. Slowly return to the starting position.

## OUTER THIGH

*Outer Thigh*



1. Adjust padded cuff to the desired height.
2. Attach cuff to the leg furthest from the pulley. Balance yourself by holding the adjuster tube.
3. Keeping your leg straight and in front of your body, move leg outward and upward as far as possible keeping your body straight.
4. Slowly return to the starting position.

## INNER THIGH

*Inner Thigh*



1. Adjust padded cuff to the desired height.
2. Attach cuff to the leg closest to the pulley. Balance yourself by holding the adjuster tube.
3. Slowly scissors your leg across your body keeping your body straight.
4. Slowly return to the starting position.

## LEGS

### HACK SQUAT

*Hamstrings  
Buttocks  
Thighs*



1. Adjust the ab strap to the desired height.
2. With your back to the machine, grip handles bending at the knees. Do not go past 90 degrees.
3. Keeping your back straight stand straight up but do not lock out knees at the top of the movement.
4. Slowly return to the starting position.

### DEAD LIFT

*Thighs*



1. Adjust the handle to the desired height.
2. Grip handles and squat with your back straight and your knees bent no further than 90 degrees.
3. Stand straight up keeping your arms close to your body and your body straight.
4. Slowly return to the starting position.

### STANDING CALF RAISE

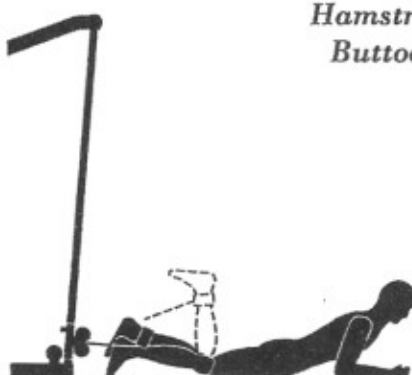
*Calves*



1. Adjust the handle to the desired height.
2. Grip handles and stand facing the machine with your feet together.
3. Keeping your knees in a locked position and your weight on the balls of your feet, raise up as far as possible.
4. Slowly return to the starting position.

### LYING LEG CURL

*Hamstrings  
Buttocks*



1. Adjust the padded cuff to the desired height.
2. Lay in front of the machine resting on your elbows, keeping your back straight.
3. Attach cuff to your ankle.
4. Start with your leg straight then curl leg up towards your buttocks.
5. Slowly return to the starting position.

# LEGS

## TOE RAISES

*Calves*



1. Sit with back supported and place feet on the foot plate.
2. Fully extend legs with your heels slightly lower than the bottom of the foot plate. (Keep a slight bend in your legs and do not allow them to lock out)
3. Keeping your knees in the above described position, flex toes forward as far as possible.
4. Allow the weight to push your toes back towards your body to a comfortable pre-stretch position.

## LEG PRESS

*Thighs*



1. Adjust the back pad so legs are almost fully bent when feet are placed on the foot plate. (Knees as close as possible without bending legs past 90 degrees)
2. Slowly extend and straighten legs leaving a slight bend at the knees when fully extended. (Never allow knees to lock out during movement)
3. Slowly return legs to the starting position. (Remember not to let your legs go past 90 degrees)

## 45 DEGREE CALF RAISES

*Calves*



1. Stand at a 45 degree angle gripping the leg press foot rest with your feet together and your heels on the floor.
2. Keeping your knees in a locked position and your weight on the balls of your feet, raised up as far as possible.
3. Slowly return to the starting position.

## SEATED CALF RAISE

*Calves*

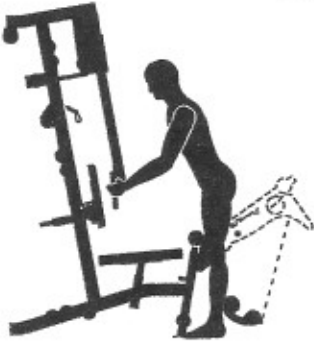


1. Lock the leg extension arm with the hook latch and attach the strap handles to the lower pulley.
2. Adjust the top roller pad up out of your way.
3. Sit on the edge of the seat pad, bring handles up and rest them on top of your legs.
4. Push weight up on the balls of your feet, keep hands in place.
5. Slowly return to the starting position.

# LEGS

## STANDING LEG CURL

*Hamstrings*



1. Adjust press arm to user friendly position.
2. Stand facing the machine, adjust the top roller pad to hit just above your knee.
3. Hook one leg under the lower roller pad and grip the press arm for balance.
4. Curl your leg upward and hold position momentarily before slowly returning to the starting position.

## LEG EXTENSION

*Thighs*



1. Move the leg roller adjust to the lowest position.
2. Hook your leg over the top roller and your feet under the lower roller.
3. Slowly extend your legs forward.
4. Hold position momentarily before slowly lowering your leg to the starting position.

# ABS

## ABDOMINAL CRUNCH

*Upper Abdominal*



1. Attach the strap handles to the middle pulley.
2. Grip a strap handle in each hand over your shoulders.
3. Curl your body forward approximately half way towards your knees, pivoting from the upper abdominal area.
4. Straighten to the starting position while maintaining tension on the abdominal area.
5. Slowly return to the starting position.

## STANDING KNEE RAISE

*Lower Abdominal*



1. Lock the leg extension arm with the hook latch and attach the padded cuff to the lower pulley.
2. Adjust the top roller pad to use for support.
3. With your back to the machine, loop the padded cuff over the top of your foot.
4. While keeping your foot straight, pull your leg up, bringing your knee to your chest.
5. Slowly return to the starting position.

## SIDE BENDS

*Obliques*



1. Adjust the handle to the desired height.
2. Stand sideways to the machine and grip the handle with the hand closest to the machine.
3. Keep arm straight while crunching your upper body over and away from the machine.
4. Slowly return to the starting position.