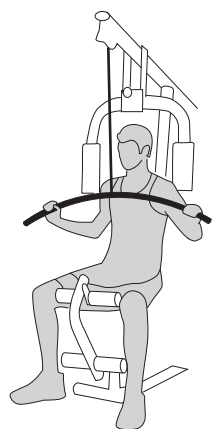


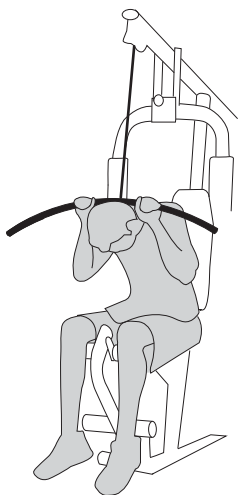
### **1. Lat back pull-down**

Sit on the seat, extend your arms and hold the ends of the bar with an overhand grip. Pull the bar down behind your head. Keeping your arms slightly bent, extend the bar back to the starting position.



### **2. Lat front pull-down**

Sit on the seat, extend your arms and hold the ends of the bar with an overhand grip. Pull the bar to the top of the chest. Keeping your arms slightly bent, extend the bar back to the starting position.



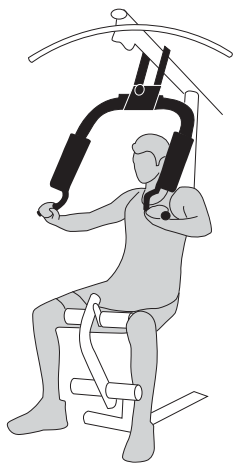
### **3. Ab Crunch**

Sit on the seat, extend your arms, and hold the middle of the bar with an overhand grip behind your head. Keep your back straight and slowly bend forward at the waist. Slowly return to starting position.



### **4. Butterfly**

Remove the lat bar from the high cable. Engage the lock lever. Sit on the seat, lean back straight so that your back is touching the pad behind you at all times. Place your arms on the pads, as shown. Keep your back straight and slowly press your arms toward each other. Push your arms together using your elbows, and forearms, not your hands. Slowly return to starting position.



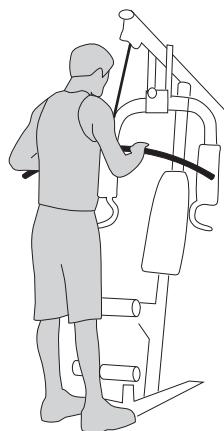
### 5. Bench press

Remove the lat bar from the high cable. Release the lock lever. Sit on the seat and place your hands on the outer handles with an over-hand grip and elbows raised, as shown. Keep your back straight and slowly push the bars forward. Keep a slight bend in the elbows. Slowly return to starting position.



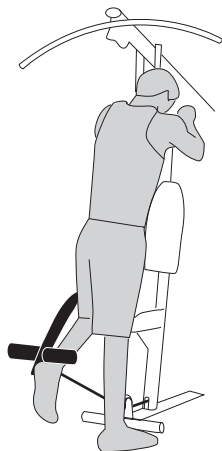
### 6. Leg extension

Remove the lat bar from the high cable. Sit on the seat and place your knees over the upper set of roll pads and your feet under the lower set of roll pads. Extend the lower roll pads on the leg beam to the position shown. Keep your back straight against the pad then slowly raise legs until they are almost straight. Slowly return to starting position.



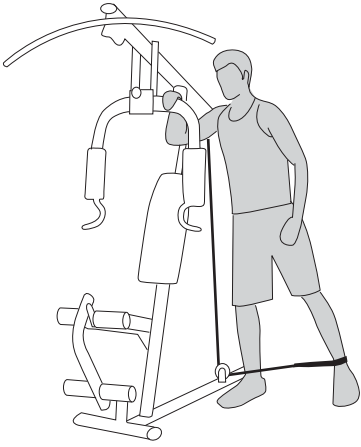
### 7. Triceps press-down

Attach the lat bar to the high cable. Hold the lat bar and pull the bar down until your arms are almost straight. Keep your elbows close to your body and your back straight. Slowly return to starting position.



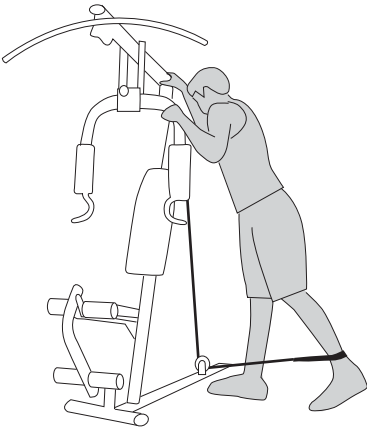
### 8. Leg curls

Remove the lat bar from the high cable. Adjust the lower roll pads on the lever. Stand facing the machine with the back of one leg resting against the lower roll pad on the lever. Raise the lever by bending your leg to the position as shown. Keep your back straight and slowly return to the starting position.



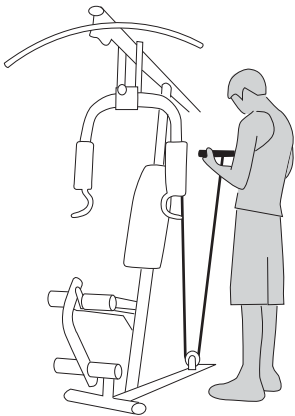
### **9. Hip abduction/ hip adduction**

Remove the lat bar from the high cable. Attach the ankle cuff to the low cable. Stand sideways and attach the cuff to your ankle, around your outside leg. Keep your leg straight and slowly move it outward, away from your body. For hip adduction, turn around and move your inside leg across the front of your outside leg. Hold onto the butterfly arm for balance. Keep your back straight and slowly return to the starting position.



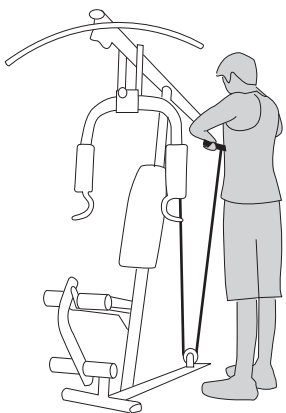
### **10. Back kick**

Remove the lat bar from the high cable. Attach the ankle cuff to the low cable. Stand facing the machine and attach the cuff around your ankle. Keep your leg straight and slowly move it back as shown. Hold onto the butterfly arm portion of the machine for balance. Keep your back straight and slowly return to the starting position.



### **11. Standing curl**

Remove the lat bar from the high cable. Attach the small bar to the low cable. Stand facing the machine, arms extended. Do not lock your elbows. Hold the bar with an underhand grip. Keep your elbows at your side. Bend your elbows bringing the bar to your chest as shown. Keep your back straight and slowly return to the starting position.



### **12. Upright row**

Remove the lat bar from the high cable. Attach the small bar to the low cable. Stand facing the machine, arms extended. Hold the bar with an overhand grip. Pull upwards, keeping the bar close to your body, bending your arms bring the bar to your chest as shown. Keep your back straight and slowly return to the starting position.