



**The Bowflex® Blaze™  
Home Gym  
Owner's Manual  
and Fitness Guide**





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## Product Specifications:

<b>Product Weight</b>	195 lbs. (88 kg)
<b>Product Dimensions</b>	90" L x 38" W x 83" H (229 cm L x 97 cm W x 211 cm H)
<b>Folded Footprint</b>	52" L x 38" W x 83" H (132 cm L x 97 cm W x 211 cm H)
<b>Workout Area</b>	100" L x 78" W (254 cm L x 198 cm W)
<b>Number of Exercises</b>	Over 60
<b>Power Rod<sup>®</sup> Resistance</b>	210 lbs. (95 kg)
<b>Power Rod<sup>®</sup> Upgradability</b>	310 lbs. (141 kg.) 410 lbs. (186 kg.)
<b>User Weight Limit</b>	300 lbs. (136 kg)

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## Regulatory Approvals:



Meets:

EN957-1 Class H  
EN957-2 Class H



Meets:

ASTM F2276-05  
ASTM F2216-05



# Safety Requirements

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## IMPORTANT SAFETY INSTRUCTIONS

The following definition applies to the word “Warning” found throughout this manual:



Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.

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## READ ALL INSTRUCTIONS BEFORE USING THE MACHINE.

- Always read and follow the Warning and Safety labels attached to your Bowflex® Blaze™ home gym. Do not remove these labels. If you need replacement labels, please call a Nautilus Representative at 1-800-NAUTILUS (628-8458).
- 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® Blaze™ home gym 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® unit that came with your Bowflex® Blaze™ home gym.
- Set up and use your Bowflex® Blaze™ home gym on a hard, level surface.
- Do not wear any loose or dangling clothing or jewelry while using the Bowflex® Blaze™ home gym. 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® Blaze™ home gym is 300 pounds (136 kg). For your safety, do not use or allow others to use the Bowflex® Blaze™ home gym if they weigh in excess of 300 pounds (136 kg).
- Allow a workout area of at least 8’4” L x 6’6” W (2.6 m x 2 m) of free space for safe

# Safety Requirements

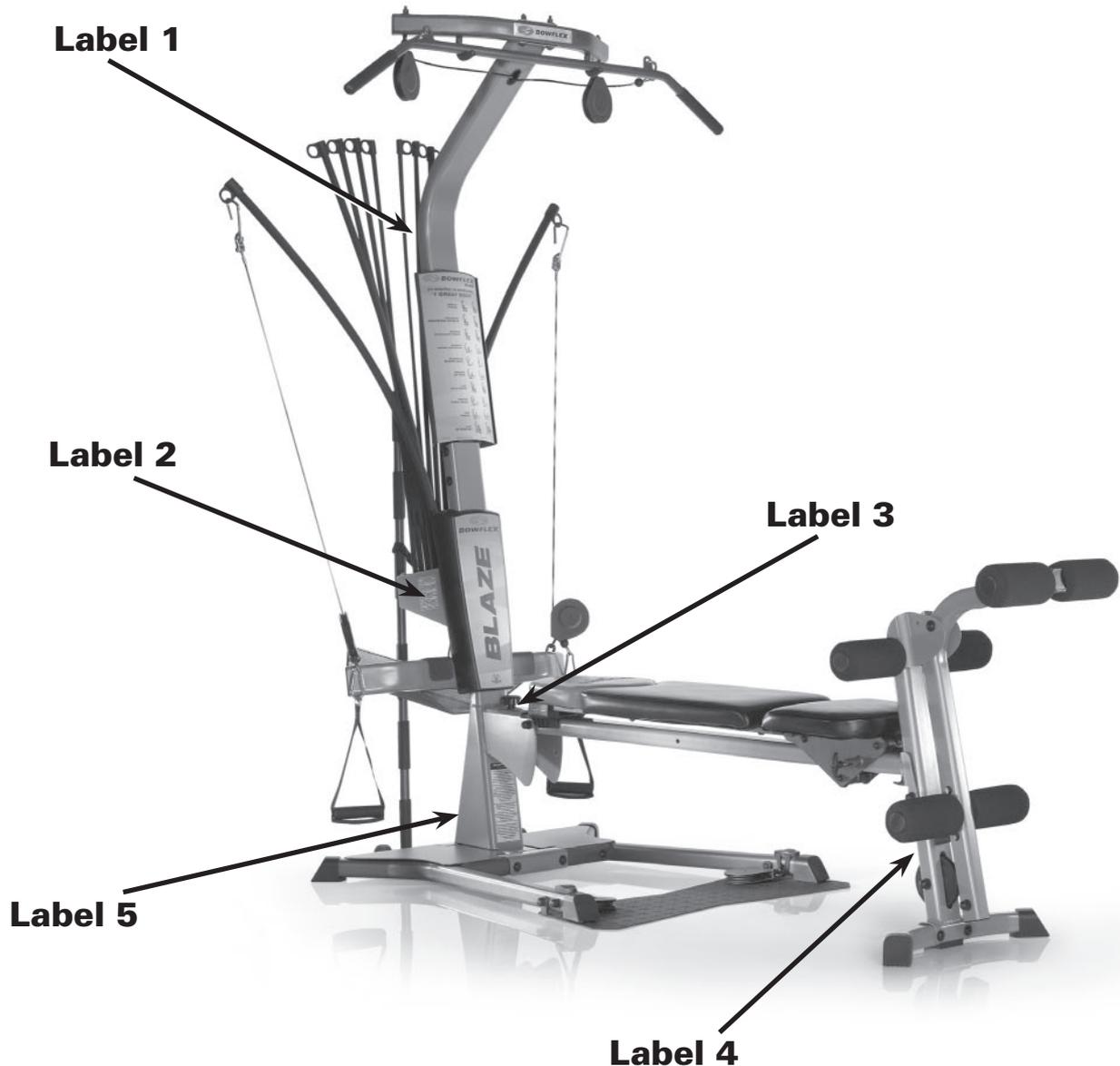
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operation of the Bowflex® Blaze™ home gym.

- Keep your body weight centered on the machine, seat, or base frame platform while exercising.
- When using the Bowflex® Blaze™ 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® unit when exercising and make certain that observers also stand clear of the Bowflex® Blaze™ home gym when the Power Rod® unit is in use.
- Never move or adjust the seat while sitting on it. Never stand on the seat.
- When hooking up Power Rod® caps, 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® unit 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.

# Safety Warning Labels

The following safety warnings are located on the Bowflex® Blaze™ exercise machine. Please read all safety precautions and warning information prior to using your product. Be sure to replace any warning label if damaged, illegible, or missing. If you need replacement labels, please call a Nautilus Representative at 1-800-NAUTILUS (628-8458).



 **BOWFLEX** Home Gym  
**BLAZE**

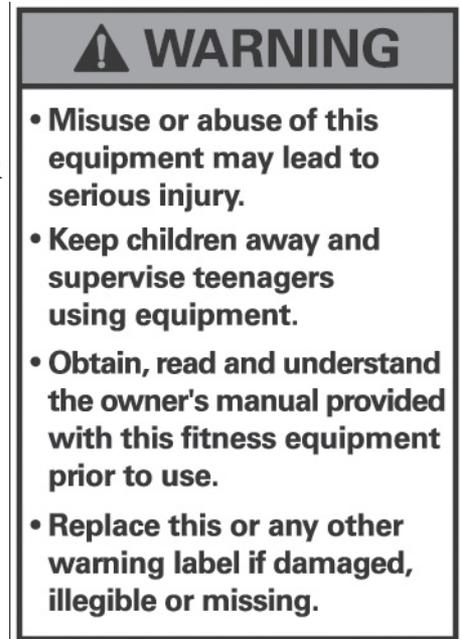
# Safety Warning Labels

The following safety warnings are located in site specific areas on the unit. Please review and understand the safety warning labels and their locations on the unit prior to use.

If you do not have, or cannot find, or need to replace a warning label please call 1-800-NAUTILUS (1-800-628-8458) to obtain a new label.

**Label 1:** Please make sure all users read, understand, and follow the warning labels on the home gym. See Figure 1 for general use safety label.

**Location:** The warning label in Figure 1 is located on the back of the lat tower.



**Label 2:** See figure 2 for "Caution" safety label.

**Location:** Left and right side of rod box.



Figure 2

# Safety Warning Labels

**Label 3:** See Figure 3 for “Caution” safety label. Avoid crush hazard when folding the bench.

**Location:** Top of the seat rail bracket.



Figure 3

**Label 4:** See Figure 4 for “Caution” safety label. Stay clear of the leg when folding the leg extension.

**Location:** Back of rear leg of leg extension.



Figure 4

**Label 5:** See Figure 5 for “Caution” safety label.

**Location:** Back of the lower lat tower, below chest bar.



Figure 5

# Get to Know Your Machine

CONGRATULATIONS on your commitment to improving your health and fitness! With the Bowflex® Blaze™ home gym, you have everything you need to exceed all of your physical fitness, strength and health expectations!

The Bowflex® Blaze™ home gym's exceptional resistance and quality is unmatched by any other single piece of home fitness equipment available. You will not believe the amazing results your body will get with the Bowflex® Blaze™ home gym!

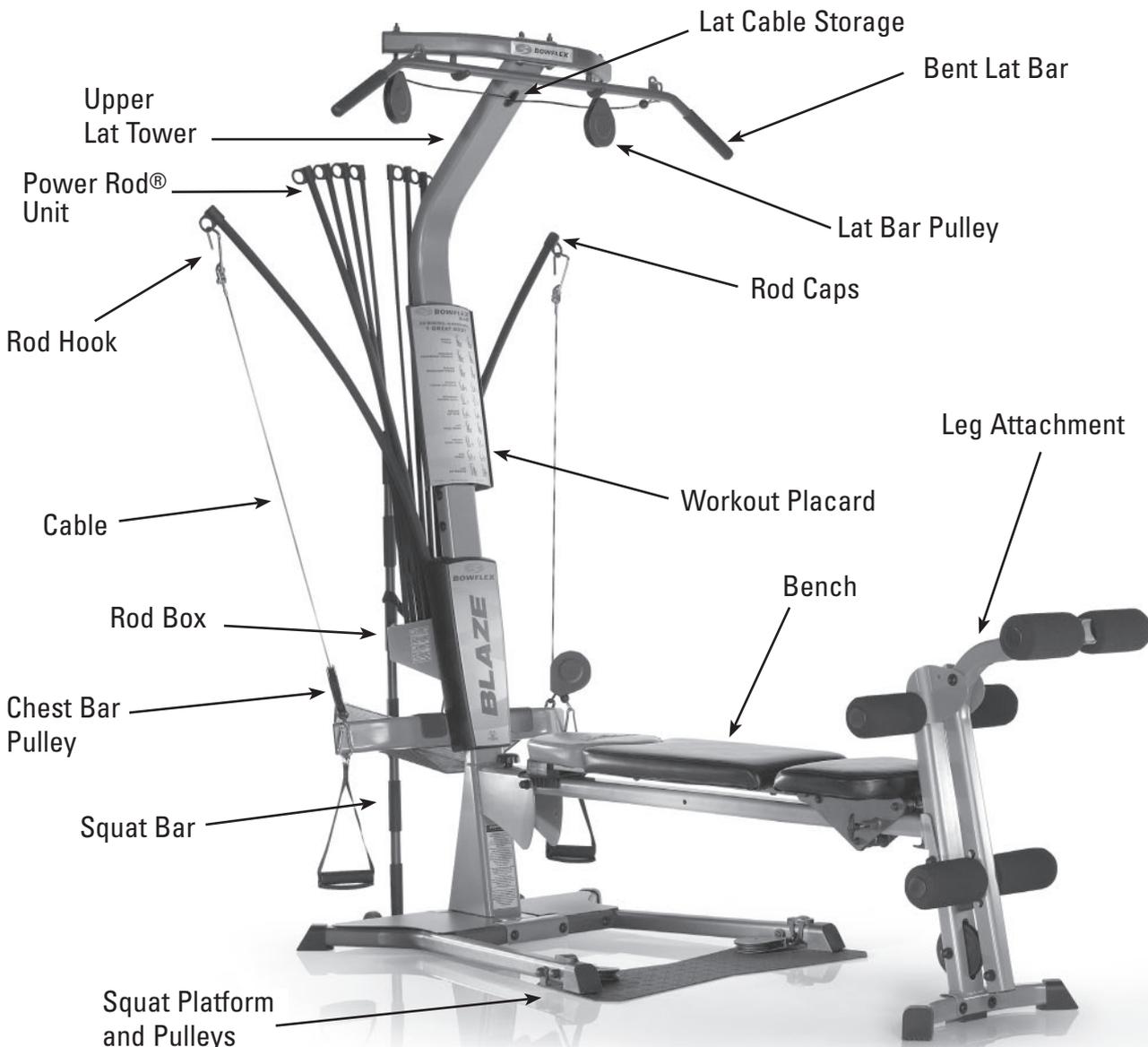
Please take your time to read through the entire manual and follow it carefully before attempting to use your

Bowflex® Blaze™ home gym. 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.

With all of the fitness choices available today, finding the best workout equipment for your needs can be very confusing. Everyone at Nautilus would like to thank you for selecting the Bowflex® Blaze™ home gym.

Bowflex® Blaze™ home gym is the finest home fitness product available, and you're just about to prove it to yourself.

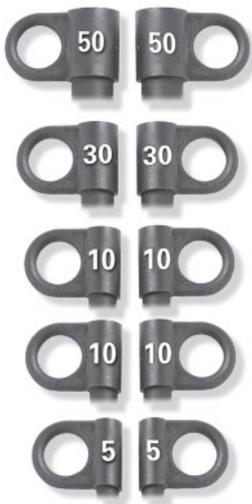
## **BOWFLEX** Home Gym **BLAZE**



# How to Use Your Machine

## Power Rod® Resistance

Power Rod® rods 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 standard Bowflex® Blaze™ home gym comes with 210 pounds (95 kg) of resistance (one pair of 5 lb. (2.25 kg) rods, two pair of 10 lb. (4.5 kg) one pair of 30 lb. (13.5 kg) rods, and one pair of 50 lb. (22.5 kg) rods).

If you upgraded to a 310 lb. (140 kg) or 410 lb. (186 kg) capacity you will have an additional one or two pair of 50 lb. (22.5 kg) rods, respectively.

## Hooking the Power Rod® Unit 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® caps 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® unit from the cables.

## When You Are Not Using Your Bowflex® Blaze™ Home Gym

Disconnect the cables from the Power Rod® unit when you are not using your Bowflex® Blaze™ home gym. 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 order additional  
50 lb. (22.5 kg) Power Rod® sets  
please call  
1-800-NAUTILUS  
(1-800-628-8458)**

# How to Use Your Machine

## The Workout Bench

Your Bowflex® Blaze™ home gym has a number of seat and bench positions: flat bench forward, flat bench back, 45° incline and free-sliding seat extension.

To adjust the seat, pull out the Seat Rail Knob, then slide the seat to one of the three locking holes on the Seat Rail.

Release the Seat Rail Knob to secure when finished.

### Removing the Bench:

The Bench easily attaches and releases from the Seat. To attach the Bench, insert the half hinge on the end of the Bench into the half hinge on the seat. To remove the Bench, lift up on the long portion and pull away from seat.

### Flat Bench:

The Flat bench position is used for most exercises. You may lock the bench into a Back (closest to Power Rod® unit) or Forward (farthest from Power Rod® unit) position to accommodate height/reach needs.

### 45° Incline Bench:

Start with a flat bench, following the above instructions to release and move the seat and bench. Lift the bench while sliding the seat toward the Power Rod® unit until the bench back is resting against the Lat Tower.

### Leg Extension:

Refer to page A-12 of the Assembly Manual for instructions on installing the Leg Extension Seat.

### Free-Sliding Seat:

Remove the Bench, pull out the Seat Rail Knob, give it half a turn and release to place the Seat in a “free sliding” position for Aerobic Rowing.

## Storing Your Bowflex® Blaze™ Home Gym

Folding your Bowflex® Blaze™ home gym for storage is easy.

- 1) Lock the Seat and Bench into the flat position.
- 2) Remove all Power Rod® resistance and then

bind the Power Rod® unit with the rod binding strap.

- 3) Ensure that the Leg Extension Lock-out Pin is installed. (Refer to page A-9 for instructions.)
- 4) Remove the Seat Rail Knob from the seat rail.
- 5) Tilt the bench toward the Power Rod® unit.
- 6) While holding the Rear Leg with one hand, disengage the seat Rail Pull Pin to allow the Rear Leg to fold against the Seat Rail. (See figure 8b on page A-7.)
- 7) Secure the bench by inserting the Seat Rail Knob into the hole in the side of the Seat Rail Bracket.

## Maintenance and Care of Your Bowflex® Blaze™ Home Gym

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® Blaze™ home gym, please call our Customer Service Department at 1-800-NAUTILUS (628-8458) or by mail at: 16400 SE Nautilus Dr., Vancouver, Washington, USA 98683.



# How to Use Your Machine

## Accessories and Equipment

**Hand Grips:** The Hand Grips fit snugly around your hand, ankle, or wrist. Attach the pulley cable clips to the D-Rings on the Hand Grips to attach them to the cables.

**Standard Grip:** Grasp the grip and cuff together to form a grip without inserting your hand through the cuff portion. Most of the exercises you perform utilize this grip. The Standard Grip also is used for Hammer Grip exercises, when you need to hold the Hand Grip vertically for greater wrist support.



**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. Place your hand in the cuff and slide it away from the grip. Insert your foot or ankle and tighten by sliding the grip back toward the cuff.



**Lat Cross Bar:** The Lat Cross Bar enhances exercises that work back, shoulders and triceps muscles.

### *Safety:*

- Before using the Lat Cross Bar, make sure that all fasteners are in place and tightened.
- Make sure that the Lat Tower cables are securely fastened to the regular Bowflex® cables and the Bent Lat Bar, Squat Bar or Hand Grips.
- Always use the Bent Lat Bar holders to support the Bent Lat Bar, or remove the bar when not in use.
- Do not hang from or attempt to perform “chin ups” from the Lat Cross Bar.
- Never pull on the Bent Lat Bar unless there is resistance attached to it.

**Leg Extension:** Designed to add more effective exercises that target your legs, thighs, calves, etc.

### *Safety:*

- Before using the Leg Extension, make sure that all fasteners are in place and tightened.
- Make sure that the Extension’s cables are securely fastened to the regular cables.
- When installing the Leg Extension Seat always ensure that the Support Tube Bracket Hooks fully engage with the Roller Tube Spacers.
- Always use the supplied Lockout Pin to secure the Leg Extension Pivot Tube to the Rear Leg when not in use.

**Accessory Basket:** The Accessory Basket, which hooks onto the Chest Bar, provides convenient storage for the Squat Bar and small accessories.



# How to Use Your Machine

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**Workout Placard:** The Workout Placard, which snaps onto the Lat Tower, displays workout descriptions for easy reference while you're exercising. Additional workout cards fit easily onto this placard. Simply slide the workout card into the grooves located on either side of the placard.



## Using Your Leg Press Belt and Squat Bar Pulleys

**Leg Press Belt:** The Leg Press Belt is used for the Leg Press exercise.

- With the Bowflex® 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.

**Squat Bar Pulleys:** Used with Squat Harnesses and Squat Bar to perform Squat, Bent Rows and other exercises.

### *Safety:*

- Always check fasteners, hooks, cables and each workout to functioning.
- Remove workout bench and lock seat into closest position to the Power Rod® unit.
- Always wear shoes with non-skid soles when using the Squat Bar Pulleys.
- Fasten each squat cable to a D-ring on each squat harness to the corresponding D-ring on the squat bar using a snap hook.
- You can now add Power Rod® resistance and adjust the squat straps to your height using adjuster buckles.
- Always adjust tension of the squat harness in such a manner that it will not cause a hazard.

# Define Your Goals

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

**Muscle Strength** is the maximum force that 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 so you can 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 are 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 possibly 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 that are 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.

# Define Your Goals

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## Design 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 the guidelines below.

### **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 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, or bicycling.

**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 out 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.

# Define Your Goals

## 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 that 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 doing light stretching and performing light exercises on the Bowflex® Blaze™ home gym.

## Cooling 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. Remember to gradually move yourself into a relaxed state.

## 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.

## Warm Up / Cool Down

### Aerobic Rowing—Warm Up or Cool Down

#### Muscles Worked:

Pectoralis Major, Latissimus Dorsi, Anterior Deltoids, Quadriceps, and Hamstrings



#### Bench Position:

Removed, Free Sliding Seat

#### Accessory:

Handgrips

#### Pulleys:

Chest Bar



Start

- Remove the Bench, and place the Seat in the free-sliding position.
- Attach resistance, and sit facing the Power Rod® unit.
- Brace your feet against the Chest Bar.



Action

- Initiate movement by extending your knees while simultaneously bending your arms and pinching your shoulder blades together.
- Control the return to the Start position by slowly bending your legs.

#### Success Tips

- Maintain good spinal alignment. Keep chest lifted.
- Bend from the hip during movement, not from the waist.

## Chest Fly—Shoulder Horizontal Adduction (elbow stabilized)

### Muscles Worked:

Pectoralis Major and Anterior Deltoid

### Bench Position:

45° incline

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**

- Grasp the Handgrips in both hands.
- Open your arms into a wide position while maintaining a bend in your elbows. Start with your elbows and forearms below chest level, palms forward.
- Raise your chest, pinch shoulder blades together, and maintain a slight, comfortable arch in lower back.



**Action**

- Maintaining the slight bend in your elbow, slowly bring your arms together.
- Rotate your wrists and forearms upward.
- Slowly return to the Start position, stopping before the upper arms/elbows move behind the bench.

### Success Tips

- Maintain a 90-180° angle between your arms and torso during the exercise.
- Keep your chest muscles tightened. Limit and control your range of motion.
- Keep your knees bent, feet on floor, and your head back against the Bench.
- To improve your pectoralis involvement, keep your shoulder blades pinched together throughout the upward and downward movements.

## Bench Press—Shoulder Horizontal Adduction (and elbow extension)

### Muscles Worked:

Pectoralis Major, Deltoids, and Triceps

### Bench Position:

45° incline

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**

- Grasp the Handgrips in both hands.
- Raise your upper arms until they are in line with your shoulders.
- Bend your elbows until your forearms are in line with the cables. Keep your wrists straight.
- Raise your chest, pinch shoulder blades together, and maintain a slight, comfortable arch in lower back.



**Action**

- Press your hands forward, straightening your arms while moving your hands together.
- Return to the Start position, keeping your wrists at shoulder width and in line with the cables, stopping before the upper arms/elbows move behind the bench.

### Success Tips

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

# Chest Exercises

## Decline Bench Press—Shoulder Horizontal Adduction (and elbow extension)

### Muscles worked:

Pectoralis Major, Deltoids, and Triceps

### Bench Position:

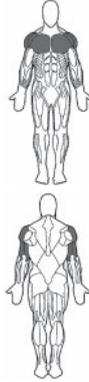
45° incline

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**



**Action**

### 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 your knees bent, feet on floor, and your head back against Bench.
- Do not let your elbows travel behind your shoulders.
- Keep your shoulder blades pinched together, and maintain good spinal alignment.

- Grasp the Handgrips in both hands, cables travel beneath your arms, forearms aligned with cables.
- Bend your elbows back, keeping your forearms 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 your chest, pinch shoulder blades together, and maintain a comfortable arch in lower back.

- 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, and Triceps

### Bench Position:

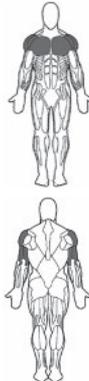
45° incline

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**



**Action**

### 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 your knees bent, feet on floor, and your head back against bench.
- Do not let your elbows travel behind your shoulders.
- Keep your shoulder blades pinched together, and maintain good spinal alignment.

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

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

## Decline Chest Fly—Shoulder Horizontal Adduction (elbow stabilized)

### Muscles Worked:

Pectoralis Major and Anterior Deltoid

### Bench Position:

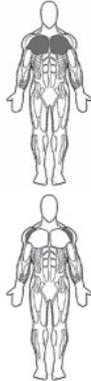
45° incline

### Accessory:

Handgrips

### Pulleys:

Chest Bar



### Start

- Grasp the Handgrips in both hands.
- Open your arms into a wide position while maintaining a bend in your elbows.
- Press your forearms downward. At full extension, your hands should be level with your hips.
- Raise your chest, pinch shoulder blades together, and maintain a slight, comfortable arch in lower back.



### Action

- Press your arms forward and upward, straightening your arms and moving your hands together.
- Return to the Start position, slowly returning your arms in front of you just below chest level.

### Success Tips

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

## Incline Chest Fly—Shoulder Horizontal Adduction (elbow stabilized)

### Muscles Worked:

Pectoralis Major and Anterior Deltoid

### Bench Position:

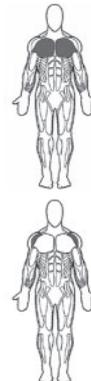
45° incline

### Accessory:

Handgrips

### Pulleys:

Chest Bar



### Start

- Grasp the Handgrips in both hands.
- Open your arms into a wide position while maintaining a bend in your elbows.
- Press your forearms upward. At full extension, your elbows should be level with your ears.
- Raise your chest, pinch shoulder blades together, and maintain a slight, comfortable arch in lower back.



### Action

- Press your arms forward and upward, straightening your arms and moving your hands together.
- Return to the Start position, slowly returning your arms in front of you just below chest level.

### Success Tips

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

## Chest Exercises

### Resisted Punch—Shoulder Flexion, Elbow Extension, Scapular Protraction

#### Muscles worked:

Anterior Deltoid and Triceps

#### Bench Position:

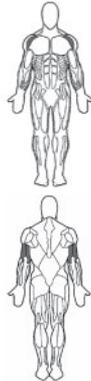
Horizontal

#### Accessory:

Handgrips

#### Pulleys:

Chest Bar



#### Start

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



#### Action

- Using moderate speed, press your arm forward to full extension, allowing your shoulder blade to move forward at the end of the punch.
- Slowly return to the Start position without relaxing the tension in your arms.
- You may vary this exercise by using bilateral movement with both arms or punching upward or downward.

#### 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.

### Lying Cable Crossover—Shoulder Extension/Adduction (elbow stabilized)

#### Muscles worked:

Pectoralis Major

#### Bench Position:

Horizontal

#### Accessory:

Handgrips

#### Pulleys:

Chest Bar



#### Start

- Lie flat on your back with your head toward the Power Rod® unit.
- Position yourself far enough down the Bench to grasp the Handgrips over your head with your arms straight.
- Grasp the Handgrips, palms facing up.
- Tighten your abdominals to stabilize your spine. Maintain a slight, comfortable arch in 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 overhead, releasing the shoulder blades and keeping your arms straight.

#### Success Tips

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

## Rear Deltoid Rows—Shoulder Horizontal Abduction (and elbow flexion)

### Muscles Worked:

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

### Bench Position:

Horizontal

### Accessory:

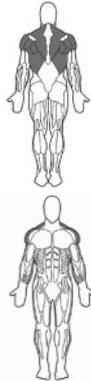
Handgrips

### Pulleys:

Chest Bar

### Success Tips

- Keep your knees bent and feet on floor.
- To work one arm at a time, place non-working hand on the Bench to stabilize.
- Keep your shoulder blades pinched together and maintain good spinal alignment.



**Start**

- Sit on the Bench, facing the Power Rod<sup>®</sup> unit.
- Grasp the Handgrips with your opposite hands. Keep your palms down and arms straight.
- Sit up straight.
- Lift your chest, and keep your shoulder blades together.
- Keep your forearms in line with the cables.



**Action**

- Allowing your arms to bend slowly, move your elbows outwards and backwards, keeping a 70-90° angle between your forearms 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 the motion.

## Standing Lateral Shoulder Raise—Shoulder Extension (elbow stabilized)

### Muscles Worked:

Middle Deltoids and Upper Trapezius

### Bench Position:

Removed

### Accessory:

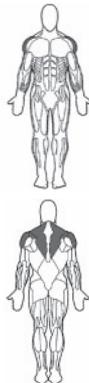
Handgrips

### Pulleys:

Chest Bar

### Success Tips

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



**Start**

- Remove the Bench, straddle the Seat Rail, and face the Power Rod<sup>®</sup> unit.
- Grasp the Handgrips, palms facing each other.
- Align your spine, and bend forward slightly at your hips (15-20°).
- Let your arms hang in line with the cables.
- Elevate your shoulders slightly toward the back of your head, keeping your 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, and Triceps

### Bench Position:

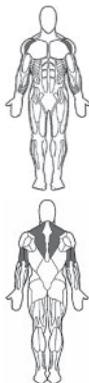
Horizontal

### Accessory:

Handgrips

### Pulleys:

Chest Bar



### Start

- Sit on the Bench, facing away from the Power Rod<sup>®</sup> unit.
- Keep your chest up, abs tight, and maintain a slight arch in your lower back.
- Grasp the Handgrips, palms facing out.
- Raise the Handgrips to shoulder level, keeping 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 your knees bent and feet on the floor.
- Do not increase the arch in your lower back as you raise your arms, but keep your spine steady and tight.
- Keep your abdominals tight, and maintain good spinal alignment.

## Front Shoulder Raise—Shoulder Flexion (elbow stabilized)

### Muscles worked:

Front and Middle Deltoids

### Bench Position:

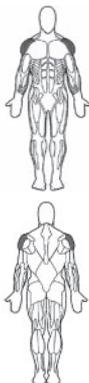
Horizontal

### Accessory:

Handgrips

### Pulleys:

Chest Bar



### Start

- Sit on the Bench, facing away from the Power Rod<sup>®</sup> unit.
- Keep your chest up, abs tight, and maintain a slight arch in your lower back.
- Grasp the Handgrips, palms facing back and arms straight at your sides.



### Action

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

### Success Tips

- Keep your abdominals tight, and maintain good spinal alignment.
- Keep your 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 Extension – (elbows stabilized)

### Muscles Worked:

Latissimus Dorsi, Teres Major, Rear Deltoid, Middle Trapezius, Rhomboids, and Triceps



### Bench Position:

Horizontal

### Accessory:

Handgrips

### Pulleys:

Chest Bar

### Success Tips

- Keep your knees bent and feet flat on the floor.
- Keep your lats tightened throughout the motion.
- Keep your 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**

- Sit on the Bench, facing the Power Rod<sup>®</sup> unit.
- Grasp the Handgrips, palms facing down, arms straight and at approximately a 45° angle from your torso.
- Tighten your trunk muscles to stabilize your spine while maintaining a slight arch in your lower back.



**Action**

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

## Shoulder Shrug – Scapular Elevation

### Muscles Worked:

Upper Trapezius



### Bench Position:

Removed

### Accessory:

Handgrips

### Pulleys:

Chest Bar

### Success Tips

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



**Start**

- Straddle the Seat Rail, facing the Power Rod<sup>®</sup> unit.
- Reach down and grasp the Handgrips, palms facing each other.
- Let your arms hang at your sides.



**Action**

- Slowly raise your shoulders toward 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:

Handgrips

### Pulleys:

Chest Bar



**Start**

- Sit on the Bench, facing away from the Power Rod® unit.
- Reach behind your body and grasp the Handgrips. Straighten your arms in front of you at a 90° angle from your torso.
- Keep your arms in line with the cables, palms facing down and wrists straight.



**Action**

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

### Success Tips

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

## Scapular Depression

### Muscles worked:

Lower Trapezius

### Bench Position:

Horizontal

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**

- Lie on the bench with your head toward the Power Rod® unit.
- Grasp the Handgrips, 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.



**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.

### Success Tips

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

## Lying Front Shoulder Raise—Shoulder Flexion (elbows stabilized)

### Muscles Worked:

Front and Middle Deltoids

### Bench Position:

Horizontal

### Accessory:

Handgrips

### Pulleys:

Chest Bar



### Start

- Sit on the Bench, facing the Power Rod<sup>®</sup> unit.
- Grasp the Handgrips, 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 upward 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 your knees bent and feet flat on the floor.
- Keep your 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, and Rhomboids

### Bench Position:

Horizontal

### Accessory:

Handgrips

### Pulleys:

Chest Bar



### Start

- Sit on the Bench, facing the Power Rod<sup>®</sup> unit.
- Grasp the Handgrips, palms facing floor, arms nearly straight.
- Sit up straight, and bend slightly forward from the hips until your arms and the cables are in front of your body at a 90° angle from your 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 your knees bent and feet flat on the floor.
- Keep your spine aligned and a slight arch in your lower back.

# Shoulder Exercises

## Shoulder Rotator Cuff – Internal Rotation

### Muscles worked:

Subscapularis

### Bench Position:

Flat Bench Forward

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**



**Action**

### Success Tips

- Keep your knees bent and feet flat on the floor.
- Keep your spine aligned and a slight arch in your lower back.
- Keep your upper arm alongside your torso.
- Do not rotate the spine to get additional range of motion.

- Sit on the Bench, one side toward the Power Rod<sup>®</sup> unit.
- Grasp the Handgrip nearest you, and draw your upper arm into your torso, keeping your forearm at a 90° angle from torso.
- Give yourself enough distance to eliminate slack in the cable.
- Use a light resistance.

- Rotate your forearm toward your abdomen, keeping your elbow at your side throughout motion.
- Slowly return to the Start position, maintaining controlled motion.

## Shoulder Rotator Cuff – External Rotation

### Muscles worked:

Infraspinatus and Teres Minor

### Bench Position:

Flat Bench Forward

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**



**Action**

### Success Tips

- Keep your knees bent and feet flat on the floor.
- Keep your spine aligned and a slight arch in your lower back.
- Maintain a 90° angle between your forearm and upper arm throughout the exercise.
- Do not rotate the spine to get additional range of motion.

- Sit on the Bench, one side toward the Power Rod<sup>®</sup> unit.
- Using the arm farthest from the Power Rod<sup>®</sup> unit, grasp the Handgrip nearest you, and draw that upper arm into your torso, keeping your forearm at a 90° angle from torso.
- Allow your forearm to rest against your abdomen, elbow at your side to remove cable tension

- Rotate your forearm away from your abdomen, keeping your elbow at your side throughout motion.
- Slowly return to the Start position, maintaining controlled motion.

## Seated Lateral Shoulder Raise—Shoulder Flexion (elbows stabilized)

### Muscles Worked:

Supraspinatus, Middle Deltoids, and Trapezius



### Bench Position:

Flat Bench Forward

### Accessory:

Handgrips

### Pulleys:

Chest Bar

### Success Tips

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



**Start**

- Sit on the bench, facing the Power Rod<sup>®</sup> unit.
- Spread the cuff on the Handgrips
- Slide the cuffs onto the opposite forearms and place them near the elbows so that the cables cross each another.
- 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.

## Scapular Retraction

### Muscles Worked:

Middle Trapezius and Rhomboids



### Bench Position:

Horizontal

### Accessory:

Handgrips

### Pulleys:

Chest Bar

### Success Tips

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



**Start**

- Sit on the Bench, facing the Power Rod<sup>®</sup> unit.
- Grasp the Handgrips, arms straight, palms facing down.



**Action**

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

# Back Exercises

## Lying Lat Pulldowns

### Muscles worked:

Latissimus Dorsi, Teres Major, and Rear Deltoids



### Bench Position:

Flat Bench Forward

### Accessory:

Handgrips

### Pulleys:

Chest Bar

### Success Tips

- Keep your knees bent and feet flat on the floor. Lean your 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 with your head near the Power Rod<sup>®</sup> unit.
- Slip your arms through the Handgrips, 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.



**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:

Lower Trapezius



### Bench Position:

Horizontal

### Accessory:

Handgrips

### Pulleys:

Chest Bar

### Success Tips

- Keep your knees bent and feet flat on the floor.
- 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 the Power Rod<sup>®</sup> unit.
- Grasp the Handgrips and slide them over your forearms, tightening near your elbows.
- Brace your heels on the platform, knees bent comfortably, and arms crossed in front of your chest. Pull the Handgrips 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.

## Pulldowns – Shoulder Adduction (with elbow flexion)

### Muscles Worked:

Latissimus Dorsi, Teres Major, Rear Deltoids, and Biceps

### Bench Position:

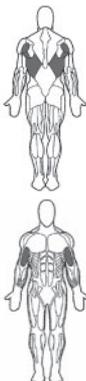
Flat Bench Forward

### Accessory:

Bent Lat Bar

### Pulleys:

Lat Tower



### Start

- Grasp the Bent Lat Bar using the wide grip determined by following the directions in the Success Tips, then sit on the bench and face the Power Rod® unit.
- 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 and shoulder blades fully depressed.
- Keep forearms facing upward.
- Slowly return to Start position.

### Success Tips

- Keep your knees bent and feet flat on the 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.

## Narrow Pulldowns with Handgrips – Shoulder Extension (with elbow flexion)

### Muscles Worked:

Latissimus Dorsi, Teres Major, Rear Deltoids, and Biceps

### Bench Position:

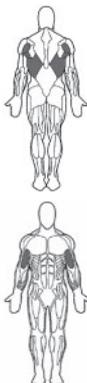
Flat Bench Forward

### Accessory:

Handgrips

### Pulleys:

Lat Tower



### Start

- Attach a Handgrip to each cable on the Lat Tower Pulleys.
- Straddle the bench, facing the Power Rod® unit.
- Grasp a Handgrip 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 your 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 toward your sides.
- At the end of the motion, arms should be near your sides, shoulder blades depressed, and forearms facing upward.

### Success Tips

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

# Back Exercises

## Lying Lat Fly—Shoulder Adduction

### Muscles worked:

Latissimus Dorsi, Teres Major, Rear Deltoids, and Biceps

### Bench Position:

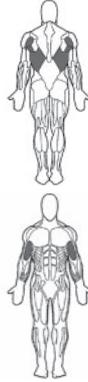
Horizontal

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**



**Action**

### Success Tips

- Keep your knees bent and feet flat on the floor.
- Keep your lats tightened throughout the entire motion.
- Keep your spine aligned, abs tight, and a slight arch in your lower back.
- Release your shoulder blades at the end of each rep. Initiate each new rep by depressing your shoulder blades.

- Lie on your back with your head toward the Power Rod<sup>®</sup> unit, knees at the edge of Bench.
- Grasp the Handgrips, then straighten your arms out to your sides, hands slightly above your head and palms facing away from the Pulleys.
- Tighten your abs to stabilize your spine while maintaining a slight arch in your lower back.
- Initiate the movement by moving your arms in an arch down toward your hips, using slow, controlled movement. Keep your forearms in line with the cables.
- Slowly return to the Start position, allowing your arms to move back upward in an arch toward the Power Rod<sup>®</sup> unit.

## Lying Narrow Lat Pulldowns

### Muscles worked:

Latissimus Dorsi, Teres Major, Rear Deltoids, and Biceps

### Bench Position:

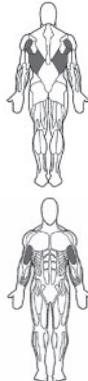
Flat Bench Forward

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**



**Action**

### Success Tips

- Keep your knees bent and feet flat on the floor. Lean your 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.

- Lie on your back on the Bench with your head near the Power Rod<sup>®</sup> unit.
- Slip your arms through the Handgrips, 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.
- Initiate the movement by pulling your shoulder blades downward.
- Slowly start bending your elbows, pulling them down toward your hips and then inward to your torso.
- Slowly return to the Start position, allowing your arms and shoulder blades to move back without relaxing the tension in your shoulders.

## Seated Lat Rows – Shoulder Extension (and elbow flexion)

### Muscles Worked:

Latissimus Dorsi, Teres Major, Rear Deltoids, and Biceps

### Bench Position:

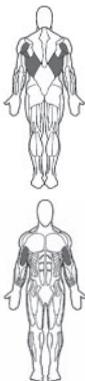
Horizontal

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**



**Action**

### Success Tips

- Keep your knees bent and feet flat on the 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.

- Sit on the Bench, facing the Power Rod<sup>®</sup> unit, with your posterior near the back (leg extension) end of the Bench.
- Grasp the Handgrips, palms facing each other.
- Place your heels on the edge of the Standing Platform, and bend your knees comfortably.

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

## Stiff-Arm Pulldown – Shoulder Extension (elbow stabilized)

### Muscles Worked:

Latissimus Dorsi, Teres Major, Rear Deltoids, Lower Trapezius, and Biceps

### Bench Position:

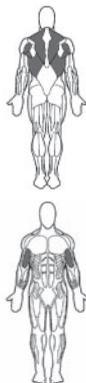
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### Accessory:

Handgrips

### Pulleys:

Lat Tower



**Start**



**Action**

### Success Tips

- Keep your lats tightened throughout the entire motion.
- Keep your chest lifted, and maintain spinal alignment, keeping a very slight arch in your lower back.
- Release your shoulder blades at the end of each rep. Initiate each new rep by depressing your shoulder blades.
- Keep your elbows nearly straight (do not lock elbows) throughout the exercise.

- Straddle the Seat Rail, facing the Power Rod<sup>®</sup> unit.
- Grasp the Handgrips with your palms facing down.
- Step back slightly, making sure there is enough movement in the cable to complete your full range of motion with this exercise.
- Bend slightly at the hips, lift your chest, and tighten your abs to stabilize spine.

- Initiate the movement by lowering your shoulder blades, bringing them down and together.
- Keep your arms straight, moving your hands downward in an arc and slowly in toward your thighs.
- Slowly return to the Start position without relaxing muscle tension.

# Back Exercises

## Bent Over Row

### Muscles worked:

Latissimus Dorsi, Teres Major,  
Rear Deltoids, and Biceps

### Bench Position:

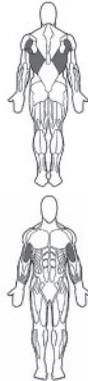
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### Accessory:

Squat Bar Attachment

### Pulleys:

Squat Pulley Frame



**Start**



**Action**

### Success Tips

- Keep your knees bent and feet flat on the floor.
- Do not bend your torso forward. Bend at your hips.
- 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.

- Stand on platform.
- Reach down and grasp the Squat attachment, with palms facing backward.
- Let your arms hang, extending in the direction of the pulleys
- Keep your back flat and knees bent.

- Begin your motion by moving your elbows back as you bring the handgrips to a point below your chest line.
- Slowly reverse the motion, keeping your knees bent and back flat

## Triceps Pushdown – Elbow Extension

### Muscles Worked:

Triceps

### Bench Position:

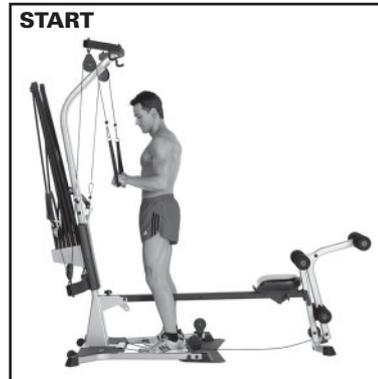
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### Accessory:

Handgrips

### Pulleys:

Lat Tower



**Start**

- Straddle the Seat Rail, facing the Power Rod<sup>®</sup> unit.
- Grasp the Handgrips, palms facing down.
- Stand approximately 2–3 feet (.6–.9 meters) from the Lat Tower (adjust for comfort).
- Bring your hands in front of you, keeping the Lat Bar approximately at rib level.
- Bend over slightly at the hips, shoulders directly over hands.



**Action**

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

### 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.

## Single Arm Pushdown – Elbow Extension

### Muscles Worked:

Triceps

### Bench Position:

Removed

### Accessory:

Handgrips

### Pulleys:

Lat Tower



**Start**

- Straddle the Seat Rail, facing the Power Rod<sup>®</sup> unit.
- Grasp one Handgrip, palm facing down.
- Stand approximately 1–2 feet (.3–.6 meters) from the Lat Tower (adjust for comfort).
- Bring your arm in front of you, keeping the Handgrip at chest level.
- Bend over slightly at the hips so that your shoulder is directly over your hand.



**Action**

- Keeping your upper arm stationary and your elbow next to your trunk, slowly push your arm downward in a gentle arc until your hand is near the top of the your thigh.
- Keeping your triceps tightened, slowly reverse the arcing motion, bringing the Handgrip back to the Start position.

### 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.

## Arm Exercises

### French Press – Elbow Extension (overhead)

#### Muscles worked:

Triceps

#### Bench Position:

Horizontal

#### Accessory:

Handgrips

#### Pulleys:

Chest Bar



**Start**

- 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.

- Sit on the Bench, facing away from the Power Rod® unit, keeping your knees bent and feet flat on the floor.
- Reach behind and grasp one or both of the Handgrips, palms facing inward.
- Draw your 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.

### Lying Triceps Extension – Elbow Extension

#### Muscles worked:

Triceps

#### Bench Position:

Horizontal

#### Accessory:

Handgrips

#### Pulleys:

Chest Bar



**Start**

- Keep your chest lifted, and maintain a very slight arch in your lower back.
- Keep your knees bent and feet flat on the floor.
- Keep your upper arms motionless and your wrists straight.
- Tighten the triceps throughout the exercise, using controlled motion.

- Lie on the Bench with your head toward the Power Rod® unit, knees bent, and feet flat on the floor.
- Reach overhead and grasp the Handgrips, palms facing upward.
- Keep your hands up near your shoulders, spreading your back and shoulders into the Bench.
- Raise your chest, and pinch your shoulder blades together.



**Action**

- Keeping your arms stationary, slowly straighten your elbows, bringing your hands in an arcing motion until they are approximately 1 foot (.3 meters) above your thighs.
- Slowly reverse the arcing motion, bringing your hands back to the Start position.

## Cross Triceps Extension

### Muscles Worked:

Triceps

### Bench Position:

45° incline

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**

- Sit facing away from the Power Rod® unit.
- Reach one hand over the opposite shoulder (right hand over left and vice versa) and grasp a Handgrip.
- Bend your elbow until your hand is above your chest, palm facing up.



**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.

### 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.

## Lying 45° Triceps Extension – Elbow Extension

### Muscles Worked:

Triceps

### Bench Position:

Horizontal

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**

- Lie flat on the Bench with your head toward the Power Rod® unit. Keep your knees bent and your feet flat on the floor.
- Reach overhead and grasp the Handgrips, 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 down toward your legs.
- Fully straighten your arms. Then, with a controlled motion, slowly bring your arms back to the Start position without moving your upper arms.

### 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.

## Arm Exercises

### Seated Triceps Extension – Elbow Extension

#### Muscles worked:

Triceps

#### Bench Position:

Horizontal

#### Accessory:

Handgrips

#### Pulleys:

Chest Bar



**Start**

- Sit facing away from the Power Rod<sup>®</sup> unit.
- Using an overhand grip, reach behind you and grasp the Handgrips, bending your elbows until your hands are near the top of your head, palms facing up.
- Keep your arms in line with the cables.



**Action**

- Keeping your upper arms stationary, slowly straighten your elbows, moving your arms in an arcing motion upward over your head until they are approximately 90° from your torso.
- Stop the motion before your elbows are completely straight, and then reverse your motion, slowly returning to the Start position without relaxing muscle tension.

#### Success Tips

- Keep your knees bent, feet flat on the floor.
- Lay your head back against the bench.
- Keep your chest lifted, shoulders pinched together, and a very slight arch in your lower back.
- Keep your upper arms and shoulders motionless and your wrists straight.
- Tighten the triceps throughout the exercise, using controlled motion.

### Standing Biceps Curl – Elbow Flexion (in supination)

#### Muscles worked:

Biceps

#### Bench Position:

Removed

#### Accessory:

Handgrips

#### Pulleys:

Chest Bar



**Start**

- Straddle the Seat Rail, facing the Power Rod<sup>®</sup> unit.
- Reach down and grasp the Handgrips, 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 Handgrips forward, then upward and in toward your shoulders.
- Slowly reverse the arcing motion, bringing your hands back to the Start position.

#### 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.

## Seated Biceps Curl—Flexion (in supination)

### Muscles Worked:

Biceps

### Bench Position:

Horizontal

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**

- 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

- Sit on the Bench, facing the Power Rod<sup>®</sup> unit. Keep one foot flat on the floor, and bend the other leg, bringing your foot up onto the Chest Bar with your knee turned slightly outward.
- With the arm on the same side as your lifted leg, reach forward and grasp a Handgrip, keeping your elbow bent. Allow your forearm (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.

## Lying Biceps Curl—Elbow Flexion (in supination)

### Muscles Worked:

Biceps, Brachialis, and Brachioradialis

### Bench Position:

Flat Bench Forward

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**

- 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.

- Sit on the Bench, facing the Power Rod<sup>®</sup> unit. Keep your knees bent and feet flat on the floor.
- Grasp the Handgrips, keeping your arms straight and palms up.
- Lie back completely with your head supported by the Bench.



**Action**

- Curl the Handgrips forward and up toward your shoulders, making sure to keep your upper arms completely motionless and your elbows at your sides.
- Slowly bring your arms back to the Start position, maintaining the same arc of motion.

# Arm Exercises

## Seated Wrist Extension

### Muscles worked:

Forearms

### Bench Position:

Horizontal

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**



**Action**

### 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 you can perform it with both arms simultaneously to save time.

- Sit on the Bench, facing the Power Rod<sup>®</sup> unit, knees bent, and feet together and flat on the Bench. Sit far enough back on the Bench to maintain physical and cable tension throughout the exercise.
- Grasp the Handgrips, palm facing down, and rest your mid-forearms on your lower thighs, keeping your elbows flared slightly to the side.

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

## Standing Wrist Curl

### Muscles worked:

Biceps and Forearms

### Bench Position:

Removed

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**



**Action**

### 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.

- Straddle the Seat Rail, facing the Power Rod<sup>®</sup> unit.
- Reach down and grasp the Handgrips.
- 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.

- 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.

## Reverse Curl – Elbow Flexion (in pronation)

### Muscles Worked:

Brachialis, Brachioradialis, and Biceps

### Bench Position:

Removed

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**

- Straddle the Seat Rail, facing the Power Rod<sup>®</sup> unit.
- Reach down and grasp the Handgrips, 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 Handgrips forward, then upward and in toward 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.

## Seated Wrist Curl – Wrist Flexion

### Muscles Worked:

Forearms

### Bench Position:

Horizontal

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**

- Sit on the Bench, facing the Power Rod<sup>®</sup> unit, knees bent, feet together and flat on the Chest Bar. Sit far enough back on the bench to maintain physical and cable tension throughout exercise.
- Grasp the Handgrips, palm facing up, and rest your mid-forearms on your lower thighs, allowing the wrists to bend downward.



**Action**

- Slowly curl your fists toward the front of your forearms.
- Slowly return to the Start position without relaxing the muscle tension in your wrists.

### Success Tips

- Move slowly, keeping tension in the front of your 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.

## Arm Exercises

### Standing Wrist Extension

#### Muscles worked:

Forearms; Brachialis

#### Bench Position:

Removed

#### Accessory:

Handgrips

#### Pulleys:

Chest Bar



**Start**



**Action**

#### 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.

- Straddle the Seat Rail, facing the Power Rod<sup>®</sup> unit.
- Reach down and grasp the Handgrips, 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.

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

### “Rope” Pushdown—Elbow Extension

#### Muscles worked:

Triceps

#### Bench Position:

Removed

#### Accessory:

Handgrips

#### Pulleys:

Lat Tower



**Start**



**Action**

#### 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.

- Straddle the Seat Rail, facing the Power Rod<sup>®</sup> unit.
- With each hand, grasp the opposite Handgrip (right to left, etc.), palms facing down.
- Stand approximately 2–3 feet (.6–.9 meters) from Lat Tower (adjust for comfort).
- Cross the cables, palms facing each other, as if grabbing a rope.
- Keep your elbows bent and upper arms at your sides.

- Keeping your upper arms stationary, elbows next to trunk, slowly straighten your arms downward in a gentle arc until your hands are near the 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 Handgrips back to the Start position.

## Reverse Crunch – Spinal Flexion

### Muscles Worked:

Rectus Abdominus

### Bench Position:

Horizontal

### Accessory:

None

### Pulleys:

None



**Start**



**Action**

### 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 your abs tight during entire motion.

- Lie on the Bench with your head toward the Power Rod<sup>®</sup> unit, and grasp the Bench for support.
- Bend your hips and knees until your legs are in a “seated” position, as shown above, your 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.

- 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 and Obliques

### Bench Position:

Flat Bench Forward

### Accessory:

Ankle Cuffs

### Pulleys:

Chest Bar



**Start**



**Action**

### 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 your hips and knees motionless.
- Move slowly to eliminate momentum.

- Face the Power Rod<sup>®</sup> unit, and attach an Ankle Cuff to each foot.
- Lie back on the Bench with your head away from the Power Rod<sup>®</sup> unit.
- Bend your hips and knees at 90° angles, as shown.
- Reach behind your head and grasp the Seat.
- Relax your neck.

- 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 and Obliques

### Bench Position:

45° incline

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**

- 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.

- Grasp the Handgrips 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. Keep your knees and hips bent and your feet 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 Flexion/Rotation

### Muscles worked:

Rectus Abdominus and Obliques

### Bench Position:

45° incline

### Accessory:

Handgrips

### Pulleys:

Chest Bar



**Start**

- 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.

- Cross one arm over the opposite shoulder and grasp a Handgrip. Rest the hand on your shoulder or chest, palm facing down.
- Lower back can start out flat or in a normal arch. Keep your knees and hips bent and your feet 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 Handgrip, ribs turned toward the front of your pelvis.
- Crunch as deeply as you can, keeping lower back on bench.

## Trunk Rotation

### Muscles Worked:

Rectus Abdominus, Obliques, and Serratus Anterior

### Bench Position:

Horizontal

### Accessory:

Handgrips

### Pulleys:

Chest Bar

### Success Tips

- Keep your chest lifted, shoulders pinched, abs tight, and a slight arch in your lower back.
- This exercise must be performed correctly—failure to do so could result in injury. Use only low weight Rods.
- 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.



**Start**

- Sit sideways on the Bench, one side toward the Power Rod<sup>®</sup> unit.
- Grasp the Handgrip closest to you with both hands.
- Raise both arms up near shoulder level, hands extended over the leg closest to the Power Rod<sup>®</sup> unit.
- Keep your elbows slightly bent.



**Action**

- Tighten your entire abdominal area, and slowly rotate your rib cage and arms away from the Power Rod<sup>®</sup> unit 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.

# Leg Exercises

## Leg Extension

### Muscles worked:

Quadriceps

### Bench Position:

Leg Extension Seat

### Accessory:

None

### Pulleys:

Leg Extension

### Leg Extension:

Engaged

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

## Squat – Knee Extension, Hip Extension, Ankle Plantarflexion

### Muscles Worked:

Although the squat is often considered a total body exercise, the glutes, adductors, hamstrings, and quads are primary movers, and the spinal erectors are key to stabilization.



### Bench Position:

Removed

### Accessory:

Squat Bar with Squat Straps



### Pulleys:

Base

### Success Tips

- Keep your knees pointed in the same direction as your toes.
- Keep your head and neck in line with your trunk.
- Never attempt to exercise with more resistance than you are physically able to handle.



**Start**

- Remove the Bench, and straddle the Seat Rail, facing away from the Power Rod® unit.
- Position the Squat Bar across your shoulders. Maintain a grip on each side of the Bar.
- Flatten your back, keep your chest up, and position your feet in line with the Cable/Pulley.
- Place you feet wider than hip width, and point your toes outward slightly. Direct the thighs to the same outward angle as the feet.



**Action**

- While keeping your back straight, tighten your abs, and move to a standing position.
- Keep the pressure through the middle of the arches in your feet.
- Using control, slowly squat down by sticking the hips out as the knees start to bend. Keep the chest up and back flat as the hips continue to move backward.
- Lower to approximately 90° at your knees.

## Lying Leg Extension

### Muscles worked:

Quadriceps

### Bench Position:

Flat Bench Forward

### Accessory:

Ankle Cuff

### Pulleys:

Chest Bar



### Start

- Sit on the Bench, facing the Power Rod<sup>®</sup> unit.
- Secure the Ankle Cuff around the ball of one foot.
- Lie back on the Bench with your head supported.
- Bend the active leg approximately 90°.
- 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.

### 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.

## Ankle Eversion

### Muscles Worked:

Peroneals

### Bench Position:

Flat Bench Forward

### Accessory:

Ankle Cuff

### Pulleys:

Chest Bar



### Start

- Sit on the Bench, with one side toward the Power Rod<sup>®</sup> unit.
- Attach an Ankle Cuff around the ball of your outside foot (farthest from the Pulley).
- Straighten your cuffed leg, and sit up straight.
- Allow your foot to rotate toward the Power Rod<sup>®</sup> unit, keeping tension in the cables.



### Action

- Slowly rotate your foot outward away from Power Rod<sup>®</sup> unit.
- While maintaining tension, slowly return to the Start position.

### Success Tips

- Movement should occur only at your ankle—keep the rest of your body motionless.
- Keep your 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.

# Leg Exercises

## Ankle Inversion

### Muscles Worked:

Tibialis Anterior and Posterior

### Bench Position:

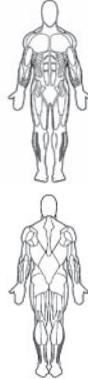
Flat Bench Forward

### Accessory:

Ankle Cuff

### Pulleys:

Chest Bar



**Start**

- Sit on the Bench with one side toward the Power Rod<sup>®</sup> unit.
- Attach an Ankle Cuff around the ball of your inside foot (closest to the Pulley).
- Straighten your cuffed leg, and sit up straight.
- Allow your foot to rotate toward the Power Rod<sup>®</sup> unit, keeping tension in the cables.



**Action**

- Slowly rotate your foot outward away from Power Rod<sup>®</sup> unit.
- While maintaining tension, slowly return to the Start position.

### Success Tips

- Movement should occur only at your ankle—keep the rest of your body motionless.
- Keep your 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.

## Standing Hip Extension – (knee flexed)

### Muscles worked:

Gluteus Maximus

### Bench Position:

Removed

### Accessory:

Ankle Cuff

### Pulleys:

Chest Bar



**Start**

- Stand to one side of the Seat Rail, facing the Power Rod<sup>®</sup> unit.
- Secure the Ankle Cuff around your outside ankle (farthest from the Rail).
- Bend your outside 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 pivot 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 the Start position.

### Success Tips

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

## Standing Hip Extension – (knee stabilized)

### Muscles worked:

Gluteus Maximus; Biceps Femoris;  
Semimembranosus; Semitendinosus



### Bench Position:

Removed

### Accessory:

Ankle Cuff

### 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 your waist or lower back.
- Keep your knee stabilized in the 90° angle position.



**Start**

- Stand to one side of the Seat Rail, facing the Power Rod® unit.
- Secure the Ankle Cuff around your outside ankle (farthest from the rail).
- 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 pivot your leg from your hip. Move your entire leg backward, and then lift it slightly behind you.
- 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.

## Standing Hip Abduction

### Muscles Worked:

Gluteus Maximus



### Bench Position:

Removed

### Accessory:

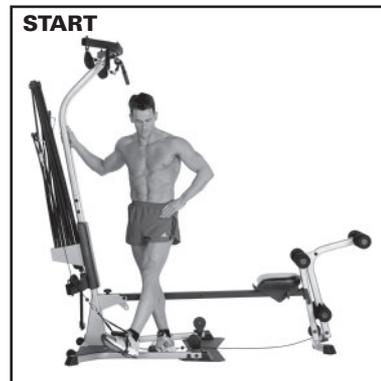
Ankle Cuff

### Pulleys:

Chest Bar

### Success Tips

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



**Start**

- Stand to one side of the Seat Rail, one side next to the Power Rod® unit.
- Secure the Ankle Cuff around your ankle farthest from the Power Rod® unit. Keep your leg straight but your knee loose.
- Adjust your position so that there is some tension in the Cables at the start of this exercise.
- Grasp the Upper Lat Tower to stabilize your movement.



**Action**

- Slowly move your leg with the Ankle Cuff outward away from the Power Rod® unit 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 and Gluteus Medius

### Bench Position:

Horizontal

### Accessory:

Ankle Cuff

### Pulleys:

Chest Bar



**Start**



**Action**

### Success Tips

- Do not cross your leg with the attached Cuff in front of your stabilized leg.
- Keep your 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.

- Sit sideways on the Bench, and attach an Ankle Cuff to your ankle closest to the Power Rod<sup>®</sup> unit.
- Sit far enough from the Power Rod<sup>®</sup> unit to maintain tension in the cable at the start of the exercise.
- Lift your cuffed leg in front of you at a 45° angle from your trunk (toward the Power Rod<sup>®</sup> unit)—do not lock your knee.
- You may hold onto the Bench for added stability.

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

## Seated Hip Abduction

### Muscles worked:

Piriformis and Gluteus Maximus

### Bench Position:

Flat Bench Forward

### Accessory:

Ankle Cuff

### Pulleys:

Chest Bar



**Start**



**Action**

### Success Tips

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

- Sit sideways on the Bench, and secure an Ankle Cuff to your ankle farthest from the Power Rod<sup>®</sup> unit.
- Sit far enough from the Power Rod<sup>®</sup> unit to maintain tension in the cable at the start of the exercise.
- Lift your cuffed leg in front of you at a 45° angle from your trunk (toward Power Rod<sup>®</sup> unit)—do not lock your knee.
- You may hold onto the Bench for added stability.

- Slowly allow your cuffed leg to move outward away from the Power Rod<sup>®</sup> unit, keeping your hips and spine perfectly still.
- Keeping your leg still, slowly move it back to the Start position.

## Standing Leg Kickback—Hip and Knee Extension

### Muscles worked:

Gluteus Maximus

### Bench Position:

Removed

### Accessory:

Ankle Cuff

### Pulleys:

Chest Bar



**Start**

- Stand to one side of the Seat Rail, facing the Power Rod<sup>®</sup> unit.
- Secure the Ankle Cuff around your foot farthest 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.
- Grasp the Upper Lat Tower to stabilize your movement.



**Action**

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

### Success Tips

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

# Leg Exercises

## Leg Press – Hip and Knee Extension

### Muscles Worked:

Quadriceps, Gluteus Maximus and Adductor muscle groups

### Bench Position:

Removed

### Accessory:

Leg Press Belt

### Pulleys:

Chest Bar

### Success Tips

- Generate the force for the leg press by mentally directing your pushing/pressing effort through the lower leg and squarely into the frame of the machine. In other words, push in the direction the calf bone is pointing throughout the motion, rather than just pushing your body backward. This will decrease the shearing forces at the knee.
- Keep your knees pointed in the same direction as your feet. DO NOT let the knees travel inward/closer during the motion.
- Keep your spine in good posture.
- Straighten but do not “lock out” your knees. Keep your quads tightened throughout the entire motion.
- Do not use momentum. MOVE SLOWLY! Do not “launch” yourself when you straighten your knees.



**Start**



**Action**

- Remove the bench and unlock the rowing seat.
  - Sit on the seat facing the Power Rod<sup>®</sup> unit with the leg press belt attached and adjusted. Support your feet on the upright pulley frame or foot rests as shown. The belt should be placed around the pelvis, NOT the low back/spine.
  - Lift your chest, tighten your abs and maintain a very slight arch in your lower back.
  - Slowly straighten your legs, but do not lock your knees.
  - You may rest your hands around the sides of the belt, on the sides of the seat, or you may fold your arms across your chest, whichever is more comfortable.
- Bend your knees and hips slowly allowing yourself to slide toward the Power Rod<sup>®</sup> unit.
  - 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.

## Prone Leg Curl – Knee Flexion

### Muscles Worked:

Hamstring muscle group (biceps femoris, semimembranosus, semitendinosus) and Gastrocnemius



### Bench Position:

Leg Extension Seat

### Accessory:

None

### Pulleys:

Leg Extension

### Leg Extension:

Engaged

### Success Tips

- Make sure you straighten your legs under control, do not allow your knees to hyper-extend.
- Keep your chest lifted, abs tight and maintain a very slight arch in your lower back.
- Try to relax your calf and foot muscles.



START

### Start

- Lie face down on the bench with your lower thighs on the leg extension seat, the knees near the pivot point and ankles under the upper roller pads .
- Point your knees and feet straight down and tighten your inner thigh muscles (as if squeezing your knees together) to stabilize.
- Place your hands on the floor or grasp the rail or bench for stability.
- Place your forehead on the bench or look to the side, but do not look up, hyper-extending your neck.
- Tighten your abs to prevent spinal motion and very slightly lift your knees (approximately 1 inch), placing the pressure on your thighs.

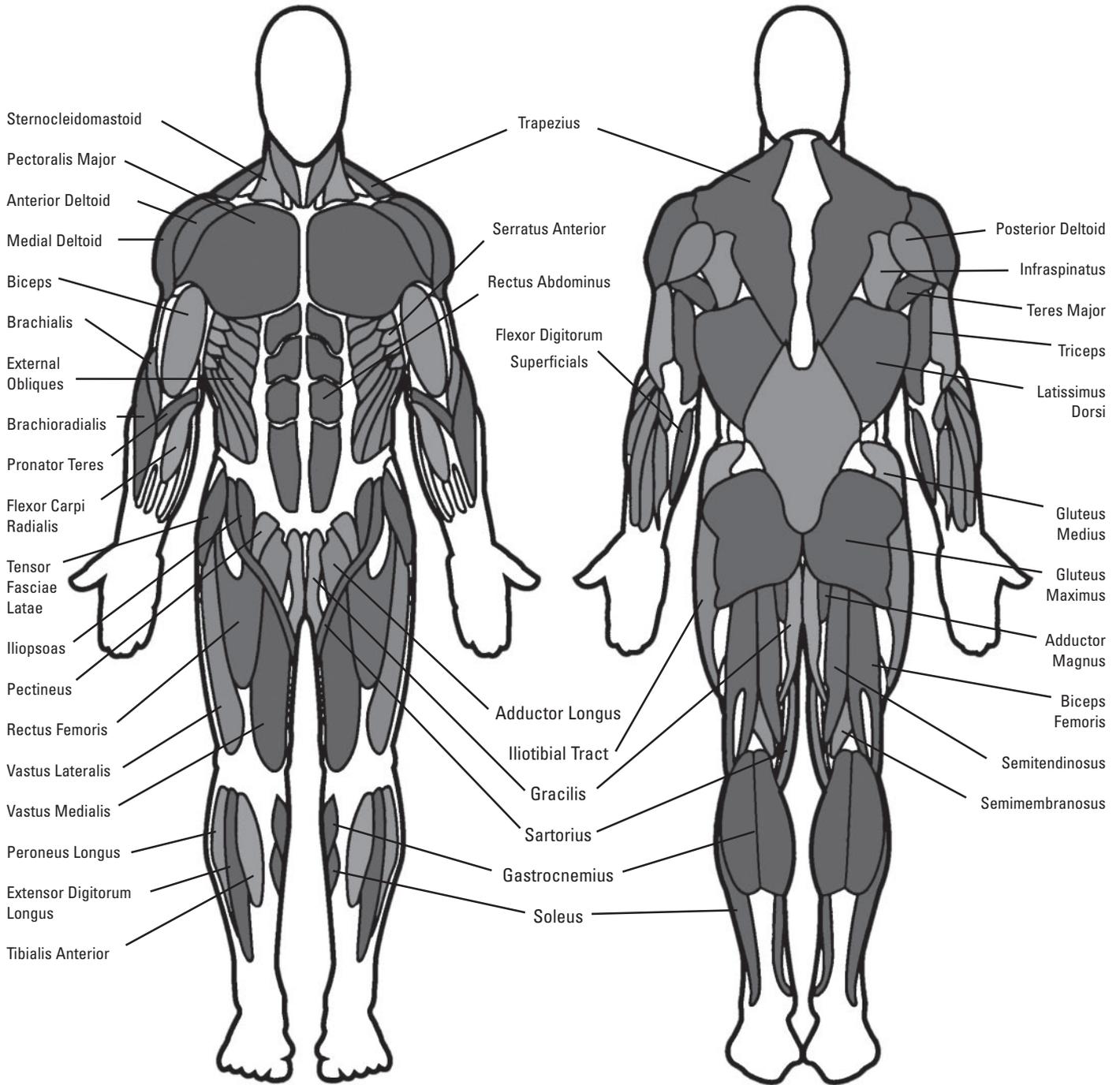


FINISH

### Action

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

# Muscle Chart



# US Warranty Information

If you purchased this product outside of the US, please see the enclosed Warranty Information sheet for warranty information for your specific location.

## 6-Week Satisfaction Guarantee

We want you to know that the Bowflex® Blaze™ home gym is a superior product. Your satisfaction is guaranteed. If, for any reason, you are not 100% satisfied with your Bowflex® Blaze™ home gym, 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-NAUTILUS (628-8458) or write to Bowflex® at 16400 SE Nautilus Drive, Vancouver, WA 98683 for a Return Authorization Number. Return Authorization will be granted if:
  - a. You purchased your Bowflex® Blaze™ home gym directly from Nautilus, Inc.; and
  - b. You are calling within 6 weeks of the delivery date of your merchandise.

Returns should be shipped to the address given to you by a Nautilus Representative.

2. 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 NumberBoxes 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, Inc., and does not apply to sales made by dealers or distributors.

## What Does This Warranty Cover?

Nautilus, Inc. warrants to the original purchaser of the Bowflex® Blaze™ home gym that the Bowflex® Blaze™ home gym 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:** 5 Years on machine, No-Time-Limit Warranty on individual Power Rod® resistance rods

**Commercial :** This warranty is void if Bowflex® Blaze™ home gym is used in a Commercial Environment

This warranty covers all defects in material or workmanship of the Bowflex® Blaze™ home gym. 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® Blaze™ home gym 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® Blaze™ home gym 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, Inc. will repair any Bowflex® Blaze™ home gym that proves to be defective in materials or workmanship. In the event repair is not possible, Nautilus, Inc. will either replace your Bowflex® Blaze™ home gym or refund your purchase price, less shipping and handling. Nautilus, Inc. 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-NAUTILUS (628-8458) or write to Nautilus, Inc. at 16400 SE Nautilus Dr., Vancouver, Washington USA 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, Inc. warrants to the original purchaser of the Bowflex® Blaze™ home gym that the Bowflex® Blaze™ home gym 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® Blaze™ Home Gym

- 5 years on machine
- No-Time-Limit Warranty on individual Power Rod® resistance rods

## Warranties Do Not Cover

- A Bowflex® Blaze™ home gym 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 or power surges).
- Damage due to normal wear and tear.

## What We Will Do

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The repaired part or unit will be returned to you at the company's expense.

## How State Law Applies

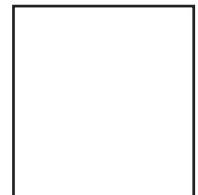
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**Please fold over and tape before mailing**



**Please fold over and tape before mailing**



**Bowflex® Blaze™ Home Gym  
16400 SE Nautilus Dr.  
Vancouver, Washington, USA 98683**

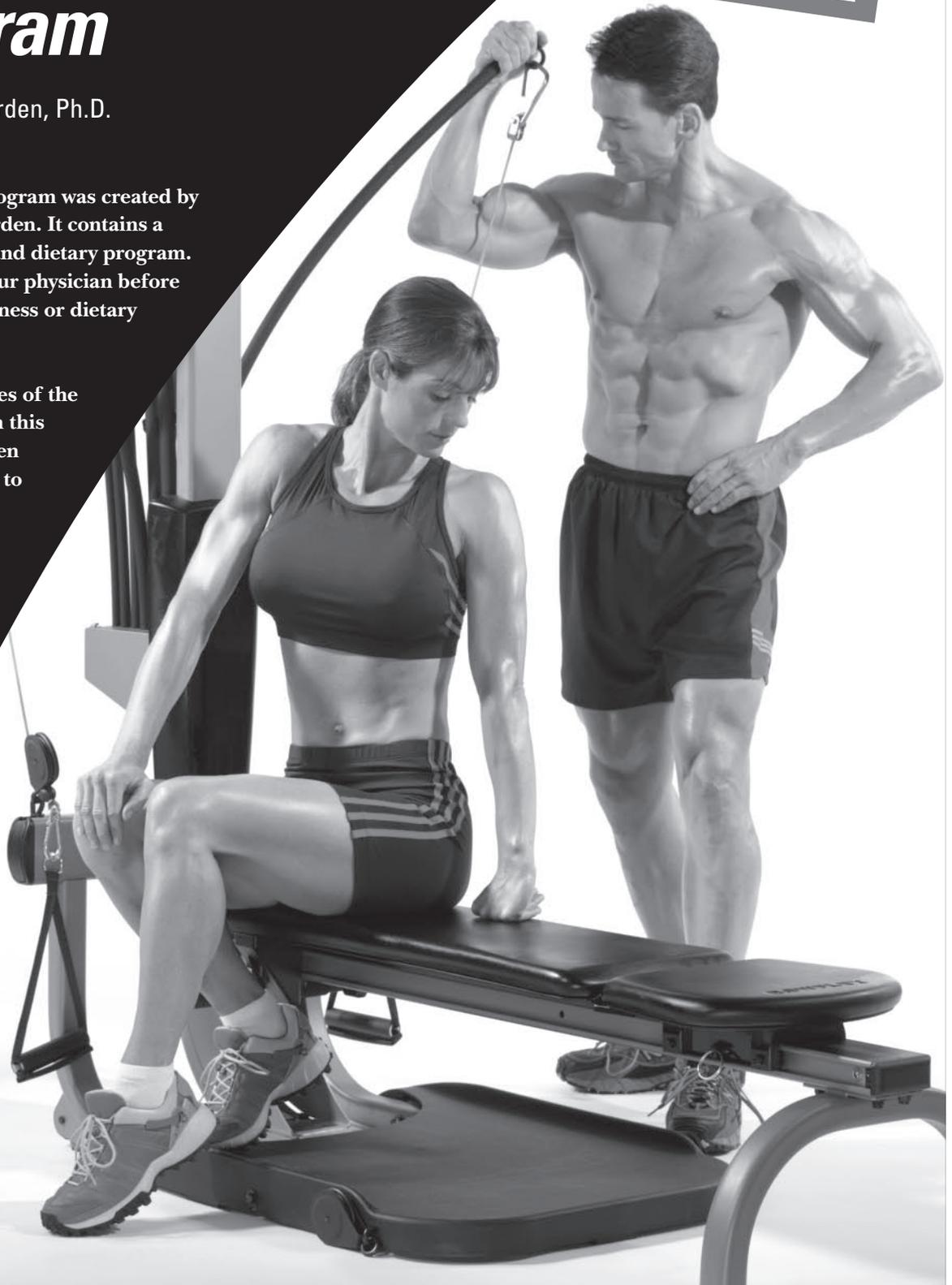
# *The Bowflex® Body Leanness Program*

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

**FAST FAT LOSS  
NOW!**



# Introduction

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## **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® home gym. 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 healthcare professional. Show this plan and your Bowflex® Owner's Manual to your physician or healthcare 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.

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

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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 healthcare 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.

Bowflex® equipment 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.

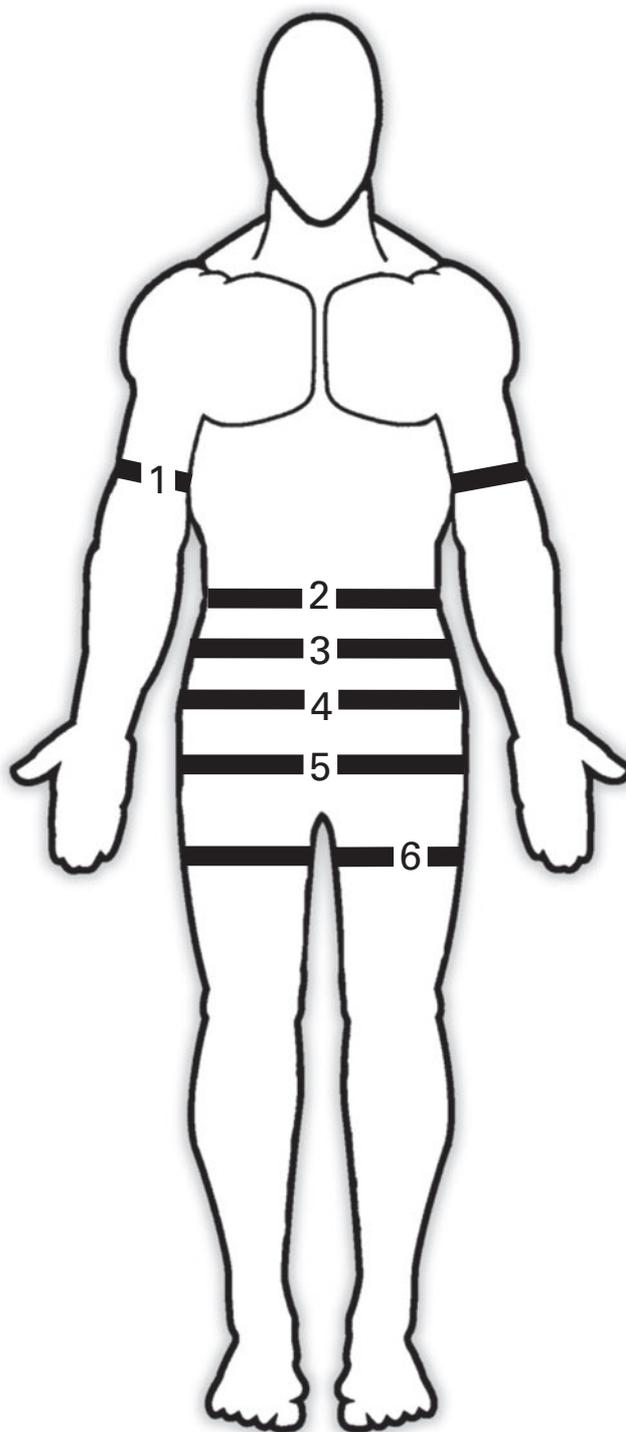
**Record each measurement on your Results Summary Sheet.**

## Women Measure:

Suprailium, triceps, and thigh.

## Men Measure:

Chest, abdomen, and thigh.



# 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**

**Men Measure: Chest, abdomen, 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.



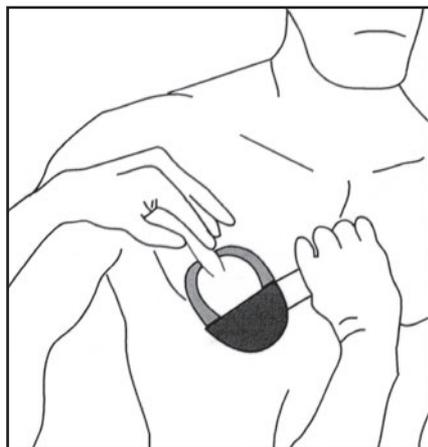
### Triceps

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.



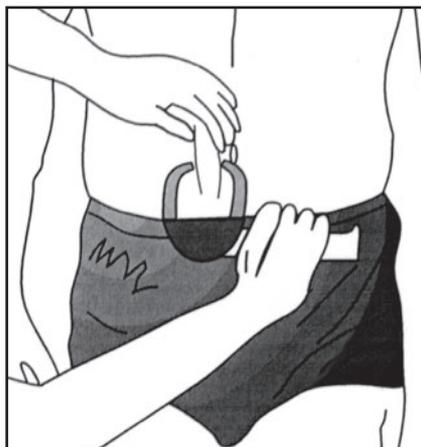
### Thigh

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.



### Chest

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



### Abdomen

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

# Measurements

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## 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.

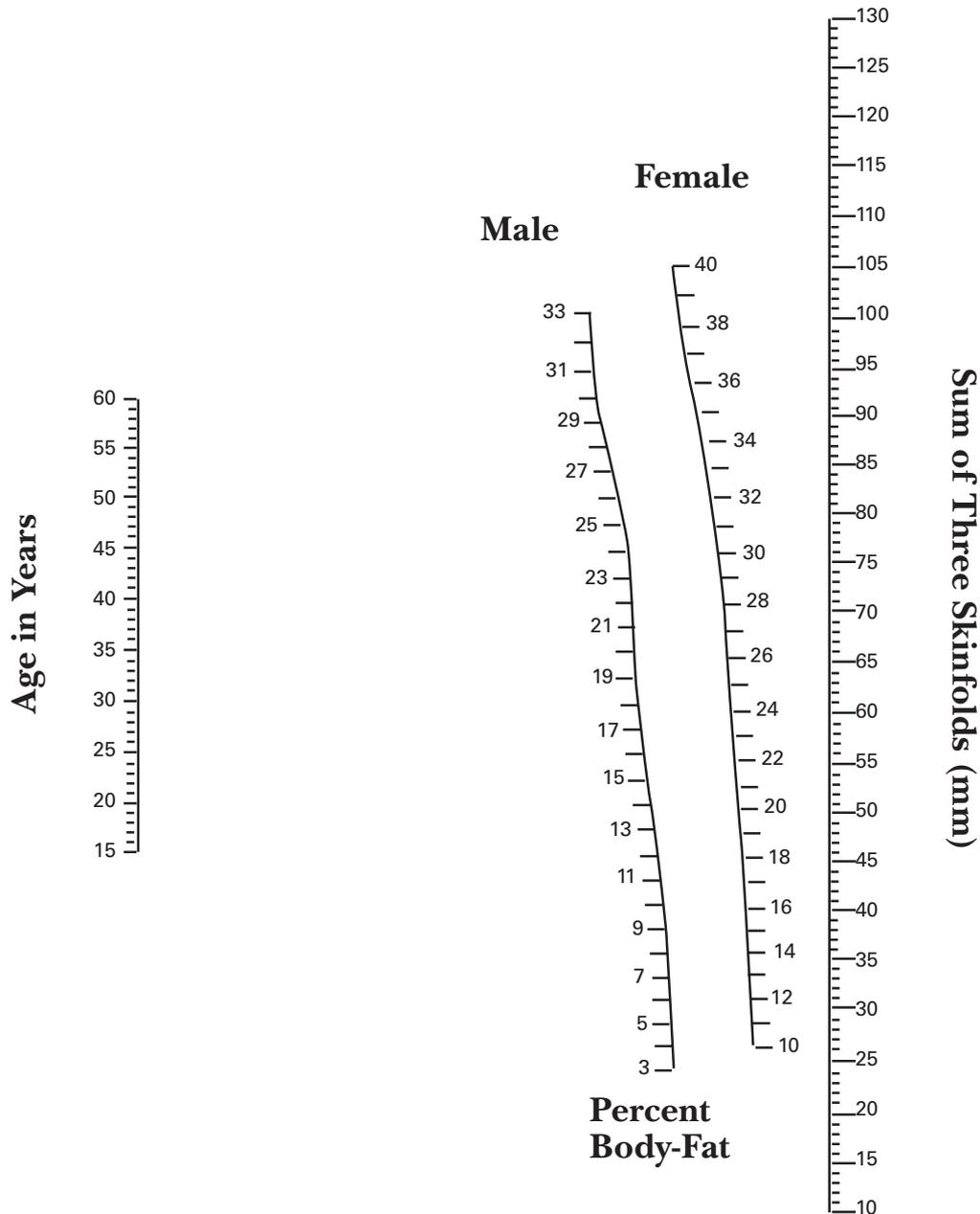
- 1) Keep everything the same. Wear the same outfit, a snug solid color is best, and have the person taking the picture stand in the same place, with the same setting behind you.
- 2) Make sure you stand against an uncluttered, light background.
- 3) Have the person taking the photograph move away from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

Baun, W.D, Baun, M.R., and Raven, P.B. A nomogram for the estimate of percent body fat from generalized equations. *Research Quarterly for Exercise and Sport*, 52:380-384, 1981.



# 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
	X		=	
Body Weight		Weight of Body Fat		Lean-Body Weight
	-		=	

*Use the Same Factors to Calculate After Six Weeks.*

### *After*

Body Weight		Fat Percentage		Body Fat Weight
	X		=	
Body Weight		Weight of Body Fat		Lean-Body Weight
	-		=	

### *Final Results*

<i>Before</i> Body Fat Weight		<i>After</i> Body Fat Weight		Total Fat Lost
	-		=	
<i>After</i> Lean-Mass Weight		<i>Before</i> Lean-Mass Weight		Total Lean-Mass Gained
	-		=	

# 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 send in your results, please send to: Bowflex Results, 16400 SE Nautilus Dr., Vancouver, Washington USA. 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

# 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 Curl	1	8-12
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 Curl	1	8-12
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 Curl	1	8-12
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

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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

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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 sports 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 restroom, 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

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The menus in the Bowflex<sup>®</sup> 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

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**Breakfast = 300 calories**

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**Choice of bagel, cereal or shake.**

**Bagel**

1 plain bagel, Sarah Lee<sup>®</sup> (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<sup>®</sup> Low Fat Granola (without raisins), General Mills<sup>®</sup> Honey Nut Clusters, General Mills<sup>®</sup> 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<sup>®</sup> Instant Breakfast, Champion UltraMet<sup>®</sup>, 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<sup>®</sup> Malted Milk powder (20)  
2 ice cubes (optional)

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**Lunch = 300 calories.**

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**Choice of sandwich, soup or salad.**

**Sandwich**

2 slices whole wheat bread (140)  
2 t. Promise Ultra<sup>®</sup> 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<sup>®</sup> Hearty Chicken, 15-oz. can (260), or  
• Campbell's<sup>®</sup> 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

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**Mid-Afternoon Snack**

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**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)

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**Dinner**

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

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**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<sup>®</sup> 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<sup>®</sup> Vegetable Oil Spread (12)  
1/2 C. skim milk (45)

**Frozen Microwave Dinner**

**Choice of one meal:**

• Glazed Chicken Dinner, Lean Cuisine<sup>®</sup> (230)  
2/3 C. skim milk (60)  
Noncaloric beverage  
• Lasagna with Meat Sauce, Lean Cuisine<sup>®</sup> (240)  
1/2 C. skim milk (45)  
Noncaloric beverage  
• Macaroni and Cheese, Weight Watchers<sup>®</sup> (260)  
1/2 C. skim milk (45)  
Noncaloric beverage  
• Broccoli & Cheddar Cheese Sauce over Baked Potato, Lean Cuisine<sup>®</sup> Lunch Express (250)  
1/2 C. skim milk (45)  
Noncaloric beverage  
• Grilled Turkey Breast, Healthy Choice<sup>®</sup> (260)  
1/2 C. skim milk (45)  
Noncaloric beverage

**Men add:**

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

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**Late-Night Snack**

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**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\*

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**Breakfast = 300 calories**

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**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)

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**Lunch = 300 calories.**

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**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

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**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)

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**Dinner**

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

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**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)

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**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

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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<sup>®</sup> 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<sup>®</sup> Low-Fat Granola (without raisins), General Mills<sup>®</sup> Honey Nut Clusters, General Mills<sup>®</sup> 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<sup>®</sup> Instant Breakfast packets, Champion UltraMet<sup>®</sup> Packets.

## Meat, Poultry, Fish and Entrees

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

## Canned soup:

Healthy Choice<sup>®</sup> Hearty Chicken, Campbell's<sup>®</sup> Healthy Request Hearty Vegetable Beef.

## Frozen microwave dinners or entrees:

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

# Q & A

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**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

# Q & A

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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:

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.

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 & A

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## **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 Bowflex® equipment 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® Owner's Manual for descriptions of the new exercises.

Be consistent with your Bowflex® 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
<i>Bench</i>	Sets	2				
	Reps	10, 9				
	Resistance	120, 130				
	Sets					
	Reps					
	Resistance					
	Sets					
	Reps					
	Resistance					
	Sets					
	Reps					
	Resistance					
	Sets					
	Reps					
	Resistance					
	Sets					
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	Reps					
	Resistance					
	Sets					
	Reps					
	Resistance					
	Sets					
	Reps					
	Resistance					
	Sets					
	Reps					
	Resistance					
	Sets					
	Reps					
	Resistance					



# IMPORTANT CONTACT NUMBERS

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus, Inc. office listed below.

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