

WORKOUT 1

CHEST PECTORALS SHOULDERS ANTERIOR DELTOID	CHEST PRESS Set Up: Adjust back pad to the flat horizontal chest press position. Sit facing away from gym. Position your body so that horizontal pressing handles are at mid-chest level. Adjust press arms to a desired start position. Exercise: 1. Grasp horizontal press handles, keeping a 90° angle between forearm and upper arm (do not go beyond this angle); wrists, elbows and shoulders are in same plane. 2. Push press handles until arms are fully extended without locking the elbows. 3. Slowly return to start position. Repeat.	
BACK LATISSIMUS DORSI BICEPS	PULLDOWN Set Up: Attach lat bar to the high pulley. Adjust seat so you can comfortably sit facing the gym with your thighs secured under the roller pads. Back pad can be adjusted outward to support the chest. Exercise: 1. With your hands slightly further than shoulder-width apart, grasp the lat bar with arms fully extended. 2. Pull the bar down, keeping hands, forearms and elbows in the same plane as the cable, until it is even with your upper chest. 3. Slowly returning to start position, let the bar rise without locking out elbows. Repeat.	
BICEPS	STANDING BICEPS CURL Set Up: Attach lat bar to short straight bar to the low pulley (chain may be added if more range is needed). Exercise: 1. Stand facing the gym, with balls of feet on the foot platform. Grasp the straight bar with palms facing up, hands shoulder-width apart. 2. Starting with arms fully extended (do not lock out elbow), curl the bar up toward chest, keeping wrists and torso straight and elbows stationary. 3. Slowly return to start position. Repeat.	
TRICEPS	TRICEPS PRESS Set Up: Attach lat bar to short straight bar to high pulley (chain may be added if more range is needed). Short straight bar can also be used. Exercise: 1. Stand facing the gym. Grasp the bar with palms facing down, hands shoulder-width apart. 2. Start with forearms at a 90° angle to your body. Keeping elbows at sides, press bar down until arms are fully extended. 3. Slowly return to start position. Repeat.	
SHOULDERS DELTOIDS	SHOULDER PRESS Set Up: Adjust back pad to shoulder press position and seat pad to a comfortable position. Adjust press arm outward to one of the last 2 pressing positions. Sit facing away from gym. Press handles should now be slightly above shoulders. Exercise: 1. Place shoulder blades into back pad, lift the chest, and pull the abdominal muscles inward. 2. Keeping your head in line with your back, press your hands upward without locking out elbows. 3. Slowly return to start position. Repeat.	
LOWER BODY QUADRICEPS	LEG EXTENSION Set Up: Adjust the seat to the lowest position. Sit with knees placed over the top roller pads and feet placed behind and under the lower roller pads. Make sure the axis of rotation of your knee aligns with the leg curl and extension pivot bolt. Exercise: 1. Fully extend legs without locking out knees. 2. Slowly return to start position (90° angle from full extension). Repeat.	
LOWER BODY HAMSTRINGS	LEG CURL Set Up: Adjust the seat so that the roller pads rest just above your kneecap. Exercise: 1. Stand facing the gym with one ankle hooked behind lower roller pad. 2. Slowly raise your foot as far as possible, keeping your knee against the top roller pad and your upper body stationary. 3. Slowly return to start position. Repeat. After you complete one set, switch to the other side.	
LOWER BODY CALVES	CALF RAISE (OPTIONAL) Set Up: Sit with the balls of feet on bottom edge of leg press foot platform. Extend legs without locking out knees. Adjust back pad if more range is needed. Exercise: 1. Slowly push balls of feet outward as far as possible. 2. Slowly lower heels beyond the edge of foot platform as far as possible. Repeat.	
ABDOMINALS	ABDOMINAL CRUNCH Set Up: Attach the ab/triceps strap to the mid-pulley. Adjust seat to the lowest position. Exercise: 1. Sit facing away from the gym. Grasp the straps in each hand and bring your hands forward until the straps are on both sides of your neck. 2. Rest your hands on your upper chest just below your shoulders, palms facing inward. 3. Curl your body forward and down simultaneously. 4. Slowly return to start position. Repeat.	

WORKOUT 2

CHEST PECTORALS SHOULDERS ANTERIOR DELTOID	INCLINE CHEST PRESS Set Up: Adjust back pad to one of the incline press positions (second through sixth position). Adjust seat pad so that horizontal pressing handles are at mid-chest level. Adjust press arms so that hands are slightly in front of chest. Sit facing away from gym. Exercise: 1. Grasp horizontal press handles, keeping a 90° angle between forearm and upper arm (do not go beyond this angle); wrists, elbows and shoulders are in same plane. 2. Push press handles until arms are fully extended without locking the elbows. 3. Slowly return to start position. Repeat.	
BACK LATISSIMUS DORSI BICEPS	SEATED ROW Set Up: Adjust press arm into rear adjustment position. Adjust seat so handles are at mid-chest level. Adjust back pad toward chest so that chest is supported in upright position and handles are just beyond reach. Exercise: 1. Grasp press handles in either upper (palms down) or lower (palms up) horizontal position, or vertical (neutral) position. 2. Starting with arms fully extended (do not lock out elbow), contract shoulder blades and pull handles back as far as comfortable. 3. Slowly return to start position. Repeat.	
CHEST PECTORALS	ONE ARM PEC FLY Set Up: Attach ankle strap to mid-pulley (chain may be added if more range is needed). Stand next to seat pad. Assume proper standing posture (back straight, knees slightly bent, shoulders back). Exercise: 1. Stand facing the gym with the hand closest to mid-pulley with a neutral grip. Hand should be at mid-chest level. 2. Keeping wrist straight and arm slightly arched, draw arm across the front of chest as far as you can without bending the elbow. 3. Slowly return to start position and repeat. When finished, switch to other side.	
BICEPS FOREARMS	REVERSE BICEPS CURL Set Up: Attach lat bar to short straight bar to the low pulley (chain may be added if more range is needed). Exercise: 1. Stand facing the gym with balls of feet on the foot platform. Grasp the straight bar with palms facing down, hands shoulder-width apart. 2. Starting with arms fully extended (do not lock out elbow), curl the bar up toward chest, keeping wrists and torso straight and elbows stationary. 3. Slowly return to start position. Repeat.	
TRICEPS	OVERHEAD TRICEPS EXTENSION Set Up: Attach seat to lowest position. Adjust ab/triceps strap to mid-pulley. Exercise: 1. Sit facing away from gym. Grasp ab/triceps strap with both hands, lean forward and position hands over the back of your neck with elbows pointing forward. Upper hand and forearms should be at a 90° angle. 2. Keeping elbows stationary and head down, extend hands forward as far as possible. 3. Slowly return to start position. Repeat.	
SHOULDERS DELTOIDS	LATERAL RAISE Set Up: Attach chain and ankle strap to low pulley. Exercise: 1. Stand sideways to the gym. Knees are slightly bent and feet are shoulder-width apart. The foot closest to the low pulley is on the foot platform. 2. Keeping the wrist straight and arm slightly arched, grasp the strap with your outside hand and lift directly out to the side of your body. 3. Slowly return to start position. Repeat. After you complete one set, switch to the other side.	
LOWER BODY HAMSTRINGS CLUTES	HIP EXTENSION Set Up: Attach ankle strap to low pulley and then to your ankle (chain may be added if more range is needed). Exercise: 1. Stand facing the gym with weight balanced on support leg (leg with strap is directly in front of the low pulley). 2. Extend leg back in a smooth controlled motion. Keep leg and back straight with head up. Do not arch back. 3. Slowly return to start position. Repeat. After you complete one set, switch to the other side.	
LOWER BODY OUTER THIGH	HIP ABDUCTION Set Up: Attach ankle strap to low pulley and then to your ankle (chain may be added if more range is needed). Adjust press arm outward for support. Exercise: 1. Stand sideways to the gym with strapped outer leg angled slightly toward low pulley (body weight is balanced on stationary inner leg). 2. Extend leg out to side as far as possible, keeping hip stationary. 3. Slowly return to start position. Repeat. After you complete one set, switch to the other side.	
LOWER BODY INNER THIGH	HIP ADDUCTION Set Up: Attach ankle strap to low pulley and then to your ankle (chain may be added if more range is needed). Adjust press arm outward for support. Exercise: 1. Stand sideways to the gym with strapped inner leg angled slightly toward low pulley (body weight is balanced on stationary outer leg). 2. Draw leg in front of body as far as possible, keeping hip stationary. 3. Slowly return to start position. Repeat. After you complete one set, switch to the other side.	
ABDOMINALS	ABDOMINAL CRUNCH Set Up: Attach the ab/triceps strap to the mid-pulley. Adjust seat to the lowest position. Exercise: 1. Sit facing away from the gym. Grasp the straps in each hand and bring your hands forward until the straps are on both sides of your neck. 2. Rest your hands on your upper chest just below your shoulders, palms facing inward. 3. Curl your body forward and down simultaneously. 4. Slowly return to start position. Repeat.	

WORKOUT 3

CHEST PECTORALS	PEC FLY Set Up: Sit facing away from the gym. Adjust press arm back and out of the way. Adjust back pad to the flat position. Adjust seat to a comfortable position so that hands are at mid-chest level. Exercise: 1. Sit keeping your back pressed against the pad and shoulder blades retracted. Grasp handles so that your hands are at mid-chest level. 2. Extend your arms using a neutral (palms facing inward) grip, keeping hands slightly in front of your body and elbows slightly bent. Bring your arms together in front of your chest. 3. Slowly return to start position. Repeat.	
BACK LATISSIMUS DORSI SHOULDERS DELTOIDS	REAR DELTOID Set Up: Sit facing the gym. Adjust back pad outward so that chest is supported. Adjust seat pad so handles are at mid-level. Exercise: 1. Grasp handles in a neutral (palms facing inward) grip, with arms fully extended. Keep elbows pointing outward. Head up. 2. Move hands slowly apart without bending at the elbows and maintaining slight arc in the arms. 3. Starting with arms fully extended (do not lock out elbow), bring your arms together in front of your chest. 4. Slowly return to start position. Repeat.	
BICEPS	ONE ARM BICEPS CURL Set Up: Attach ankle strap to low pulley (chain may be added if more range is needed). Exercise: 1. Stand facing the gym with one foot on the foot platform. Grasp the ankle strap with one hand, palm facing up. 2. Starting with arm fully extended (do not lock out elbow), bring strap up toward chest keeping wrist and torso straight. 3. Slowly return to start position. Repeat. After you complete one set, switch to the other side.	
TRICEPS	ONE ARM TRICEPS EXTENSION Set Up: Attach ankle strap to high pulley (chain may be added if more range is needed). Exercise: 1. Stand facing the gym. Grasp the strap with one hand, palm facing down. 2. Start with forearm at a 90° angle to your body. Keeping elbow at side, press strap down until arm is fully extended. 3. Slowly return to start position. Repeat. After you complete one set, switch to the other side.	
SHOULDERS ROTATOR CUFF	EXTERNAL ROTATION Set Up: Attach ankle strap to the mid-pulley. Exercise: 1. Assume proper standing posture parallel to the gym. To ensure proper form, insert a rolled towel underneath your arm, holding it against your body. 2. Using a neutral grip, hold the strap with your outside hand. Your arm should be against your stomach, shoulders relaxed and your elbow bent at a 90° angle. 3. Rotate your forearm outward from your stomach. 4. Slowly return to start position. Repeat. Move to the other side of the gym to work your other side.	
SHOULDERS ROTATOR CUFF	INTERNAL ROTATION Set Up: Attach ankle strap to the mid-pulley. Exercise: 1. Assume proper standing posture parallel to the gym. To ensure proper form, insert a rolled towel underneath your arm, holding it against your body. 2. Using a neutral grip, hold the strap with your inside hand rotated outward toward the gym. Your shoulders should be relaxed and elbow bent at a 90° angle. 3. Rotate your forearm inward toward your stomach. 4. Slowly return to start position. Repeat. Move to the other side of the gym to work your other side.	
LOWER BODY QUADS, GLUTES	LEG PRESS (OPTIONAL - MAY SUBSTITUTE LEG CURL/EXTENSION, SEE WORKOUT 1) Set Up: Adjust leg press back pad so that your start position is a 90° angle between the thigh and lower leg. Sit, placing feet on foot platform so that the feet and lower legs form a 90° angle. Exercise: 1. Grasp seats handles and slowly push legs away from foot platform. Do not lock out knees. 2. Slowly return to start position. Repeat.	
LOWER BODY CALVES	CALF RAISE (OPTIONAL) Set Up: Sit with the balls of feet on bottom edge of leg press foot platform. Extend legs without locking out knees. Adjust back pad if more range is needed. Exercise: 1. Slowly push balls of feet outward as far as possible. 2. Slowly lower heels beyond the edge of foot platform as far as possible. Repeat.	
ABDOMINALS	ABDOMINAL CRUNCH Set Up: Attach the ab/triceps strap to the mid-pulley. Adjust seat to the lowest position. Exercise: 1. Sit facing away from the gym. Grasp the straps in each hand and bring your hands forward until the straps are on both sides of your neck. 2. Rest your hands on your upper chest just below your shoulders, palms facing inward. 3. Curl your body forward and down simultaneously. 4. Slowly return to start position. Repeat.	

SAFE FITNESS FACTS:
• This program does not replace the advice of a physician. You should have a complete physical exam before beginning a new exercise program.

- Inspect the equipment before every use for loose parts or frayed cables, paying particular attention to cable ends. Replace parts at the first sign of a problem.
- Be alert to the possibility of injury. Do not attempt to lift more weight than you can comfortably handle.
- Keep observers, children, and pets at a safe distance. Do not allow children to play on equipment.
- Stay clear of weights and moving parts. If a part becomes jammed, do not attempt to free it by yourself; obtain assistance.

• If you have any questions on the proper use of the equipment, do not hesitate to call your authorized ParaBody dealer or the ParaBody Customer Service Department at 800-328-9714. Outside the U.S. and Canada, call +1-847-288-3300.

TRAINING TIPS:
• To get the best results, a proper strength-training workout has four components: a 5 to 10 minute aerobic warm-up, a pre-workout stretch, your strength workout and a post-workout stretch.
• Make sure that your posture is correct before executing any of the exercises.

• You should choose a weight that is challenging to complete between 8-15 repetitions while maintaining proper form (shown in each of the pictured exercises).
• Reach a point of voluntary fatigue, keeping good technique.

• Fatiguing muscles at the lower end (8-10) of the repetition range develops lean body mass and decreases body fat. Fatiguing muscles at the higher end (12-15) of the repetition range develops muscular endurance.

• Rest intervals are necessary to allow the muscle groups to recover and get ready to work again. If your goal is muscular strength rest 1-2 minutes between sets; if your goal is muscular endurance rest 30-60 seconds between sets.

• Push your muscles to, but not beyond, a level of exhaustion. You'll want to increase the resistance for a particular exercise once you can easily complete all the reps in each set.

• Always exhale during muscle contraction, and inhale during return to start.

• Try to work out a minimum of 20-30 minutes in each session, performing each of the exercises in a slow and controlled manner.

• Proper nutrition, cardiovascular exercise, strength training, and stretching exercises is the most effective combination for reaching your fitness goals.

TOTAL BODY WORKOUTS (shown)
The workouts defined are suggested routines. To vary your workout, be sure to choose at least one exercise in each of the major muscle groups. To work your entire body, complete 1-2 sets of each exercise every other day, three days a week.

THREE-DAY SPLIT WORKOUTS
If you are advanced and ready for a challenge, consider a Three-Day Split Workout. Choose up to all the exercises in each muscle group worked on a particular day. We recommend performing the following workout for 3 consecutive days, resting on Day 4.

DAY 1	DAY 2	DAY 3	DAY 4
CHEST	SHOULDERS	LOWER BODY	REST
TRICEPS	BICEPS	ABDOMINALS	
ABDOMINALS	BACK		