

1 BENCH PRESS

Sit on the seat and hold the handles with an overhand grip. Raise your arms until your upper arms are fully extended. Fully extend your arms. Return to the starting position.

Muscles affected: B, L, R

2 MILITARY PRESS

Adjust the system as required for the exercise. Sit on the seat and grasp the arms with an overhand grip. Keeping your back straight, fully extend your arms. Return to the starting position.

Muscles affected: L, Q, R

3 BUTTERFLY

Sit on the seat and place your arms on the butterfly arms as shown. Press the butterfly arms toward each other until the pads touch. Return to the starting position.

Muscles affected: B, L

4 CALF RAISE

Hold the handles with an overhand grip. Keep your arms at your sides and rise up on your heels as far as possible. Return to the starting position.

Muscles affected: K, R

5 SQUAT

Hold the handles with an overhand grip, and straighten your legs. Slowly bend your legs as shown. DO NOT allow your lower back to touch the seat. Rise to the starting position. Return to the starting position.

Muscles affected: H, L, V, W

6 ALTERNATE LEG RAISE

Secure the VCR arms with your back to the system and your arms supporting your weight. Slowly raise one leg until it is parallel with the floor. Repeat raising your leg. Return to the starting position. Alternate legs with each repetition.

Muscles affected: B, F, W

7 VERTICAL KNEE RAISE

Mount the VCR arms with your back to the system and your arms supporting your weight. Slowly raise your knees as high as they will go. Keep your legs straight and your arms supporting your legs. Return to the starting position.

Muscles affected: F, W

8 ASSISTED DIP

Select the desired weight setting. Grasp the dip handles, with your arms straight and your knees resting on the pads as shown. Slowly lower your body by bending your elbows. Return to the starting position.

Muscles affected: B, L, Q, P, Q, R, S

9 PULL-UP

Grasp the pull-up handles as shown. Lower your body until your arms are straight. Slowly pull your body up until your chin is over the bar. Return to the starting position.

Muscles affected: C, E, S, P, S, R

10 PREACHER CURL

Sit on the seat and rest your arms on the seat pad. Hold the lat bar with an underhand grip and extend your arms. Slowly curl the lat bar toward your chest. Return to the starting position.

Muscles affected: C, E



11 LEG PRESS

Sit on the seat and place your feet on the press plate as shown. Press the foot pedal until your legs are fully extended. On lock back your knees. Return to the starting position.

Muscles affected: H, V, W, K

12 LEG EXTENSION

Sit on the seat and position your feet under the pads on the leg lever. Place the leg lever until your legs are straight. Return to the starting position.

Muscles affected: H

13 LEG CURL

Stand with the back of one leg resting against one of the pads on the leg lever. Raise the leg level by bending your knee as shown. Return to the starting position.

Muscles affected: H

14 AB CRUNCH

Attach the ab straps to the ab cable. Hold the ab straps over your shoulders. Lean forward, bending at your waist and keeping your back straight.

Muscles affected: W

15 TRICEPS PRESS DOWN

Attach the lat bar to the high cable. Facing the system, hold the lat bar with an overhand grip. Keep your arms at your sides and curl the lat bar straight down. Return to the starting position.

Muscles affected: C, E

16 STIFF ARM PUSHDOWN

Connect the lat bar to the high cable. Hold the lat bar with an overhand grip. Your hands should be shoulder-width apart. With your arms straight, push the lat bar forward over your head. Return to the starting position.

Muscles affected: E, P, R, S

17 LAT PULL-DOWN

Attach the lat bar to the high cable. Sit facing the system, extend your arms up, and hold the ends of the lat bar with an overhand grip. Pull the lat bar down in front of your face. Return to the starting position.

Muscles affected: C, E, P, S

18 TRICEPS EXTENSION

Attach the lat bar to the high cable. Sit on the seat and hold the lat bar above your head with your elbows bent. Keeping your upper arms stationary, slowly straighten your arms. Return to the starting position.

Muscles affected: C, E

19 CROSSOVER FLY

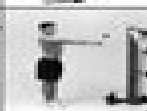
Attach the handles to the cables. Extend your arms and hold the handles as shown. Keep your back straight and pull the handles together in front of you in a hugging motion. Return to the starting position.

Muscles affected: B, L, Q, S

20 BACK EXTENSION

Attach the lat bar to the low cable. Sit on the seat and hold the lat bar against your chest as shown. Keep your back straight and bend back at your waist. Return to the starting position.

Muscles affected: T



21 DEAD LIFT

Attach the lat bar to the low cable. Stand with knees and hold the lat bar with an overhand grip. Extend your legs, keeping your arms and back straight, and your head up. Return to the starting position.

Muscles affected: E, H, T, V, W

22 SIDE BEND

Attach the handles to the low cable. Stand sideways, extend one arm downward, and hold the handle. Keep your arms at your sides and bend to the side as shown. Return to the starting position.

Muscles affected: C, E, M

23 SHOULDER SHRUG

Attach the lat bar to the low cable. Extend your arms downward and hold the lat bar with an overhand grip. Keep your arms at your sides, shrug your shoulders up, and return to the starting position.

Muscles affected: E, Q, P

24 OVERHEAD EXTENSION

Attach a handle to the low cable. Hold the handle behind your shoulder with an overhand grip. Extend your arms upward, lifting the handle over your head. Return to the starting position.

Muscles affected: E, S

25 ISOLATION CURL

Attach a handle to the low cable. Extend your arm downward and hold the handle with an overhand grip. Keep your elbows at your sides and curl the handle toward your chest. Return to the starting position.

Muscles affected: C, E

26 FRONT KICK

Attach the ankle strap to the low cable. Stand with knees and hold one leg into the ankle strap. Keep your leg straight and kick it forward as shown. Return to the starting position.

Muscles affected: F, Q, P, S

27 HEEL KICK

Attach the ankle strap to the low cable. Insert one leg into the ankle strap with your heel against the bar. Kick your leg back as shown. Return to the starting position.

Muscles affected: L, V, W

28 HIP ADDUCTION

Attach the ankle strap to the low cable. Stand sideways and insert your inside leg into the ankle strap. Keep your arms straight and cross them to the side. Return to the starting position.

Muscles affected: L, R

29 HIP ABDUCTION

Attach the ankle strap to the low cable. Stand sideways and insert your outside leg into the ankle strap. Keep your leg straight and move it to the side. Return to the starting position.

Muscles affected: S, V

30 STRANDED CURL

Attach the lat bar to the low cable. Sit on the seat and hold the lat bar with an underhand grip. Keep your elbows at your sides and curl the lat bar toward your chest. Return to the starting position. To vary the exercise, hold the lat bar with an overhand grip.

Muscles affected: C, E



31 LATERAL RAISE

Attach a handle to the low cable. Stand sideways, extend one arm forward, extend one arm downward, and hold the handle with your arm slightly bent. Raise the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: L, Q, Q

32 BENT LATERAL RAISE

Attach the handles to the low cable. Stand sideways and bend forward, extend one arm downward, and hold the handle with your arm slightly bent. Raise the handle to the side until your hand is level with your shoulder. Return to the starting position.

Muscles affected: C, Q

33 FRONT RAISE

Attach the lat bar to the low cable. Extend both arms downward and hold the lat bar with an overhand grip. Keeping your arms straight, raise the lat bar to your shoulders. Return to the starting position.

Muscles affected: L, P, Q

34 UPRIGHT ROW

Attach the curl bar to the low cable. Hold the curl bar with an overhand grip. Pull the curl bar to your chest. Return to the starting position.

Muscles affected: C, E, L, Q, P, Q

35 BENT ROW

Attach the handles to the low cable. Bend forward, extend your arms, and hold the handles with an overhand grip. Keeping your back straight, pull the handles toward your chest. Return to the starting position.

Muscles affected: C, E, Q, P, Q, S, T

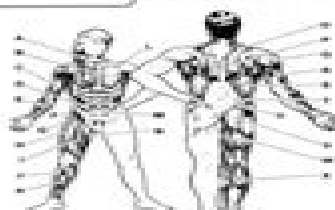
36 SEATED ROW

Attach the curl bar to the low cable. Sit on the floor and hold the curl bar with an overhand grip. Pull the curl bar toward your chest and lean back. Return to the starting position.

Muscles affected: C, E, Q, P, Q, S, T



MUSCLE CHART



- | | |
|--------------------------------|----------------------------------|
| A. Deltomastoid (neck) | N. Adductor (inner thigh) |
| B. Pectoralis Major (chest) | O. Trapezius (upper back) |
| C. Biceps (front of arm) | P. Rhomboides (upper back) |
| D. Triceps (back of arm) | Q. Pectoralis (chest) |
| E. Brachioradialis (forearm) | R. Pectoralis (chest) |
| F. Hip Flexors (upper thigh) | S. Quadriceps (thighs) |
| G. Adductor (inner thigh) | T. Latissimus Dorsi (lower back) |
| H. Quadriceps (front of thigh) | U. Biceps (front of thigh) |
| I. Biceps (front of thigh) | V. Biceps (front of thigh) |
| J. Biceps (front of thigh) | W. Gluteus Medius (hip) |
| K. Biceps (front of thigh) | X. Gluteus Maximus (hip) |
| L. Biceps (front of thigh) | Y. Hamstring (back of leg) |
| M. Rectus Abdominus (abdomen) | Z. Gastrocnemius (back of calf) |

Pro Power Exercise Guide

Mike Bundy, Andy Leaver

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

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MCSE Training Guide (70-270) Gord Barker, Robert L. Bogue, 2002 Annotation Expert Insight Both authors are Microsoft certified Windows XP specialists Comprehensive Organized according to the actual exam objectives our Training Guide series features Exam Tips Study Strategies Step by Step Exercises Case Studies Summaries Gord Barker MCSE currently works as a Senior Consultant for Microsoft Canada Co in Edmonton Alberta Canada He worked with Telus to complete the largest single rollout of Windows 2000 to occur prior to the product launch He currently works with large customers to deploy Microsoft technology Strength and Power Training Jonathan Bean, 2010 When you hear the term strength training perhaps you envision someone with bulging biceps and rippling abdominal muscles But strength training can benefit people of all ages and athletic abilities whether you are 40 or 85 well toned or unable to rise from a wheelchair without assistance **Cycling Training Guide** Emily James, AI, 2025-03-14 Unlock your cycling potential with this comprehensive guide designed to maximize performance improve cardiovascular health and build leg strength This Cycling Training Guide emphasizes a structured scientifically informed approach revealing how to avoid common pitfalls and minimize injury risks Did you know that advancements in training methodologies have dramatically changed how cyclists approach their fitness goals and that understanding training intensity and recovery is essential for improvement The book progresses from fundamental concepts of cycling physiology to specific methods for enhancing endurance and building strength incorporating interval training protocols and recovery strategies A unique aspect is its emphasis on personalized training plans offering tools to tailor your regimen to meet individual fitness goals By synthesizing research from exercise physiology sports medicine and biomechanics this guide provides practical insights for cyclists of all levels *Fitness Instructor Training Guide* Cheryl L. Hyde, 2002 *The Reflective Educator's Guide to Professional Development* Nancy Fichtman Dana, Diane Yendol-Hoppey, 2008-05-01 Powerful tools for facilitating teachers professional development and optimizing school improvement efforts Combining professional learning communities PLCs and action research this step by step guide provides coaches workshop leaders and staff developers with strategies activities and tools to develop inquiry oriented PLCs The authors present essential elements of a healthy PLC case studies of inquiry based PLCs and lessons learned for improving coaching practices Sample projects and reflection prompts will help readers Organize assess and maintain high functioning inquiry oriented PLCs Facilitate the development of study questions Enable PLC members to develop analyze and share research results Lead successful renewal and reform efforts *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription* David P. Swain, ACSM, Clinton A. Brawner, 2012-12-26 ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM's Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and

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Men's Health Power Training Robert Dos Remedios, Editors of Men's Health Magazine, 2007-09-18 One of the nation's elite strength and conditioning coaches presents a unique training program designed to help men achieve functional strength and muscular balance throughout their bodies For decades the conventional measure of an individual's strength was the amount of weight he could bench press Now that measure is being challenged by expert trainers like Robert dos Remedios who argue that the variety of movement patterns used in functional training is the real key to getting bigger stronger and more powerful In Men's Health Power Training this acclaimed collegiate strength and conditioning coach describes in detail the methods he has used to develop hundreds of Division I scholarship athletes including several current NFL players The key features that make this book a standout in the fitness field include exercises geared toward functional strength that can be utilized in real world situations from playing sports to lifting furniture training sessions that are short intense and highly effective compound multijoint exercises that replace the less effective isolation exercises found in many fitness books no nonsense dietary information utilizing a new and innovative food pyramid developed by the UCLA Center for Human Nutrition that will optimize strength gains recovery and physical progress

A Guide to Sports and Injury Management E-Book Mike Bundy, Andy Leaver, 2012-08-12 An indispensable guide for sports medicine students and practitioners working in the field A Guide to Sports and Injury Management is a comprehensive practical guide to sports medicine care book plus interactive DVD Approached from the dual perspectives of a sports medicine doctor and a sports physiotherapist this exciting new product covers the full spectrum of sports medicine from diagnosis of injuries to injury prevention techniques for stretching and cooling protocols rehabilitation and details on illness drugs and diet Colour photographs and drawings support the text and case histories clearly illustrate the process of making a decision and treating an injury The DVD features a unique interactive diagnostic aid for common injuries 60 narrated videoclips of examinations and exercise demonstrations and multiple choice questions for self testing Written by a sports medicine Doctor and a sports physiotherapist to provide a unique sports specific perspective Covers full spectrum of sports medicine care including nutrition drugs injuries diagnosis protocols exercise and prevention Illustrated with full colour drawings and photographs Accompanied by a DVD containing an interactive common injuries diagnosis tool self assessment multiple choice questions set by the authors narrated video library of diagnoses exercises and techniques shown by the

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