Body-Solid®

Built for Life

my workout.
my schedule.
my life.

G3S

EXERCISE CHART

CHEST

Chest Press (pectorals)
1. Insert pin into weight stack at desired resistance level.
2. Set back pad and Press Arms to the Chest Press position.
3. Adjust seat pad height so when seated, the horizontal press handles are even with your chest (pectoral) muscles.
4. Grasp press handles with your arms bent.
5. Keeping your elbows out and below your shoulders, extend your arms forward at a smooth, moderate pace throughout the exercise movement.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

Incline Press (pectorals)
1. Insert pin into weight stack at desired resistance level.
2. Set back pad and Press Arms to the Incline Press position.
3. Adjust seat pad height so when seated, the horizontal press handles are even with your chest (pectoral) muscles.
4. Sit comfortably on the seat pad with your back flat against the back pad.
5. Grasp press handles with your arms bent.
6. Keeping your elbows out and below your shoulders, extend your arms forward at a smooth, moderate pace throughout the exercise movement.
7. Pause for a moment, then slowly return to the starting position. Repeat movement.
8. Exhale on exertion, inhale on return motion.

Mid Pulley Cable Fly (pectorals)
1. Insert pin into weight stack at desired resistance level.
2. Attach Stirrup Handle (optional) to mid pulley cable.
3. Stand sideways in front of the machine. Grasp Handle with right hand, feet shoulder width apart, stand erect.
4. Keeping your palm facing forward, pull Handle across your body in a semicircular arc until hand is approximately 6 inches from your left shoulder.
5. Pause for a moment, then return the Handle back along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.
7. Turn around and repeat with the opposite arm.

SHOULDERS

Shoulder Press (deltoids)
1. Insert pin into weight stack at desired resistance level.
2. Adjust Press Arm to the Shoulder Press position and set back pad to the Shoulder Press position.
3. Adjust seat pad height so that when seated, the horizontal press handles are even with your shoulder (deltoid) muscles.
4. Sit comfortably on the seat pad with your back flat against the back pad.
5. Grasp press handles with your arms bent.
6. Keeping your elbows out, extend your arms forward at a smooth, moderate pace throughout the exercise movement.
7. Pause for a moment, then slowly return to the starting position. Repeat movement.
8. Exhale on exertion, inhale on return motion.

Upright Row (deltoids & trapezius)
1. Insert pin into weight stack at desired resistance level.
2. Attach Straight Bar to low pulley cable.
3. Stand erect, facing machine, with your feet approximately shoulder width apart and grasp the bar with your hands approximately 6 inches apart and your palms facing down.
4. Straighten your arms and allow the weight to pull your arms straight down.
5. Keeping your elbows above your hands at all times, slowly pull the bar upward until the back of your hands are even with your chin.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

Lateral Deltoid Raise (deltoids)
1. Insert pin into weight stack at desired resistance level.
2. Attach Stirrup Handle (optional) to the low pulley cable.
3. Stand with your right side toward the machine.
4. Securely grasp the handle with your left hand and your palm facing down.
5. Use Shoulder muscle strength to slowly raise the handle upward and outward in a semicircular arc until it is in a position slightly above shoulder level.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.
8. Change hands, turn around, and repeat with the opposite arm.

BACK

Lat Pull Down (latissimus dorsi)
1. Insert pin into weight stack at desired resistance level.
2. Adjust Press Arm to the Storage position and attach Lat Bar to the high pulley cable.
3. Adjust seat pad so your legs will lock-down comfortably under lat hold-down rollers. Sit on seat pad facing into machine.
4. Grasp Lat Bar 3 to 6 inches wider than your shoulders on each side.
5. Keeping your elbows back during movement, slowly pull the Lat Bar down until it lightly touches the upper part of your chest. Never pull down toward your head or neck.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

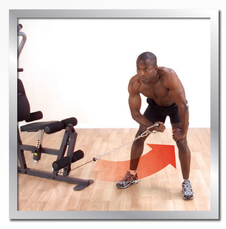
Back Hyperextension (lower back)
1. Insert pin into weight stack at desired resistance level.
2. Set Press Arm to Mid Row position.
3. Adjust seat height to the highest position and sit facing into the machine.
4. Adjust back pad to the Chest Press position and fully retracted into the machine..
5. Sit in a comfortable position that allows you to lean slightly forward while grasping the mid row handles.
6. Keep both your arms and back straight during movement. Slowly lean backward, pivoting at the hips, to a 45° angle.
7. Pause for a moment, then slowly return to the starting position. Repeat movement.
8. Exhale on exertion, inhale on return motion.

Chest Supported Mid Row (latissimus dorsi)
1. Insert pin into weight stack at desired resistance level.
2. Sit facing machine. Adjust seat height so that when seated the Press Arm Handles pivot to slightly below your chest area.
3. Adjust Press Arms to the Mid Row position. Adjust chest pad to match arm length for full stretch. Keep chest flat against pad throughout movements.
4. Grasp the handles with both hands allowing the weight to gently stretch your Lats.
5. Using Upper Back strength pull the handles toward you. Continue to pull the Press Arm Handles until they are even with your midsection.
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

ARMS

Biceps Curl (biceps)
1. Insert pin into weight stack at desired resistance level.
2. Attach Straight Bar to low pulley cable.
3. Facing the machine, take an underhand grasp on the bar. Stand erect with your feet set at shoulder width and stand approximately 1 to 2 feet away from the machine. Your arms should be down at your sides with the bar resting on your thighs.
4. Keeping your upper arms locked against the sides of your torso, use Biceps strength to curl the bar upward and forward in a semicircular arc to a position beneath your chin.
5. Pause for a moment, then slowly return the bar back along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.

Triceps Extension (triceps)
1. Insert pin into weight stack at desired resistance level and adjust Press Arm to Storage position.
2. Attach Tricep / Ab Strap to mid pulley cable. Adjust back pad to Chest Press position.
3. Sit on seat pad, facing away from the machine.
4. Bend at the waist so that your torso is at an approximate 45° angle. Keep your hands behind your head and your arms bent with your elbows facing forward.
5. Keeping your upper arms motionless, use Tricep strength to move the strap forward until your arms are extended.
6. Pause for a moment, then slowly return the strap back along the same arc, to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.



Concentration Curl (biceps)
1. Insert pin into weight stack at desired resistance level.
2. Attach Stirrup Handle (optional) and chain to low pulley cable. Adjust chain for full range of motion.
3. Take an overhand grasp on the Stirrup Handle with your right hand. Stand approximately 1 to 2 feet from the pulley with your feet at shoulder width. Bend slightly at the waist. Keep your right upper arm locked.
4. Use Biceps strength to curl the Handle forward and upward in a semicircular arc toward your chest.
5. Pause for a moment, then slowly return the Handle back along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.
7. Change hands and repeat with opposite arm.

ABS

Resistance Ab Crunch (abdominals)
1. Insert pin into weight stack at desired resistance level and adjust Press Arm to Storage position.
2. Attach Tricep / Ab Strap to mid pulley cable and adjust back pad to Chest Press position.
3. Sit on seat pad with your back resting against back pad. Grasp the strap and place it securely over your shoulders, keeping your hands planted firmly on your upper chest throughout the exercise movement.
4. Using Abdominal muscle strength, slowly bend forward at the waist as far as comfortably possible.
5. Pause for a moment, then slowly return back to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.

Oblique Crunch (obliques & abdominals)
1. Insert pin into weight stack at desired resistance level and adjust Press Arm to Storage position.
2. Attach Tricep / Ab Strap to mid pulley cable and adjust back pad to Chest Press position.
3. Sit on seat pad with your back resting against back pad. Grasp the strap and place it securely over your shoulders, keeping your hands planted firmly on your upper chest throughout the exercise movement.
4. While holding the strap firmly over your shoulders, simultaneously bend forward and rotate your upper body slowly to the left as far as comfortably possible while keeping your legs and hips stationary.
5. Pause for a moment, then slowly return to the starting position.
6. Alternate the movements from the left to the right and then repeat the movements.
7. Exhale on exertion, inhale on return motion.

Oblique Bend (obliques)
1. Insert pin into weight stack at desired resistance level.
2. Attach Stirrup Handle (optional) and chain to low pulley cable. Adjust chain for full range of motion.
3. Take an overhand grasp of the strap with your right hand and stand 1 to 2 feet away from the machine with your right side toward the machine.
4. Keeping your arm, legs, and hips straight, bend your torso away from the machine.
5. Pause for a moment, then slowly return your torso back along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.
7. Turn around and repeat with the opposite hand.

HIPS/THIGHS

Leg Abduction (hip & outer thigh)
1. Insert pin into weight stack at desired resistance level.
2. Adjust back pad and grasp it for stability and balance during exercise movement. Attach Ankle Strap to your left ankle and low pulley cable. Stand 1 to 2 feet away from the pulley with your right side toward the machine.
3. Keeping your legs straight and body balanced, allow the weight to pull your left leg across your body and toward the machine.
4. Using Outer Thigh strength, slowly pull your left leg across and away from your body as far as comfortably possible.
5. Pause for a moment, then slowly return along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.
7. Turn around and repeat with the opposite leg.

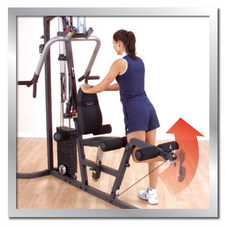
Glute Kickback (glutes)
1. Insert pin into weight stack at desired resistance level.
2. Attach Ankle Strap to your left ankle and low pulley cable. Stand facing the machine on the foot platform.
3. Adjust the back pad or Press Arms to within reach, and hold for balance and support.
4. Keeping your legs straight and body balanced, allow the weight to pull your left leg toward the machine.
5. Keeping both legs straight and using Gluteal strength, slowly pull your left leg backward and behind your body as far as comfortably possibly.
6. Pause for a moment, then slowly return along the same arc, to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.
8. Repeat with the opposite leg.

Leg Press (quadriceps, hamstrings, & glutes)
1. Insert pin into weight stack at desired resistance level.
2. Sit comfortably on seat pad with your back flat against the back pad and your feet securely against the press plate.
3. Adjust back pad so your knees are at a 90° angle..
4. Grasp the handles at your sides for balance and stability.
5. Using leg muscles, slowly press the foot plate until your legs are extended. **Do not lock-out your knees.**
6. Pause for a moment, then slowly return to the starting position. Repeat movement.
7. Exhale on exertion, inhale on return motion.

Leg Press Station Optional #GLP

LEGS

Leg Extension (quadriceps)
1. Insert pin into weight stack at desired resistance level.
2. Adjust Press Arms to the Storage position and set back pad to the Chest Press position.
3. Sit comfortably on seat pad. Place knees over the top roller pads and hook your feet under the bottom leg pads.
4. Using Quadricep strength, extend your feet outward and upward until your legs are fully extended.
5. Pause for a moment, then slowly return your feet back along the same arc, to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.



Standing Leg Curl (hamstrings & leg biceps)
1. Insert pin into weight stack at desired resistance level.
2. Stand facing machine and hook your left heel under the bottom leg pad with left knee positioned slightly below the top roller pad.
3. Adjust the back pad and/or Press Arm and grasp for stability and balance.
4. Use Hamstring strength to pull and curl your left foot upward, bending your knee as much as comfortably possible.
5. Pause for a moment, then slowly return to the starting position. Repeat movement.
6. Exhale on exertion, inhale on return motion.
7. Change sides and repeat with opposite leg.

Calf Press (gastrocnemius)
1. Insert pin into weight stack at desired resistance level.
2. Adjust back pad to desired position.
3. Sit comfortably on seat pad with your back flat against the back pad and the balls of your feet on the bottom portion of the press plate.
4. Grasp the handles at your sides for balance and stability.
5. Extend your legs and hold them in this position throughout the exercise. **Do not lock-out your knees.**
6. Flex your toes forward as far as you comfortably can, hold that position for a moment and return to the furthest back position you comfortably can.
7. Exhale on exertion, inhale on return motion.

Leg Press Station Optional #GLP

KNOW YOUR GYM

Percentages indicate weight ratios. Examples: When using high pulley, 100 lbs. would equal 90 lbs. of actual weight resistance. When using leg developer or low pulley, 100 lbs. would equal 100 lbs. of actual weight resistance.

TRAINING TIPS

SAMPLE EXERCISE PROGRAMS

A. Exercise your complete body every other day, up to three times a week. The one day rest enables your body to recover from the previous workout.

B. Alternate your daily workouts. One day isolate the upper body exercises, and the next day perform the lower body exercises.

It is important to first establish specific and realistic goals. You should determine your long term goal and then set a series of short term goals that will help you attain your long term goal. For maximum results, follow a complete fitness program that includes proper nutrition, aerobic exercise and strength training.

SAMPLE TRAINING METHODS

1. **FOR MUSCULAR ENDURANCE & DEFINITION:** This training method incorporates achieving and maintaining a high cardiovascular (heart) rate and helps burn away excess fatty tissue. It also adds muscle definition and muscular endurance to your entire body. Exercises are most commonly performed for 15 to 20 repetitions and 3 to 4 sets using a light to moderate weight. The rest period between sets should be about 30 seconds. These short rest intervals will help maintain an elevated heart rate and prevent the muscles from cooling down.

2. **FOR STRENGTH:** This type of training is the most popular of the three and is designed specifically for increasing strength throughout the muscle and the muscle-tendon junction. This type of training is especially important for athletes. Normally, exercises are performed using moderate to heavy weight for 8 to 12 repetitions and 2 to 3 sets. The rest period between sets should be from 60 to 90 seconds. This allows a degree of muscle recovery before you hit them again.

3. **FOR POWER & MUSCLE MASS:** This is the method most often used by bodybuilders and is recommended only for the intermediate and advanced lifter. The weights used are heavy – this shocks the muscles and stimulates a more rapid increase in muscle size. Usually exercises are performed for 2 to 6 repetitions and 3 to 4 sets using very heavy weight. The rest period between sets should be 3 to 4 minutes. The prolonged rest periods allow ample time for recovery between sets.

*A **repetition** is defined as one complete movement from the starting position, through the full range of motion, and back to the starting position. A **set** is defined as a series of continuous repetitions. Start your exercise program conservatively. Select a weight for each exercise that is easily performed for the full range of motion. Learn to feel your body's responses and change your program and training method accordingly. **See Owner's Manual for more information.***

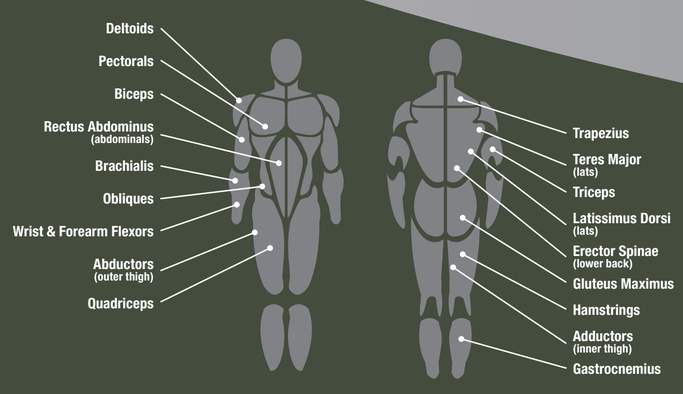
SAFETY PRECAUTIONS

EXERCISE SAFETY

1. Consult your physician before beginning any exercise program.
2. Always warm up your muscles before starting a workout by doing at least 5 to 15 minutes of cardiovascular exercise. Then do an 8 to 12 minute stretching routine. Stretch slowly (without bouncing) and hold each stretch for at least 10 seconds. The two main purposes for stretching are injury prevention and a faster rate of recovery from exercise. Stretching should be performed in both the warm up and cool down phases of a training program.
3. Use proper form. Maintain proper spinal alignment and head positioning throughout your workout. Focus on only working the muscle group intended for the exercise you are doing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through the entire range of motion.
4. Breath properly. Exhale during the pressing action and inhale upon returning to the start position. Do not hold your breath during any part of an exercise.
5. Be sure that all users carefully read and understand all warning, safety and maintenance labels on the machine before each use. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.
6. Avoid the risk of injury by remaining within your limits.

EQUIPMENT SAFETY

1. Make sure that all users read and understand the Owner's Manual, all warning labels and all decals on this machine prior to use. Please use all precautionary measures necessary for safety.
2. Keep observers (especially children) at a safe distance away from the machine while in operation. Do not allow children to play on or around the machine at any time.
3. Carefully inspect the machine before each use. Check that all nuts, bolts, pop pins and adjustment points are in place and fully tightened. Replace worn parts immediately.
4. Cable inspection should performed daily. Cables are wear items. It is your responsibility to prevent unexpected breakage. Replace any damaged or worn cable immediately. Do not allow the machine to be used until damaged or worn cables are replaced. Using a machine with a suspect cable can result in serious injury. See Owner's Manual for more information.
5. Always stay clear of all weights and all moving parts when machine is in use. Obtain assistance to free any jammed parts. Never attempt to free a jammed part by yourself.
6. Maintain a regular routine of preventative maintenance.
7. For your own safety, do not begin any exercise program without proper instruction. ***See Owner's Manual for more information.***



www.bodysolid.com

© Copyright 2005. Body-Solid, Inc. All rights reserved. Body-Solid reserves the right to change design and specifications when we feel it will improve the product. Body-Solid machines maintain several patented and patent pending features and designs. All rights reserved on all design patents and utility patents.
For further information, contact Body-Solid, Inc. 1900 South Des Plaines Avenue, Forest Park, IL 60130 USA • Phone: 1-708-427-3555 • Fax: 1-708-427-3556 • Web: www.bodysolid.com

Poster_G3S.indd 1 3/24/05 8:50:28 AM