**Bench Press**

- Lock the Bar in at a height you can reach while lying on the bench and then load the desired amount of weight plates onto the Bar.
- Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate posts.
- Lie comfortably on the bench with your feet hooked under the bottom foam rollers. Grasp the Bar with your hands set shoulder width apart.
- Lower the Bar downward until it touches your chest.
- Bending your arms outward, slowly lower the Bar downward.
- Inhale on exertion, exhale on return motion.

**Shoulder Press**

- Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate posts.
- Lock Smith Bar to waist height and load desired amount of weight plates onto Bar.
- Stand erect with your feet set at shoulder width and stand approximately 1 to 2 feet away from machine. Your arms should be down at your sides with the Bar resting on your thighs.
- Sit on bench facing away from the machine with the weight Bar located slightly in front of your face. Grasp the Bar approximately 4 to 5 inches wider than your shoulders on each side.
- Keep your elbow locked.
- Use Bicep strength to curl the Bar upward and forward in a semicircular arc to a position beneath your chin.
- Keep elbows locked and lower Bar in a semicircular arc to a point just below your chin. They must remain throughout the exercise movement. Lean slightly forward at the waist.
- Allow the weight to pull your shoulders forward and downward.
- Use Tricep strength to press the Bar upward in a semicircular arc until your arms are straight.
- Inhale on exertion, exhale on return motion.

**Lat Pulldown**

- Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate posts.
- Attach Straight Bat to low pulley.
- Grasp the Bar in both hands. Straighten your arms and lean forward at the waist.
- Use Bicep strength to curl the Bar upward and toward you. In a similar manner, use Bicep strength to curl the Bar upward and forward in a semicircular arc to a point beneath your chin.
- Use Tricep strength to press the Bar upward in a semicircular arc until your arms are straight.
- Inhale on exertion, exhale on return motion.

**Preacher Curl**

- Attach Preacher Curl Attachment to the front of the bench and load desired amount of weight plates onto weight plate post.
- Move bench away from machine and securely position Safeties.
- Lock Bar at approximately shoulder height and load desired amount of weight plates onto Bar.
- Facing into the machine, as pictured, position your body under the machine with your feet placed firmly against the foot brace.
- Grasp Bar and stand erect with your arms extended straight in front of you using an overhand grip. Allow the weight to pull your shoulders forward and downward.
- Use Bicep strength to curl the Bar upward and toward you. In a similar manner, use Bicep strength to curl the Bar upward and forward in a semicircular arc to a point beneath your chin.
- Use Tricep strength to press the Bar upward in a semicircular arc until your arms are straight.
- Inhale on exertion, exhale on return motion.

**Angled Smith Squat**

- Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate posts.
- Move bench away from machine and securely position Safeties.
- Lock Bar at approximately shoulder height and load desired amount of weight plates onto Bar.
- Facing into the machine, as pictured, position your body under the machine with your feet placed firmly against the foot brace.
- Grasp the Bar in both hands. Straighten your arms and lean forward at the waist.
- Use Bicep strength to curl the Bar upward and toward you. In a similar manner, use Bicep strength to curl the Bar upward and forward in a semicircular arc to a point beneath your chin.
- Use Tricep strength to press the Bar upward in a semicircular arc until your arms are straight.
- Inhale on exertion, exhale on return motion.

**Leg Press**

- Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate posts.
- Adjust the seat to a comfortable position and adjust the foot plate to accommodate your foot size.
- Stand with your feet shoulder-width apart, placing your heels on the foot plate.
- Grasp the handles with your hands set shoulder width apart.
- Bend your knees and slowly push the Bar forward until your legs are straight.
- Exhale on exertion, inhale on return motion.

**Hamstring/Calf Raise**

- Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate posts.
- Adjust the seat to a comfortable position and adjust the foot plate to accommodate your foot size.
- Stand with your feet shoulder-width apart, placing your heels on the foot plate.
- Grasp the handles with your hands set shoulder width apart.
- Bend your knees and slowly push the Bar forward until your legs are straight.
- Exhale on exertion, inhale on return motion.