Body-Solid

Ingled shift diffication EXERCISE CHART

Bench Press



SHOULDERS

1. Adjust Bench to the Flat position and place in center of gym. Position Safety Arms to a height slightly below your chest. 2. 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

3. Lie flat on the bench with your feet firmly planted. Grasp the Bar with your hands set shoulder width apart. Unlock the Bar and extend your arms fully so the Bar bisects the chest (pectoral) muscles. Bending your arms outward, slowly lower the Bar downward until it touches your chest. 6. Pause for a moment without bouncing the Bar off your chest, then slowly return to the starting position. Repeat movement. '. Exhale on exertion, inhale on return motion.

Shoulder Press

1. Adjust bench to a 80° to 90° angle and place it in the center

of the gym. Position Safety Arms to a height slightly below

2. Lock the Bar in at a level you can comfortably reach white

3. Sit on bench facing away from the machine with the weight

Bar located slightly In front of your face. Grasp the Bar

4. Keeping your elbows pointed down, use shoulder muscle

strength to press the Bar upward until your arms are fully

Lat Pulldown

(Latissimus Dorsi) . Adjust bench to flat position and place in center of gym.

2. Insert pin into weight stack at desired resistance level or load

desired amount of weight plates onto weight plate posts.

4. Sit on bench facing into the machine with your thighs under

Grasp Lat Bar 3 to 6 inches wider than your shoulders, on

6. Keeping your elbows back during movement, slowly pull the

Bar down until it lightly touches the upper part of your chest.

Pause for a moment, then slowly return to the starting

Exhale on exertion, inhale on return motion.

You can lock your legs in place using the Smith Bar,

3. Attach Lat Bar to high pulley cable.

position. Repeat movement.

5. Pause for a moment, then slowly return to the starting

6. Exhale on exertion inhale on return motion

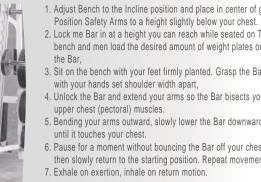
Pictured is freeweight Shoulder Press.

position. Repeat movement,

approximately 4 to 5 inches wider than your shoulders on

seated and load the desired amount of weight plates onto Bar.

Incline Press (Pectorals)



. Adjust Bench to the Incline position and place in center of gym. Position Safety Arms to a height slightly below your chest. 2. Lock me Bar in at a height you can reach while seated on The bench and men load the desired amount of weight plates onto

with your hands set shoulder width apart, 4. Unlock the Bar and extend your arms so the Bar bisects your upper chest (pectoral) muscles.

5. Bending your arms outward, slowly lower the Bar downward until it touches your chest. 6. Pause for a moment without bouncing the Bar off your chest,

then slowly return to the starting position. Repeat movement 7. Exhale on exertion, inhale on return motion.

Decline Press

Position Safely Arms to a height slightly below your chest.

2. 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

B. Lie comfortably on the bench with your feet hooked under the

bottom foam rollers, Grasp the Bar with your hands set

4. Unlock the Bar and extend your arms so the Bar bisects you

i. Bending your arms outward, slowly lower the Bar downward

6. Pause for a moment without bouncing the Bar off your chest,

then slowly return to the starting position. Repeat movement

. Exhale on exertion, inhale on return motion.

shoulder width apart.

lower chest (pectoral) muscles.

until it touches your chest.

. Adjust bench to the Decline position and place in center of gym.



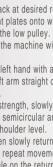
. Adjust bench to the Flat position and place in center of gym under the pec arms. Lock the Smith Bar at its highest point. . Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate posts, 3. Sit on the bench facing away from the machine with your back

Pec Fly

straight against back pad. 4. Place elbows firmly against the pec arm rollers with your forearms running vertically up the pec arms. 5. Use chest muscles to bring your arms forward and inward until the pec arms touch.

6. Pause for a moment, then slowly return to the starting position. Repeat movement. 7. Exhale on exertion, inhale on return motion.

Front Deltoid Raise



(Frontal Deltoids) . Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate posts. . Attach a Utility Strap to the low pulley. 3. Stand facing away from the machine with the low pulley just to

. Grasp the Strap in your left hand with an overhand grip. . Stand erect with your left arm straight down at your side. Keep your elbow locked.

Using shoulder muscle strength, slowly raise the Strap forward and upward in a semicircular arc until it is in a position slightly above shoulder level. . Pause for a moment, then slowly return along the same arc to

the starting position and repeat movement. 8. Exhale on exertion, inhale on the return motion. 9. Switch sides of the low pulley and repeat with right arm

Seated Row

. Insert pin into weight stack at desired resistance level or load

the desired amount of weight plates onto weight plate posts.

. Grasp the Bar in both hands. Straighten your arms and lean

. Simultaneously pull the Bar toward you and sit erect, being

6. Pause for a moment then slowly return to me starting

sure to keep your elbows close to your sides. Continue to pull

3. Sit on the floor with your knees slightly bent and your fee

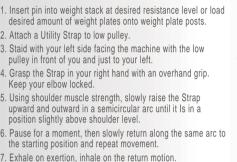
. Attach Low Row Bar to low pulley cable.

the Bar until it touches your midsection,

. Exhale on exertion, inhale on return motion.

position, Repeat movement.

placed firmly against the foot brace.



. Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate posts. 2. Attach a Utility Strap to low pulley. 3. Staid with your left side facing the machine with the low

Side Deltoid Raise

Keep your elbow locked. Using shoulder muscle strength, slowly raise the Strag 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 along the same arc to the starting position and repeat movement.



Weight plates onto Bar. 3. Stand erect with your feet shoulder width apart and grasp the Bar with your hands set 6 inches apart and your palms facing down. 4. Unlock the Bar and allow the weight to pull your arms straight 5. Keeping your elbows above your hands at all limes, slowly cull

Upright Row

(Trapezius / Deltoids)

1. Move bench away from machine and position Safely Arms to

. Lock Smith Bar to waist height and load desired amount of

the Bar upward until the Bar comes close to your chin. 6. Pause for a moment, then slowly return to the starting position. Repeat movement. 7. Exhale on exertion, inhale on return motion.

Pictured is freeweight Upright Row.

Shrug

8. Switch sides of the low pulley and repeat with left arm



. Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate posts. 2. Attach Straight Bat to low pulley.

3. Stand facing the machine with your feet shoulder width apart 4. Grasp Bar and stand erect with your arms extended straigh down in front of you using an overhand grip. Allow the weight

6. Pause for a moment, then slowly return to the starting position

1. Lock the Smith Bar securely in the highest position on the

the low pulley cable. Select the desired amount of weight

2. Adjust Bench to the Flat position and place in center of the

3. Lie flat on the bench with your feet firmly planted. Grasp the

traight Bar with an overhand grip approximately shoulder

where they will remain throughout the exercise movement.

i. Moving only your forearms, use Tricep strength to press the

Bar upward in a semicircular arc until your arms are straight.

7. Exhale on exertion, inhale on return motion,

6. Pause for a moment then slowly return to the starting position.

7. Exhale on exertion, inhale on the return motion.

Rear Deltoid Raise



Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate posts. 2. Attach Utility Strap to low pulley. 3. Stand with your left side facing the machine and your feet approximately shoulder width apart. Bend forward at the waist and knees where you will remain throughout the exercise

4. Grasp the Utility Strap in your right hand and allow the weight to pull your arm across your body. Keeping your wrist straight with your elbow slightly bent, use Rear Deltoid strength to pull your arm outward and backward in a semicircular arc to your shoulder level. 6. Pause for a moment, then slowly return, along the same arc, to the starting position and repeat movement

7. Exhale on exertion, inhale on return motion. 8. Turn around and repeat with your left hand.

Lying Triceps Extension Low Pulley Biceps Curl

. Insert pin into weight slack at desired resistance level or load desired amount of weight plates onto weight plate posts, 2. Attach Straight Bar to low pulley cable. . 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 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 Bicep 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.

ou let go of the ba To keep bar from slipp If hooks rest on edge slot, the bar may se NOT LOCKED

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

1. Inspect equipment daily. Check that all nuts, bolts and screws are fully tightened and replace worn parts immediately. 2.Before use, always check cables for signs of wear.Replace immediately, Never use machine if cable is damaged. Failure to do so may result in serious injury, 3. Keep clear of the cables and all moving parts when the machine Is in use. 4. Always make sure all Snap Links are closed when doing any cable / pulley exercise, 5. Exercise with care, Perform your exercises at a smooth moderates pace; never perform jerky or uncoordinated movements that may cause Injury. 6. It is recommended that you should workout with a training partner. 7. Do not allow children or minors on or around this equipment. 8. Warning: Consult your physician before starting your exercise program, For your own safety, do not begin any exercise program without proper instruction.

1.Attach Preacher Curl Attachment to the front of bench and load desired amount of weight plates onto the Curl Bar (optional). 2. Sitting on the bench, take an underhand grasp of the Curl Bar with your hands in a comfortable curling position. Lean over the preacher pad with your upper arms against The surface of the pad. The upper edge of the pad should be set under your

Preacher Curl

3.Use Bicep strength to curl the Bar upward and toward you. in a semi-circular arc, to a point just below your chin. 4. Pause for a moment, then slowly return the Bar back along the same arc. to the starting position. Repeat movement. 5.Exhale on exertion, inhale on return motion.

Pictured is freeweight Preacher Curl. This exercise can also be done off the Low Pulley.

1. Insert pin into weight slack at desired resistance level or load desired amount of weight plates onto weight plate posts. 2. Attach Straight Bar to high pulley cable.

Triceps Pressdown

3. Stand erect with your feet set at shoulder width. Take an overhand grasp of the Straight Bar with your hands set 3 to 5 4. Lock your upper arms against the sides of your torso where they must remain throughout the exercise movement. Lean

slightly forward at the waist. 5. Moving only your forearms, use Tricep strength to press the Bar downward in a semicircular arc to a position Below your waist. 6. Pause for a moment, then slowly return the Bar back along the same arc, to the starting position. Repeat movement 7. Exhale on exertion, inhale on return motion.



1. Move bench away from machine and securely position Safeties to a height approximately level with your hips. 2. Lock Bar at approximately shoulder height and load desired weight

onto Bar. Do not load the Bar with more weight than you handle safely. Facing into the machine, as pictured, position your body under the Bar with the center of the Bar behind your head resting on your upper back muscles. Take an overhand grip on the Bar nd keep your hands level with your shoulders . Keep your feet shoulder width apart. With the Bar still locked into the rack, move your left foot forward one step and your right

Pressing up slightly with your legs, unlock the Bar and let the weight rest comfortably on your shoulders and upper back muscles. . Keeping your back perpendicular to the floor, use leg strength to slowly bend at the knees and lower the Bar until your left thigh is parallel to the floor and, at the same time, your right

. Pause for a moment, then use leg strength to slowly press the Bar upward to the starting position. Repeat movement, 9. Switch leg positions and repeat with right leg forward and left

with the pivot point directly in line with your knee joints. Load the desired amount of weight plates onto weight plate post. ?. Adjust bench into Upright position. Adjust seat pad height so that when seated the front of your ankles fit under me bottom foam rollers and your knee joints are aligned with the pivot point. 3. Sit comfortably on seat pad. Place knees over the top roller pads and hook your feet under the bottom roller pads. . Using Ouadricep strength, extend your feet outward and upward as far as comfortably possibly. Do not fully extend your

Leg Extension

legs or lock out your knee joints. i. 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,

Leg Curls (Hamstrings / Leg Biceps)



. Attach Leg Developer Attachment to the front of the bench with the pivot point directly in line with your knee joints. Load desired amount of weight plates onto the weight plate post. 2. Adjust seat pad to flat position and back pad to decline position. Lie face down on bench and grasp the back pad adjustment handles for support. 3. Hook the heels of your feet under the furthest set of foam

4. Use Hamstring strength to pull and cud your feet upward, bending your knees as much as 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.

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Angled Smith Squat



1. Move bench away from machine and securely position Safeties to a height approximately level with your hips. Lock Bar at approximately shoulder height and load desired weight onto Bar. On not load the Bar with more weight than

Facing into the machine, as pictured, position your body under the Bar with the center of the Bar behind your head resting on our upper back muscles. Take an overhand grip on the Bar and keep your hands level with your shoulders With the Bar still locked into the rack, move both feet forward one half step. Securely plant your feet shoulder width apart and keep your feet flat on the floor throughout the movement ressing up slightly with your legs, unlock The Bar and let the eight rest comfortably on your shoulders and upper back muscles. Keeping your back perpendicular to the floor, use leg strength slowly bend at the knees and lower the Bar into a squat position. At the deepest point of the squat your thighs should be parallel to the floor - do not go beyond this point and do not bounce at 7. Pause for a moment, then use leg strength to slowly press the bar upward to the starting position. Repeat movement. 8.Exhale on exertion, inhale on return motion.

beyond the toes of your left loot You may

maintain several patented and patent pending features and designs. All rights reserved on all design patents and utility patents.

"The new angle on muscle development"