**ABDOMINAL CRUNCH**

1. Select the desired weight.
2. Attach the bar to the overhead roller bar.
3. Stand facing away from the machine with feet flat on the floor.
4. Grasp the bar with both hands and inhale while returning to the starting position.
5. Return to the starting position in a slow and controlled manner and repeat exercise.

**BICEP CURL**

1. Select the desired weight.
2. Attach the bar or slider bar to the low pulley using the chain link clip.
3. Stand facing away from the machine with both feet on the low pulley foot plate.
4. Grasp the bar with both hands and inhale while returning to the starting position.
5. Return to the starting position in a slow and controlled manner and repeat exercise.

**TRICEP PUSH-DOWN**

1. Select the desired weight.
2. Attach the bar to the overhead roller bar.
3. Stand facing away from the machine with both feet on the low pulley foot plate.
4. Grasp the bar with both hands and inhale while returning to the starting position.
5. Return to the starting position in a slow and controlled manner and repeat exercise.

**WIDE LAT PULL-DOWN**

1. Select the desired weight.
2. Attach the bar to the overhead roller bar.
3. Stand facing away from the machine with both feet on the low pulley foot plate.
4. Grasp the bar with both hands and inhale while returning to the starting position.
5. Return to the starting position in a slow and controlled manner and repeat exercise.

**LEG KICK-BACK**

1. Select the desired weight.
2. Attach the ankle strap around the leg to be exercised or the one furthest from the bar.
3. Attach the chain between the lat bar and the low pulley foot plate.
4. Stand facing away from the machine with both feet on the low pulley foot plate.
5. Grasp the bar with both hands and inhale while returning to the starting position.
6. Return to the starting position in a slow and controlled manner and repeat exercise.

---

**WARNING!! PLEASE READ BEFORE EXERCISING**

**PLEASE NOTE:** ANKLE STRAP AND NYLON “D” HANDLE MAY NOT BE INCLUDED WITH THIS EXERCISE MACHINE. THESE ITEMS ARE SOLD SEPARATELY THROUGH VARIOUS SPORTING GOODS RETAIL STORES.

---

**EXERCISE PROGRAM SUGGESTION #1**

1. Select the desired weight.
2. Attach the bar or slider bar to the low pulley using the chain link clip.
3. Stand facing away from the machine with both feet on the low pulley foot plate.
4. Grasp the bar with both hands and inhale while returning to the starting position.
5. Return to the starting position in a slow and controlled manner and repeat exercise.

---

**EXERCISE PROGRAM SUGGESTION #2**

1. Select the desired weight.
2. Attach the bar to the overhead roller bar.
3. Stand facing away from the machine with both feet on the low pulley foot plate.
4. Grasp the bar with both hands and inhale while returning to the starting position.
5. Return to the starting position in a slow and controlled manner and repeat exercise.