



SM-4008 EXERCISE CHART



EXERCISE: High Pulley Cable Crunch
MUSCLE EMPHASIS: Rectus Abdominus



EXERCISE: Seated Crunch
MUSCLE EMPHASIS: Rectus Abdominus



EXERCISE: Hanging Leg Raise
MUSCLE EMPHASIS: Psoas Group



EXERCISE: High Pulley Side Crunch
MUSCLE EMPHASIS: Rectus Obliques



EXERCISE: High Pulley Cable Row
MUSCLE EMPHASIS: Sacrospinalis, Deltoids, Biceps



EXERCISE: Low Pulley Cable Row
MUSCLE EMPHASIS: Latissimus Dorsi, Biceps



EXERCISE: Low Pulley Mid Row
MUSCLE EMPHASIS: Sacrospinalis



EXERCISE: Wide Grip Pull Up
MUSCLE EMPHASIS: Latissimus Dorsi, Biceps



EXERCISE: Low Pulley Bicep Curl
MUSCLE EMPHASIS: Biceps



EXERCISE: High Pulley Tricep Push Down
MUSCLE EMPHASIS: Triceps



EXERCISE: Tricep Rope Push Down
MUSCLE EMPHASIS: Triceps



EXERCISE: High Pulley Tricep Extension
MUSCLE EMPHASIS: Triceps



EXERCISE: Tricep Kick Back
MUSCLE EMPHASIS: Triceps



EXERCISE: Incline Chest Press
MUSCLE EMPHASIS: Upper Pectoralis



EXERCISE: Flat Chest Press
MUSCLE EMPHASIS: Middle Pectoralis



EXERCISE: Decline Chest Press
MUSCLE EMPHASIS: Lower Pectoralis



EXERCISE: Vertical Butterfly
MUSCLE EMPHASIS: Outer Pectoralis



EXERCISE: High Pulley Chest Flys
MUSCLE EMPHASIS: Inner Pectoralis



EXERCISE: Chest Cable Crossover
MUSCLE EMPHASIS: Inner Pectoralis



EXERCISE: Leg Extension
MUSCLE EMPHASIS: Quadriceps



EXERCISE: Leg Curl
MUSCLE EMPHASIS: Hamstrings



EXERCISE: Squat
MUSCLE EMPHASIS: Gluteus Maximus, Quadriceps, Hamstrings



EXERCISE: Lunge
MUSCLE EMPHASIS: Gluteus Maximus, Quadriceps, Hamstrings



EXERCISE: Calf Raise
MUSCLE EMPHASIS: Gastrocnemius



EXERCISE: Leg Kick Outer Thigh
MUSCLE EMPHASIS: Abductors



EXERCISE: Leg Kick Inner Thigh
MUSCLE EMPHASIS: Adductors



EXERCISE: Leg Kick Back
MUSCLE EMPHASIS: Gluteus Maximus



EXERCISE: Shoulder Press
MUSCLE EMPHASIS: Deltoids



EXERCISE: High Cable Rear Deltoid
MUSCLE EMPHASIS: Deltoids, Latissimus Dorsi



EXERCISE: Upright Row
MUSCLE EMPHASIS: Deltoids, Trapezius



EXERCISE: Front Shoulder Raise
MUSCLE EMPHASIS: Deltoids



EXERCISE: Single Front Shoulder Raise
MUSCLE EMPHASIS: Deltoids

WARNING! PLEASE READ BEFORE EXERCISING

GETTING STARTED:
Always warm-up your muscles before exercising. Easy stretching (without bouncing) and light calisthenics, for several minutes, are recommended to prepare your body.
A "repetition" is defined as one complete movement from the starting position, through the full range of motion, and back to the starting position.
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 accordingly. The number of repetitions for each set should range between eight and fifteen. As a general rule, the lower the number of repetitions performed (eight to ten), the heavier the resistance of weight used. While heavy resistance increases muscular strength, the full range of movement is necessary to achieve maximum muscle strength and development. Rest between each set of repetitions long enough to catch your breath. Work up to three or four sets for each isolated exercise. When you can perform the desired number of repetitions at a given weight, increase the resistance by five or ten pounds. There may be a number of exercises isolating the same muscle. These exercises should be grouped together and performed on the same day, followed by a day or two of rest for that particular muscle.

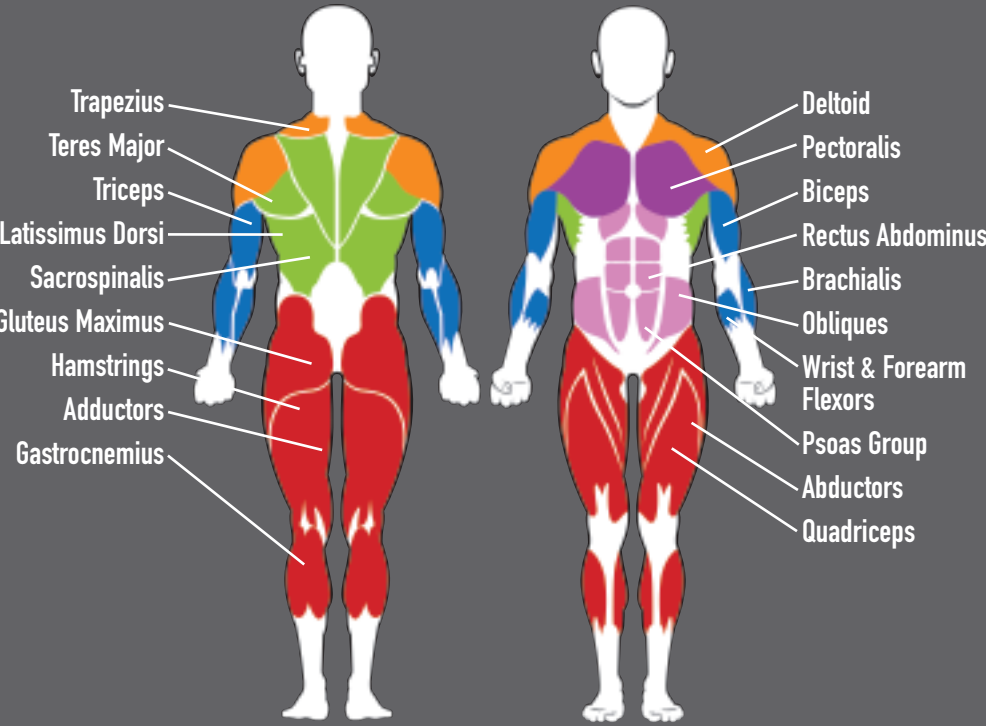
BEFORE EXERCISING:
A. Prior to beginning this or any exercise program, it is suggested to have a complete physical examination and obtain your physician's approval of your exercise conditioning program.
B. Read all manuals, caution and warning labels before using this machine.
C. Prior to use, inspect this machine for loose, frayed or worn parts, including cables and cable connectors. Do not use this machine until original factory manufactured parts have been replaced by a certified technician. For a list of technicians in your area, please call 1 800 999-8899.

D. Select a reasonable weight that you can safely manage on your own.
E. Remove all weight plates from the Smith or Olympic press bar before repositioning the bar.
F. Exhale while lifting the weights, and inhale while returning to the starting position.
G. If your machine is equipped with a weight stack, the pin must be completely inserted before using this machine.
H. Should weights, pulleys, cables or other parts become jammed, do not attempt to free them yourself, seek assistance.
I. Keep clear of weights and all moving parts.
J. Children should not be permitted to use the machine.
K. For consistent, smooth operation, the guide rods should be lubricated periodically with a synthetic lubricant.
L. We recommend that you always exercise with a partner or someone who can offer assistance should the weights become too heavy for you to lift on your own.

EXERCISE PROGRAM SUGGESTION #1
Exercise the complete body every other day, up to three times a week. The one day rest enables the body to recover from the previous workout.

EXERCISE PROGRAM SUGGESTION #2
Alternating your daily workouts. One day isolate the upper body exercises, and the next day perform the lower body exercises. To reduce lactic acid build-up and consequently reduce muscle soreness, end each exercise with an increased number of repetitions at a lighter weight. Also, stretching the muscles is recommended upon completion of your weight resistance program.

MUSCLE REFERENCE GUIDE



VARIABLE EXERCISE PROGRAMS

What are your fitness goals?

Strength/Mass	Tone/Definition	General Health
3-4 sets	4-5 sets	3-5 sets
5-8 repetitions	12-15 repetitions	9-12 repetitions
70%-80% *(MW)	40%-60% *(MW)	60%-70% *(MW)

*(MW)= Maximum Weight
A percentage of the maximum weight you can lift by performing a single repetition

Repetition
A "repetition" is defined as a single movement performed during any given exercise while completing a full range of motion from beginning to end.

Set
A "set" is defined as a series of continuous repetitions.

- Rest one minute between sets, two to three minutes for more advanced routines.
- Maintain proper form and body positioning as you perform each exercise through the complete range of motion.