SHOULDER PRESS

EXERCISE INSTRUCTIONS:
- Adjust bench to upright position. Adjust seat pad to angled position.
- Pivot the press arm to Shoulder Press position so handles are level with top of shoulders.
- Grip handles firmly and press up to full overhead position without locking elbows and return.

INCLINE PRESS

EXERCISE INSTRUCTIONS:
- Adjust bench to incline position. Adjust seat pad to the angled position.
- Pivot the press arm to Incline Press position so handles are slightly above chest.
- Grip handles firmly and press to full position without locking elbows and return.

BENCH PRESS

EXERCISE INSTRUCTIONS:
- Adjust bench and seat pad to flat position.
- Pivot the press arm to Bench Press position so handles are slightly above chest.
- Grip handles firmly and press to full position without locking elbows and return.

LAT PULLDOWN

EXERCISE INSTRUCTIONS:
- Pivot seat to upper position.
- Grasp bar from high pulley with hands slightly wider than shoulder width apart and arms fully extended.
- Sit down with thighs under roller pads.
- Pull bar down to the front of the chest, keeping chest up and elbows under the bar. Slowly return.

LOW ROW

EXERCISE INSTRUCTIONS:
- Pivot seat to lower position and adjust roller pads to upright position.
- Place feet on low row supports. Grasp handle with hands shoulder width apart and palms facing down.
- Pull handle towards chest slowly until elbows are along side body and return.

TRICEPS CURL

EXERCISE INSTRUCTIONS:
- Pivot seat to lower position and adjust roller pads to upright position.
- From a standing position, grasp handle with palms facing up and hands shoulder width apart.
- Starting with arms fully extended without locking your elbows, bend arms to a curled position towards chest and slowly return.

TRICEPS EXTENSION

EXERCISE INSTRUCTIONS:
- Pivot the roller pads to upright position.
- Grasp handle (smaller handle preferred) with palms facing down and hands shoulder width apart.
- Bring handle down so forearms are at a 90˚ angle to your body.
- Keeping elbows in place, press handle down and move arms fully extended and slowly return.

LEG EXTENSION

EXERCISE INSTRUCTIONS:
- Use pullpin and adjust pads to lowered position.
- Place feet under the upper roller pads.
- Slowly flex your knees to a curled position and return slowly to starting position.

LEG CURL

EXERCISE INSTRUCTIONS:
- Use pullpin and adjust pads to lowered position.
- Place feet behind roller pads.
- Adjust lower roller pads to be positioned above ankles.
- Fully extend legs without locking knees and slowly return to start position.

SAFE FITNESS FACTS:
- Read all warnings posted on the machine.
- Stay clear of weights and moving parts. Keep observers, children and pets at a safe distance. Do not allow children to play on equipment.
- Do certain weight stack selections prior to fully seated. Inspect machine for worn or loose components prior to use. Pay close attention to cables and their connections. Immediately notify facility manager of any worn parts before use.
- Do not wear loose, dangling clothing or jewelry while using this equipment.
- Do not attempt to lift more weight than you can comfortably handle.
- Consult a physician prior to your exercise program. If you feel faint, dizzy or experience pain, stop and consult your physician.

If you have any questions on the proper use of the equipment, please call Life Fitness at 800-634-8637. Outside the US and Canada, call (+1) 847-288-3300.

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