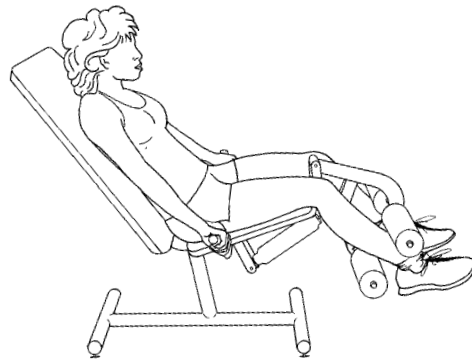


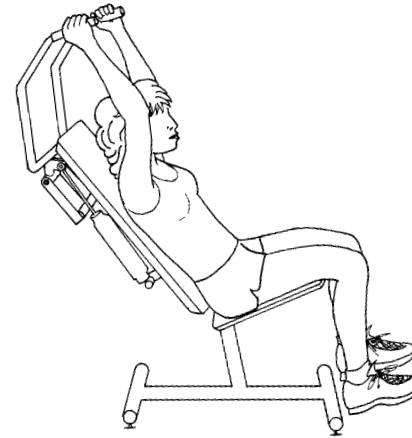
BICEP/TRICEP - This machine works the bicep and the tricep muscles.

1. Sit firmly in the machine with your hands in a fist and your thumbs on top.
2. Alternate arms as you pull up and push down. Do not hit the stops at the bottom.



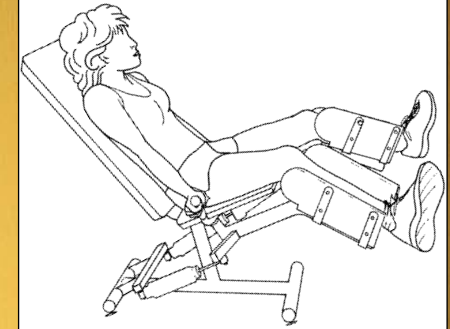
LEG EXTENSION/LEG CURL - This machine works the quadricep and hamstring muscles.

1. Lean back and grasp handles.
2. Place ankles between the pads and extend your legs out almost straight, but do not hit.
3. Briskly bring your legs back until you almost touch the bottom of the machine.



SHOULDER PRESS/LAT PULL - This machine works the trapezius, deltoid, and latissimus dorsi muscles.

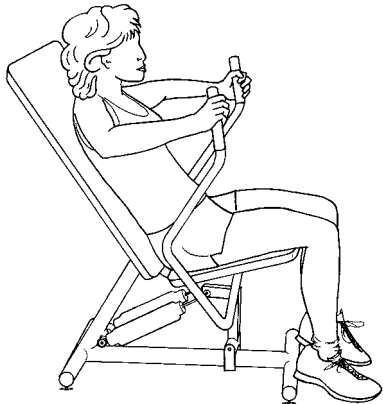
1. Lean back and grasp the handles.
2. Start at shoulder height and lift until your arms are almost straight and then briskly pull down to shoulder height.
3. Move fast enough to create resistance without hitting at either end.



HIP ABDUCTOR/ADDUCTOR - This machine works the tensor fascia latae and adductor muscles.

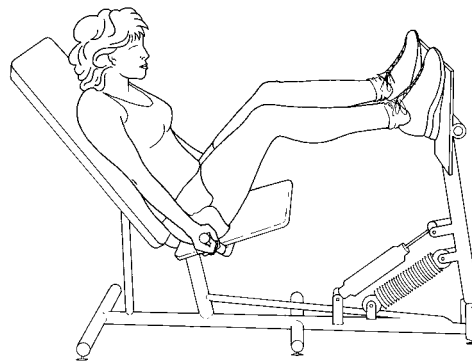
1. Enter and exit with the machine "legs" apart.
2. Sit back in the machine to support your lower back and brace yourself with the handles.
3. Lay your legs in the pads and point your toes up. Bring your legs together and then back out.

Curves Workout



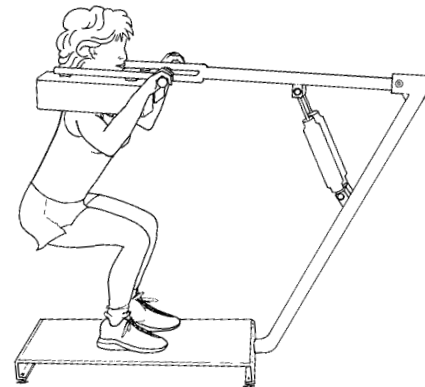
CHEST/BACK - This machine works the pectoral, rhomboid, and latissimus dorsi muscles.

1. Lean back and grab the handles at the midline of the muscles doing the work.
2. Push the handles forward.
3. Bring the handles back to your starting position with your body firmly against the seat back.



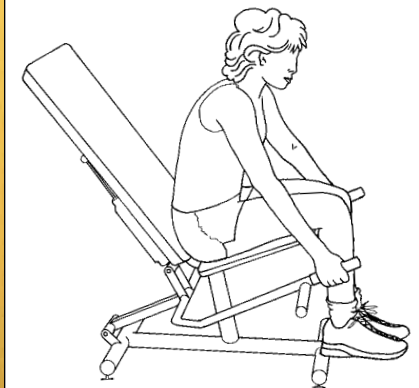
LEG PRESS - This machine works the gluteal, hamstring, iliopsoas, and quadricep muscles.

1. Sit firmly in the machine, toes about an inch over the top of the footpad.
2. Push forward quickly until your legs are almost straight exhaling as you push out.
3. Bring your feet back slowly.



SQUAT - This machine works the gluteal, hamstring, iliopsoas and quadricep muscles.

1. Enter by standing straight on the edge of the platform, slowly lifting pads above your shoulders.
2. Grasp handles palms down, step forward under the pads, feet shoulder width apart, squat while extending buttocks back while slightly arching back.
3. With eyes forward, lower yourself until thighs are parallel to the floor, extend knees forward to toes but not past.
4. Go up quickly while exhaling, then come down slowly.



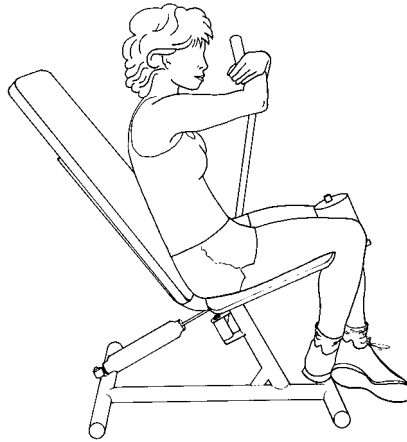
AB/BACK - This machine works the abdominal and the erector spinae muscles.

1. Grab the handles with arms straight.
2. Exhale as you curl forward, concentrating on the abdominal muscles, not allowing your head to go below your heart.
3. Curl back using your lower back muscles, pulling the bars backward until you are back against the seat.



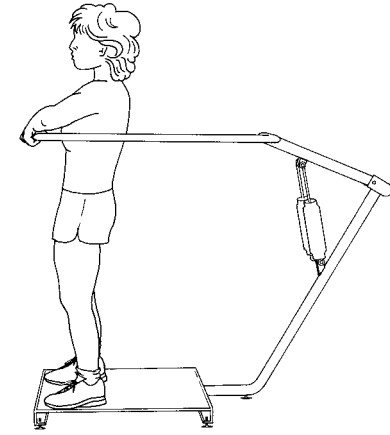
PEC DEC - This machine works the pectoral, rhomboid, trapezius, and latissimus dorsi muscles.

1. Sit back in the machine placing arms between the pads and grab the handles.
2. Start in the arms back position and bring elbows together in front of you then push back to the starting point.
3. Push with forearms and avoid pulling with hands.



OBLIQUE - This machine works the internal and external oblique muscles.

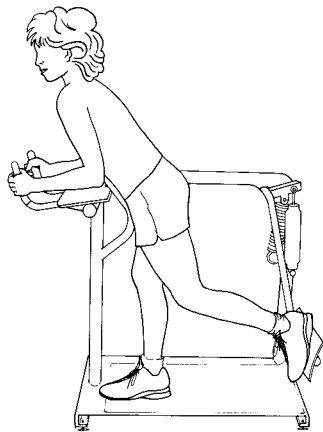
1. Lean forward, grasping the handles with hands crossed and above the bar, forming and maintaining a box with forearms, upper arms and shoulders.
2. Look directly between the handles during the movement and rotate from a 10 to 2 range of motion.
3. Cross ankles and squeeze knees against the roller pad for support and keep your spine aligned with the seatback.



DIP SHRUG - This machine works the deltoid, trapezius, and latissimus dorsi muscles.

1. Stand straight inside the machine, facing the bar, grasping the handles with hands close together.
2. Pull the bar up to your chest allowing elbows to extend out, push down until your arms are almost straight without bending or swaying your back.

Curves Workout



GLUTE - This machine works the gluteal, iliopsoas, quadricep, and hamstring muscles.

1. Step into the machine and brace yourself against the chest pad.
2. Hold the handles and place one foot on the footpad.
3. Push back quickly and fully extend your leg switching to the other leg after fifteen seconds.



LATERAL LIFT - This machine works the obliques and quadratus lumborum muscles.

1. Stand in the machine with feet shoulder width apart.
2. Lift handle, with arms straight, bending torso in opposite direction with opposing lateral muscles.
3. Repeat to other side.
4. Do not push down with other arm.



RECOVERY STEPPER - This machine is a recovery station in the circuit.

1. Step into the machine and grip the handle firmly.
2. Keep upper body upright and centered over the legs.
3. Keep the back straight.
4. Step on the corresponding number to select intensity: 1=low, 2=moderate, 3=high allowing your feet to move naturally.