

EXERCISE MANUAL

PERSONALITY GYM



EXERCISE MANUAL

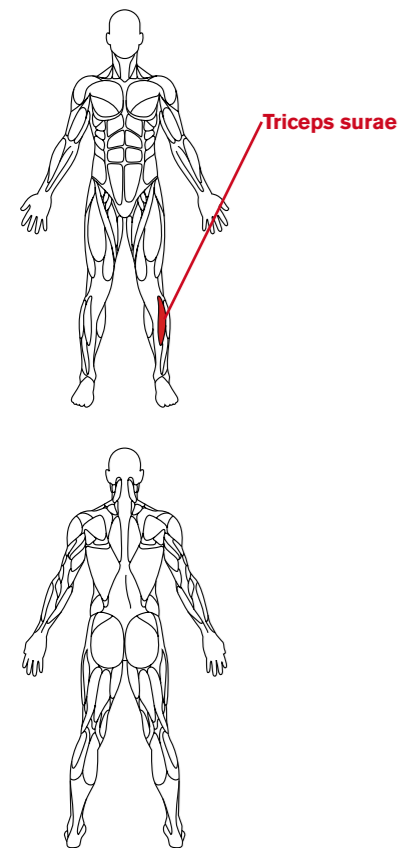
PERSONALITY GYM

LEGS.
1 CALVES RAISE

Stand with the wide part of one foot on the seated row foot support. Start in a position with your calves stretched. Raise your self up on your toes and lower slowly. Repeat with your other foot when you have finished your set.

You can also perform calves raise by using the squat attachment connected to the pressing arms. Place a stable platform on the ground high enough to give your calves full stretch in the start position. Position your self with the squat attachment across the back of your shoulders. Perform the movement as a bow.

Primary muscles worked:
Calves, Triceps surae

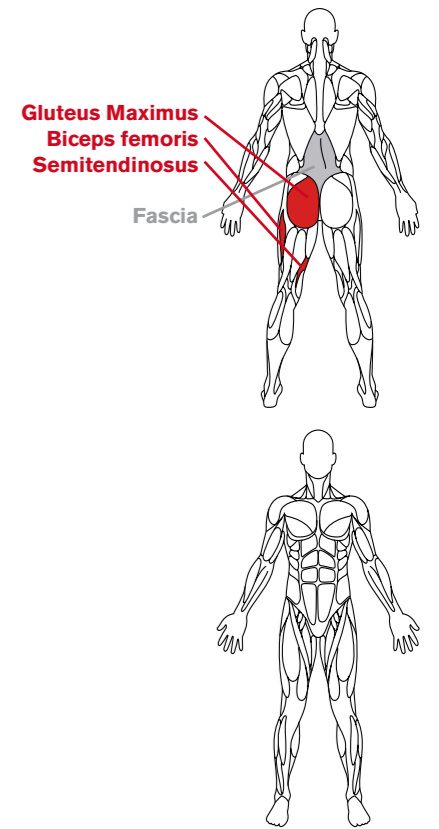


LEGS.
2 DEAD LIFT

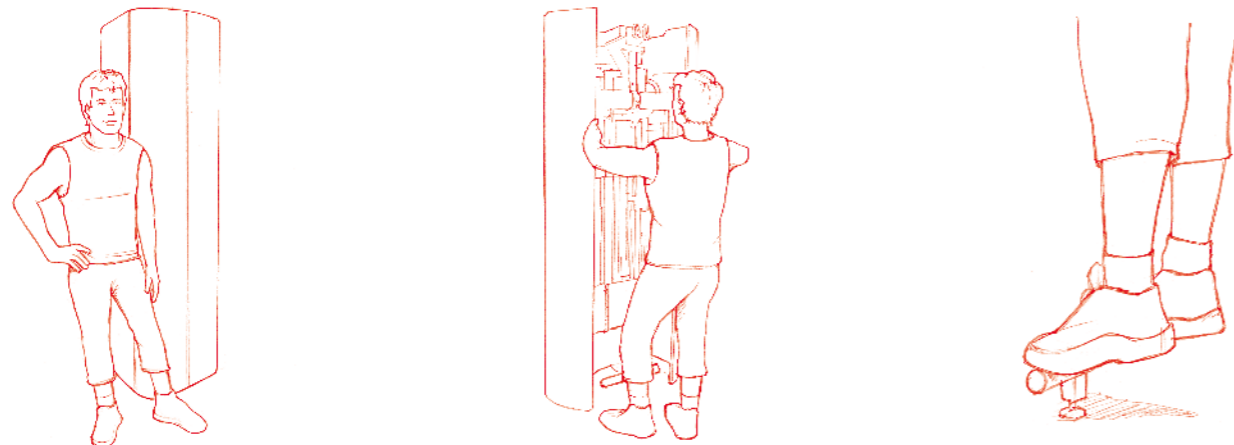
Stand on the bench unit and bend from your waist. Keep your back arched during the entire movement to place the majority of the load on your hamstrings and to eliminate to much stress on your lower back. Raise the weight up and stop just before you stand straight. Lower the weight to the start position.

Primary muscles worked:
Hamstrings, Biceps femoris
Glute, Gluteus maximus
Semitendinosus

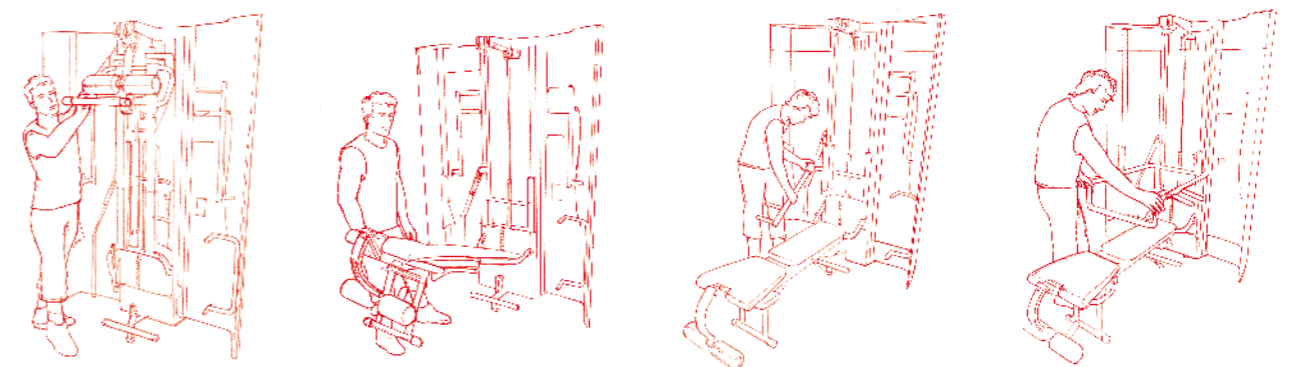
Secondary muscles worked:
Lower back, Fascia



How to prepare the gym!



How to prepare the gym!



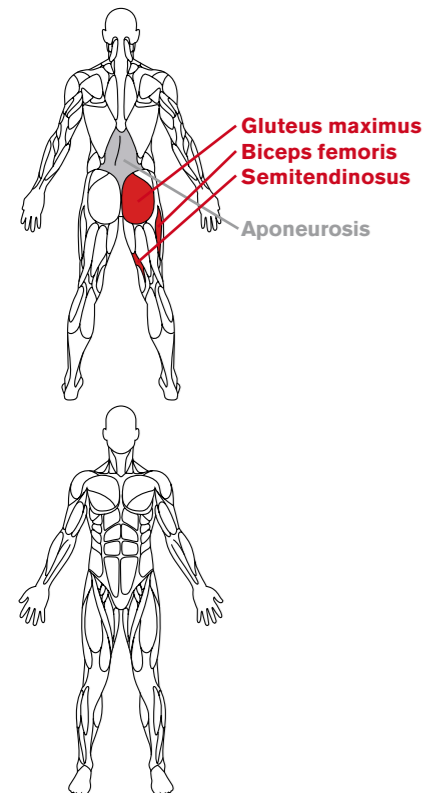
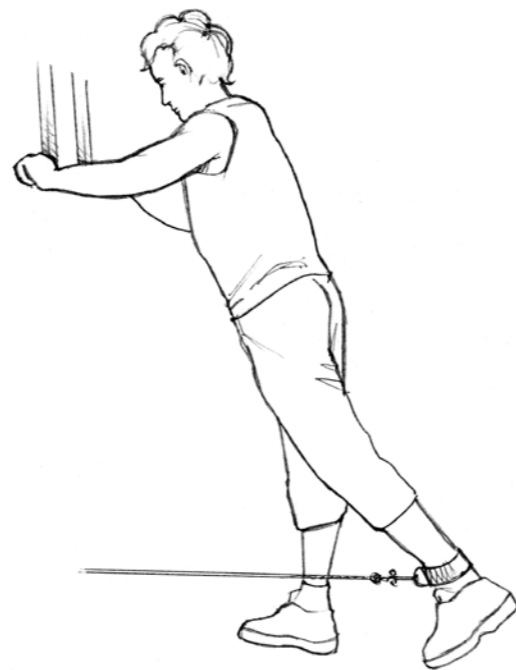
Connect the squat attachment to the press handles. Adjust the press handles so you can keep your legs almost straight in the start position.

LEGS.
3 GLUTE KICK

Position yourself so you are facing towards the machine, approximately one arm length from the machine. Lean slightly forward and stabilize yourself by holding on to the legs of the bench unit. Keep your foot close to the lower pulley and bend your knee slightly in the start position. Lift the weight by driving your leg back until you reach full contraction in your glut muscle. Repeat with your other leg when you have finished your reps.

Primary muscles worked:
 Glute, Gluteus maximus

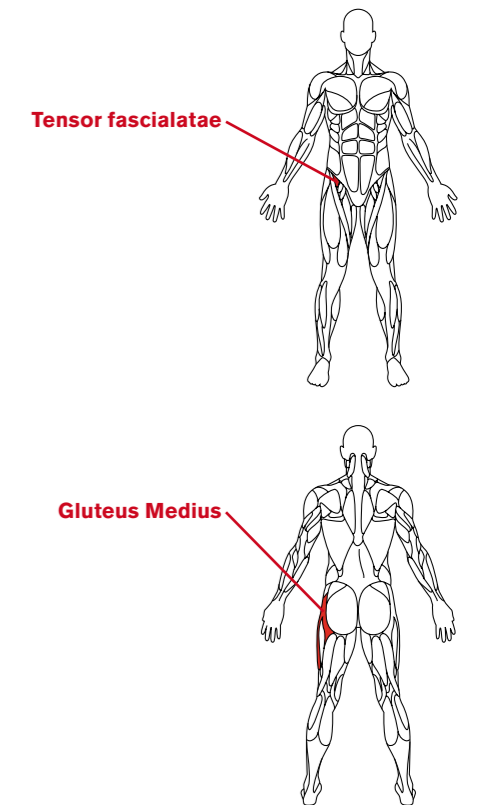
Secondary muscles worked:
 Lower back, Aponeurosis
 Hamstrings, Biceps femoris
 Semitendinosus



LEGS.
4 HIP ABDUCTION

Stand up straight and stabilize your self by holding on to the leg of the bench unit. Start with one foot over the other and move your leg out from the machine. Keep your body in position during the entire movement. Lower the weigh under control to the start position. Repeat with your other leg when you have finished your set.

Primary muscles worked:
 Outside of hip, Tensor fascialatae
 Gluteus medius



How to prepare the gym!



Use the ankle belt attached to the low split weight pulley. Connect the ankle belt around your ankle.

How to prepare the gym!



Use the ankle belt attached to the low split weight pulley. Connect the ankle belt around your ankle.

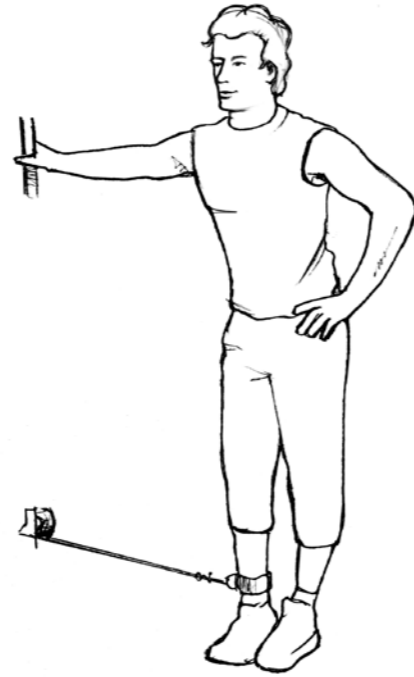
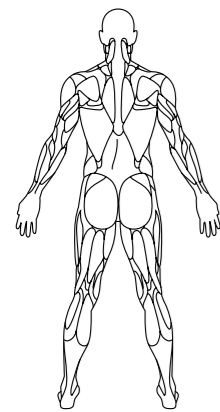
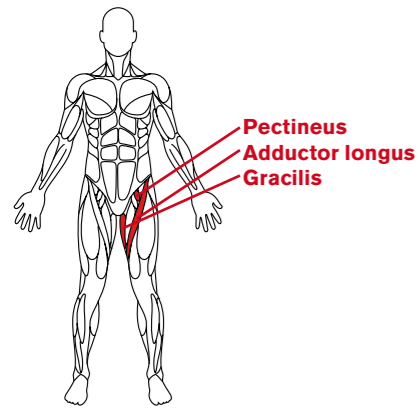
LEGS.

5 HIP ADDUCTION

Stand approximately one arm length away from the machine. Stabilize your self by holding on to the leg of the bench unit. Move the leg attached to the low pulley across the other leg just in front of it. Lower the weight to the start position. Make sure that you keep your body in position during the entire movement. Repeat with your other leg when you have finished your set.

Primary muscles worked:

Inside of tie, Pectineus
Adductor longus
Gracilis



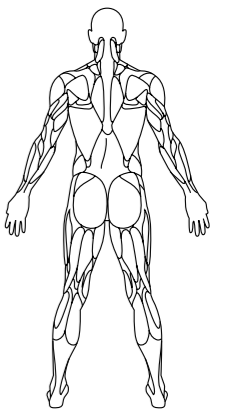
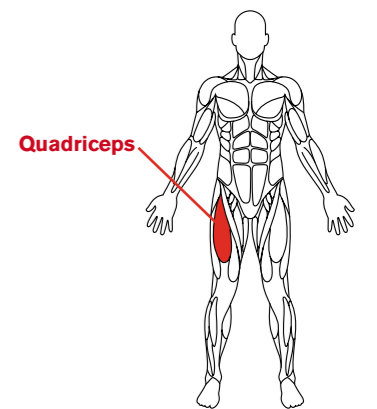
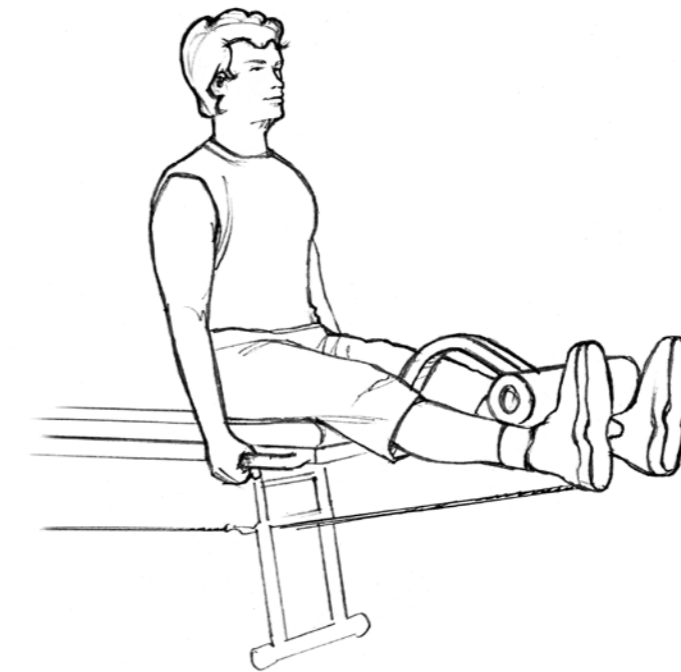
LEGS.

6 LEG EXTENSION

Adjust the leg pads so they rest on your ankles. Fully extend your legs. Lower the weight slowly and retain the tension during the complete set by not letting the weight stack come together.

Primary muscles worked:

Front leg, Quadriceps

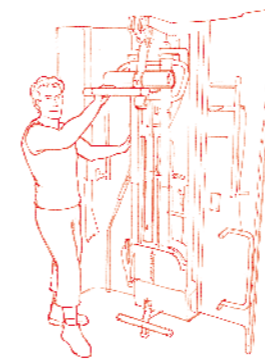


How to prepare the gym!



Use the ankle belt attached to the low split weight pulley. Connect the ankle belt around your ankle.

How to prepare the gym!



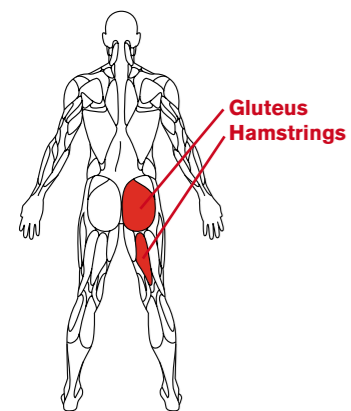
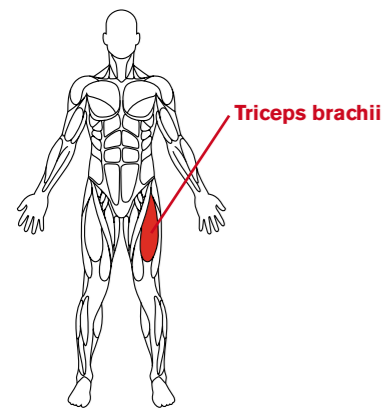
Adjust the height of the bench unit as much as you need to keep your feet clear of the ground during the exercise. You can adjust the start position by adjusting the angle of the bench unit.

**LEGS.
7 SPLIT**

Drive your self up using your front leg and let your back leg follow naturally. Lower your self to the start position by taking a small step back with your back leg. Repeat with your other leg when you have finished your reps.

Primary muscles worked:
Front leg, Quadriceps
Gluteus
Hamstrings

Secondary muscles worked:
This exercise use a lot of muscles for stabilization.

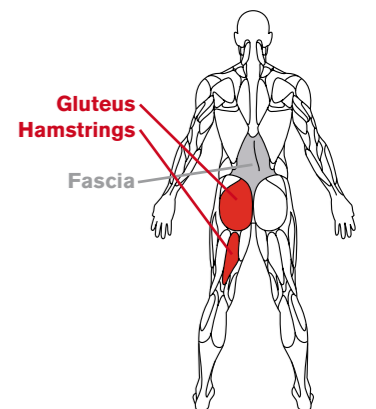
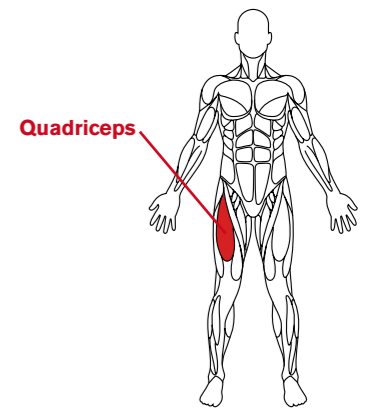
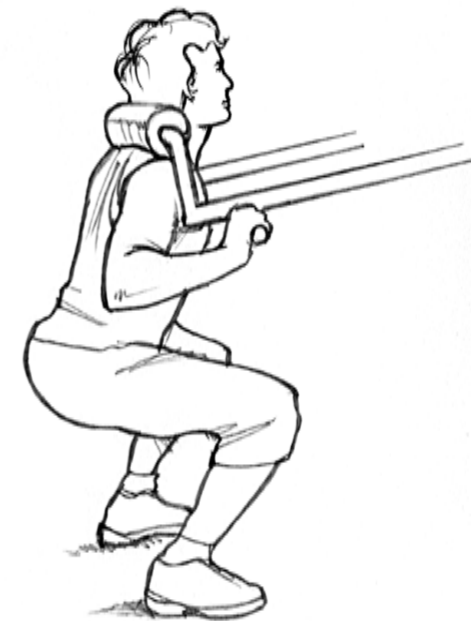


**LEGS.
8 SQUATS**

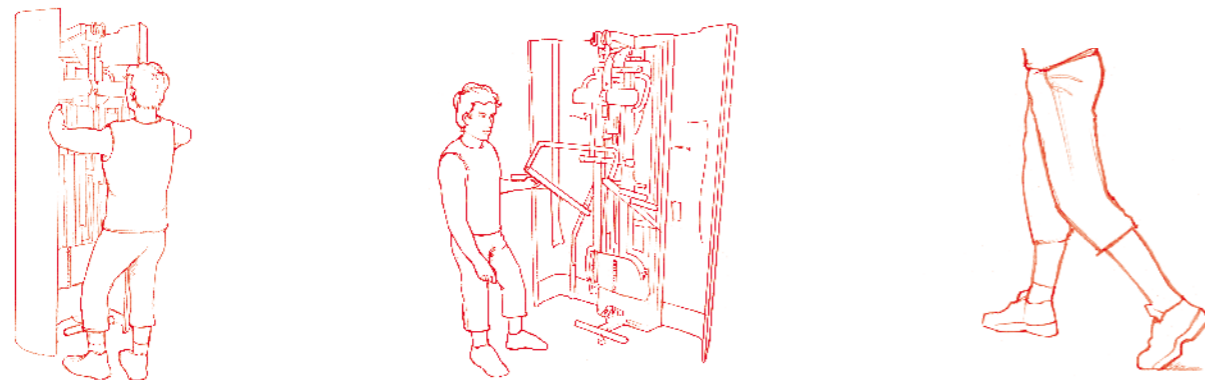
Drive your self up using your front leg and let your back leg follow naturally. Lower your self to the start position by taking a small step back with your back leg. Repeat with your other leg when you have finished your reps.

Primary muscles worked:
Front leg, Quadriceps
Gluteus
Hamstrings

Secondary muscles worked:
Lower back, Fascia

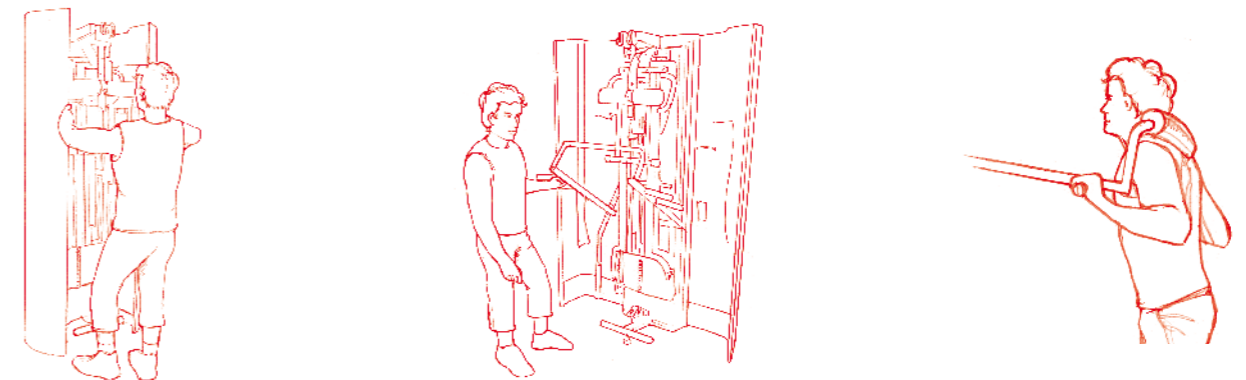


How to prepare the gym!



Connect the squat attachment to the press arms. Adjust the height of the press arms so you start with your front leg in approximately 90 degrees and your other leg almost touching the floor.

How to prepare the gym!



Adjust the pressing arms and the squat attachment for the desired range of motion, normally so that your legs are parallel with the ground. If you go too far down you will put greater stress on your lower back.

LEGS.

9 STANDING LEG CURL

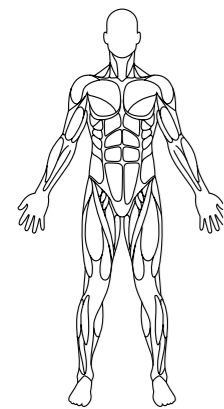
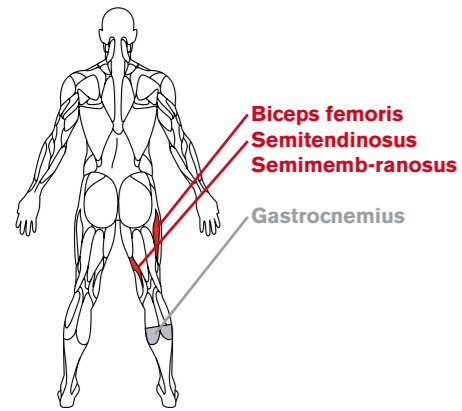
Position your self with your supporting leg on the side of the bench unit. Adjust the leg pad so it is resting comfortably on the back of your ankle. Curl the weight up until you reach full contraction in your hamstrings. Don't put on so much weight so you limit your range of motion. Slowly and under control lower the weight to the start position. Repeat with your other leg when you have finished your desired amount of reps.

Primary muscles worked:

Hamstring, Biceps femoris
Semitendinosus, Semimemb-ranosus

Secondary muscles worked:

Calves, Gastrocnemius



BACK.

1 LAT PULLDOWN

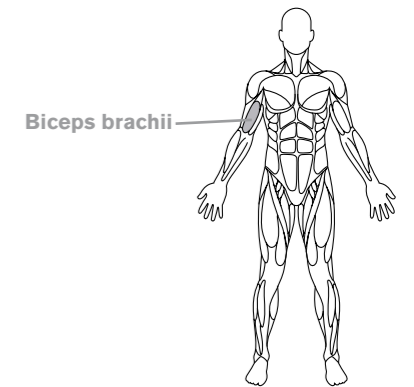
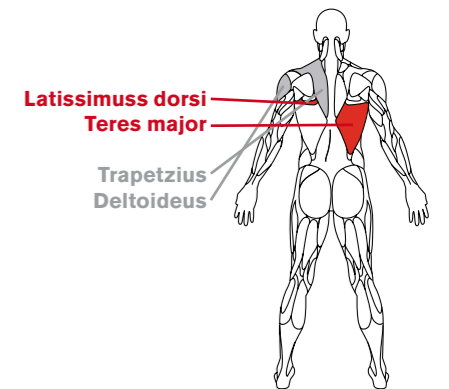
Grip the wide bar slightly wider than shoulder width. Pull the bar toward the top of your chest. Return the weight in a controlled motion when you have reached full contraction in your back muscles. It is ok to lean slightly backwards as you pull the weight down.

Primary muscles worked:

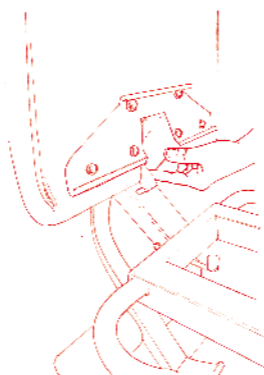
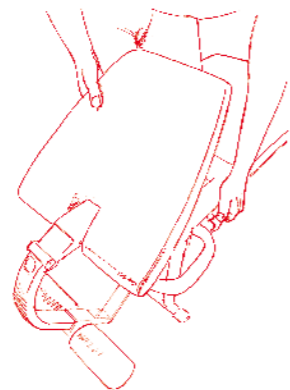
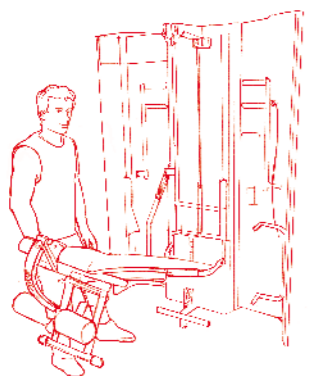
Upper back, Latissimuss dorsi
Teres major

Secondary muscles worked:

Biceps, Biceps brachii
Upper back, Trapetzius
Rear Deltoides

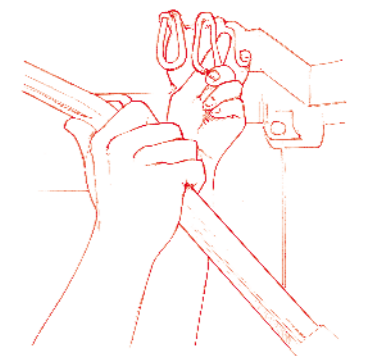
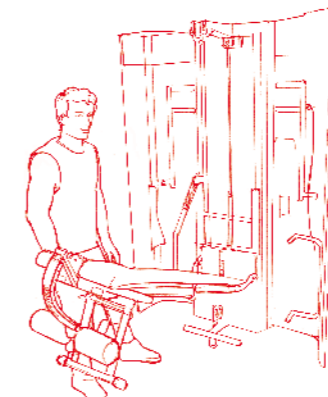
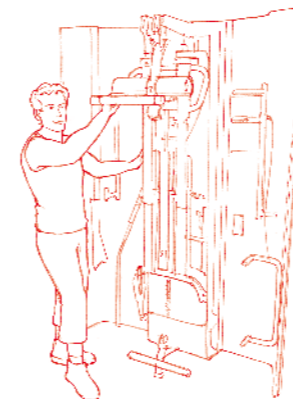


How to prepare the gym!



Raise the seat to horizontal position. Adjust the height of the bench unit so your knee is just under the seat.

How to prepare the gym!

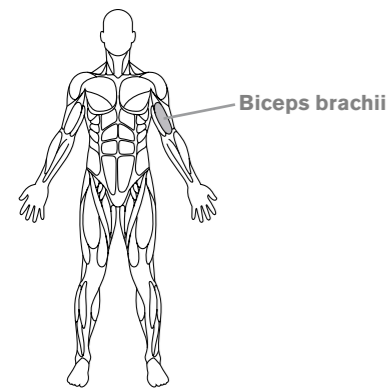
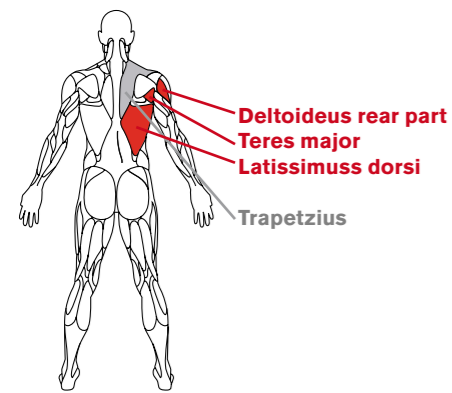


BACK.
2 ONE ARM STANDING ROW

Bend slightly forward from your waist. Keep your back arched and your knees slightly bent. Your arm should be fully extended at the starting position. Keep your arm close to your body and pull until you hand is parallel with your body. Lower the weight in a controlled motion. Repeat with the other arm when you have completed your reps.

Primary muscles worked:
 Upper back, Latissimus dorsi
 Teres major
 Deltoides rear part

Secondary muscles worked:
 Biceps, Biceps brachii
 Upper back, Trapezius

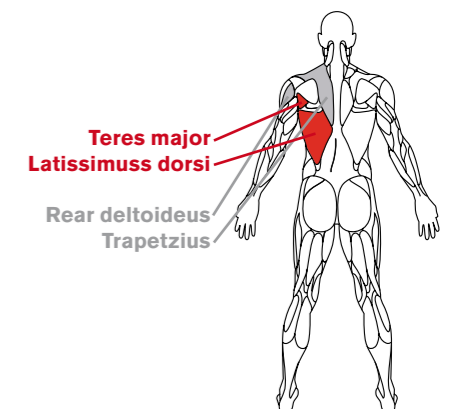
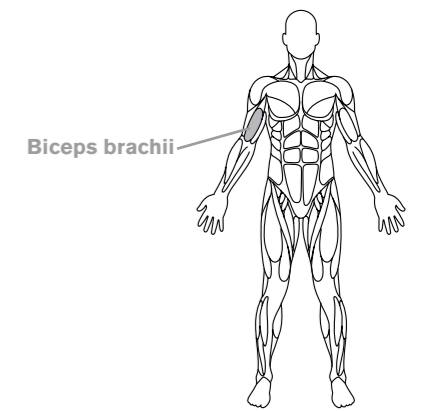


BACK.
3 SEATED ROW

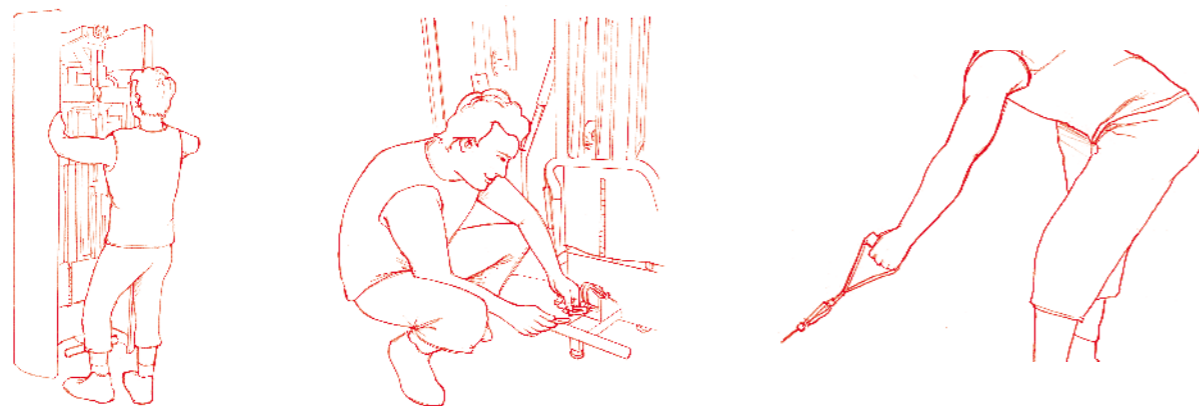
Keep your knees slightly bent and grab the v-handle or the short bar slightly narrower than shoulder width. Lean slightly forward and pull the handle toward your body. When you pull the handle toward your body, arch your back and push your chest out slightly.

Primary muscles worked:
 Upper back, Latissimus dorsi
 Teres major

Secondary muscles worked:
 Biceps, Biceps brachii
 Upper back, Trapezius
 Rear Deltoides

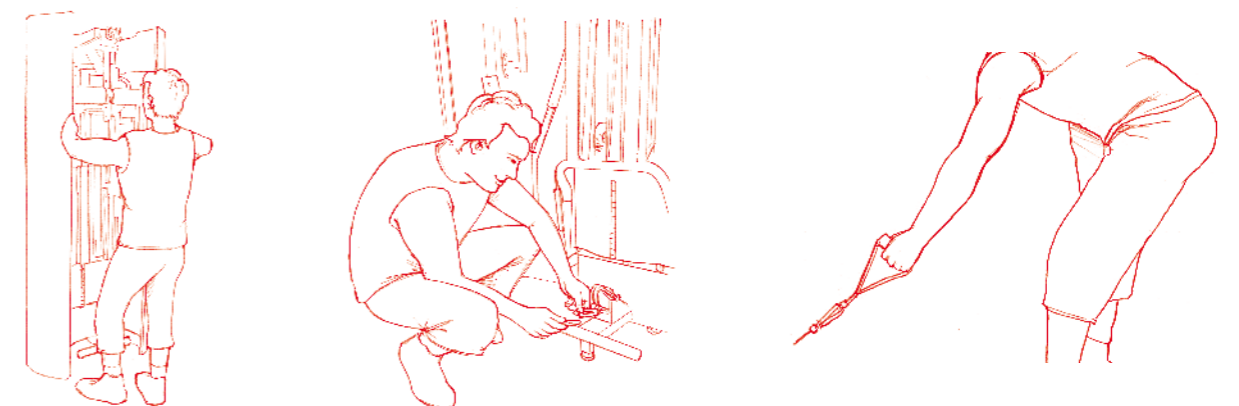


How to prepare the gym!



Connect the single handle to the lower split weight pulley.

How to prepare the gym!



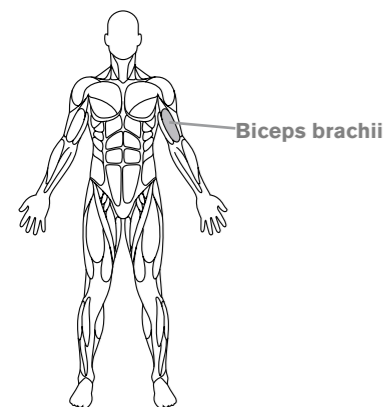
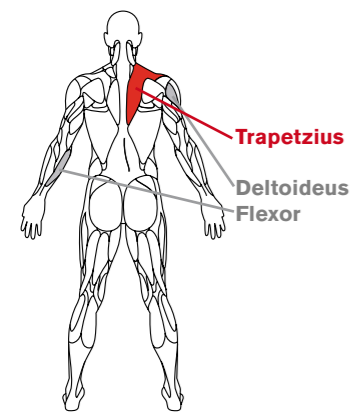
Connect the single handle to the lower split weight pulley.

BACK.
4 STANDING ROW

Stand with your feet shoulder wide apart. Hold the bar in front of your body with your arms fully extended and your palms facing in towards your body. Pull the bar close to your body up towards your chin. Keep your elbows higher than your wrists during the entire movement.

Primary muscles worked:
 Upper back, Trapezius

Secondary muscles worked:
 Shoulders, Deltoideus mid and rear part
 Biceps, Biceps brachii
 Fore arm, Flexor

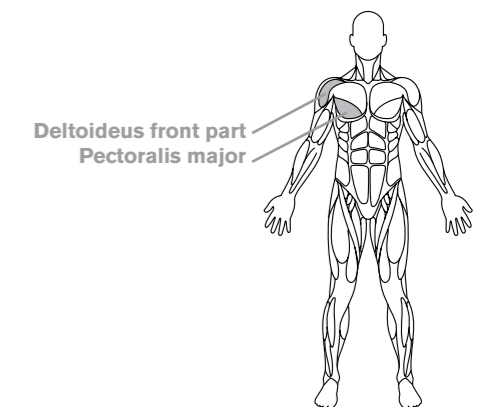
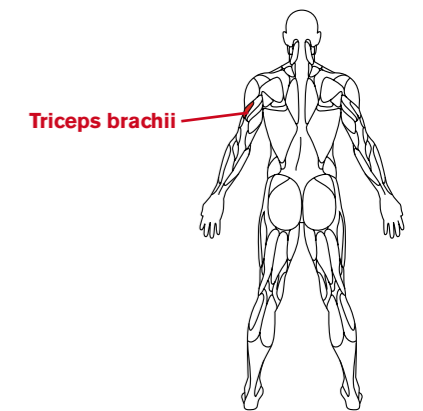
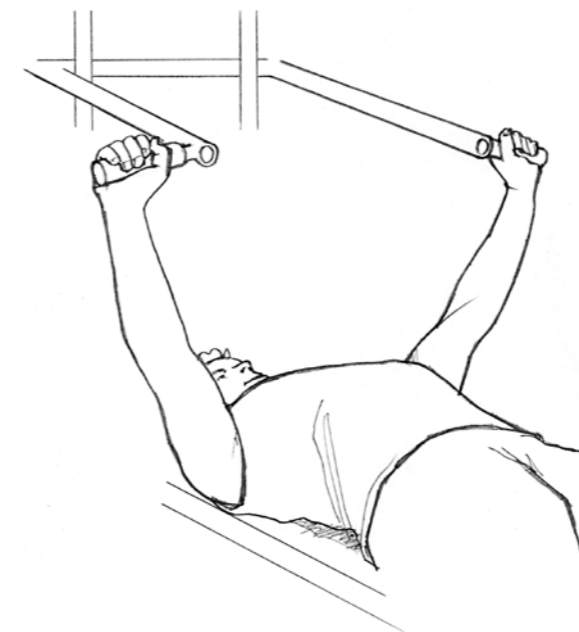
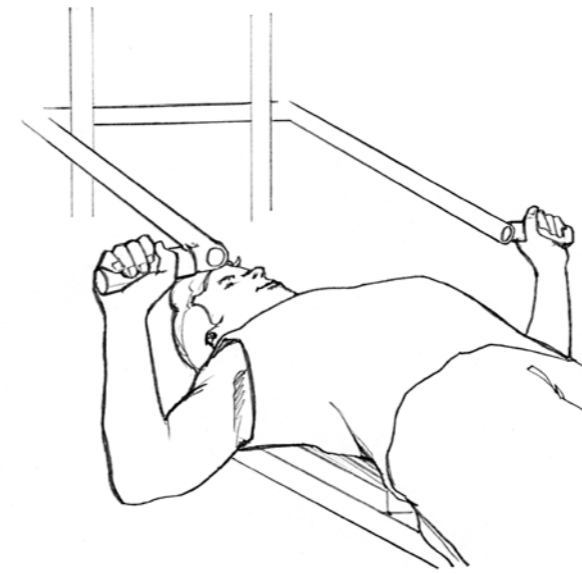


CHEST.
1 CHEST PRESS

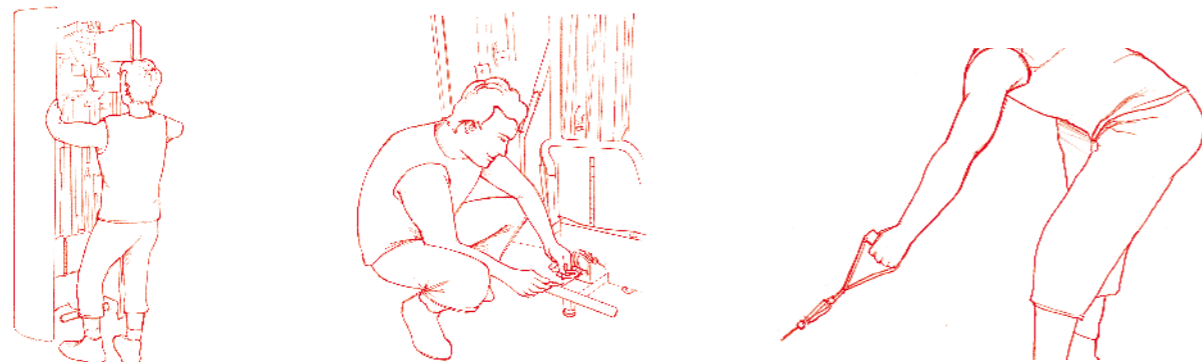
Lift the handles to the top position without locking your elbows. Lower the weight with control but do not let the weight stack come together.

Primary muscles worked:
 Triceps, Triceps brachii

Secondary muscles worked:
 Chest, Pectoralis major
 Front shoulders, Deltoideus front part

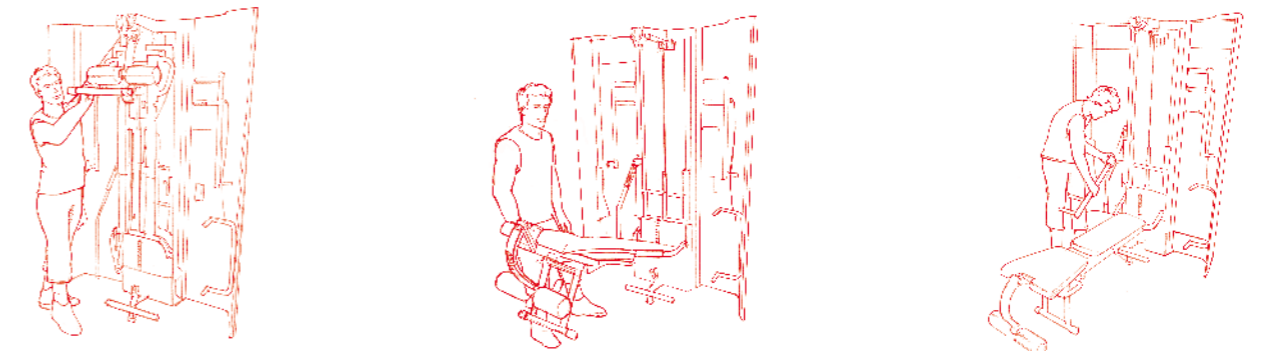


How to prepare the gym!



Use the short straight bar connected to the lower pulley. Use the short straight bar connected to the lower pulley. You can also perform this exercise by using the squat bar attachment connected to the pressing arms.

How to prepare the gym!



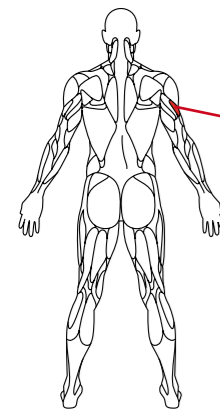
Adjust the bench as desired. The declined position will exercise your lower chest muscles, flat position mid overall, and inclined position the upper chest. With your feet flat on the floor, adjust the pressing arms to the desired range of motion. If you lower the handles too much, it will put more stress on your shoulders.

CHEST.
2 DECLINE PRESS

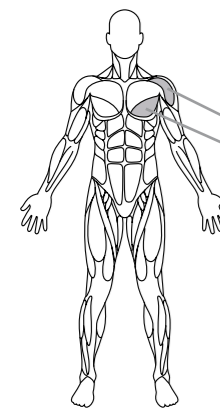
Position yourself on the bench so your grip position is in line with your chest. Press the weight up and stop just before you lock your elbows. Lower the weight to the start position under control. Don't let the weight stack come together.

Primary muscles worked:
 Triceps, Triceps brachii

Secondary muscles worked:
 Chest, Pectoralis major
 Front shoulders, Deltoideus front part



Triceps brachii



Deltoideus front part
 Pectoralis major

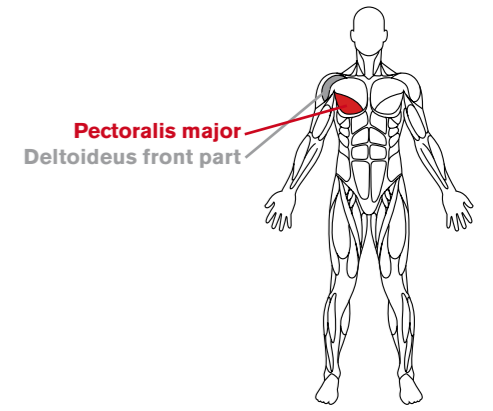
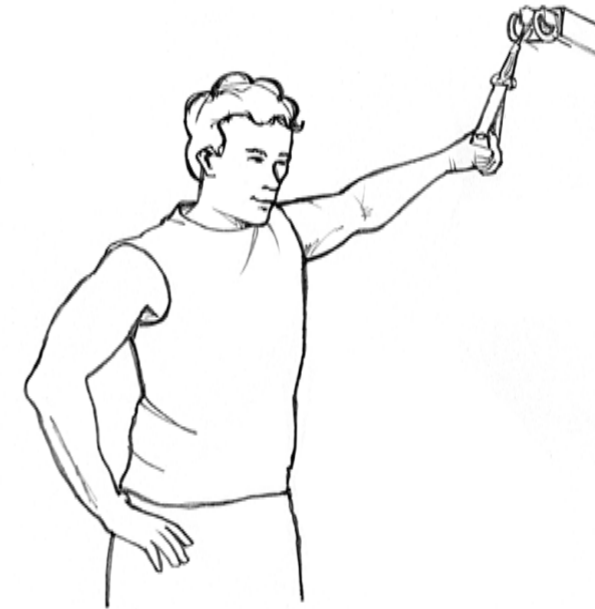


CHEST.
3 HALF CABLE CROSS

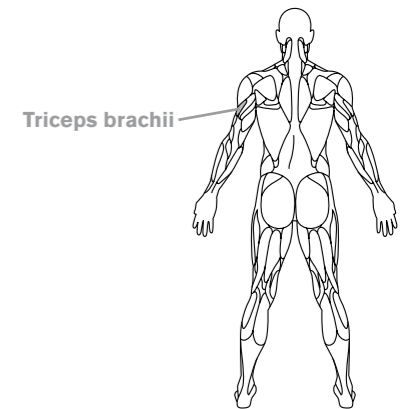
Grab the single handle from the overhead pulley. Bend at the waist and lean your body slightly forward. Bend your arm slightly at the elbow and bring your arm past your chest in an arcing motion. Slowly return to the start point.

Primary muscles worked:
 Chest, Pectoralis major

Secondary muscles worked:
 Triceps, Triceps brachii
 Front shoulders, Deltoideus front part



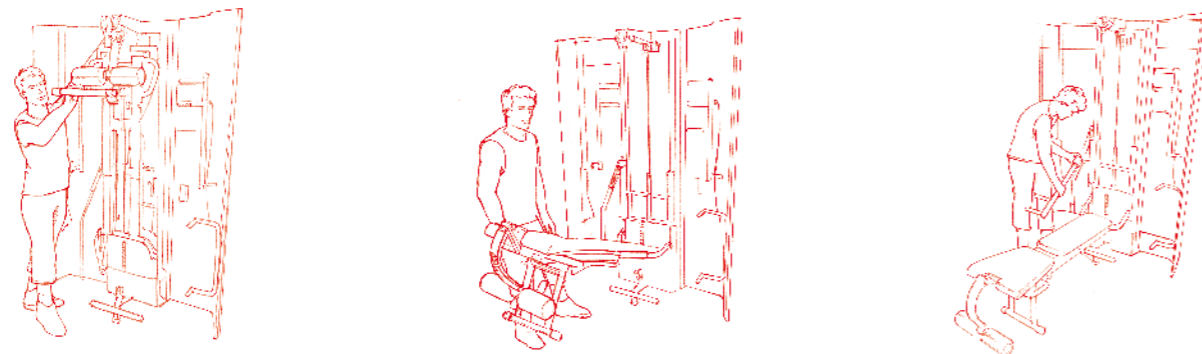
Pectoralis major
 Deltoideus front part



Triceps brachii

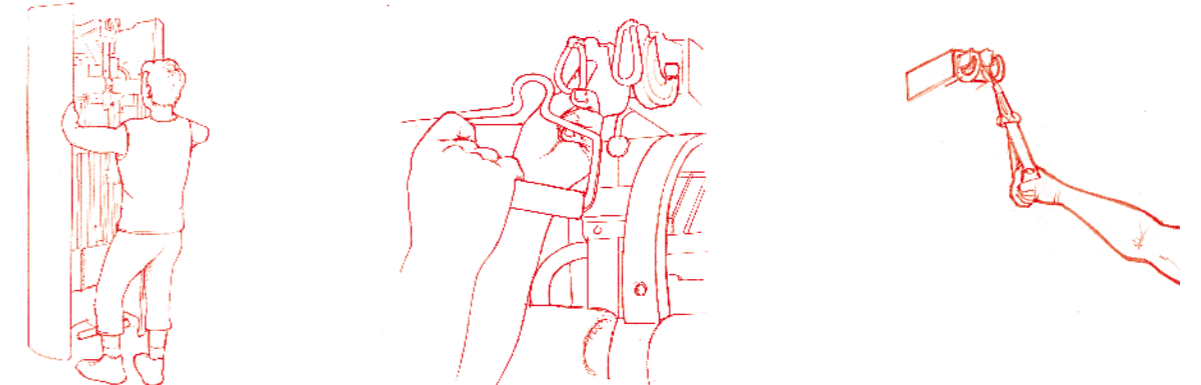


How to prepare the gym!



Adjust the bench unit in to decline position.

How to prepare the gym!



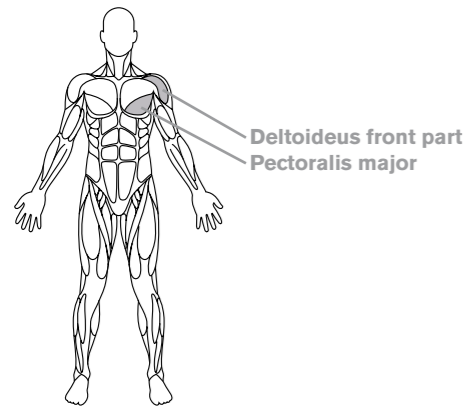
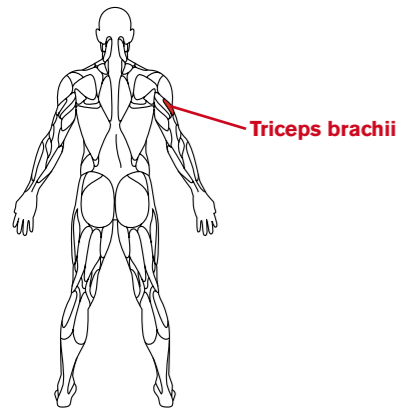
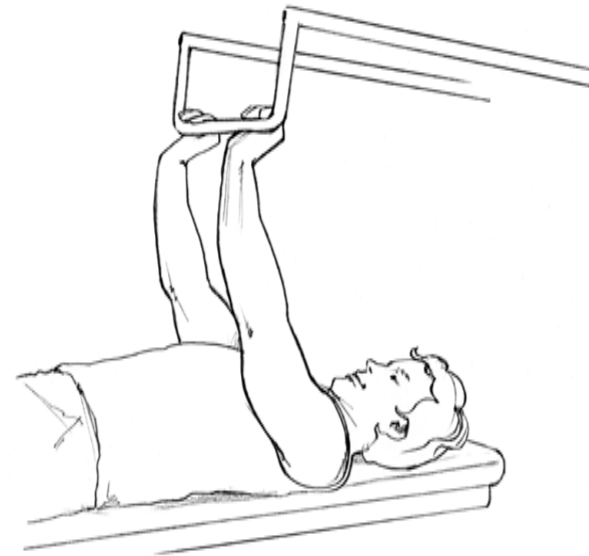
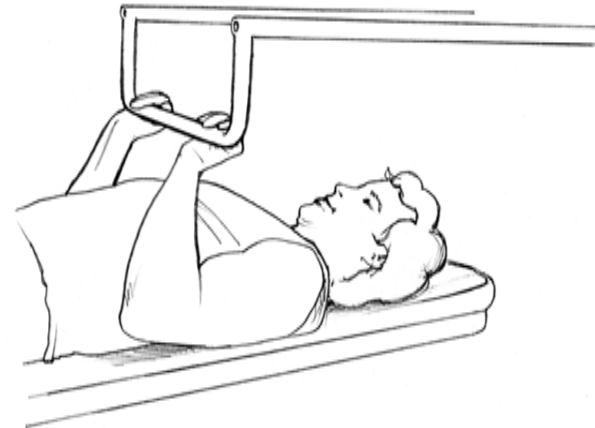
Adjust the bench unit in to decline position.

CHEST.
4 INCLINE PRESS

Position your self on the bench unit so your grip position is in line with your chest. Press the weight up and stop just before you lock your elbows. Lower the weight to the start position under control. Don't let the weight stack come together. Don't adjust the start position so far down so it hurts in your shoulders.

Primary muscles worked:
 Triceps, Triceps brachii

Secondary muscles worked:
 Chest, Pectoralis major
 Front shoulders, Deltoideus front part



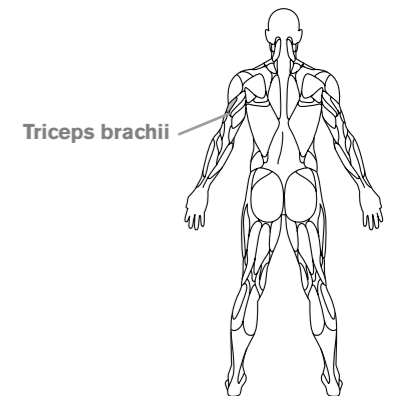
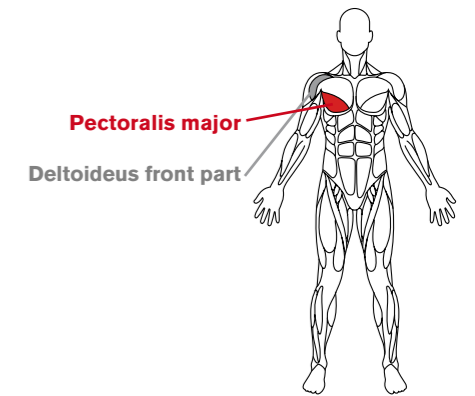
CHEST.

5 LOW ONE ARM CABLE CROSS

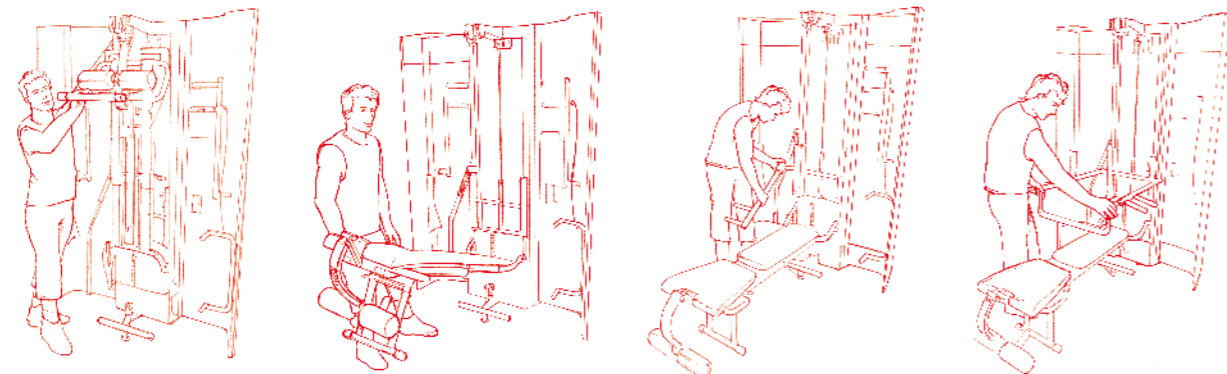
Grab the single handle and bend your arm slightly at the elbow. Bring your arm past your chest in an arching motion. Control the weight as you lower it back to the start position. Repeat with your other arm when you have completed the set.

Primary muscles worked:
 Chest, Pectoralis major

Secondary muscles worked:
 Triceps, Triceps brachii
 Front shoulders, Deltoideus front part

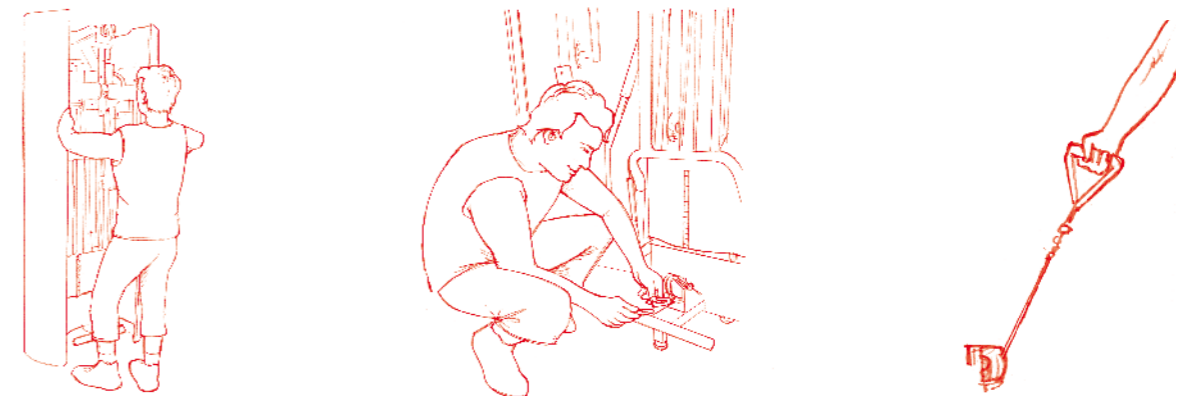


How to prepare the gym!



Adjust the bench unit in to incline position.

How to prepare the gym!



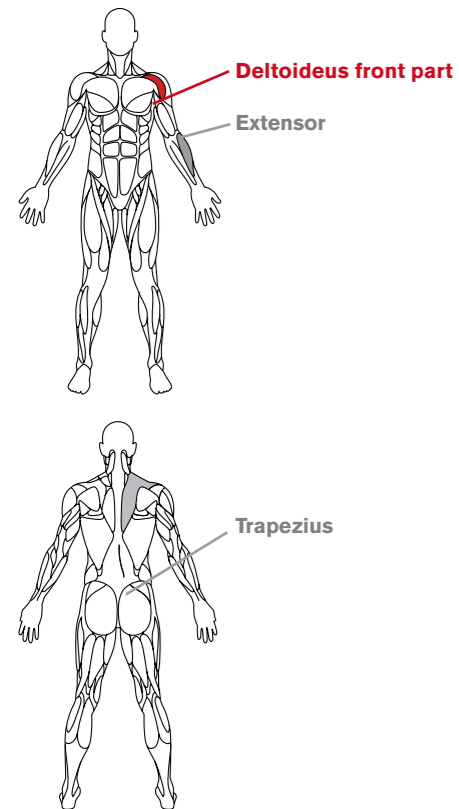
Connect the single handle to the low split weight pulley.

SHOULDERS.
1 CABLE RISE

Position your self with your back towards the machine and your legs shoulder wide apart. Grab the bar with an over hand grip and keep your arms slightly bent. Raise the bar to a position just over your shoulders. Lower the weight to the start position under control. Keep your arms almost straight during the entire exercise. Don't let the weight stack come together completely when you lower the weight.

Primary muscles worked:
Front part of shoulder, Deltoideus

Secondary muscles worked:
Upper back, Trapezius
Fore arms, Extensor

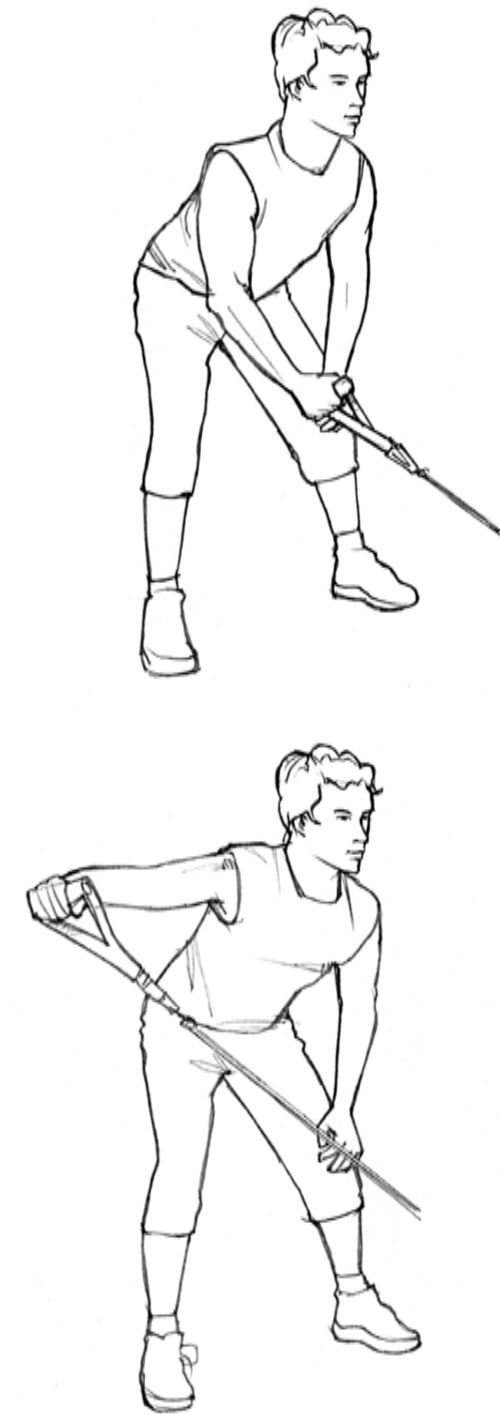
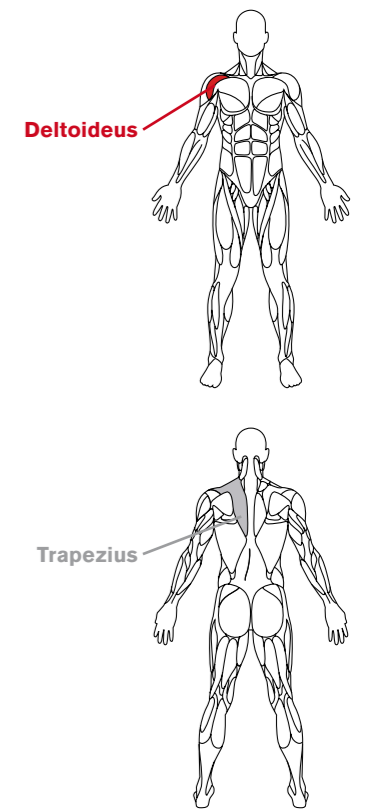


SHOULDERS.
2 REAR DELT

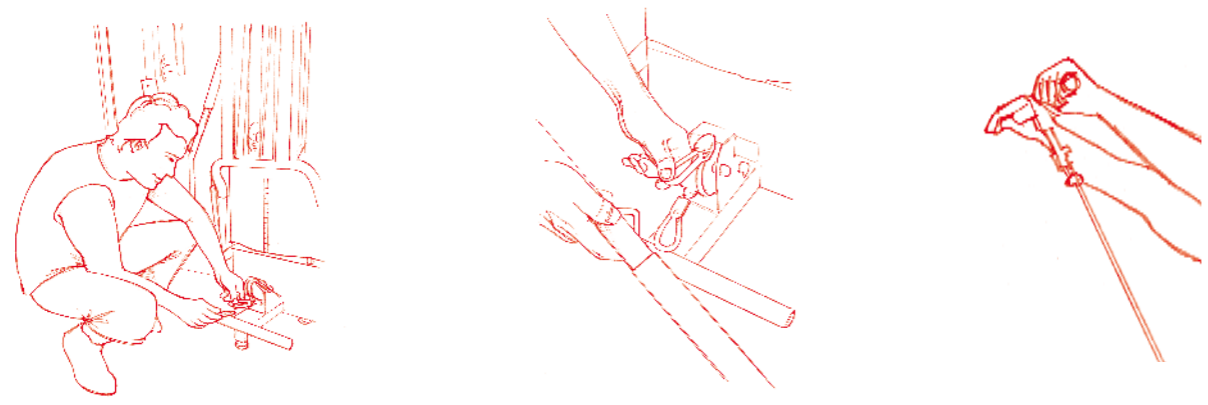
Stand with your feet shoulder width apart and lean over until your back is almost parallel to the ground. Keep your elbow slightly bent, holding the handle in front of you. Raise your hand until it is a little higher than your shoulder and lower slowly. Repeat until you have finished the set. Repeat with your other arm when you have finished your reps.

Primary muscles worked:
Rear part of shoulder, Deltoideus

Secondary muscles worked:
Upper back, Trapezius

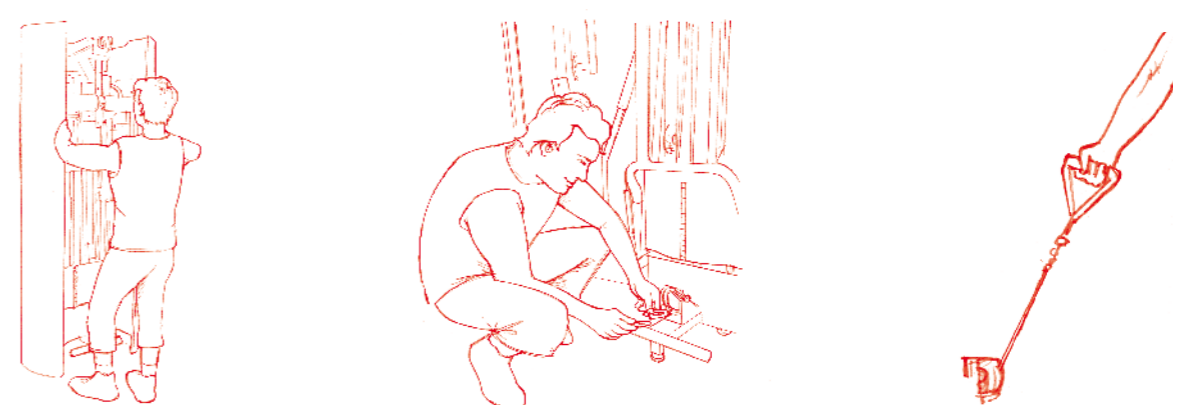


How to prepare the gym!



Connect the short straight bar to the lower split weight pulley.

How to prepare the gym!



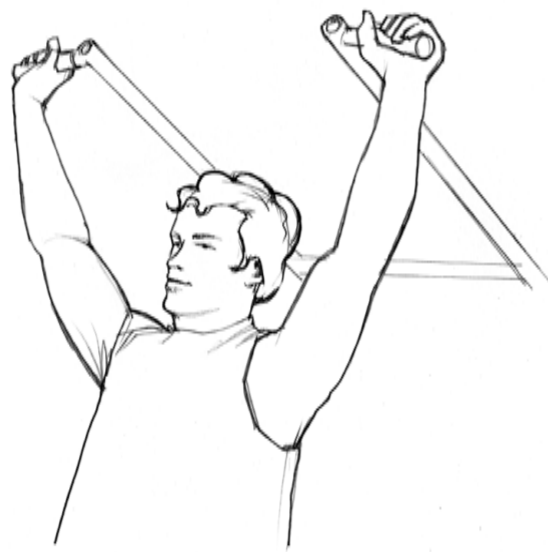
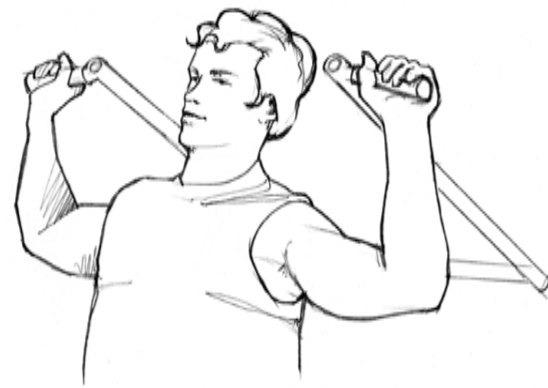
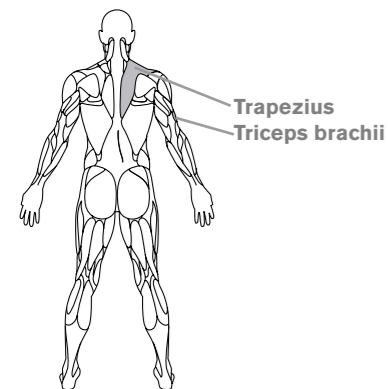
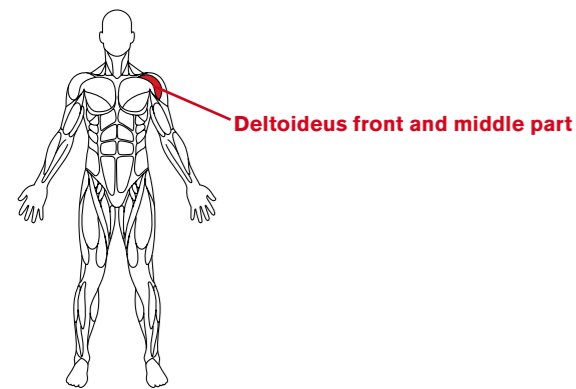
Grab the single handle from the lower pulley.

SHOULDERS. 3 SHOULDER PRESS

Lowering the handles down to your chin will also increase stress on your shoulder joints. Make sure you don't lower the handles so much that it hurts in your shoulders. With an explosive but controlled motion push the handles over your head. Slowly lower the handles. Repeat this motion until you have completed your set. Keep your back straight during the exercise and do not lock your elbows at the top of the movement.

Primary muscles worked:
Front and mid part of shoulders, Front and middle Deltoides

Secondary muscles worked:
Upper back, Trapezius
Triceps, Triceps brachii

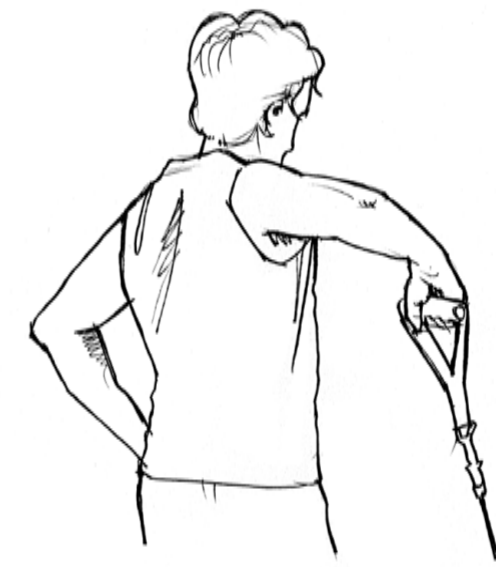
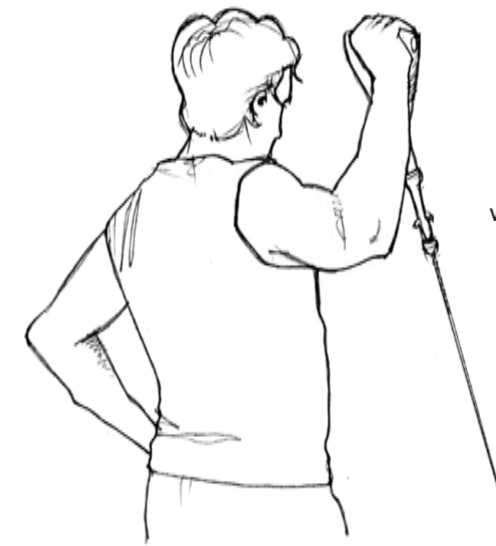
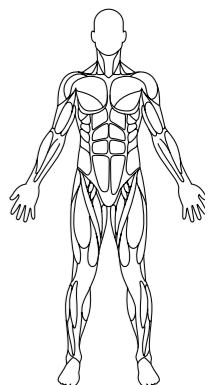
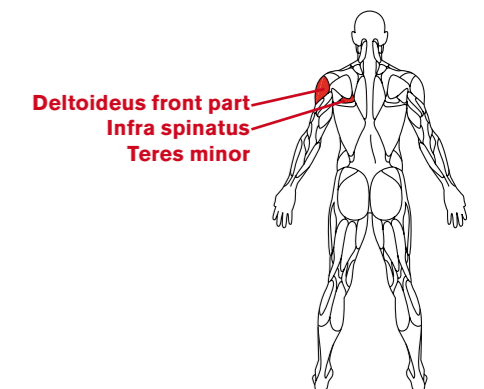


SHOULDERS. 4 SHOULDER ROTATION/ ROTATOR CUFF

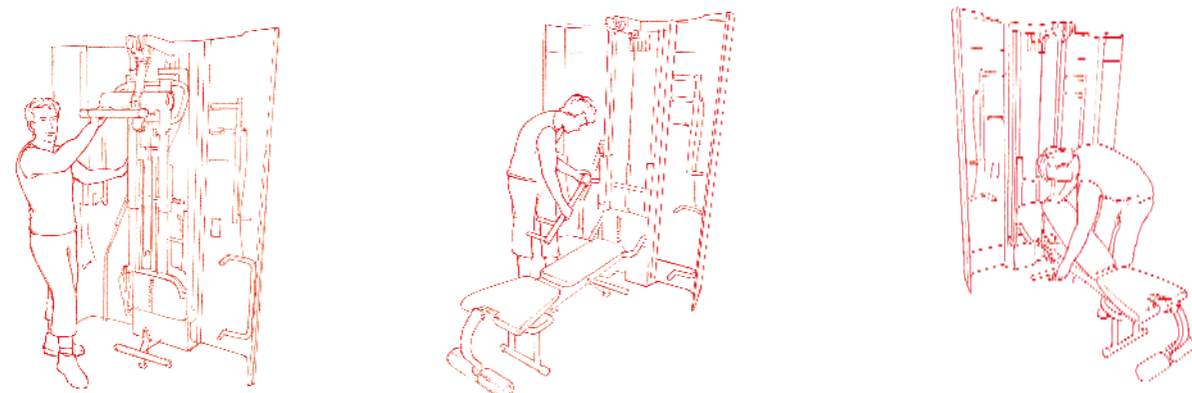
Starting from the low pulley and rotating upwards:
Keep elbow in 90° and upper arm parallel to the floor. Lift weight by rotating shoulder backwards until fore arm is pointing straight up. Lower weight to start position. Keep elbow fixed during entire exercise.

Starting from the high pulley and rotating downwards:
Position yourself with your body facing away from the machine. Keep elbow in 90° and your fore arm pointing straight up. Lift weight by rotating shoulder forward until fore arm is parallel to floor. Lower the weight to the start position. Keep elbow fixed during the entire exercise. Repeat with your other arm.

Primary muscles worked:
Rear part of shoulder, Deltoides
Infra spinatus
Teres minor

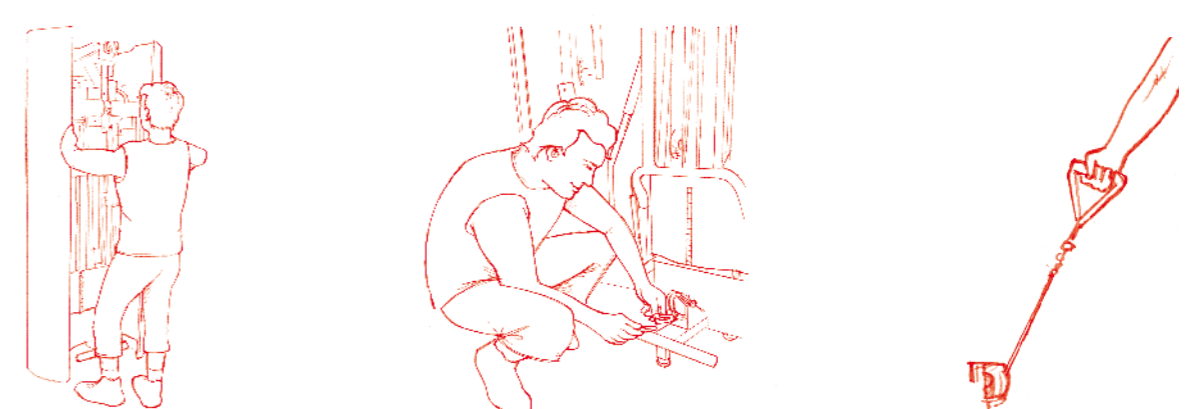


How to prepare the gym!



Adjust the bench to almost 90 degree incline if you prefer to use a back support for improved stability. Adjust the pressing arms for the desired range of motion.

How to prepare the gym!



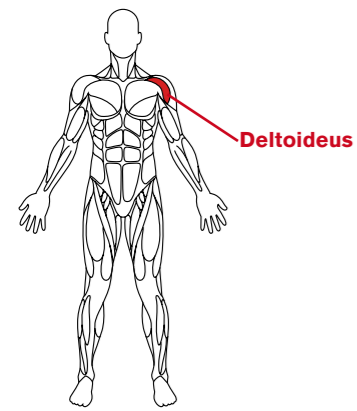
Connect the single handle to the low split weight pulley.

SHOULDERS.
5 SHOULDER LIFT

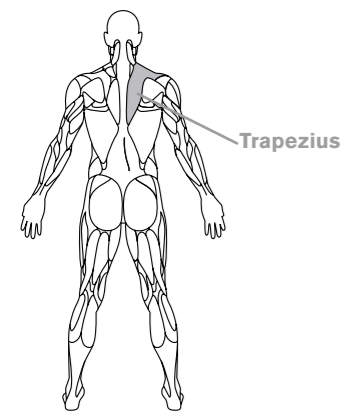
Keep your arm slightly bent and in front of your body. Lift the weight by raising the handle out to the side until it is just a bow shoulder height. Lower the weight to the start position under control. Repeat with your other arm when you have finished your set.

Primary muscles worked:
 Mid part of shoulder, Mid Deltoideus

Secondary muscles worked:
 Upper back, Trapezius



Deltoideus



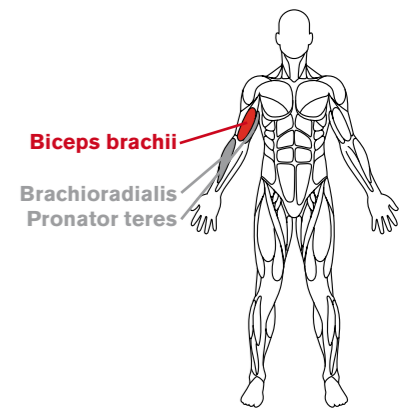
Trapezius

ARMS.
1 CABLE CURL

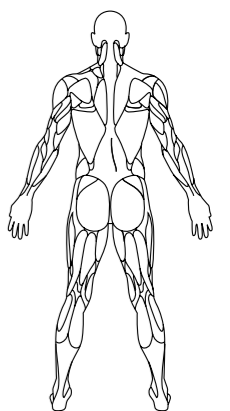
Stand with your feet shoulder width apart facing the machine. Grab the short bar with an under grip. Curl the bar up fully contracting your biceps. Don't curl the bar beyond the point where tension leaves the biceps. Lower the weight with a controlled motion and repeat until you have finished the set.

Primary muscles worked:
 Biceps, Biceps brachii

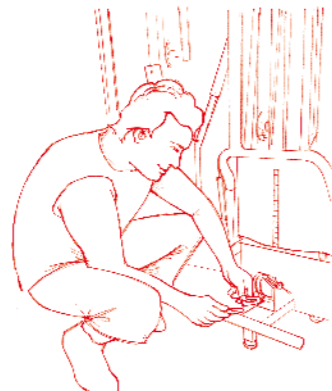
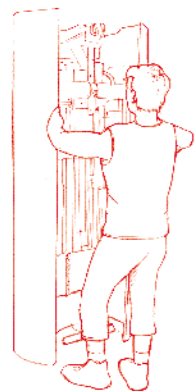
Secondary muscles worked:
 Fore arm, Brachioradialis
 Pronator teres



Biceps brachii
 Brachioradialis
 Pronator teres

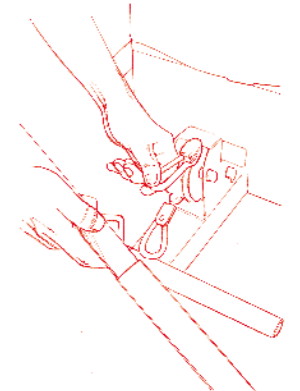


How to prepare the gym!



Connect the single handle to the low split weight pulley.

How to prepare the gym!



Connect the single handle to the low split weight pulley.

ARMS.

2 CLOSE GRIP TRICEPS PRESS

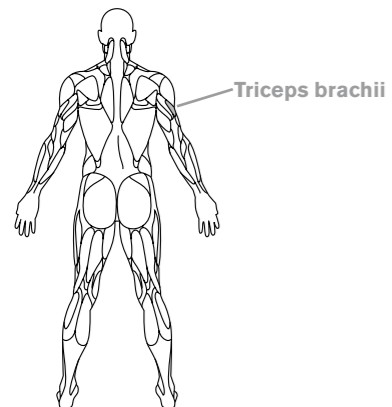
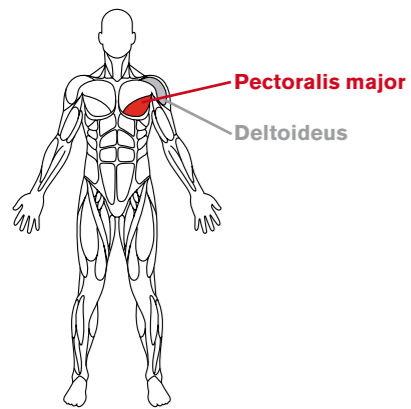
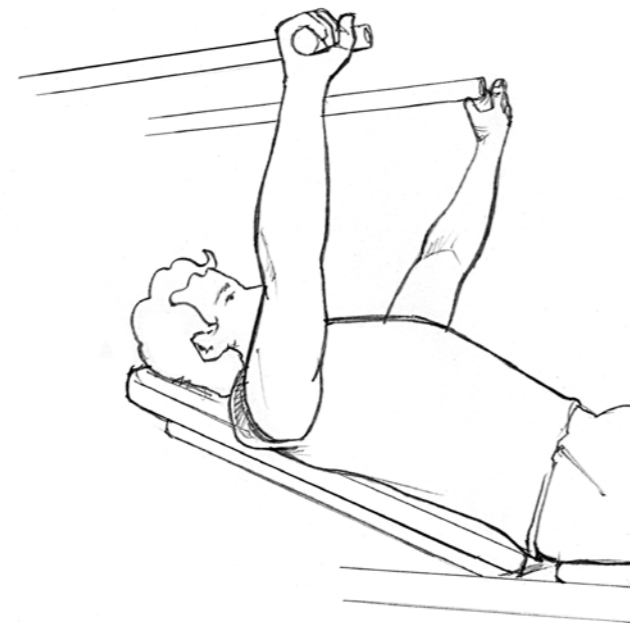
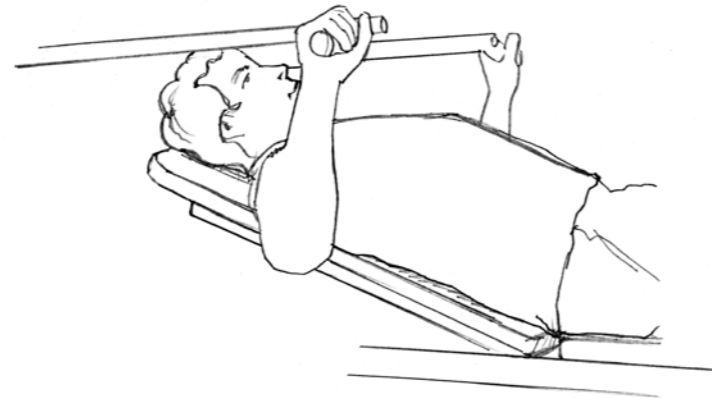
Position yourself on the bench so that the bar is over the middle of your chest. Grip the squat bar attachment with a narrow grip. Press the weight up and lower it under control.

Primary muscles worked:

Triceps, Triceps brachii

Secondary muscles worked:

Chest, Pectoralis major
Front shoulders, Deltoideus front part



ARMS.

3 CONCENTRATION CURL

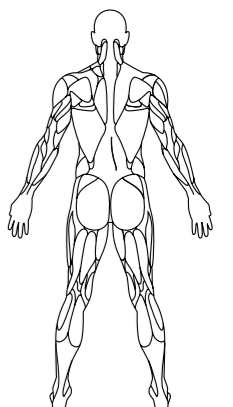
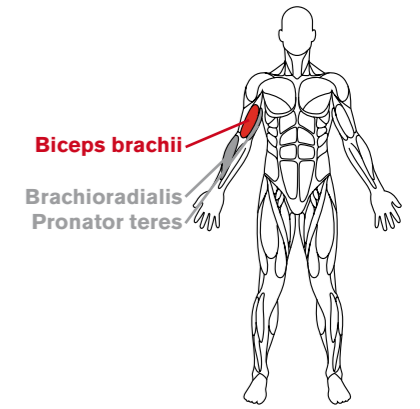
Position yourself with one knee on the floor and let the back of your arm rest on your inner thigh on the other leg. Grab the single handle with an under hand grip. Keep your arms straight in the starting position. Curl the weight up until you reach full contraction in your biceps. Lower the weight slowly and under control. Repeat with your other arm when you have finished your set.

Primary muscles worked:

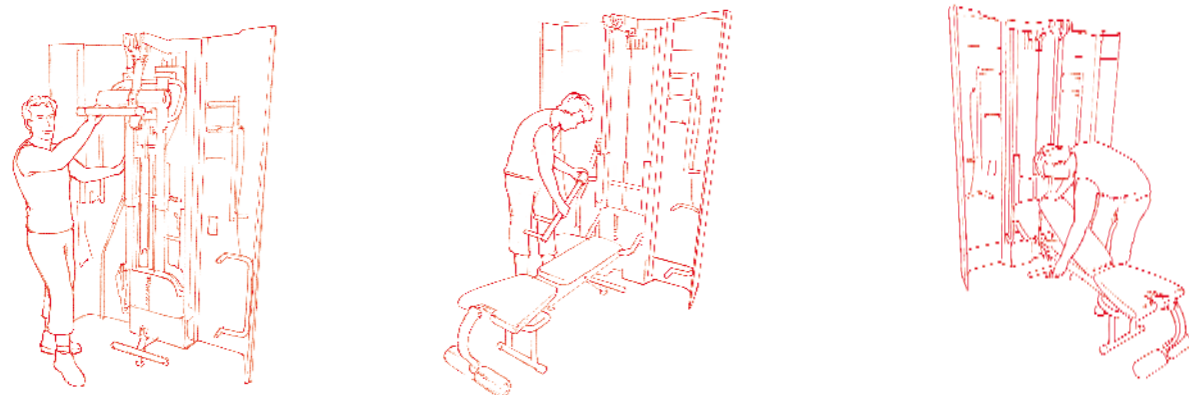
Biceps, Biceps brachii

Secondary muscles worked:

Fore arm, Brachioradialis
Pronator teres

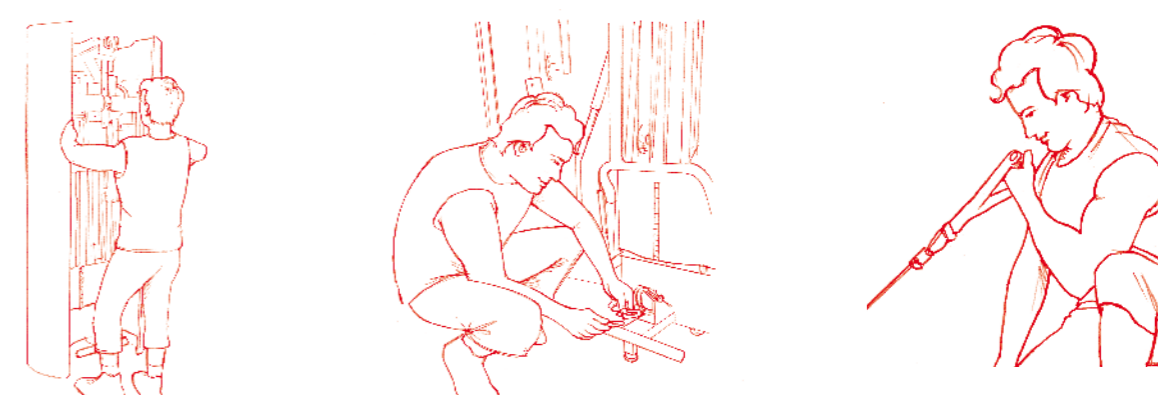


How to prepare the gym!



Connect the squat bar attachment upside down to the pressing arms. Adjust the pressing arms so you get the correct range of motion.

How to prepare the gym!



Connect the single handle to the low split weight pulley.

ARMS.

4 LYING DOWN CABLE CURL

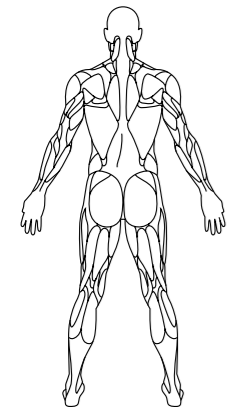
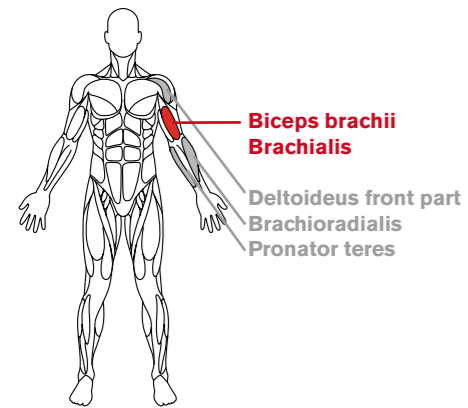
Position yourself on the bench unit. Grab the handle with an under hand grip. Keep your arms straight at the starting position. Curl the bar towards your forehead. Make sure that you remain contact with your biceps as you let the weight down to the start position.

Primary muscles worked:

Biceps, Biceps brachii
Brachialis

Secondary muscles worked:

Front shoulder, Deltoideus front part
Fore arm, Brachioradialis
Pronator teres



ARMS.

5 ONE ARM CABLE CURL

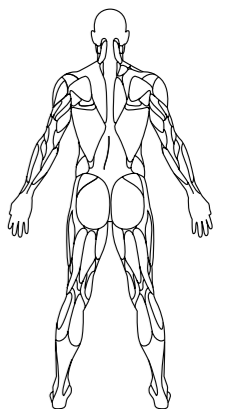
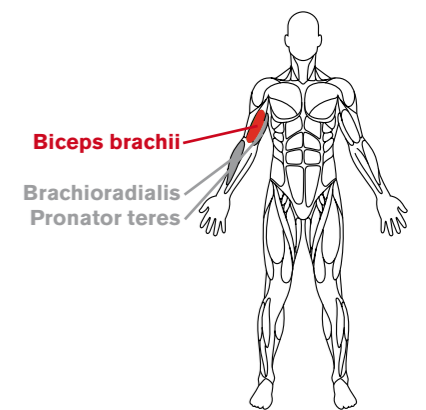
Similar to cable curl but you use one arm at a time. It is a good way to get equal strength in both arms.

Primary muscles worked:

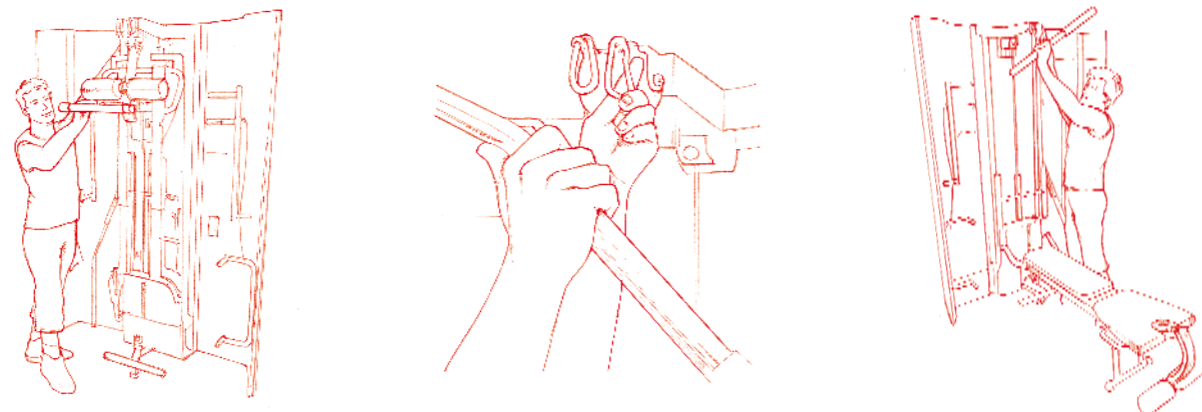
Biceps, Biceps brachii

Secondary muscles worked:

Fore arm, Brachioradialis
Pronator teres

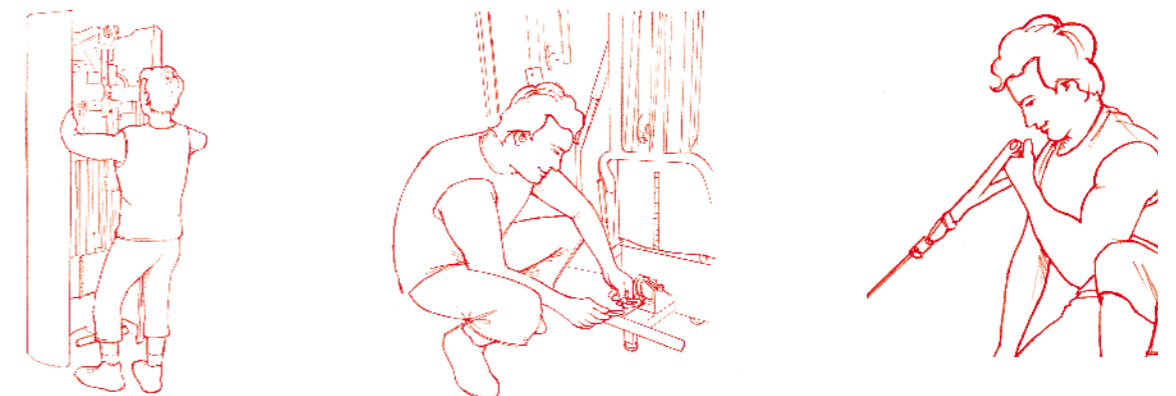


How to prepare the gym!



Connect the short straight bar to the top split weight pulley.

How to prepare the gym!



Connect the single handle to the low split weight pulley.

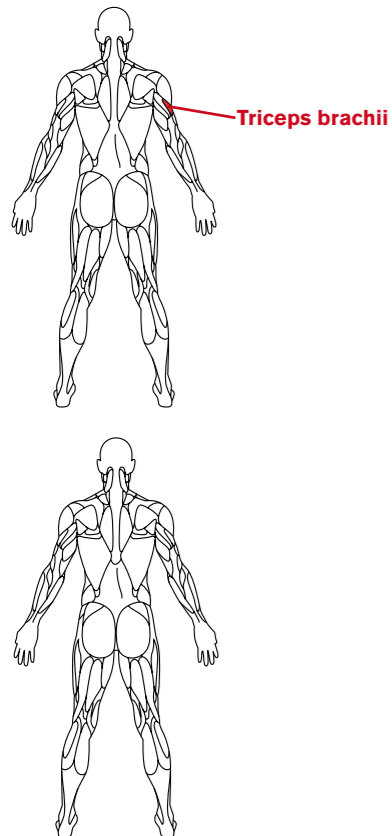
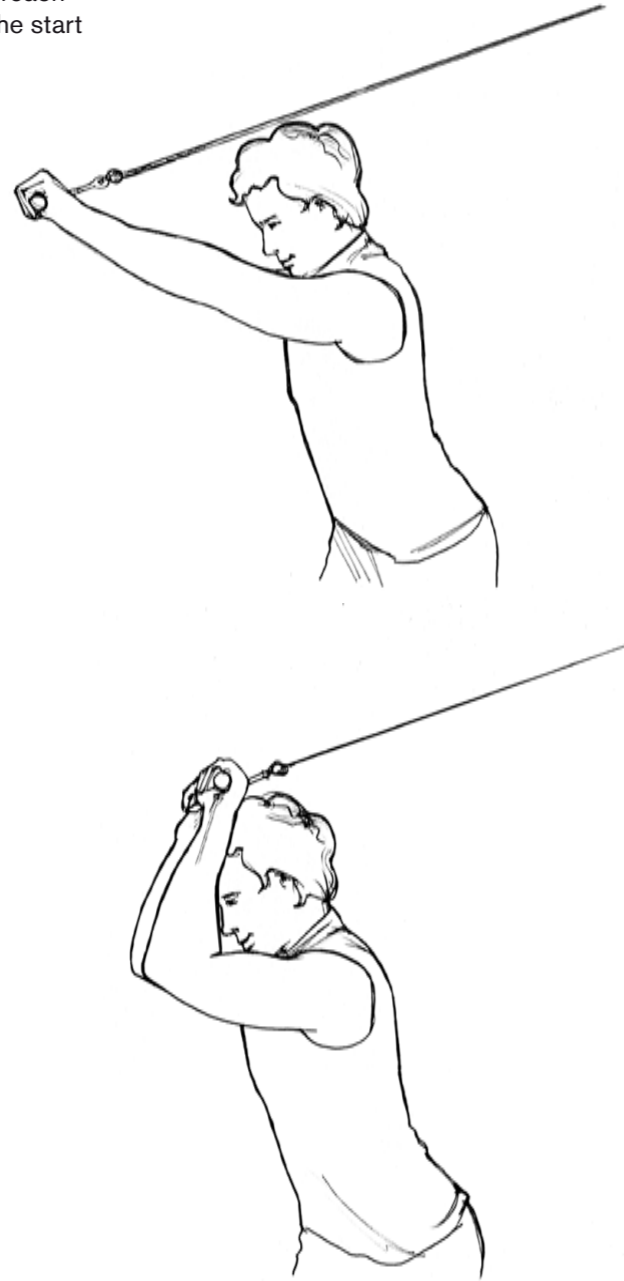
ARMS.

6 OVER HEAD TRICEPS EXTENSION

Start with your elbows bent and the bar over your head. Lean slightly forward and extend your arms until you reach full contraction in your triceps. Lower the weight to the start position under control. Keep your elbows in position during the complete exercise.

Primary muscles worked:
Triceps, Triceps brachii

Secondary muscles worked:
Not a lot of secondary muscles involved.



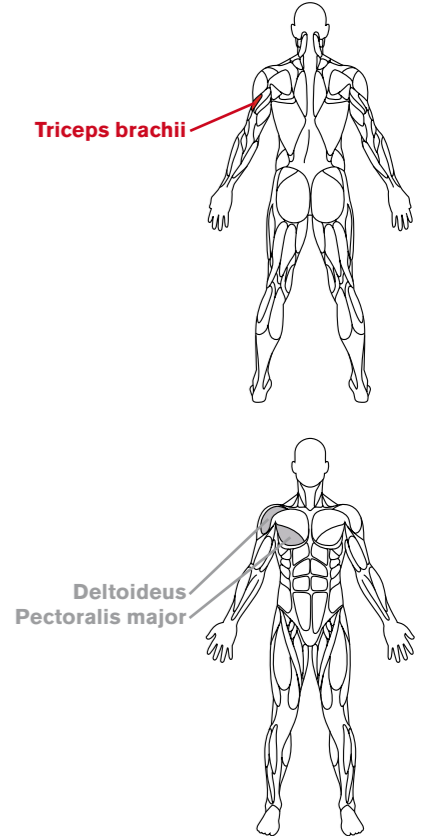
ARMS.

7 TRICEPS PUSH DOWN

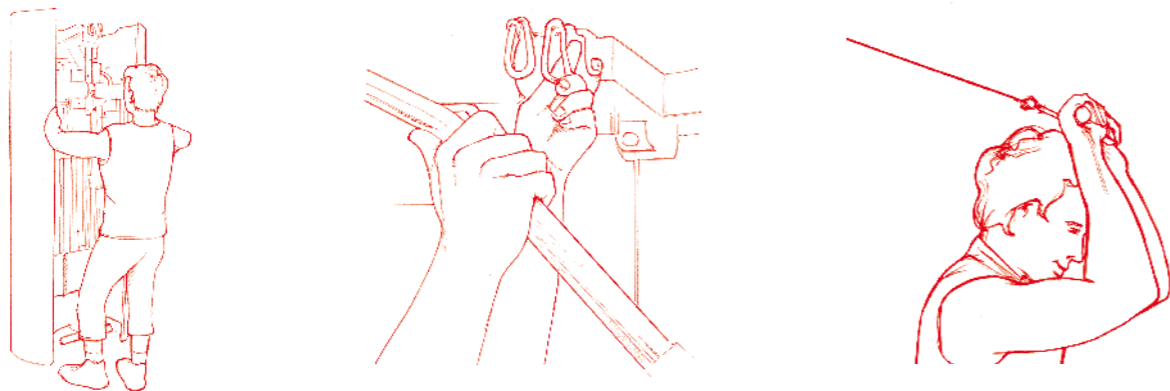
Take a few steps back and grab the short bar slightly less than shoulder width. Bend your elbows, keeping them close to your sides, then straighten them out until they lock and you reach full contraction in your tricep muscles. Repeat until your set is finished.

Primary muscles worked:
Triceps, Triceps brachii

Secondary muscles worked:
Chest, Pectoralis major
Front shoulders, Deltoideus front part

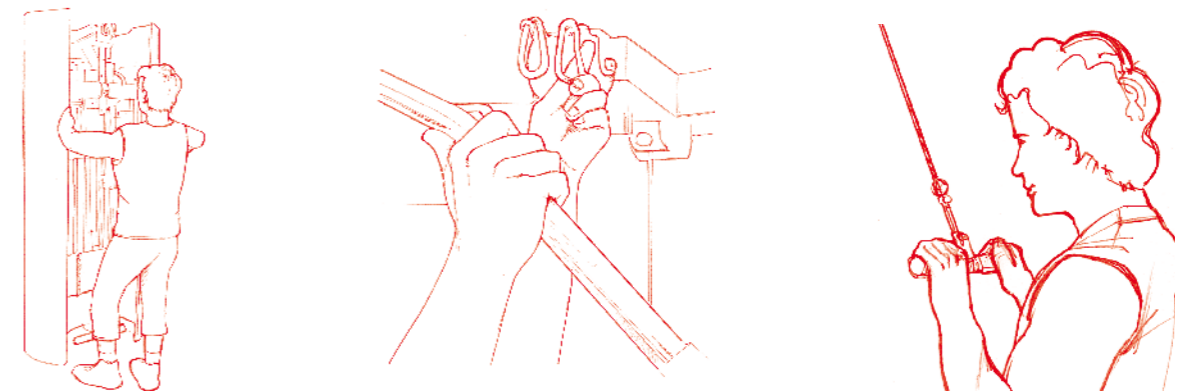


How to prepare the gym!



Connect the short straight bar to the top split weight pulley.

How to prepare the gym!



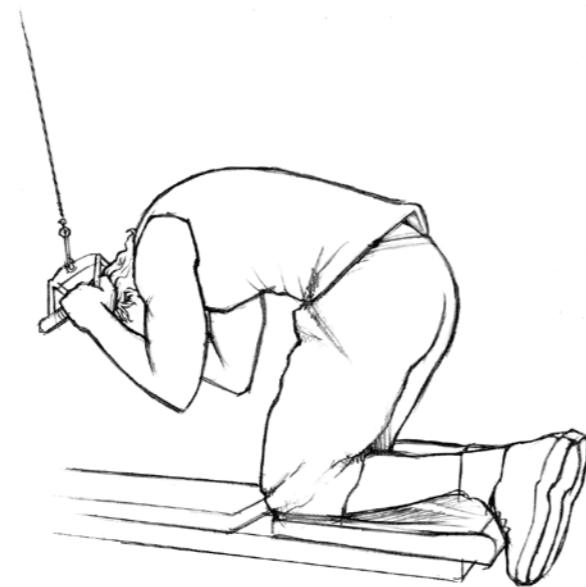
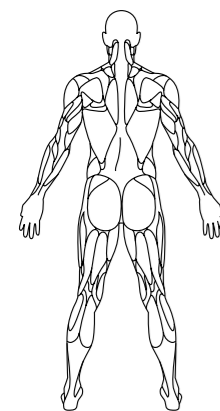
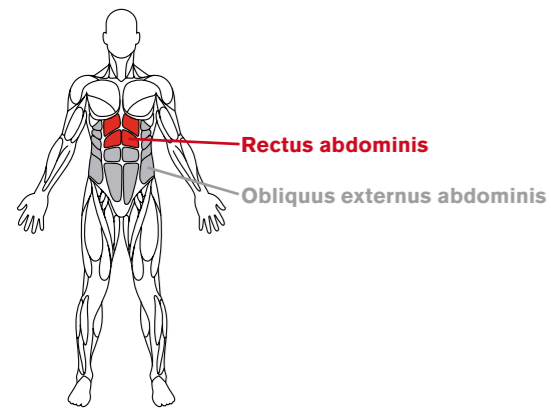
Connect the short straight bar to the top split weight pulley.

ABDOMINAL.
1 CABLE CRUNCHES

Position your self on your knees on top of the bench unit facing towards the machine. Bend at the waist and keep your hands a bow your head. Crunch your body towards the bench unit. Return to the starting position slowly. Make sure that you remain contact with your abdominals during the complete exercise.

Primary muscles worked:
Upper abdominals, Rectus abdominis upper part

Secondary muscles worked:
Lower abdominals, Oblique's
Rectus abdominis lower part, Obliquus externus abdominis

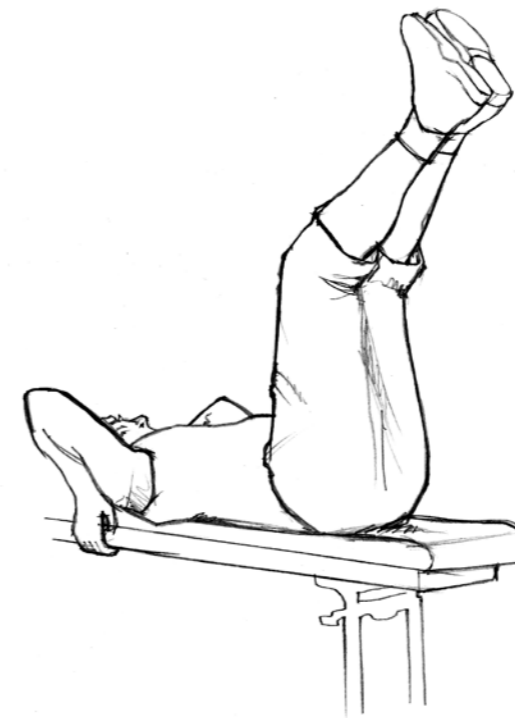
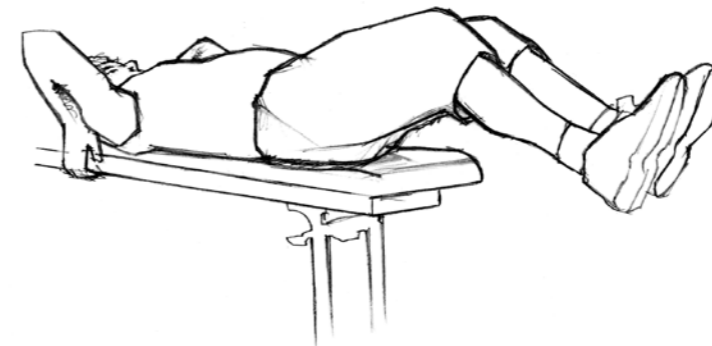
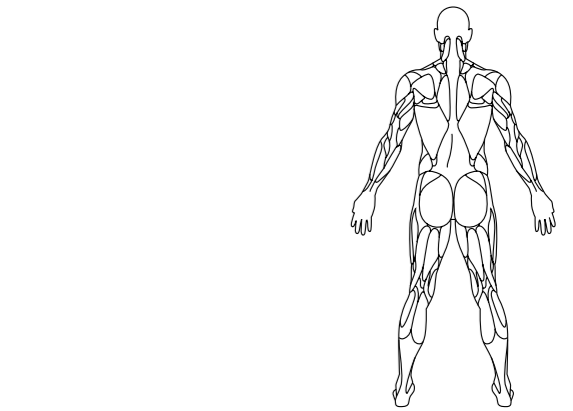
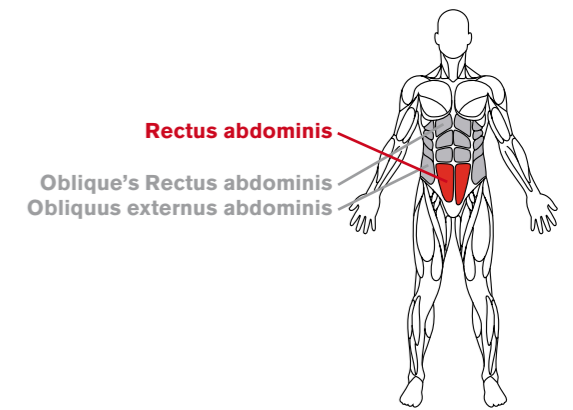


ABDOMINAL.
2 LEG RAISES

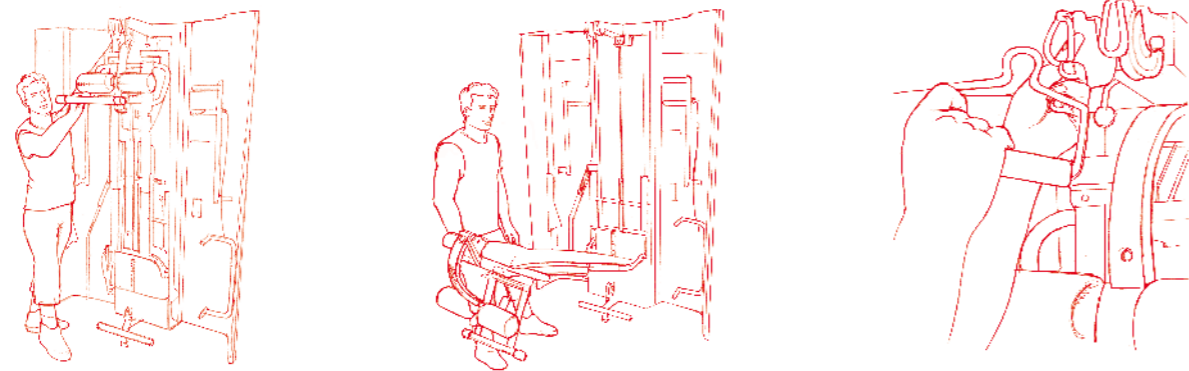
Position your self on the bench unit and grab the seat above your shoulders or under your buttocks. Raise your legs to a little less than 90°. Lower your legs slowly to the starting position. Keep your legs slightly bent during the exercise.

Primary muscles worked:
Lower abdominals, Rectus abdominis lower part

Secondary muscles worked:
Upper abdominals, Oblique's
Rectus abdominis upper part, Obliquus externus abdominis

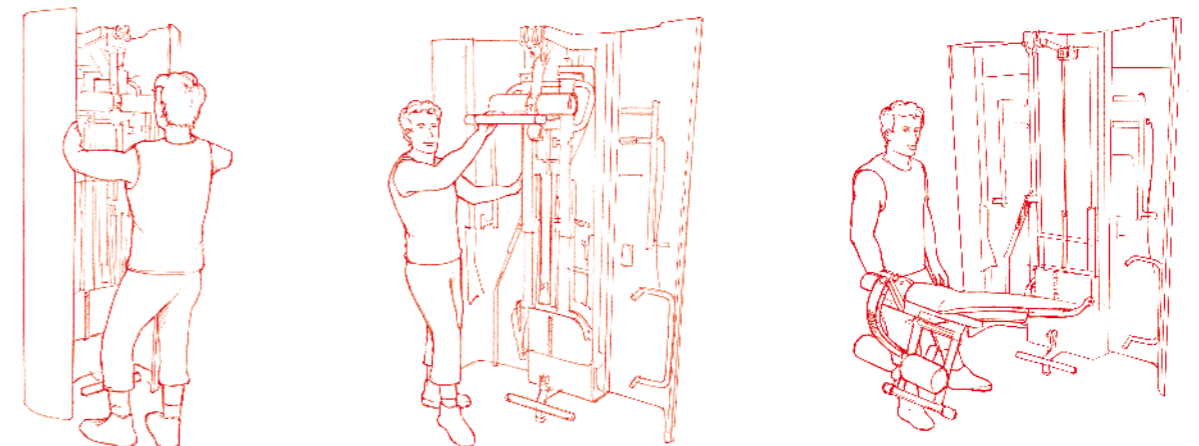


How to prepare the gym!



Connect the V-handle (seated row handle) to the top split weight pulley.

How to prepare the gym!

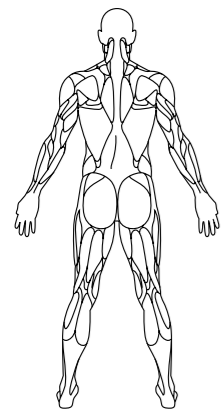
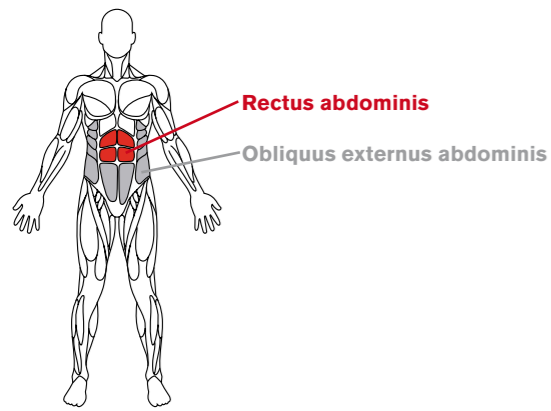


ABDOMINAL.
3 SEATED ABDOMINAL CRUNCHES

Hold the harness tight to your neck and crunch forward. Don't make the motion too long and don't put down the weight stack between the reps. Ensure you have stress on your abdominal muscles during the complete set.

Primary muscles worked:
 Upper abdominals, Rectus abdominis

Secondary muscles worked:
 Lower abdominals and oblique's
 Obliquus externus abdominis

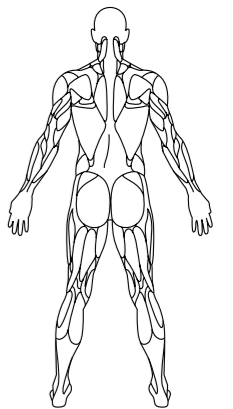
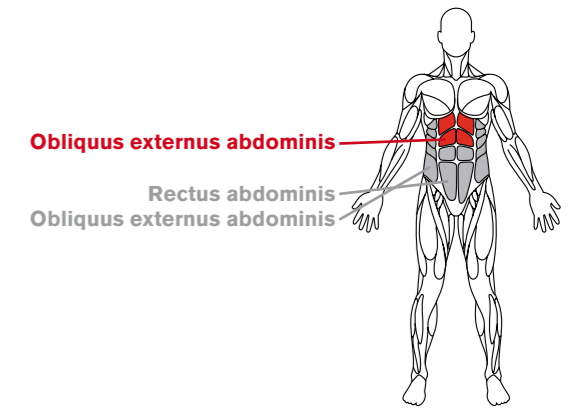


ABDOMINAL.
4 SEATED CABLE CRUNCHES

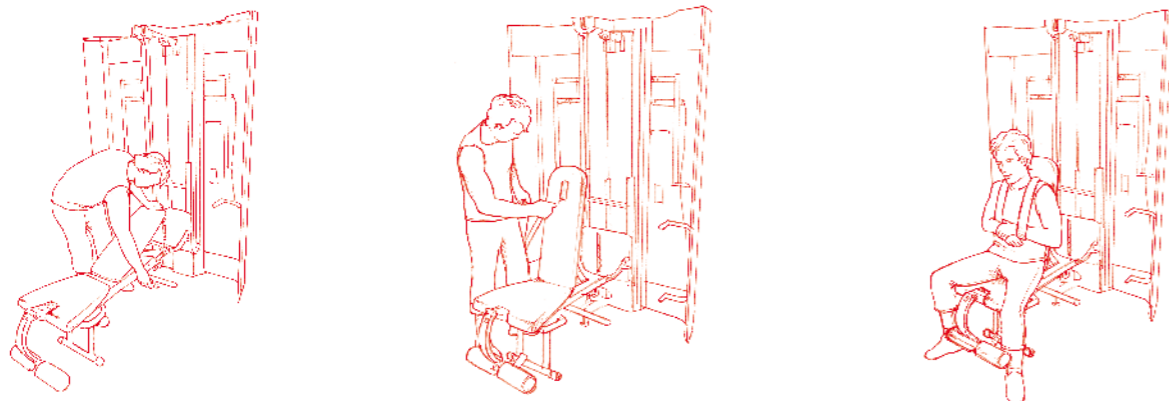
Keep your hands a bow your head and crunch forward. Return slowly to the start position with out letting the weight stack come together completely.

Primary muscles worked:
 Upper abdominals, Rectus abdominis upper part

Secondary muscles worked:
 Lower abdominals and oblique's
 Rectus abdominis lower part, Obliquus externus abdominis

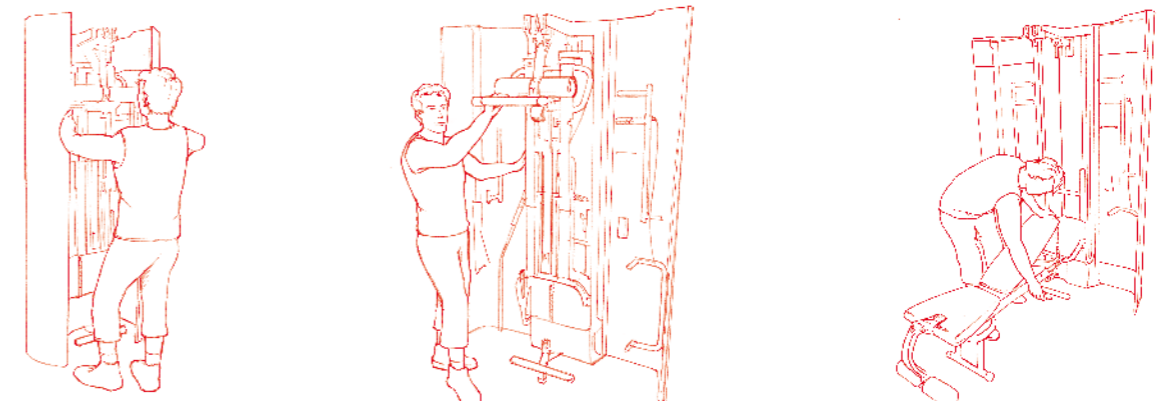


How to prepare the gym!



Adjust the bench to almost 90° and connect the abdominal harness.

How to prepare the gym!



Adjust the bench unit to 90 degrees. Connect the V-handle (seated row handle) to the top split weight pulley.

ABDOMINAL. 5 SIT UPS

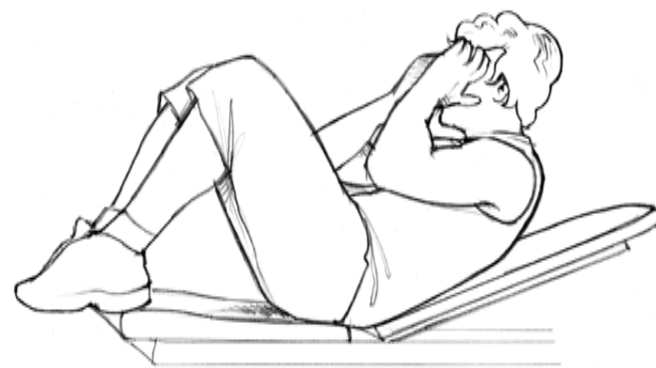
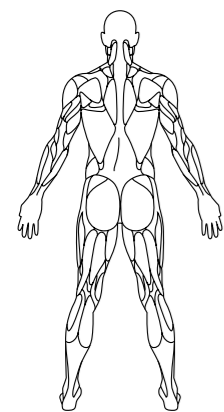
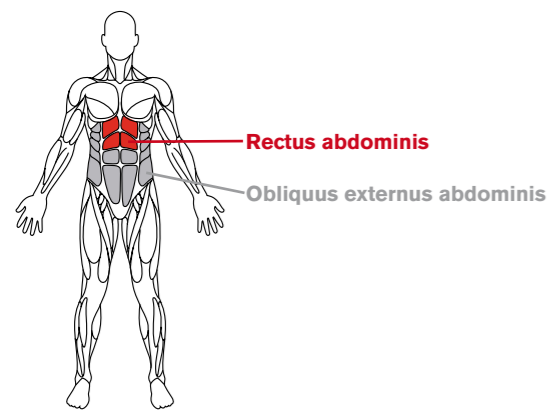
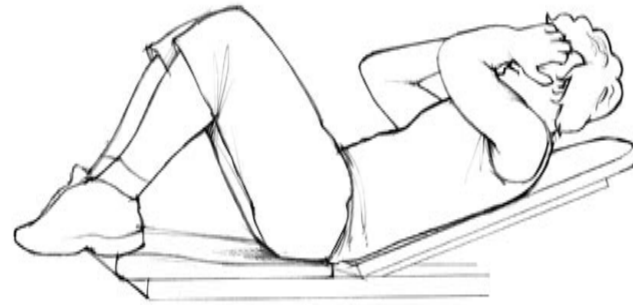
Position yourself on the bench with your legs bent. Keep your hands behind your head or in front of your chin. Curl your upper body towards your knees and then slowly lower your self to the starting position. Keep your lower body in contact with the bench unit during the complete exercise.

Primary muscles worked:

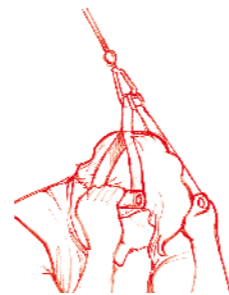
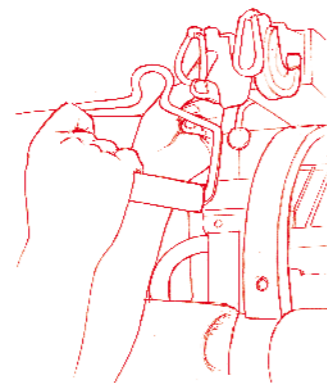
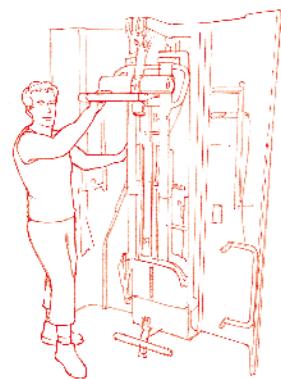
Upper abdominals, Rectus abdominis upper part

Secondary muscles worked:

Lower abdominals, Oblique's
Rectus abdominis lower part, Obliquus externus abdominis



How to prepare the gym!



Incline the bench unit one step. Raise the front leg of the bench unit so you get the bench unit in a V-shape.

