



**Chest Press**

Alternate between the top and bottom grips to target different areas of your chest



**Butterflies**



**Butterflies**



**Crunches**



**Rear Lat Pulldown**



**Front Lat Pulldown**



**Tricop Ectension**



**Single Arm Tricop Extension**



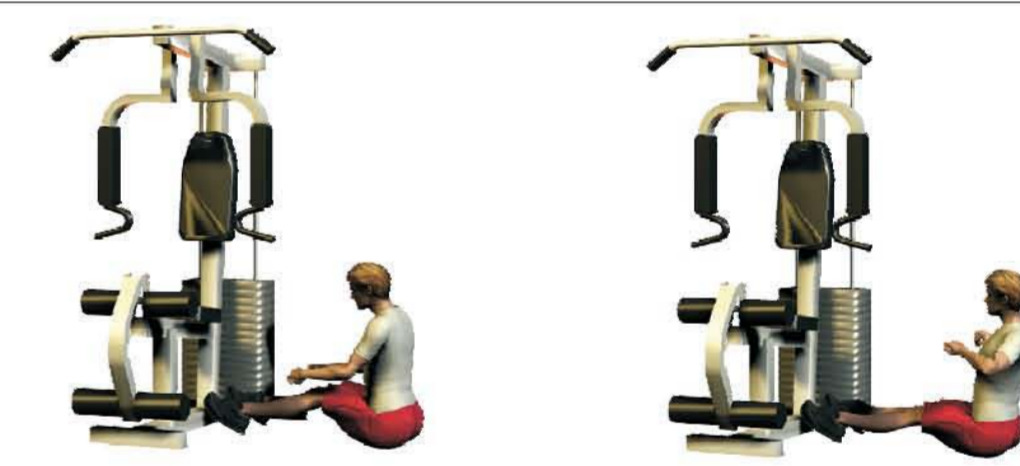
**Bent Row**



**Leg Extensions**



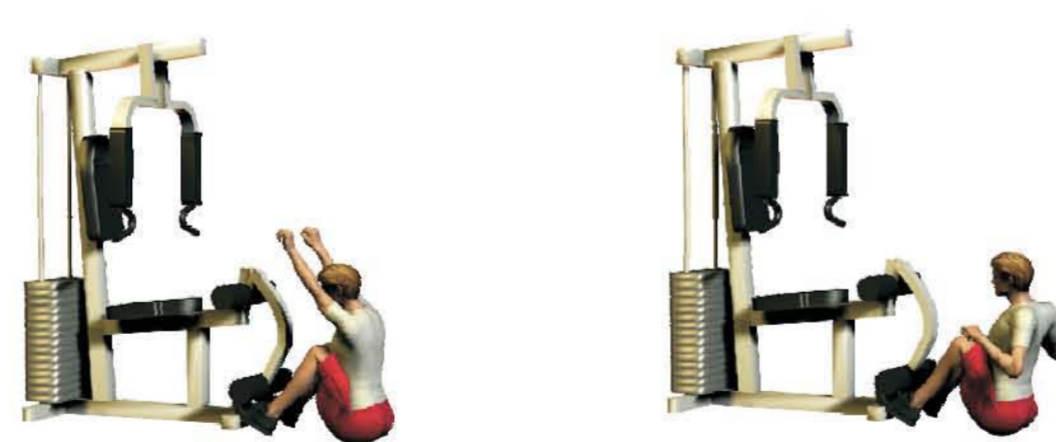
**Hamstring Curl**



**Seated Row**



**Abductor Kick**



**45 Degree Row**



**Leg Raises**



**Glute Raises**

Please consult a medical or health professional before you begin any new exercise programme. This is a DIY Home unit.

**Developing an exercise programme.**

For the first month of training allow your body to adjust to its new workload. For 2 to 4 weeks, you should only perform one work set of each exercise, only increasing the number of sets you perform after this adjustment period.

**Important Tips.**

- Always exhale as you lift the weight and inhale when you bring the weight down.
- Never let the weights touch the stack when you do more than one repetition. That will keep the stretch on the muscle at all times.
- Always maintain control when you let the weights go down.