

FIT 3 • EXERCISE WALL CHART

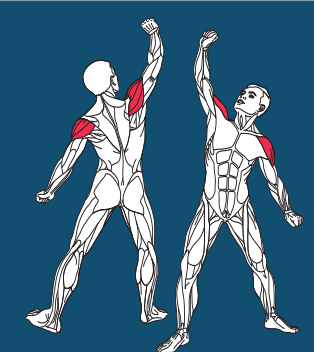
SHOULDER PRESS



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.

MUSCLES WORKED:
SHOULDERS-deltoids



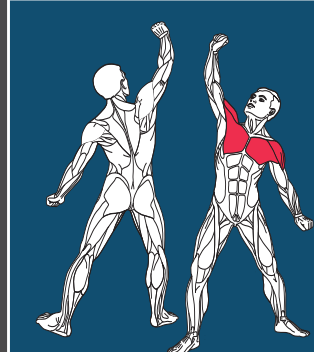
INCLINE PRESS



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.

MUSCLES WORKED:
CHEST-pectorals
SHOULDERS-anterior deltoids



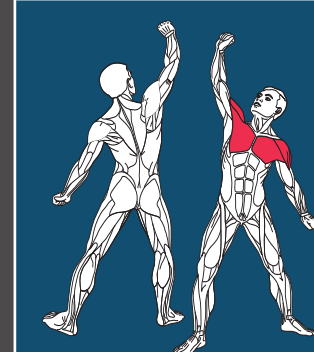
BENCH PRESS



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.

MUSCLES WORKED:
CHEST-pectorals
SHOULDERS-anterior deltoids



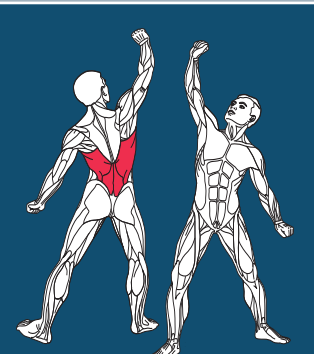
LAT PULLDOWN



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.

MUSCLES WORKED:
BACK-lattissimus dorsi



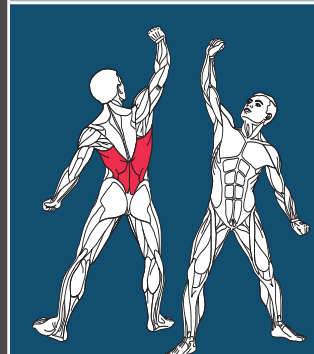
LOW ROW



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.

MUSCLES WORKED:
BACK-lattissimus dorsi / erector spinae



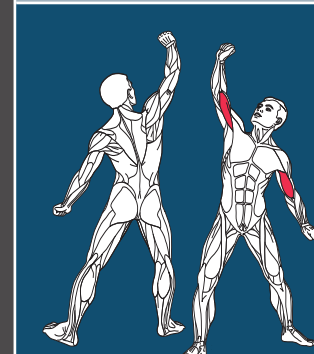
BICEPS CURL



EXERCISE INSTRUCTIONS:

- Pivot seat to lower position and adjust the 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 curled position towards chest and slowly return.

MUSCLES WORKED:
BICEPS



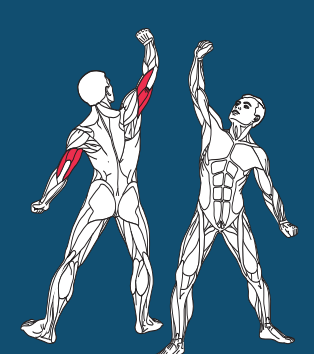
TRICEPS EXTENSION



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 at sides, press handle down until arms are fully extended and slowly return.

MUSCLES WORKED:
TRICEPS



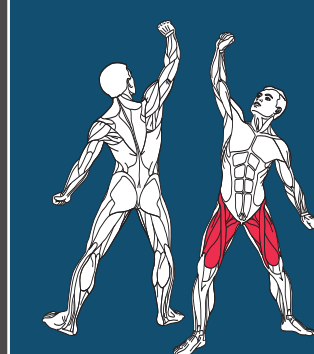
LEG PRESS



EXERCISE INSTRUCTIONS:

- Adjust back pad for desired range of motion.
- Place feet on footplate and grasp handles.
- Slowly push legs against foot platform until knees are almost straight, keeping lower back and hips against back pad. Slowly return.

MUSCLES WORKED:
LOWER BODY-quadriceps



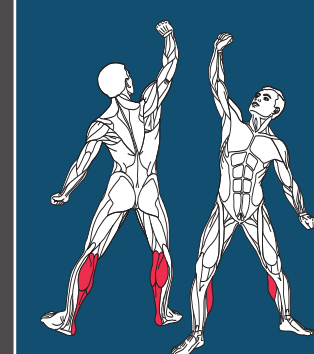
CALF RAISE



EXERCISE INSTRUCTIONS:

- Adjust back pad for desired range of motion.
- Extend legs until knees are almost straight.
- Position feet on lower half of foot platform.
- Slowly extend ankles, keeping lower back and hips against back pad. Slowly return.

MUSCLES WORKED:
LOWER BODY-calves



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.
- Be certain weight stack selector pin is fully inserted.
- 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.

