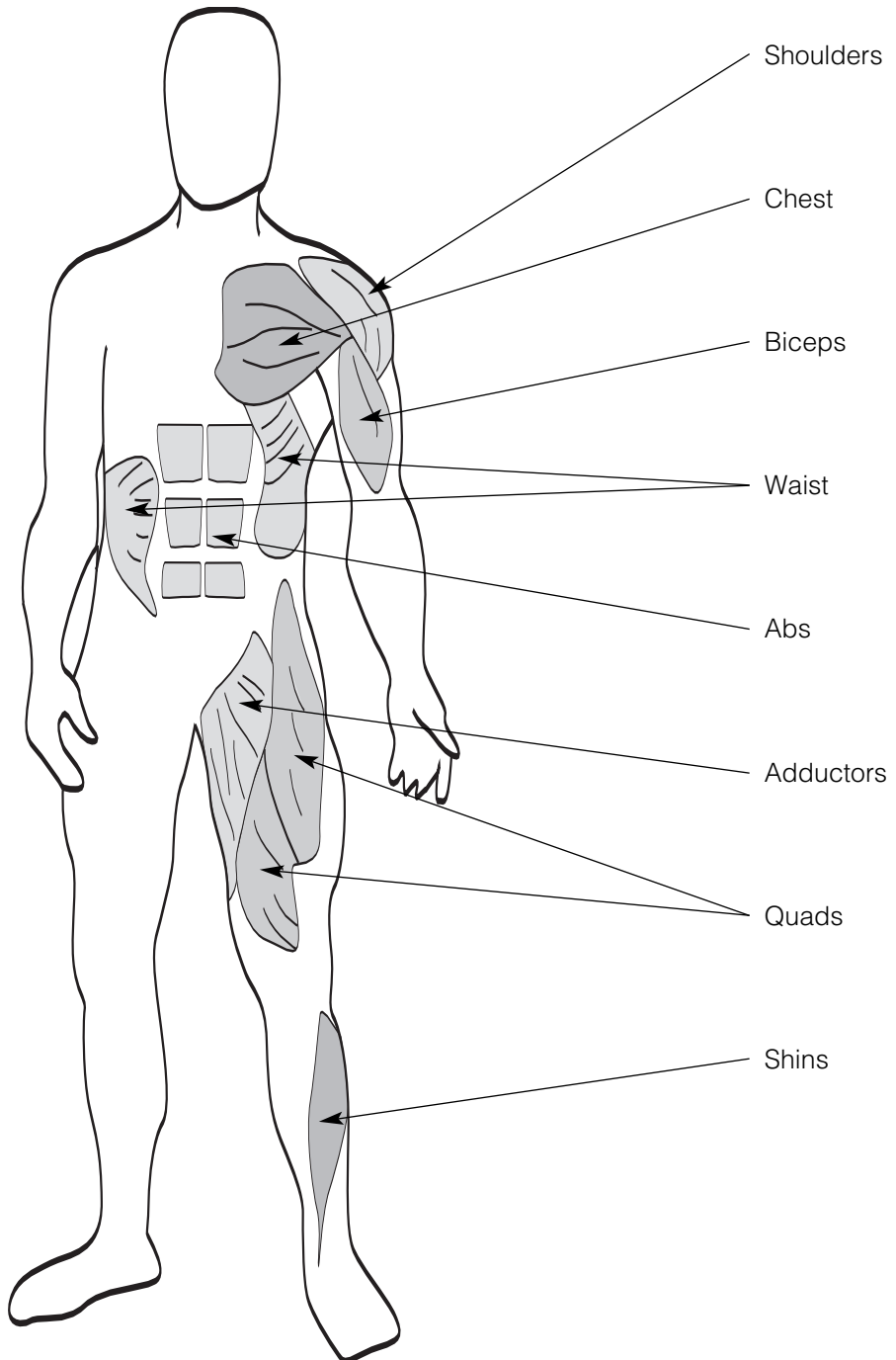


Exercise Instructions >>

Bodypart - Front Side



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WARNING

It is the Owner's responsibility to insure that they become familiar with the contents of this manual and the proper operation of the equipment.

Prior to Exercising:

Consult your physician

The exercise techniques described by Fitcore, Inc. should not be used without prior consultation and recommendation of a medical doctor.

We do not guarantee or warrant the safety of the techniques described herein!

If at any time during exercise user feels faint, dizzy, or experiences pain, stop and consult your physician.

Appreciate the risks!

- 1) Read carefully all warnings and instructional material to exercise!
- 2) Be certain that plates are completely inserted onto the bar and that the collars are locked!
- 3) Inspect machine carefully for any worn, loose, or missing parts!
If any defect is suspected, do not use!
Pay close attention to belts, cables, and their connections!
- 4) Utilize the selected exercise equipment only for its intended purpose!
- 5) Do not wear loose or dangling clothing or jewelry while using equipment.
Stay clear of all moving components!
- 6) Keep children away from the equipment!
- 7) Be prepared to exercise!
Always warm-up adequately prior to engaging in any weight training exercise!
Know how to properly perform the desired exercise!
Be sure that you are familiar with safe exercise technique!
- 8) Know your limitations! Never exceed your known performance capabilities!

Machine Maintenance

The safety and integrity designed into the machine can only be maintained when the machine is regularly examined for damage and repair!

It is the sole responsibility of the owner or operator to ensure that regular maintenance is performed!

Worn or damaged components shall be replaced immediately or the machine removed from service until the repair is made.

Only manufacturer-supplied components shall be used to maintain/repair the equipment.

FAILURE TO COMPLY WITH THESE GUIDELINES COULD RESULT IN SERIOUS INJURY OR EVEN DEATH!

For Any Questions Regarding Maintenance, Please Come Into Contact with Our Service:

- North America (U.S.A. / Canada) support@fitcore.com (888)348-5557
- Europe support@szultka.com +48-509-441-982

Seated Leg Press & Calf Raises

MUSCLES TRAINED

- Quads
- Glutes
- Hamstrings
- Calves

GENERAL INSTRUCTIONS:

- ✦ Unlock the bench so that it moves forward and back wards freely.
With the backrest flat, raise the seat to an inclined position. The seat will serve as the backrest for this exercise.
Insert the leg press cables C1-L and C1-R into holes 13-L and 13-R, respectively.
- ✦ Insert the locking exercise handle S1L into hole 3L and exercise handle S1-R into hole 3-R.
Lift the smith carriage and lock handles onto hooks H-3 or H-4.
- ✦ Insert the footplate S4-L into the attachment hole 20-L and footplate S4-R to hole 20-R. For lower leg presses insert footplates into holes 19-R and 19-L. The footplates can be inserted to the lower holes to exercise the upper quadriceps or the upper holes to exercise the lower quadriceps.
- ✦ Add the desired weight without exceeding your known capabilities. Be sure that the weights are evenly distributed on each side of the machine and that the collars are securely fastened at the ends of the plate rungs.
- ✦ Enter the machine carefully, placing feet securely on the footplate attachments.
- ✦ LEG PRESS: In a slow and controlled manner, extend the legs by pushing against the footplates and unlock the exercise handles. Pause briefly in a near fully extended position and return slowly to the starting position.
- ✦ CALF RAISES: With the palm of the feet placed on the bottom edge of the footplates, push against the footplate with the toes and unlock the exercise handles. Press up and down with the ankles using the calf muscles. When finished, lock handles onto the hooks.
- ✦ Do not extend knees to their fully locked position.
- ✦ Be sure that both handles of the smith machine are securely locked into place when completing the exercise. Do not attempt to secure smith machine by locking only one side.
- ✦ Exit machine carefully.
- ✦ Instructions can also be found on the video CD that was included with your machine.

EXERCISE PRECAUTIONS:

- ✦ Remove the olympic bar, if necessary, from hooks.
- ✦ Be sure that the foot plates, handles, and cables are securely attached.

AFTER COMPLETING THE EXERCISE:

1. Carefully remove weight from the weight posts.
2. Remove the foot plates and store them on the storage rack.
3. Remove the leg press cable C1-L and store in hole 23-L.
Remove leg press cable C1-R and store in 23-R.
4. Unlock the exercise handles from hooks and lower the smith carriage so that it rests on the springs.



Squat & Calf with Smith Machine

MUSCLES TRAINED

- Quads
- Glutes
- Hamstrings
- Calves

GENERAL INSTRUCTIONS:

- ✦ Slide the bench completely forward to position 1 and incline the backrest to the high position. Insert exercise handle S1-R into hole 10-L on the backside of the smith carriage and exercise handle S1-L to hole 10-R on the back side of the smith carriage. Lift the smith carriage and lock the handles into hooks H-10 or H-11.
- ✦ Insert the shoulder pads into the smith carriage crossbar (S5-L into hole 17-L and S5-R into hole 17-R) and be sure that they are securely inserted into the attachment slots and will not slide out.
- ✦ Select the desired weight. **DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!**
- ✦ If the weight of the smith carriage without added weight is too heavy, insert cable C-2 into hole 18 for counter-balance and then add the desired counter weight.
- ✦ Unlock the exercise handles (S1-R & S1-L) when beginning the exercise.
- ✦ Maintain a stable base of support with your feet planted securely on the floor with the shoulder pads resting firmly on the shoulders, squat down bending the knees and then push back up by straightening the knees toward the starting position.
- ✦ Upon completion of the exercise, lower the weight gently to the original starting position and lock the exercise handles onto the hooks.
- ✦ Be sure that both handles of the smith machine are securely locked into place when completing the exercise. Do not attempt to secure smith machine by locking only one side!
- ✦ Instructions can also be found on the video CD that was included with your machine.

AFTER COMPLETING THE EXERCISE:

1. Remove the shoulder pads (S5) and place on storage rack.
2. Unlock the exercise handles from hooks and lower the smith carriage so that it rests on the springs.
3. If the counter balance was used, remove any weight from the weight post and then remove C-2 cable from hole 18 and return to storage hole.



Lunges with Smith Machine

MUSCLES TRAINED

- Quads
- Glutes
- Hamstrings

GENERAL INSTRUCTIONS:

- ✦ Slide the bench completely forward to position 1 and incline the backrest to the high position. Insert exercise handle S1-R into hole 10-L on the backside of the smith carriage and exercise handle S1-L to hole 10R on the back side of the smith carriage. Lift the smith carriage and lock the handles into hooks H10 or H11.
- ✦ Insert the shoulder pads into the smith carriage crossbar (S5-L into hole 17-L and S5-R into hole 17-R) and be sure that they are securely inserted into the attachment slots and will not slide out.
- ✦ Select the desired weight.
DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!
If the weight of the smith carriage without added weight is too heavy, insert cable C-2 into hole 18 for counter-balance and then add the desired counter weight.
- ✦ Unlock the exercise handles (S1-R & S1-L) when beginning the exercise.
- ✦ Maintain a stable base of support with one leg underneath the squat pads and the other leg extended back behind the body.
Squat down bending the knee and then push back up by straightening the knees toward the starting position.
- ✦ Upon completion of the exercise, lower the weight gently to the original starting position and lock the exercise handles onto the hooks.
- ✦ Instructions can also be found on the video CD that was included with your machine.



EXERCISE PRECAUTIONS:

- ✦ Be sure that shoulder pads are securely inserted into the attachment slots and will not slide out.
- ✦ Be sure that both handles of the smith machine are securely locked into place when completing the exercise.
Do not attempt to secure smith machine by locking only one side.

AFTER COMPLETING THE EXERCISE:

1. Remove the shoulder pads (S5) and place on storage rack.
2. Unlock the exercise handles from hooks and lower the smith carriage so that it rests on the springs.
3. If the counter balance was used, remove any weight from the weight post and then remove C-2 cable from hole 18 and return to storage hole.

Vertical Leg Press

MUSCLES TRAINED

- Quads
- Glutes
- Hamstrings

GENERAL INSTRUCTIONS:

- ✦ Adjust the bench to position 16 (adjust to preference) and lock into place. Insert the exercise handle S1R into hole 7R and exercise handle S1L into hole 7L. Lift the smith carriage and lock onto hooks H-5.
- ✦ Insert footplate S3-L into hole 16-L and footplate S3-R into hole 16-R.
- ✦ Add the desired weight and be sure that the weights are evenly distributed on each side of the machine.
- ✦ CAREFULLY load the desired weight. DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!
- ✦ Be sure that the weights are evenly distributed on each side of the machine and that the collars are securely fastened at the ends of the plate rungs.
- ✦ Press slightly against the footplates and unlock the exercise handles. In a slow, controlled manner extend the legs upwards to a near fully extended position without locking the knees. Pause briefly and return to the starting position.
- ✦ Be sure that both handles of the smith machine are securely locked into place when completing the exercise. Do not attempt to secure smith machine by locking only one side.
- ✦ Instructions can also be found on the video CD that was included with your machine.



EXERCISE PRECAUTIONS:

- ✦ Be sure that footplates are completely inserted into the attachment slots.
- ✦ Be sure that both handles of the smith machine are securely locked into place when completing the exercise. Do not attempt to secure smith machine by locking only one side.
- ✦ After the bench is properly positioned, ensure that it is locked into place.
- ✦ Do not pull on the footplates unless removing. These footplates do not have the locking device and could slide out and cause injury.

AFTER COMPLETING THE EXERCISE:

1. Remove weight from the weight posts.
2. Remove the footplates and place on storage rack.
3. From the standing position, unlock the exercise handles (S-1) and lower the smith carriage to rest on springs at the base of the machine.

Exercises with free weights in standing position

MUSCLES TRAINED

- Chest
- Triceps
- Shoulders

GENERAL INSTRUCTIONS:

- ✦ Slide the bench completely forward to position 1 and incline the backrest to the high position. Attach the safety spotters (S-2) onto the hooks at the desired height. Make sure that both safety bars are set at the proper height to limit the lowest desired safe range of travel of the olympic bar and weights!
- ✦ Place the olympic bar onto the proper hooks to begin your exercise.
- ✦ Ensure that the bar is centered on the apparatus and evenly distribute the desired weights on each side of the bar. Always use locking collars to secure the weight plates to the bar.
- ✦ Maintain a stable base of support with your feet planted securely on the floor when performing the exercise.
- ✦ Perform the exercise in a slow and controlled motion.
- ✦ When racking the bar, make sure that the bar is securely retained by the barbell supports before releasing your pressure and grip on the bar.
- ✦ Instructions can also be found on the video CD that was included with your machine.

EXERCISE PRECAUTIONS:

- ✦ Make sure that both safety bars are set at the proper height to limit the lowest desired safe range of travel of the olympic bar and weights.
- ✦ Ensure that the bar is centered on the apparatus and that weights are evenly distributed on each side of the bar. Always use locking collars to secure the weight plates to the bar.
- ✦ Perform the exercise in a slow controlled manner. Avoid jerky movements.



Exercises with free weights in seated position

MUSCLES TRAINED

- Multi-Exercise for Upper and Lower Body

GENERAL INSTRUCTIONS:

- ✦ Attach the safety spotters (S-2) onto the hooks at the desired height.
Make sure that both safety bars are set at the proper height to limit the lowest desired safe range of travel of the Olympic bar and weights!
- ✦ Place the olympic bar onto the proper hooks to begin your exercise.
- ✦ Adjust the bench to the proper position and ensure that it is locked into place.
- ✦ Ensure that the bar is centered on the apparatus and evenly distribute the desired weights on each side of the bar.
Always use locking collars to secure the weight plates to the bar.
- ✦ Prior to unracking the bar, be sure to securely grip the bar with hands properly spaced equidistant from the center of the bar.
- ✦ Maintain a stable base of support with your feet planted securely on the floor when performing the exercise.
- ✦ Perform the exercise in a slow and controlled motion.
- ✦ When racking the bar, make sure that the bar is securely retained by the barbell supports before releasing your pressure and grip on the bar!
- ✦ Instructions can also be found on the video CD that was included with your machine.

EXERCISE PRECAUTIONS:

- ✦ Make sure that both safety bars are set at the proper height to limit the lowest desired safe range of travel of the olympic bar and weights.
- ✦ Ensure that the bar is centered on the apparatus and that weights are evenly distributed on each side of the bar.
Always use locking collars to secure the weight plates to the bar.
- ✦ Prior to unracking the bar, be sure to securely grip the bar with hands properly spaced equidistant from the center of the bar.
- ✦ After the bench is properly positioned, ensure that it is locked into place.



Chest Press

MUSCLES TRAINED

- Chest
- Triceps

GENERAL INSTRUCTIONS:

- ✦ Attach the safety spotters (S-2) onto the hooks at the desired height.
Make sure that both safety bars are set at the proper height to limit the lowest desired safe range of travel of the olympic bar and weights!
- ✦ Place the Olympic bar onto hooks H-5 or H-6, depending on your preference.
- ✦ Adjust the bench to position 7 (adjust to preference) and ensure that it is locked into place.
- ✦ Ensure that the bar is centered on the apparatus and evenly distribute the desired weights on each side of the bar.
Always use locking collars to secure the weight plates to the bar.
- ✦ Sit on the bench and assume a comfortable reclining position with your back resting firmly against the back of the seat and your feet on the provided footrest.
- ✦ Prior to unracking the bar, be sure to securely grip the bar with hands properly spaced equidistant from the center of the bar.
- ✦ In a slow and controlled manner, lift weight by bar, pause briefly in the near fully extended position, and return to the starting position.
- ✦ Instructions can also be found on the video CD that was included with your machine.



EXERCISE PRECAUTIONS:

- ✦ Exercise extreme caution when loading and unloading the weight plates.
- ✦ Be sure that the weights are evenly distributed on each side of the bar and that the collars are securely fastened at the ends of the plate rungs.
- ✦ After the bench is properly positioned, ensure that it is locked into place.
- ✦ Make sure that both safety bars are set at the proper height to limit the lowest desired safe range of travel of the olympic bar and weights.

Supported Bent Over Row

MUSCLES TRAINED

- Lats
- Middle Back
- Lower back

GENERAL INSTRUCTIONS:

- ✦ Slide the bench to position 22 (adjust to preference) and lock into place.
- ✦ Insert the exercise handle S1-L into hole 12-L, and exercise handle S1-R into hole 12-R on the back side of the smith carriage. The grips should face inward.
- ✦ Using the exercise handles, lift the smith carriage and lock onto hooks H-13.
- ✦ Adjust the backrest (it will serve as the chest pad for this exercise) up to approximately a 45° angle and lock into place using the pull pin located behind the backrest.
- ✦ Test the positioning of the bench to assure that the smith carriage crossbar will not come in contact with the head or back during exercise. Adjust the bench accordingly and lock into place.
- ✦ CAREFULLY load the desired weight.
DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!
- ✦ If the weight of the smith carriage without added weight is too heavy, insert cable C-2 into hole 18 for counter-balance and then add the desired counter weight.
- ✦ Lean slightly forward and place chest directly against the chest pad (backrest).
- ✦ Grasp the exercise handles firmly and twist to unlock.
- ✦ In a slow, controlled manner, lift weight by pulling the handles toward the body in a rowing fashion. Pause briefly in the fully flexed arm position and then return to the starting position.
- ✦ Upon completion of the exercise, lower the weight by slowly extending arms to the original starting position.
- ✦ EXIT MACHINE CAREFULLY!
- ✦ Instructions can also be found on the video CD that was included with your machine.

EXERCISE PRECAUTIONS:

- ✦ After the bench is properly positioned, ensure that it is locked into place.
- ✦ Enter and exit the machine very carefully.
- ✦ Check that all cables and attachments are properly connected.
- ✦ Securely lock the bench in a safe position that will not allow the smith carriage bar to come near the head or back while performing the exercise.

AFTER COMPLETING THE EXERCISE:

1. Unlock the bench and slide it forward.
2. Remove the exercise handles (S-1L & S1-R) from the smith carriage.
3. If the counter balance was used, remove any weight from the weight post and then remove C-2 cable from hole 18 and return to storage hole.



Pull Ups

MUSCLES TRAINED

- Shoulders
- Lats
- Biceps

GENERAL INSTRUCTIONS:

- ✦ Slide the bench forward to position 1 and raise the backrest to the highest position. Insert pull-up handle S10-R into hole 24-L and S10-L into 24-R.
*NOTE: For wide grip pull-ups, insert handles into the outer holes.
- ✦ Stand facing to the machine, and firmly grasp the handles and begin pull-ups.
- ✦ The pull-up handles can be adjusted several different ways (upside down, reverse handles to opposite sides, etc.) to find your favorite style.
- ✦ Instructions can also be found on the video CD that was included with your machine.



EXERCISE PRECAUTIONS:

- ✦ Be sure that handles are securely inserted into the attachment slots and will not slide out.
- ✦ Consider the height of the ceiling prior to performing this exercise to safeguard against hitting your head.

Assisted Pull Ups

MUSCLES TRAINED

- Shoulders
- Lats
- Biceps

GENERAL INSTRUCTIONS:

- ✦ Attach the counter-balance cable (C-2) into hole 18 located at the center of the smith-carriage cross bar.
- ✦ Slide the bench forward to position 1.
- ✦ Attach the pull-up handle S10-R into hole 24L and S10-L into hole 24R.
The attachments can be placed several different ways to your preference.
- ✦ Place the dip bar S6-R into hole 12-R and S6-L into hole 12L.
Center the preacher curl pad (S-7) so that it rests on S6-L and S6-R.
- ✦ Insert exercise handle S1-R into hole 4-L and S1-L into hole 4-R.
- ✦ Carefully begin loading weight plates onto the counter-balance weight posts.
Be careful, as the weight will shift once it exceeds the smith carriage weight (plus the weight of the attachments).
- ✦ Push down on the support pad (S-7) so that the pad moves downwards enough to lock the exercise handles (S1-R & S1-L) underneath the H-9 hooks.
- ✦ To begin the exercise, grab the pull-up bar with one hand and press down on the support pad with the opposite knee.
Unlock the exercise handles (S1-L & S1-R) with your free hand.
- ✦ Firmly grab the pull-up handles (S10-R & S10-L) with both hands and bring the other knee up onto the support pad and begin pull-ups.
- ✦ When finished, lock the handles underneath hooks 9-L and 9-R and exit the support platform.
- ✦ Instructions can also be found on the video CD that was included with your machine.



EXERCISE PRECAUTIONS:

- ✦ Be sure that pull-up bars are securely inserted into the attachment slots and will not slide out.
- ✦ Check that all cables and attachments are properly connected.

AFTER COMPLETING THE EXERCISE:

1. Remove the support pad (S-7).
2. Remove the dip bar handles (S6-R & S6-L).
3. Carefully remove the weight from the counter-balance weight post.
When the weight begins to shift, the exercise handles will rest on the H-9 hooks.
4. Unlock the exercise handles and lower the smith carriage so that it rests on the springs at the base of the machine.
5. Remove cable C-2 from hole 18 and return to storage for C-2.

Back Raises with Smith Machine in Seated Position

MUSCLES TRAINED

- Traps
- Shoulders

GENERAL INSTRUCTIONS:

- ✦ Insert the exercise handle S1-L into hole 12-R and exercise handle S1-R into hole 12-L.
The grips should face inward.
- ✦ Adjust the bench to position 1 (adjust to preference) and lock into place.
- ✦ Adjust the backrest to the desired incline position using the pull pin located behind the seat.
After the backrest is properly positioned at a height that extends the arms from the seated position, ensure that it is locked into place.
- ✦ CAREFULLY load the desired weight.
DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!
- ✦ If the weight of the smith carriage without added weight is too heavy, insert cable C-2 into hole 18 for counter-balance and then add the desired counter weight.
- ✦ Grasp the exercise handles firmly and unlock each side.
Lift the weight with the shoulders and arms in an upward direction.
Pause briefly and return to the starting position.
- ✦ Be sure that both handles of the smith machine are securely locked into place when completing the exercise.
Do not attempt to secure smith machine by locking only one side.
- ✦ Instructions can also be found on the video CD that was included with your machine.



EXERCISE PRECAUTIONS:

- ✦ Be sure that both handles of the smith machine are securely locked into place when completing the exercise.
Do not attempt to secure smith machine by locking only one side.
- ✦ After the bench is properly positioned, ensure that it is locked into place.

AFTER COMPLETING THE EXERCISE:

1. If the counter balance was used, remove any weight from the weight post and then remove C-2 cable from hole 18 and return to storage hole.
2. Unlock the exercise handles and lower the smith carriage to rest on the springs.
3. Remove weights from the smith carriage posts.

Military Press with Smith Machine

MUSCLES TRAINED

- Traps
- Shoulders
- Triceps

GENERAL INSTRUCTIONS:

- ✦ Adjust the bench to position 1 (adjust to preference) and lock into place.
- ✦ Insert exercise handle S1-R into hole 5R and exercise handle S1-L into hole 5L. Lift the smith carriage and lock onto hooks H-2 or H-3.
- ✦ CAREFULLY load the desired weight.
DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

If the weight is too much, insert the counter-balance pin into the smith carriage and add weight to the counter-balance weight post.

- ✦ In a slow and controlled manner push upward on the smith machine handles, unlock, and lift the weight overhead.
Pause briefly in a near fully extended position and then return to the starting position.
- ✦ Do not arch your back while performing the exercise.
- ✦ Be sure that both handles of the smith machine are securely locked into place when completing the exercise.
Do not attempt to secure smith machine by locking only one side.
- ✦ Instructions can also be found on the video CD that was included with your machine.

EXERCISE PRECAUTIONS:

- ✦ Be sure that both handles of the smith machine are securely locked into place when completing the exercise.
Do not attempt to secure smith machine by locking only one side.
- ✦ After the bench is properly positioned, ensure that it is locked into place.
- ✦ Do not arch your back while performing the exercise.

AFTER COMPLETING THE EXERCISE:

1. Remove any weight from the counter-balance weight post.
2. Carefully remove cable C-2 from hole 18 and insert into storage for C-2.
3. Unlock the exercise handles and lower the smith-carriage so that it rests on the springs at the base of the machine.



Back Raises with Smith Machine in Standing Position

MUSCLES TRAINED

- Traps
- Shoulders

GENERAL INSTRUCTIONS:

- ✦ Move the bench completely forward to position 1 and incline the backrest to the highest position. Insert the locking exercise handle S1-R into hole 8-L and exercise handle S1-L into hole 8-R on the backside of the smith carriage and lock into place.
The grips should face inward.

- ✦ Lift the smith carriage onto hooks H-11.
- ✦ CAREFULLY load the desired weight.

DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!

If the weight is too heavy, insert cable C-2 into hole 18 for counter balance and add the desired counter weight.

- ✦ If the weight of the smith carriage without added weight is too heavy, insert cable C-2 into hole 18 for counter-balance and then add the desired counter weight.
- ✦ Stand facing away from the machine, firmly grasp the exercise handles and unlock each side. Lift the weight with the shoulders and arms in an upward direction. Pause briefly and return to the starting position.
- ✦ Maintain a stable base of support with your feet on the lower frame brace while performing the exercise.
- ✦ Be sure that both handles of the smith machine are securely locked into place when completing the exercise.
Do not attempt to secure smith machine by locking only one side.
- ✦ Instructions can also be found on the video CD that was included with your machine.

EXERCISE PRECAUTIONS:

- ✦ Check to ensure that all cables and attachments are properly attached and inserted.
- ✦ Be sure that both handles of the smith machine are securely locked into place when completing the exercise.
Do not attempt to secure smith machine by locking only one side.

AFTER COMPLETING THE EXERCISE:

1. If the counter balance was used, remove any weight from the weight post and then remove C-2 cable from hole 18 and return to storage hole.
2. Remove the exercise handles.



Triceps Push Downs

MUSCLES TRAINED

- Triceps

GENERAL INSTRUCTIONS:

- ✦ Insert the lat pull cable (C3) onto the locking pin located at the center of the smith carriage crossbar.
Remove the exercise handles from the smith carriage, if necessary, and any other handles or attachments.
- ✦ Using a clip, attach the tricep push down bar (S-8) to the C-3 cable hanging overhead at the forefront of the machine.
If the lat bar is too high to grab, use the attachment cable (C-5) or an additional carabineer clip to lengthen the cable (C-3).
- ✦ Add the desired weight and be sure that they are evenly distributed on each side of the machine.
- ✦ Raise the thigh roller pads to the upright position.
Be sure that the pull pin is fully engaged and locked in position.
- ✦ Adjust the seat to the desired position and lock into place.
- ✦ Stand facing the machine, and firmly grasp the handle.
- ✦ In a slow and controlled manner, lift weight by pushing the tricep bar down.
Pause briefly in the fully contracted position and return slowly to the starting position.
- ✦ If the weight of the smith carriage without added weight is too heavy, insert cable C-2 into hole 18 for counter-balance and then add the desired counter weight.
- ✦ Instructions can also be found on the video CD that was included with your machine.



AFTER COMPLETING THE EXERCISE:

1. If the counter balance was used, remove any weight from the weight post and then remove C-2 cable from hole 18 and return to storage hole.
2. Unclip and remove the tricep push down bar (S-8)
3. Remove cable C-3 from the smith carriage cross bar and attach to the storage for C-3 pin.

French Curl

MUSCLES TRAINED

- Triceps

GENERAL INSTRUCTIONS:

- ✦ Adjust the seat to the desired position using the pull pin located behind the seat.
After the bench is properly positioned, ensure that it is locked into place.
- ✦ Attach the safety spotters (S-2) onto hooks H-5 or H-6, according to preference.
- ✦ CAREFULLY load the desired weight on the EZ curl bar.
DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!
- ✦ Ensure that weights are evenly distributed on each side of the EZ curl bar.
Always use locking collars to secure the weight plates to the bar and rest the bar on the safety spotters (S-2).
- ✦ To begin the exercise, sit on the bench facing the machine, grab the EZ curl bar firmly, and assume a reclining position with your back resting firmly against the backrest and your feet planted firmly on the ground.
- ✦ Lift and lower EZ curl bar in a smooth and controlled manner.
Keeping the elbows in a vertical position, raise and lower the EZ curl bar to a point just above the head.
- ✦ Carefully place the EZ curl bar on the safety bars after completing the exercise.



EXERCISE PRECAUTIONS:

- ✦ Ensure that weights are evenly distributed on each side of the EZ curl bar.
Always use locking collars to secure the weight plates to the bar.
- ✦ After the bench is properly positioned, ensure that it is locked into place.

Assisted Dips

MUSCLES TRAINED

- Triceps
- Shoulders

GENERAL INSTRUCTIONS:

- ✦ Attach the counter-balance cable (C-2) into hole 18 on the smith machine carriage bar.
- ✦ Carefully begin loading weight plates onto the weight posts of the counter-balance system. When the weight plates exceed the weight of the smith machine (approximately 80 lbs. plus the weight of exercise handles and attachments being used) the smith machine will begin to rise. Slowly allow the smith machine to reach its highest point and then continue to add the desired counter-weight to the weight post.
- ✦ Attach the dip-bar handle S6-R into hole 10-L or 11-L, and dip bar handle S6-L into hole 10-R or 11-R according to preference.
- ✦ Adjust the bench to position 15 (adjust to preference) and lock into place.
- ✦ With one knee resting on the bench, firmly grab the exercise handles. Lift the weight by extending the arms downward and then returning to the starting position in a smooth and controlled manner.
- ✦ Upon completion of the exercise, lower the weight gently by slowly lifting the arms to the original starting position.
- ✦ Instructions can also be found on the video CD that was included with your machine.



EXERCISE PRECAUTIONS:

- ✦ Be sure that weights are evenly distributed on each side of the smith-carriage.
- ✦ Check that all cables and attachments are properly connected.
- ✦ After the bench is properly positioned, ensure that it is locked into place.

AFTER COMPLETING THE EXERCISE:

1. Remove handles (S6-R and S6-L).
2. Carefully remove the weight from the counter balance weight post.
3. Remove cable C-2 from hole 18 and return to storage for C-2 cable.

Standing Bar Curl

MUSCLES TRAINED

- Biceps

GENERAL INSTRUCTIONS:

- ✦ Attach the safety spotters (S-2) onto the hooks at the desired height.
Make sure that both safety bars are set at the proper height to limit the lowest desired safe range of travel of the EZ curl bar and weights!
- ✦ CAREFULLY load the desired weight on the EZ curl bar.
DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!
- ✦ Ensure that weights are evenly distributed on each side of the EZ curl bar.
Always use locking collars to secure the weight plates to the bar.
- ✦ Lift and lower the EZ curl bar in a smooth, controlled manner!
- ✦ Instructions can also be found on the video CD that was included with your machine.

EXERCISE PRECAUTIONS:

- ✦ Ensure that weights are evenly distributed on each side of the EZ curl bar.
Always use locking collars to secure the weight plates to the bar.



Standing Cable Curl

MUSCLES TRAINED

- Biceps

GENERAL INSTRUCTIONS:

- ✦ Move the bench completely forward to position 1 and incline the backrest to the highest position.
- ✦ Attach cable C-3 to the attachment pin located at the center of the smith-carriage cross bar.
- ✦ Using a clip, attach cable C-4 to the end of cable C-3 hanging overhead at the forefront of the machine.
- ✦ At the base of the machine, attach extension cable C-5 to the other end of cable C-4.
- ✦ Attach the curl bar (S-8) to the extension cable C-5.



- ✦ Add the desired weight and be sure that the weights are evenly distributed on each side of the machine.
If the weight of the smith carriage is too heavy, attach cable C-2 to hole 18 for counter balance and add the desired counter weight to the counter balance weight post.
- ✦ Stand facing the machine just behind the lower frame brace, and firmly grasp the curl bar (S-8).
- ✦ In a slow and controlled manner, lift weight by curling the bar toward the upper chest. Pause briefly in the fully contracted position and then return to the starting position.
- ✦ Instructions can also be found on the video CD that was included with your machine.

EXERCISE PRECAUTIONS:

- ✦ Check to insure that the "safety clip" attaching the handle to the cable is in proper working condition and shows no signs of wear.
- ✦ Do not lean forward / backward or use the lower back.

AFTER COMPLETING THE EXERCISE:

1. Unclip and remove cable C-4 from cable C-3.
2. Remove any weight from the counter balance system or smith carriage.
3. Remove cable C-2 from hole 18 and hook onto the storage pin.
4. Remove cable C-3 and attach to the "Storage for C-3" pin.

Lying Cable Curl

MUSCLES TRAINED

- Biceps

GENERAL INSTRUCTIONS:

- ✦ Move the bench completely forward to position 1 and incline the backrest to the highest position.
- ✦ Attach cable C-3 to the attachment pin located at the center of the smith-carriage cross bar.
- ✦ Using a clip, attach cable C-4 to the end of cable C-3 hanging overhead at the forefront of the machine.
- ✦ At the base of the machine, attach extension cable C-5 to the other end of cable C-4.
- ✦ Attach the curl bar (S-8) to the extension cable C-5.
- ✦ Insert small footplate S3-L into hole 21-R and S3-R into hole 21-L into the holes of the lat pulley support bar.
- ✦ Add the desired weight and be sure that the weights are evenly distributed on each side of the machine.
If the weight of the smith carriage is too heavy, attach cable C-2 to hole 18 for counter balance and add the desired counter weight to the counter balance weight post.
- ✦ Firmly grasp the handle with both hands.
- ✦ Lay on floor and place feet squarely on footplates.
Keep knees slightly bent (flexed).
- ✦ In a slow and controlled manner, lift weight by curling the bar toward the upper chest.
Pause briefly in the fully contracted position and return to the starting position.
- ✦ Instructions can also be found on the video CD that was included with your machine.



AFTER COMPLETING THE EXERCISE:

1. If the counter balance was used, remove any weight from the weight post and then remove C-2 cable from hole 18 and return to storage hole.
2. Unclip and remove cable C-4 from cable C-3.
3. Remove cable C-3 and attach to the "Storage for C-3" pin.
4. Remove footplates.

Preacher Curl

MUSCLES TRAINED

- Biceps

GENERAL INSTRUCTIONS:

- ✦ Raise the seat to the highest position and lock into place.
Connect the preacher curl attachment (S-7) into hole 27 located on the seat.
- ✦ CAREFULLY load the desired weight on the EZ curl bar.
DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!
- ✦ Center the EZ curl bar on the rubber pads below the preacher curl pad (S-7).
- ✦ Adjust the seat height to the desired position by pulling up on the back support of the bench.
- ✦ After the bench is properly positioned, ensure that it is locked into place.
- ✦ In a slow, controlled manner, lift the EZ curl bar toward the body.
Pause briefly in a fully contracted position and return slowly to starting position.
- ✦ Instructions can also be found on the video CD that was included with your machine.



EXERCISE PRECAUTIONS:

- ✦ Be sure that the weights are evenly distributed on each side of the EZ curl bar.
Always use locking collars to secure the weight plates to the bar.

AFTER COMPLETING THE EXERCISE:

1. Remove Preacher curl attachment pad (S-7).
2. Remove EZ curl bar.

Cable Cross Over - option A

MUSCLES TRAINED

- Multi-exercise multi-pattern system for chest, shoulders, arms.

GENERAL INSTRUCTIONS:

- ✦ Remove exercise handles from the smith carriage.
- ✦ Insert cross over cable pulley A1-R into hole 5, 6, or 7-R depending on preference.
Insert crossover cable A1-L into hole 5, 6, or 7-L depending on the placement of the first pulley.
Make sure the cables are not twisted.
- ✦ Disconnect cable C6-L from the C6-L storage and C6-R from the C6-R storage.
- ✦ Using a clip, attach the D-grip handles, if they are not already attached, to cables C6-L & C6-R.
- ✦ Select the desired weight.
DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!
- ✦ If the weight of the smith carriage without added weight is too heavy, insert cable C-2 into hole 18 for counter-balance and then add the desired counter weight.
- ✦ In a slow, controlled manner, squeeze the grips together in front of the chest with the arms slightly bent.
Pause briefly and return to the starting position.
- ✦ Upon completion of the exercise, lower weight gently to the original starting position.
- ✦ Instructions can also be found on the video CD that was included with your machine.



EXERCISE PRECAUTIONS:

- ✦ Be sure the cables are not twisted when inserting the pulley into the holes on the smith carriage.
- ✦ Be sure that all cables and pulleys are properly and securely attached.

AFTER COMPLETING THE EXERCISE:

1. If the counter balance was used, remove any weight from the weight post and then remove C-2 cable from hole 18 and return to storage hole.
2. Attach cable C6-R to C6-R storage and C6-L cable to C6-L storage.
3. Remove pulley A1-L and A1-R and insert into holes 28-L and 28-R located on the cable cross over arms.

Low Pulley - option A1

MUSCLES TRAINED

- Chest
- Traps
- Shoulders
- Triceps

GENERAL INSTRUCTIONS:

- ✦ Remove any handles or attachments from the smith carriage.
- ✦ Insert pulley A1-L into hole 7-L and A1-R into hole 7-R.
- ✦ Using a clip, attach cable C7-L to cable C6-L on the arm of the cable cross over, and cable C7-R to cable C6-R.
- ✦ Using a clip, attach the D-grip handles to cables C7 (L & R).
- ✦ Adjust the backrest and seat to the desired incline position and lock into place using the pull pins underneath.
Slide the bench to position 5 (adjust to preference) and lock into place.
- ✦ Assume a comfortable seated position with the back resting against the backrest.
Plant the feet firmly on the ground or use the provided footrest.
- ✦ Firmly grasp handles in each hand.
- ✦ Perform the desired exercise (incline/decline/chest press, cable pec fly or overhead triceps) by lifting and lowering weight in a slow, controlled manner, pausing briefly in the fully contracted position.
- ✦ Upon completion of the exercise, gently lower the weight to its starting position.
- ✦ Instructions can also be found on the video CD that was included with your machine.



PRIOR TO USING THIS EXERCISE:

- ✦ Be sure that the pull pin is fully engaged and locked in position.
After the bench is properly positioned, ensure that it is locked into place.

AFTER COMPLETING THE EXERCISE:

1. If the counter balance was used, remove any weight from the weight post and then remove C-2 cable from hole 18 and return to storage hole.
2. Disconnect cables C-6 L & C7-L and cables C6-R & C7-R.
3. Attach cable C6-L to storage hole for C6-L and C6-R to storage hole for C6-R.
4. Remove pulleys A1-L & A1-R and insert into holes 28 (L & R) located on the arms of the cable cross over.
5. Wrap the C-7 cables around the lower pulley and loop end over black plastic ball for storage.

Leg Curl / Extension - option B

MUSCLES TRAINED

- Quads
- Hamstrings
- Glutes

GENERAL INSTRUCTIONS:

- ✦ Attach cable C-2 into hole 18 for counter balance. Add enough weight to lighten the smith carriage. Insert exercise handle S1-R into hole 4-R and S1-L into hole 4-L.
Lift the smith carriage to hooks H-1.
- ✦ Place the olympic bar onto hooks H-13.
- ✦ Move bench completely forward to position 1 and lock into place.
- ✦ Incline the backrest to approximately 45° and lock the pull pin located underneath the backrest.
- ✦ Insert attachment B-1 seat into hole 26 located on the top of the backrest.
Be sure it is securely attached.
- ✦ Lower the seat (B-1) by unlocking the pin of the backrest and resting the seat on the olympic bar.
- ✦ Insert the leg extension / leg curl attachment (B-2) into hole 30 of the leg extension / leg curl attachment.
The footpad can be adjusted to a different hole (29 or 31) if it is uncomfortable while performing the exercise.
- ✦ Adjust the leg curl/ext. arm by unlocking the lever and rotating the arm to the desired position (9-10 o'clock position for leg curl & 6 o'clock position for the leg extension).
Lock the lever into place by pulling back on the handle.
- ✦ Add the desired weight to the weight post of the leg curl/extension attachment.
- ✦ Begin exercise.
- ✦ Instructions for leg curl or leg extension can be found on the video CD that was included with your Titan.



PRIOR TO USING THIS EXERCISE:

- ✦ Be sure that the smith carriage is lifted up and out of the way.
- ✦ Be sure that the attachments are locked into place.

AFTER COMPLETING THE EXERCISE:

1. Remove the leg extension footpad (B-2)
2. Raise the backrest off of the Olympic bar and lock into place with the pull pin behind the backrest.
3. Remove the seat attachment (B-1).
4. Remove the Olympic bar from hooks H-13.
5. Unlock the exercise handles (S-1) and lower the smith carriage to rest on the springs.
6. Remove the weight from the counter balance post.
7. Remove cable C-2 from hole 18 and place pin into storage for C-2.

Preacher Curl Machine - option B1

MUSCLES TRAINED

- Biceps

GENERAL INSTRUCTIONS:

- ✦ Attach cable C-2 into hole 18 for counter balance.
Add enough weight to lighten the smith carriage.
Insert exercise handle S1-R into hole 4-R and S1-L into hole 4-L.
Lift the smith carriage to hooks H-1.
- ✦ Attach the preacher curl chest pad (B1-1) onto hooks H-11.
The pad should be facing the front of the machine and hole 34 should be facing upwards.
- ✦ Adjust the rotating arm by unlocking the lever and lock at approximately the 7 o'clock position.
- ✦ Insert the preacher curl armrest pad (S-7) into the hole 34 located on the chest pad attachment (B1-1).
- ✦ Attach the preacher curl bar attachment (B1-2) into hole 30 on the arm of the leg extension attachment and lock into place.
- ✦ Link 2 carabineer clips together and attach handle (S-8) to extension bar B1-2.
- ✦ Incline the bench to approximately 20°, unlock and slide it forward to position 20 (adjust to preference) and then lock into place.
- ✦ Extend the arms over the preacher pad (S-7), grab the handle (S-8) firmly and sit on the bench to begin exercise.
- ✦ In a slow, controlled manner, curl the preacher curl bar up towards the upper chest, pause briefly and return to the starting position.
- ✦ Instructions can also be found on the video CD that was included with your machine.



PRIOR TO USING THIS EXERCISE:

- ✦ Be sure the smith carriage all the way up and locked into place.
- ✦ Be sure that the attachments are locked into place.

AFTER COMPLETING THE EXERCISE:

1. Remove the preacher curl bar attachment (B1-2) from hole 30 and detach handle S-8.
2. Remove the preacher curl armrest pad (S-7) from the preacher curl chest pad (B1-1).
3. Remove the preacher curl chest pad (B1-1).
4. Remove plates from the counter balance.
5. Remove cable C-2 from hole 18 and insert into storage hole for C-2.
6. Unlock exercise handles S-1 and lower the smith carriage onto the springs.

Back Extension - option B1

MUSCLES TRAINED

- Lower back muscles

GENERAL INSTRUCTIONS:

- ✦ Attach cable C-2 into hole 18 for counter balance.
Add enough weight to lighten the smith carriage.
Insert exercise handle S1-R into hole 4-R and S1-L into hole 4-L.
Lift the smith carriage to hooks H-1.
- ✦ Insert footplate S4-R into hole 19-L and footplate S4-L into hole 19-R.
For this exercise the backside of the footplates will be used for support.
- ✦ Unlatch the lever of the leg extension/curl and rotate the arm so that it is in approximately the 10 o'clock position.
- ✦ Insert the preacher curl bar attachment (B1-2) into hole 29 or 30 of the leg ext./curl arm.
- ✦ Link 2 carabineer clips together and attach handle (S-8) to extension bar B1-2.
- ✦ With the backrest in the flat position, slide the bench to position 8 (adjust to preference) and lock into place.
- ✦ Firmly grab the exercise handle S-8, place feet onto the (back of the) footplates, and pull the weight back by extending the body backwards bending at the waist, pausing briefly, and then returning to the starting position.
- ✦ Instructions can also be found on the video CD that was included with your machine.



EXERCISE PRECAUTIONS:

- ✦ Be sure the smith carriage all the way up and locked into place.
- ✦ Be sure that the attachments are locked into place.

AFTER COMPLETING THE EXERCISE:

1. Remove handle S-8 from the extension bar (B1-2).
2. Remove extension bar B1-2.
3. Remove the footplates and return to the accessory rack.
4. Unlock the exercise handles (S1-L & S1-R) and lower the smith carriage to rest on the springs.
5. Remove weight plates from the counter balance weight post.
6. Remove cable C-2 from hole 18 and place into storage hole.

Exercises with the Fitness Ball - option B1

MUSCLES TRAINED

- Stretching exercise, Abs, Lower back

GENERAL INSTRUCTIONS:

- ✦ Slide the bench completely forward.
- ✦ Insert footplate S3-L into 22-R and footplate S3-R into hole 22-L.
- ✦ Add weight (approximately 45 lbs.) to the leg curl/ext. weight post.
- ✦ Insert the roller pad (B-2) into hole 29, 30, or 31 depending on your preference.
- ✦ Anchor the feet under the roller pad (B-2) and place both feet firmly onto the footplates (S3-L & S3-R).
- ✦ Begin the exercise (sit-ups, back extensions, stretching, etc.).



Ab Station - option C

MUSCLES TRAINED

- Abs, Glutes

GENERAL INSTRUCTIONS:

- ✦ Slide the bench forward to position 1 and raise the backrest to the highest position.
- ✦ Insert the exercise handle S1-R into hole 10-L and S1-L into hole 10-R. Lift the smith-carriage by the handles and lock onto hooks H-13.
- ✦ Insert the back rest pad (C-1) into hole 18 on the back side of the smith carriage. Insert forearm pad C2-R into hole 16-R and forearm pad C2-L into hole 16-L. If the pads are too narrow, widen by inserting one or both forearm pads into hole 15.
- ✦ With the back resting comfortably against the back pad, firmly grasp vertical handles and let body weight rest on the forearm pads.
- ✦ In a slow, controlled manner, raise legs, pause briefly in the fully contracted position and return to the starting position. Upon completion of exercise, gently lower body off of the shoulder pads.

EXERCISE PRECAUTIONS:

- ✦ Put the locking exercise handles on the hooks at a height that positions the backrest just above the waist. Do not rest the smith carriage on the springs at the bottom. Always lock the exercise handles on the hooks.
- ✦ Be sure that forearm pads and back pad are securely inserted into the attachment slots and will not slide out.



Sit Ups-Crunches - option D

MUSCLES TRAINED

- Abs

GENERAL INSTRUCTIONS:

- ✦ Slide the bench to position 12 (adjust to preference) and lock into place.
- ✦ Insert the exercise handle S1-L into hole 11-R, and exercise handle S1-R into hole 11-L on the back side of the smith carriage.
- ✦ Using the exercise handles, lift the smith carriage and lock onto hooks H-10.
- ✦ Adjust backrest to desired inclined position using the pull pin located behind the back of the seat.

NOTE: Height adjustment of board depends

upon users strength and ability. It is important that beginners do not overdo it!

Start with board set in lowest hole and work your way up.

- ✦ Insert the decline attachment D-1 into hole 26 located at the top of the backrest.
- ✦ Enter the machine carefully, placing feet beneath lower rollers with back of knees bent across upper rollers.
Lay down in the declined position.
- ✦ In a slow and controlled manner, curl chin toward knees.
Exhale at completion (top) of sit up, forcefully contracting abdominal muscles.
Inhale on way down to start position.
Repeat, bending as far forward as possible.
- ✦ Exit machine carefully.
- ✦ Instructions can also be found on the video CD that was included with your machine.

EXERCISE PRECAUTIONS:

- ✦ After the bench is properly positioned, ensure that it is locked into place.
- ✦ Be sure that the decline attachment is inserted securely.

AFTER COMPLETING THE EXERCISE:

1. Remove the decline attachment D-1
2. Lower the backrest to the flat position.
3. Unlock the exercise handles and lower the smith carriage to rest on the bottom springs.



Decline Bench with Smith Machine - option D

MUSCLES TRAINED

- Chest
- Shoulders
- Triceps

GENERAL INSTRUCTIONS:

- ✦ Put the locking exercise handle S1-R into hole 7-R and S1-L into hole 7-L.
Lift the smith carriage by the exercise handles and lock onto hooks H-5.
- ✦ Adjust the backrest to the desired position using the pull pin underneath and lock into place.
- ✦ Insert the decline attachment D-1 into hole 26 located at the top of the backrest.
- ✦ Adjust the bench to position 15 (adjust to preference) and lock into place.
- ✦ Be sure that the decline attachment is inserted securely.
- ✦ Enter the machine carefully, placing feet beneath lower rollers with back of knees bent across upper rollers.
Lay down in the declined position.
- ✦ If the weight of the smith carriage without added weight is too heavy, insert cable C-2 into hole 18 for counter-balance and then add the desired counter weight.
- ✦ In a slow and controlled manner, lift weight by handles and unlock, extend arms upwards, pause briefly with the arms near fully extended position, and return to the starting position.
- ✦ Be sure that both handles of the smith machine are securely locked into place when completing the exercise.
Do not attempt to secure smith machine by locking only one side.
- ✦ Exit machine carefully.
- ✦ Instructions can also be found on the video CD that was included with your machine.

EXERCISE PRECAUTIONS:

- ✦ Be sure that the decline attachment is inserted securely.

AFTER COMPLETING THE EXERCISE:

1. Remove the decline attachment B-1.
2. If the counter balance was used, remove any weight from the weight post and then remove C-2 cable from hole 18 and return to storage hole.
3. Remove any weight from the weight post and lower the smith carriage to rest on the springs.



Decline Bench with Olympic Bar - option D

MUSCLES TRAINED

- Chest
- Shoulders
- Triceps

GENERAL INSTRUCTIONS:

- ✦ Attach cable C-2 into hole 18 for counter balance.
Add enough weight to lighten the smith carriage.
Insert exercise handle S1-R into hole 2-R and S1-L into hole 2-L.
Lift the smith carriage to hooks H-1.
- ✦ Adjust the backrest and seat to the desired position using the pull pin located underneath.
- ✦ After the bench is properly positioned, ensure that it is locked into place.
- ✦ Insert decline attachment D-1 into hole 26 located on the top of the backrest.
- ✦ Be sure that the decline attachment is inserted securely.
- ✦ Place the olympic bar on hooks H4 or H5.
- ✦ Attach the safety spotters (S-2) to hooks H-6 or H-7.

Note: The safety spotters (S-2) can be placed between the two hooks by centering the safety spotter on the hook and locking into place.

- ✦ In a slow and controlled manner, lift weight by bar, pause briefly in the near fully extended position, and return to the starting position.
- ✦ Exit machine carefully.
- ✦ Instructions can also be found on the video CD that was included with your machine.

EXERCISE PRECAUTIONS:

- ✦ Make sure that both safety bars are set at the proper height to limit the lowest desired safe range of travel of the olympic bar and weights.
- ✦ Be sure that the weights are evenly distributed on each side of the bar and that the collars are securely fastened at the ends of the plate rungs.
- ✦ Enter and exit the machine carefully.

AFTER COMPLETING THE EXERCISE:

1. Remove the plates from the olympic bar and then remove the olympic bar from the hooks.
2. Remove the safety spotters (S-2).
3. Remove the decline attachment (D-2) from hole 26.
4. Unlock the exercise handles and lower the smith carriage to rest on the bottom springs.
5. Remove the weight plates from the counter balance weight posts.
6. Remove cable C-2 from hole 18 and place into the storage hole for C-2.



Dumbbell Press with Dumbbell Spotters - option E

MUSCLES TRAINED

- Chest

GENERAL INSTRUCTIONS:

- ✦ Insert exercise handle S1-L into hole 9-R and exercise handle S1-R into hole 9-L on the backside of the smith carriage.
- ✦ Lift the smith carriage and lock the handles onto hooks H-13.
- ✦ Insert dumbbell spotter E1-R into hole 16-R and E1-L into hole 16-L.
- ✦ Select your dumbbells and place them securely onto the dumbbell spotters (E-1).
- ✦ Unlock the bench and slide it under the dumbbell spotters. Do not lock the bench.
- ✦ Firmly grasp the dumbbells with the feet planted firmly on the ground and extend the arms upward.
Use the legs to pull the bench out from underneath the dumbbell spotters and begin exercising.
- ✦ When finished, use your legs to push the bench back and with the arms extended, guide the dumbbells back into the dumbbell spotters.
- ✦ Be sure that the dumbbells are secure on the dumbbell spotters before releasing.
- ✦ Instructions can also be found on the video CD that was included with your machine.



EXERCISE PRECAUTIONS:

- ✦ Be sure the dumbbell spotters are locked into the holes before beginning exercise.
- ✦ Be sure that the dumbbells are secure on the dumbbell spotters before releasing.

AFTER COMPLETING THE EXERCISE:

1. Remove the dumbbells from the dumbbell spotters.
2. Remove the dumbbell spotters (E1-R & E1-L) from the smith carriage.
3. Unlock the exercise handles and lower the smith carriage to the bottom springs.
4. Remove the exercise handles.

Incline Dumbbell Press with Dumbbell Spotters - option E

MUSCLES TRAINED

- Chest
- Traps
- Shoulders

GENERAL INSTRUCTIONS:

- ✦ Insert exercise handle S1-L into hole 9-R and exercise handle S1-R into hole 9-L on the backside of the smith carriage.
- ✦ Lift the smith carriage and lock the handles onto hooks H-10 or H-11.
- ✦ Insert dumbbell spotter E1-R into hole 16-R and E1-L into hole 16-L.
- ✦ Select your dumbbells and place them securely onto the dumbbell spotters (E-1).
- ✦ Adjust the bench to the incline position and slide the bench under the dumbbell spotters. Do not lock into position.
- ✦ Firmly grasp the dumbbells with the feet planted firmly on the ground and extend the arms upward.
Use the legs to pull the bench out from underneath the dumbbell spotters and begin exercising.
- ✦ When finished, use your legs to push the bench back and with the arms extended, guide the dumbbells back into the dumbbell spotters.
- ✦ Be sure that the dumbbells are secure on the dumbbell spotters before releasing.
- ✦ Instructions can also be found on the video CD that was included with your machine.



EXERCISE PRECAUTIONS:

- ✦ Be sure the dumbbell spotters are locked into the holes before beginning exercise.
- ✦ Be sure that the dumbbells are secure on the dumbbell spotters before releasing.

AFTER COMPLETING THE EXERCISE:

1. Remove the dumbbells from the dumbbell spotters.
2. Remove the dumbbell spotters (E1-R & E1-L) from the smith carriage.
3. Unlock the exercise handles and lower the smith carriage to the bottom springs.
4. Remove the exercise handles.

Tricep Push Downs - option F

MUSCLES TRAINED

- Triceps

GENERAL INSTRUCTIONS:

- ✦ Using an attachment clip, attach cable C-8 to the attachment bar located on the inside of the counter-balance.
- ✦ Attach extension cable C-5 to the other end of cable C-8.
- ✦ Attach handle S-8 to the extension cable C-5.
- ✦ Add the desired weight to the counter balance weight post.
- ✦ Grab the handle (S-8) firmly with both hands, push downward with the elbows in close to the waist, pausing at the near extended position, and then return to the starting position.
- ✦ Instructions can also be found on the video CD that was included with your machine.



Standing Cable Curls and Upright Rows with Cable - option F

MUSCLES TRAINED

- Standing Cable Curls: Biceps
- Upright Rows: Shoulders, Lats

GENERAL INSTRUCTIONS:

- ✦ Using an attachment clip, attach cable C-8 to the attachment bar located on the inside of the counter-balance.
- ✦ Attach extension cable C-5 to the other end of cable C-8.
- ✦ Attach cable C-10 to cable C-5.
- ✦ Attach the curl bar (S-8) handle to cable C-10.
- ✦ Grab the handle (S-8) firmly with both hands and begin the exercise.
- ✦ Instructions can also be found on the video CD that was included with your machine.



TITAN

Abductor and Adductor Exercise - option F

MUSCLES TRAINED

- Quads
- Hamstrings

GENERAL INSTRUCTIONS:

- ✦ Using an attachment clip, attach cable C-8 to the attachment bar located on the inside of the counter-balance.
- ✦ Place the olympic bar on the hooks at the rear of the machine at about mid-chest height.
- ✦ Attach pulley F-1 to the other end of cable C-8.
- ✦ Attach cable C-9 to hole 32 located by the lower pulley.
- ✦ Attach cable C-10 to the other end of cable C-9.
- ✦ Attach the ankle strap to the end of cable C-10.
- ✦ Attach the ankle strap to the ankle and grab the olympic bar for support.
- ✦ Stand facing the machine and extend the legs in a sideward motion and return to the starting position.
- ✦ Instructions can also be found on the video CD that was included with your machine.



Gravity boots - option G

MUSCLES TRAINED

- Stretching exercise, Abs

GENERAL INSTRUCTIONS:

- ✦ At the back of the machine, place the olympic bar onto the top hooks (by holes 25).
- ✦ Insert S10-R into the upper hole of 25-L and S10-L into 25-R so that the handle comes across the top of the Olympic bar and locks it into the hooks.
- ✦ Attach the gravity boots (not included) to each ankle.
- ✦ Attach handle S6-R to 14-L and S6-L to 14-R.
- ✦ Adjust the bench forward to position 1.
- ✦ Grab the Olympic bar with both hands, and with one foot supported by the smith carriage cross-bar, lift the opposite leg up to the olympic bar and attach the gravity boot. Then lift the other leg up and attach the gravity boot to the olympic bar.
- ✦ Carefully release your grip on the olympic bar and begin the exercise. Use the handles (S-6) to help lower or raise the body.
- ✦ Instructions can also be found on the video CD that was included with your machine.



TITAN

Close-Grip Shallow Incline Press - option N

MUSCLES TRAINED

- Chest
- Triceps

GENERAL INSTRUCTIONS:

- ✦ Insert the locking exercise handle S1-L into hole 4-L. Before inserting the opposite handle, slide one end of the tube (option N) over the grip of exercise handle S1-L. Then put the locking exercise handle S1-R into hole 4-R. Now slide the tube over the exercise handle S1-R so that the tube is centered between the two handles and lock into place by twisting the knob on each side of the tube.
- ✦ Lift the smith-carriage and lock onto hooks H-2 or H-3.
- ✦ CAREFULLY load the desired weight.
DO NOT EXCEED YOUR KNOWN PERFORMANCE CAPABILITIES!
- ✦ Be sure that the weights are evenly distributed on each side of the machine.
- ✦ Adjust the backrest to the desired position using the pull pin located behind the seat.
- ✦ Adjust the seat height to the desired position using the pull pin located underneath the seat.
- ✦ Adjust the bench to position 16 (adjust to preference) and be sure that it is locked into place.
- ✦ Enter the machine carefully. Assume a comfortable reclining position with your back resting firmly against the back of the seat and your feet on the provided footrest.
Note: Test the positioning of the bench to assure that the smith carriage crossbar will not come in contact with the head or the end of the backrest. This is especially important when the bench is inclined, as picture. Adjust the bench, if necessary, and lock into place.
- ✦ In a slow and controlled manner, unlock exercise handles and lift weight by pushing the exercise handles (tube) upwards.
Pause briefly in the near fully extended position, and return to the starting position.
- ✦ If the weight of the smith carriage without added weight is too heavy, insert cable C-2 into hole 18 for counter-balance and then add the desired counter weight.
- ✦ Be sure that both handles of the smith machine are securely locked into place when completing the exercise. Do not attempt to secure smith machine by locking only one side.
- ✦ Instructions can also be found on the video CD that was included with your machine.

EXERCISE PRECAUTIONS:

- ✦ After the bench is properly positioned, ensure that it is locked into place.
- ✦ Exercise extreme caution when loading and unloading the weight plates.

AFTER COMPLETING THE EXERCISE:

1. Remove tube from the handles.
2. Remove handles from the smith machine
3. If the counter balance was used, remove any weight from the weight post and then remove C-2 cable from hole 18 and return to storage hole.



Pec Deck - option P

MUSCLES TRAINED

- Chest

GENERAL INSTRUCTIONS:

- ✦ Remove the exercise handles from the smith carriage.
- ✦ Release the pec deck arms from the storage hooks so that they rest hanging downward in the exercise position as shown on the picture.
- ✦ Hook the pec deck cable C-11 onto the locking pin located at the center of the smith carriage crossbar.
- ✦ Incline the backrest to approximately 80° and lock the pull pin located underneath the backrest.
- ✦ Adjust the seat to the desired incline position and lock into place using the pull pins underneath. Slide the bench to position 5 (adjust to preference) and lock into place.
- ✦ Insert attachment P-1 seat into hole 27 located underneath the seat.
- ✦ Assume a comfortable seated position with the back resting against the backrest. Plant the feet firmly on the ground or use the provided footrest.
- ✦ Firmly grasp handles in each hand.
- ✦ In a slow, controlled manner, squeeze the grips together in front of the chest with the arms slightly bent. Pause briefly and return to the starting position.
- ✦ If the weight of the smith carriage without added weight is too heavy, insert cable C-2 into hole 18 for counter-balance and then add the desired counter weight.
- ✦ Upon completion of the exercise, lower weight gently to the original starting position.
- ✦ Instructions can also be found on the video CD that was included with your machine.



EXERCISE PRECAUTIONS:

- ✦ After the bench is properly positioned, ensure that it is locked into place.

AFTER COMPLETING THE EXERCISE:

1. If the counter balance was used, remove any weight from the weight post and then remove C-2 cable from hole 18 and return to storage hole.
2. Remove the seat attachment P-1.
3. Remove cable C-11 from the smith carriage cross bar and attach to the storage for C-11 pin.
4. Take back onto hooks pec deck arms.

Rear Deltoid - option P

MUSCLES TRAINED

- Shoulders
- Triceps

GENERAL INSTRUCTIONS:

- ✦ Remove exercise handles from the smith carriage.
- ✦ Take off pec deck arms from the hooks to exercise position as showed on the picture and block by lock pins 2 parts of pec deck arms.
- ✦ Hook the pec deck cable C-11 onto the locking pin located at the center of the smith carriage crossbar.
- ✦ Incline the backrest to approximately 80° and lock the pull pin located underneath the backrest.
- ✦ Adjust the seat to the desired incline position and lock into place using the pull pins underneath. Slide the bench to position 5 (adjust to preference) and lock into place.
- ✦ Insert attachment P-1 seat into hole 27 located on the seat.
- ✦ Assume a comfortable seated position with the chest resting against the backrest. Plant the feet firmly on the ground.
- ✦ Firmly grasp handles in each hand.
- ✦ If the weight of the smith carriage without added weight is too heavy, insert cable C-2 into hole 18 for counter-balance and then add the desired counter weight.
- ✦ Upon completion of the exercise, lower weight gently to the original starting position.
- ✦ Instructions can also be found on the video CD that was included with your machine.



EXERCISE PRECAUTIONS:

- ✦ After the bench is properly positioned, ensure that it is locked into place.

AFTER COMPLETING THE EXERCISE:

1. If the counter balance was used, remove any weight from the weight post and then remove C-2 cable from hole 18 and return to storage hole.
2. Remove the seat attachment P-1.
3. Remove cable C-11 from the smith carriage cross bar and attach to the storage for C-11 pin.
4. Remove lock pins from the pec deck arms.
5. Take back onto hooks pec deck arms.

Ab Crunch Machine - option R

MUSCLES TRAINED

- Abs

GENERAL INSTRUCTIONS:

- ✦ Put the locking exercise handle S1-R into hole 1-L on the back side of the smith carriage. Insert the tube (option N) onto the grip of the S1-R handle. Next, insert the locking exercise handle S1-L into hole 1-R. Center the tube between the handles and lock into place by twisting the knobs on each end of the tube.
- ✦ Adjust the bench to position 8 (adjust to preference) and lock into place.
- ✦ Insert the ABS attachment R-1 into hole 27 located on the seat.
- ✦ Enter the machine carefully, placing heels on the tube (option N) and resting the front of the feet on the backside of the smith carriage crossbar.
- ✦ Add the desired weight to the weight post of R-1 attachment.
- ✦ Place head on the headrest and grab the grips of ABS attachment R-1. In a slow and controlled manner, curl chin toward knees. Exhale at completion (top) of sit up, forcefully contracting abdominal muscles. Inhale on way down to start position. Repeat exercise.
Note: Raising too high during the exercise may cause the pin from the seat to lock. If this occurs, simply lift the seat slightly to unlock the bench and lower it to the start position. Continue the exercise.
- ✦ After finishing the exercise, exit the machine carefully.
- ✦ Instructions can also be found on the video CD that was included with your machine.



EXERCISE PRECAUTIONS:

- ✦ Be sure that the ABS attachment is inserted securely.
- ✦ Perform the exercise in a slow and controlled manner. Fast, jerky motions may cause the weight to discharge from the weight post causing injury.

AFTER COMPLETING THE EXERCISE:

1. Remove tube from the handles.
2. Remove handles from the smith machine.
3. Remove R-1 attachment from the seat.

Incline Dumbbell Press - option S

MUSCLES TRAINED

- Chest
- Triceps

GENERAL INSTRUCTIONS:

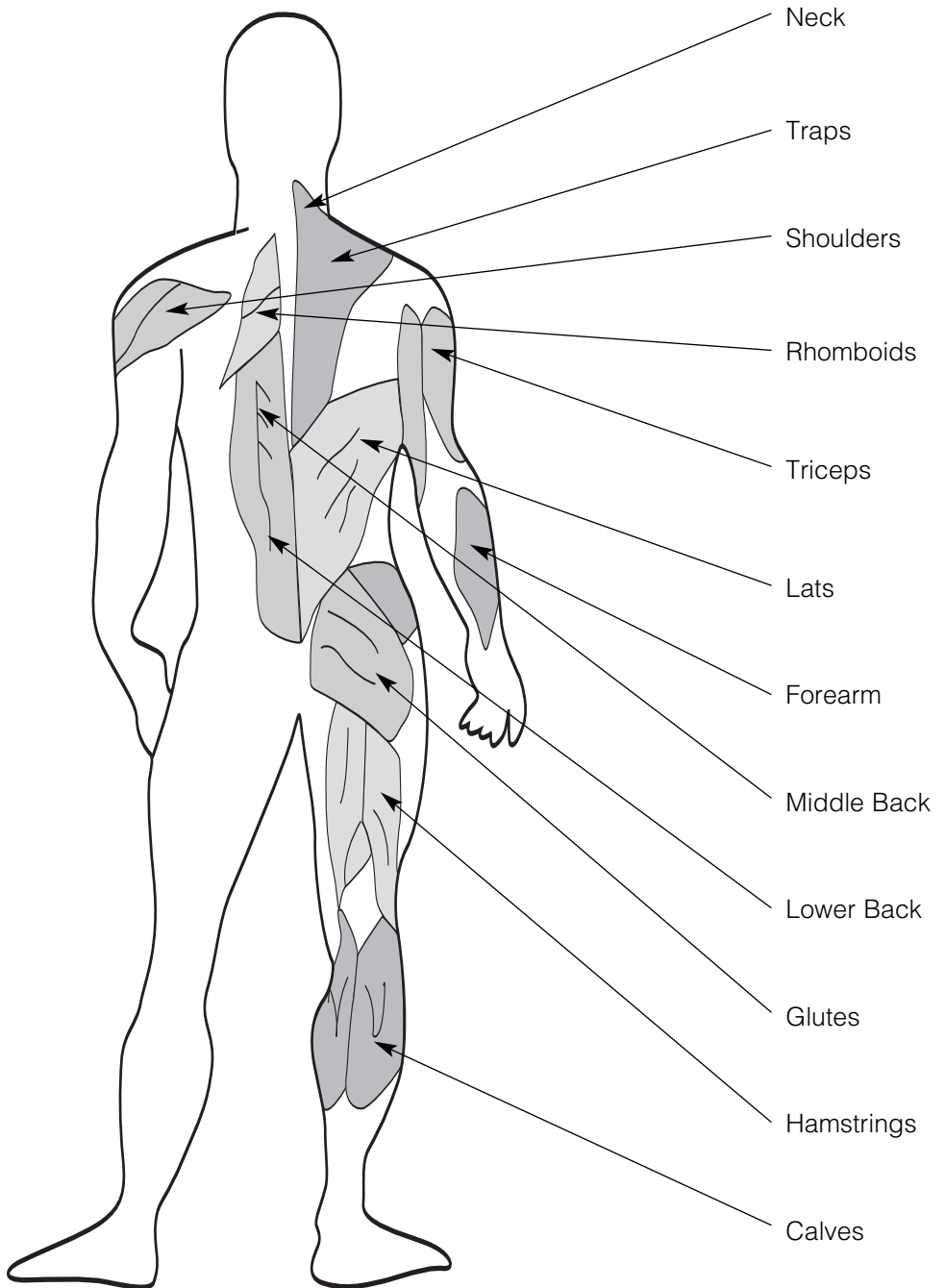
- ✦ Place the olympic bar onto hooks H-2.
- ✦ Take Attach option S to the dumbbells by tightening the knobs so that they are securely fastened to the grip of each dumbbell.
- ✦ Hang the dumbbells in the starting position (shoulders width apart) by hooking the upper hooks of option-S onto the olympic bar.
- ✦ Adjust the bench to position 7 (adjust to preference) and ensure that it is locked into place.
- ✦ Adjust backrest to desired inclined position using the pull pin located behind the back of the seat. Adjust seat height to the desired position using the pull pin located underneath the seat.
- ✦ Sit on the bench and assume a comfortable reclining position with your back resting firmly against the back of the seat and your feet on the provided footrest.
- ✦ In a slow and controlled manner, lift the dumbbells, pause briefly in the near fully extended position, and return to the starting position.
- ✦ On the final repetition when the arms are extended, place the hooks back onto the olympic bar. Before releasing the dumbbells, be sure that each hook of the option-S is secure.
- ✦ Instructions can also be found on the video CD that was included with your machine.



EXERCISE PRECAUTIONS:

- ✦ Be sure the knobs are securely tightened before beginning exercise.
- ✦ Upon completion of the exercise, be sure that each hook of the option-S is secure on the Olympic bar.

Bodypart - Back Side



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