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POWER IN NUMBERS



**STANDING**  
EXERCISES

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# HIGH ROW

## STANDING EXERCISES

### START



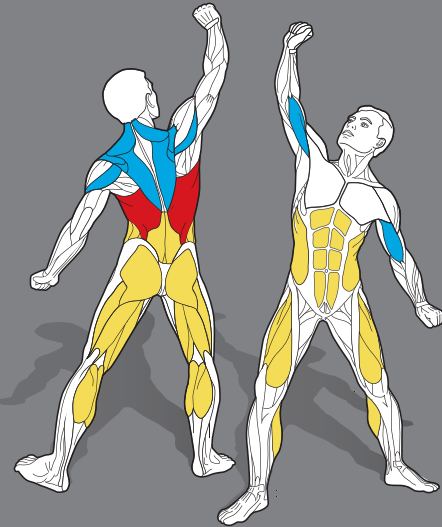
- High-pulley position
- Split stance
- Cross hands and grasp opposite pulley handles in palms-down position

### FINISH



- Pull with both arms keeping palms down

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# LOW ROW

## STANDING EXERCISES

### START



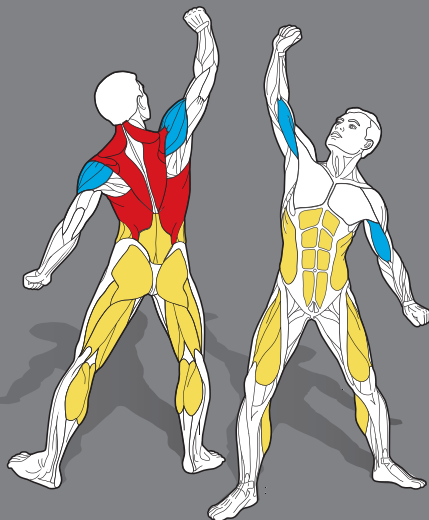
- Low-pulley position
- Lean forward slightly
- Cross hands and grasp opposite pulley handles in palms-down position

### FINISH



- Pull handles up and back until elbows are shoulder height
- Keep forward lean throughout

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# KNEELING DECLINE FLY

## STANDING EXERCISES

### START



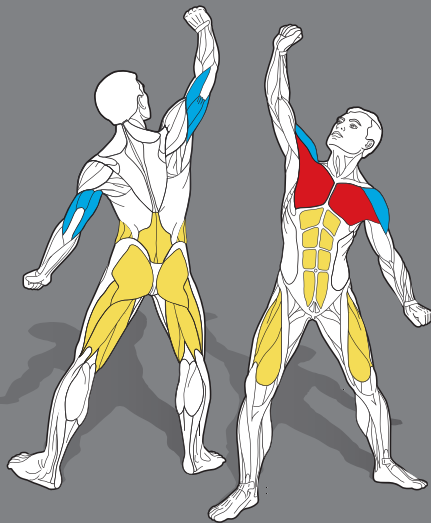
- High-pulley position
- Back upright
- Extend arms out to side with hands in palms-down position

### FINISH



- Pull arms downward toward mid-line of body

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			



# LATERAL RAISE

## STANDING EXERCISES

### START



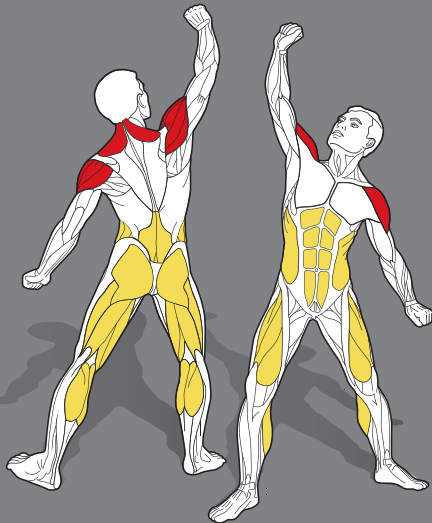
- Low-pulley position
- Back upright
- Cross hands and grasp opposite pulley handles in palms-down position

### FINISH



- Extend arms upward and backward until parallel to floor

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# SHOULDER PRESS

## STANDING EXERCISES

### START



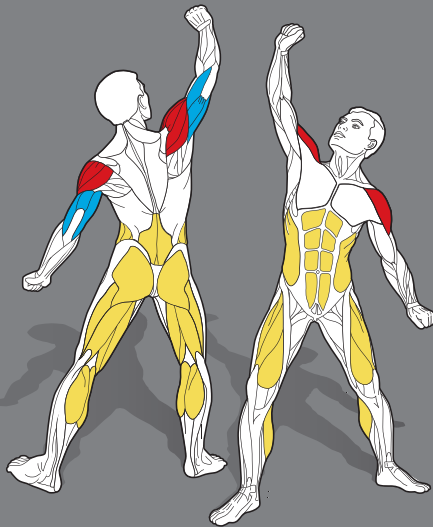
- Low-pulley position
- Back upright
- Hands in palms-up position

### FINISH



- Bring hands together as you press

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# CHEST PRESS

## STANDING EXERCISES

### START



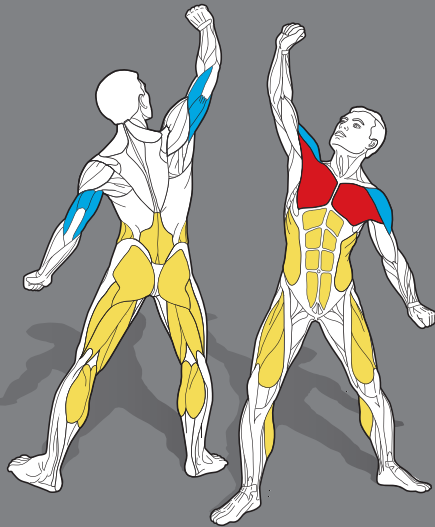
- Mid-pulley position
- Split stance
- Hands in palms-down position
- Elbows in line with cables

### FINISH



- Bring hands together as you press

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# BODY WEIGHT PULL UP - WIDE GRIP

## STANDING EXERCISES

### START



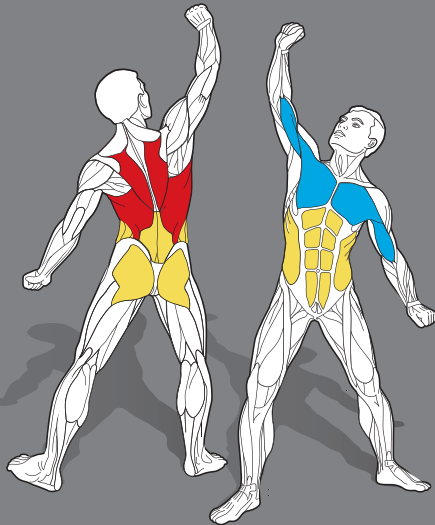
- Hands slightly wider than shoulders
- Grasp pull-up handles in palms-down position
- Bend knees

### FINISH



- Pull up until shoulders are parallel to hands

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			



# TRICEPS PRESSDOWN

## STANDING EXERCISES

### START



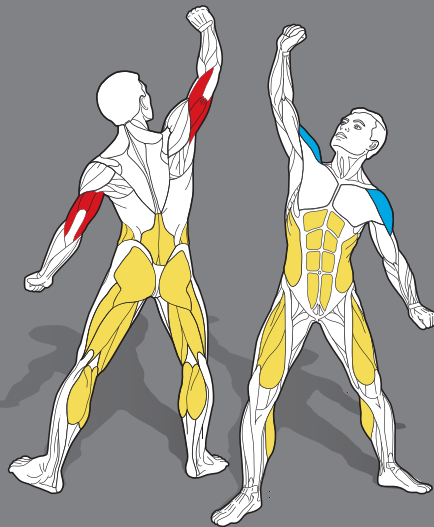
- High-pulley position
- Back upright
- Attach both handles to carabiner, and carabiner to pulley
- Grasp handles at your chest keeping elbows at a 90° angle

### FINISH



- Press handles down and apart
- Keep elbows next to sides throughout

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# DOUBLE ARM BICEPS CURL

## STANDING EXERCISES

### START



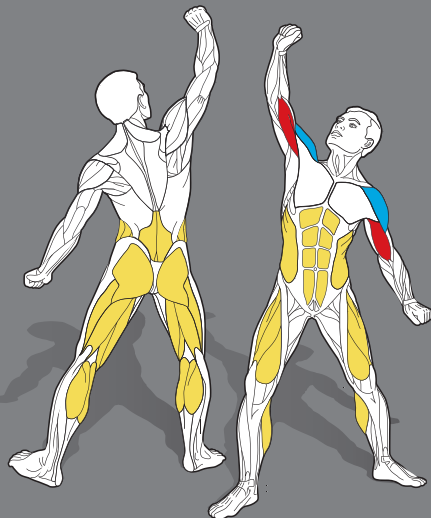
- Low-pulley position
- Back upright
- Hands in palms-up position

### FINISH



- Pull handles by bending your arms at elbows
- Keep elbows next to your sides throughout

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# BICEP/TRICEP COMBO

## STANDING EXERCISES

### START



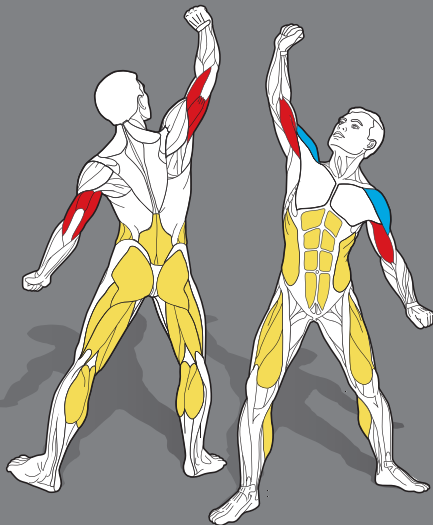
- o High and low pulley positions
- o Split stance
- o Palms-up position for low pulley
- o Palms-down position for high pulley

### FINISH



- o Simultaneously push and pull high and low pulleys
- o Bend arm at elbow with low pulley
- o Extend arm down, elbow at side with high pulley

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

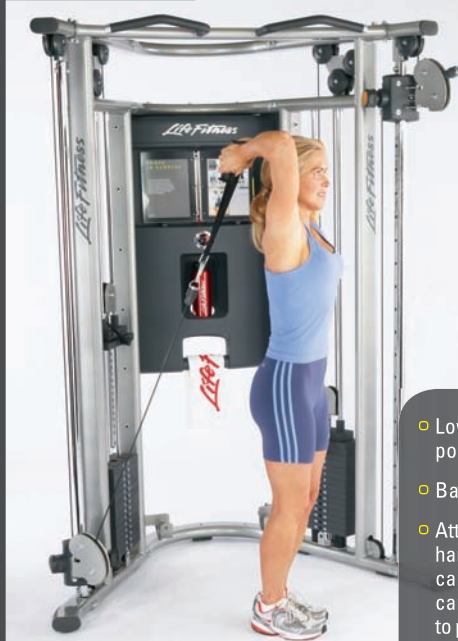
### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# OVERHEAD TRICEPS EXTENSION

## STANDING EXERCISES

### START



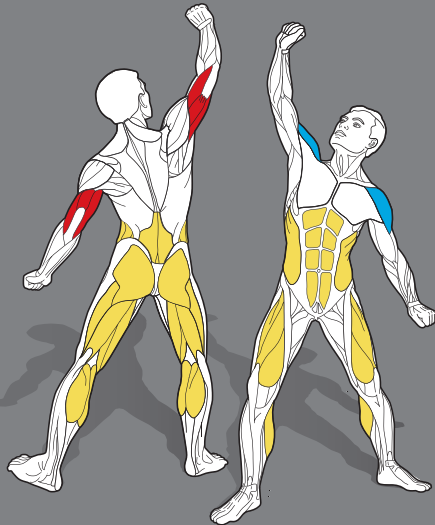
- Low-pulley position
- Back upright
- Attach both handles to carabiner, and carabiner to pulley
- Grasp handles behind head keeping elbows at a 90° angle

### FINISH



- Press handles overhead
- Keep upper arms next to ears as you extend

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			



# INCLINE FLY

## STANDING EXERCISES

### START



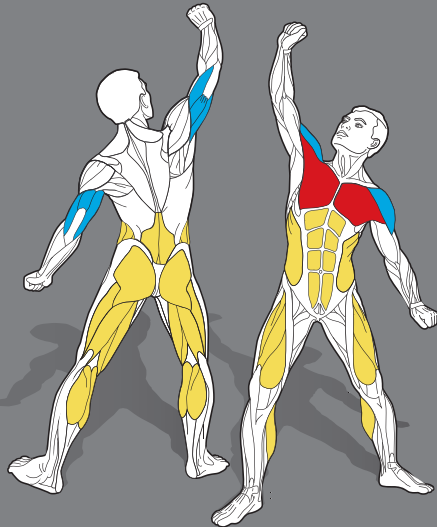
- Low-pulley position
- Split stance
- Hands in palms-up position

### FINISH



- Extend arms and pull hands together toward mid-line of body
- Pull until arms are parallel to floor

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# FRONT RAISE

## STANDING EXERCISES

### START



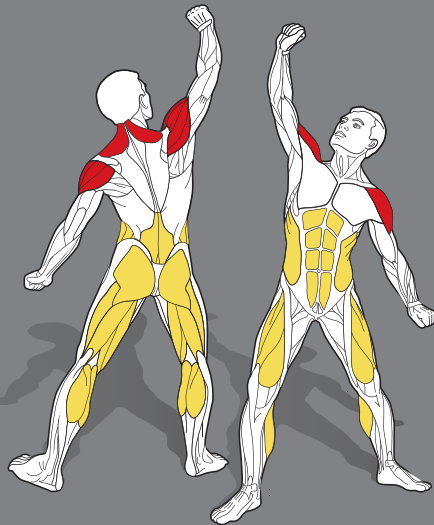
- Low-pulley position
- Back upright
- Hands in palms-down position

### FINISH



- Extend arms, pivot shoulders and raise arms
- Raise until arms are parallel to floor

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

# HAMMER GRIP FRONT RAISE

## STANDING EXERCISES

### START



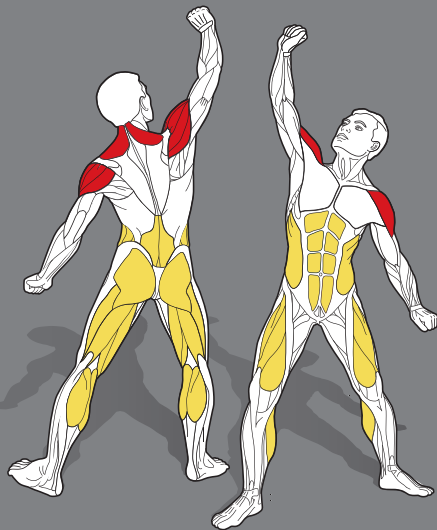
- Low-pulley position
- Hands in palms-inward position

### FINISH



- Extend arms, pivot at shoulders, pull hands together toward mid-line of body
- Finish when arms are parallel to floor

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			