

DOUBLE ARM UPRIGHT ROW

STANDING EXERCISES

START



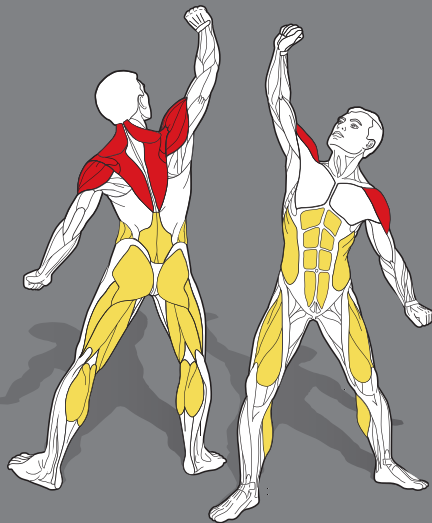
- Low-pulley position
- Back upright
- Cross hands and grasp opposite pulley handles in palms-down position

FINISH



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

MUSCLES USED



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

RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

ALTERNATING CURL TO PRESS

STANDING EXERCISES

START



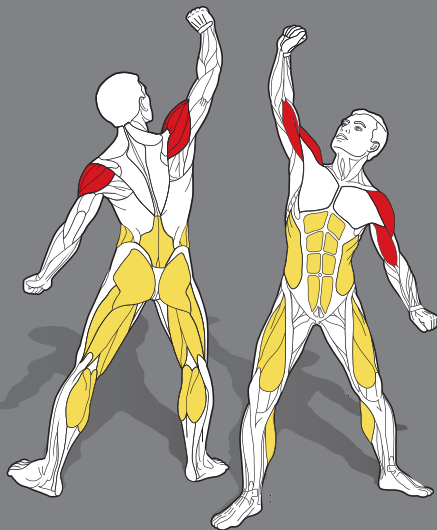
- Low-pulley position
- Feet shoulder width apart
- Hands in palms-up position

FINISH



- Pull handles by bending your arms at elbows
- Rotate hands away from you
- Bring hands together as you press overhead

MUSCLES USED



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

RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

INCLINE PRESS

STANDING EXERCISES

START



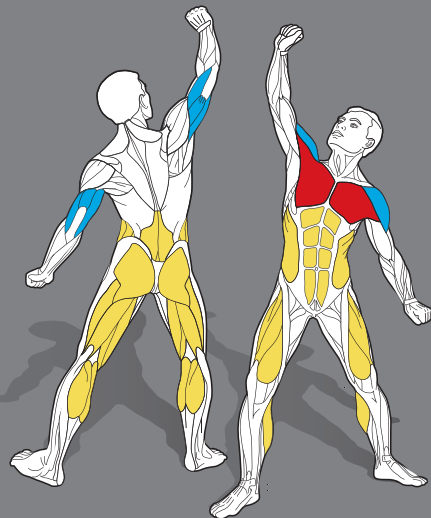
- Low-pulley position
- Split stance
- Hands in palms-up position

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			

DECLINE PRESS

STANDING EXERCISES

START



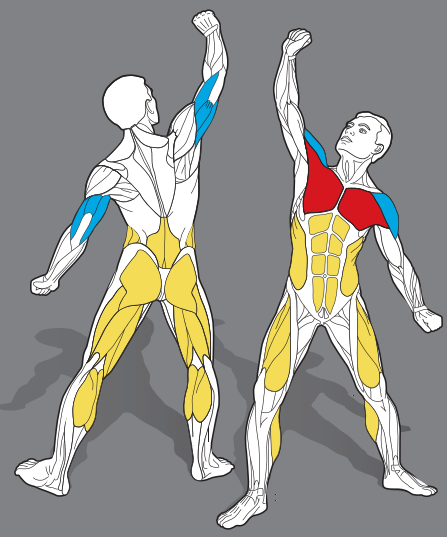
- High-pulley position
- Split stance
- Hands in palms-down position
- Elbows at shoulder height

FINISH



- Press downward at a 45° angle

MUSCLES USED



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

RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

UPPER BODY

DECLINE FLY

STANDING EXERCISES

START



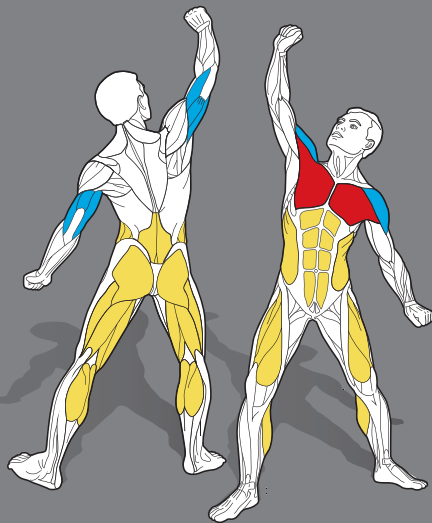
- High-pulley position
- Split stance
- Hands in palms-inward position
- Elbows at shoulder height

FINISH



- With elbows bent, pull arms towards 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			

KNEELING LAT PULLDOWN

STANDING EXERCISES

START



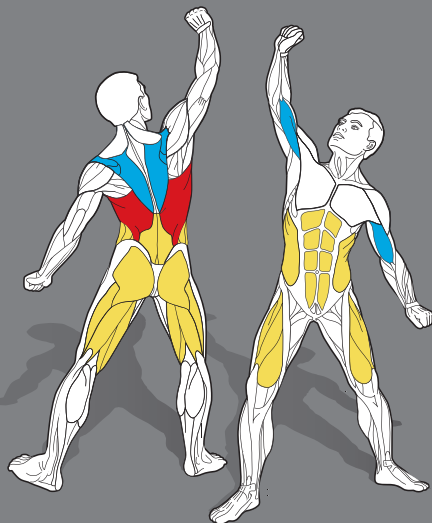
- High-pulley position
- Back upright
- Hands in palms-down position

FINISH



- Pull with both arms keeping palms down

MUSCLES USED



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

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INTERNAL ROTATION

STANDING EXERCISES

START



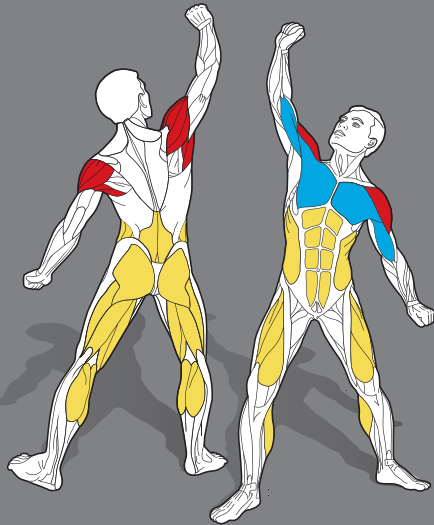
- Mid-pulley position
- Grasp pulley handle with elbow at 90° angle, forearm extended

FINISH



- Rotate hand inward
- Keep elbow at side throughout

MUSCLES USED



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

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PULLEYS			
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EXTERNAL ROTATION

STANDING EXERCISES

START



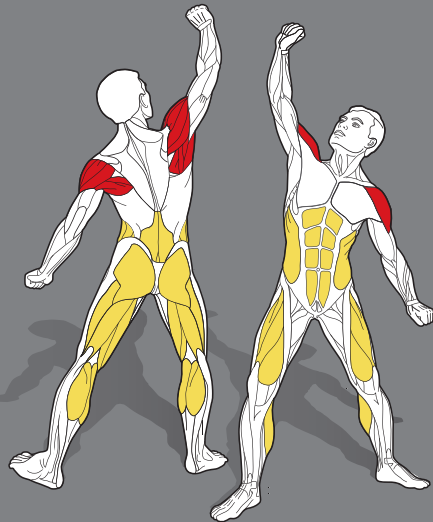
- Mid-pulley position
- Grasp pulley handle with opposite hand, elbow at a 90° angle

FINISH



- Rotate hand outward to full extension
- Keep elbow at side throughout

MUSCLES USED



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

RECORD

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PULLEYS			
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LOW TO HIGH PRESS WITH ROTATION

STANDING EXERCISES

START



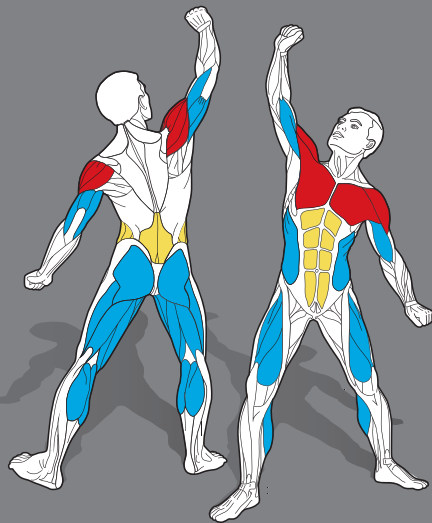
- Low-pulley position
- Squat stance
- Hands in palms-inward position

FINISH



- Rotate up and away from G7
- Extend arm upward

MUSCLES USED



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

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BALL HUG WITH ROTATION

STANDING EXERCISES

START



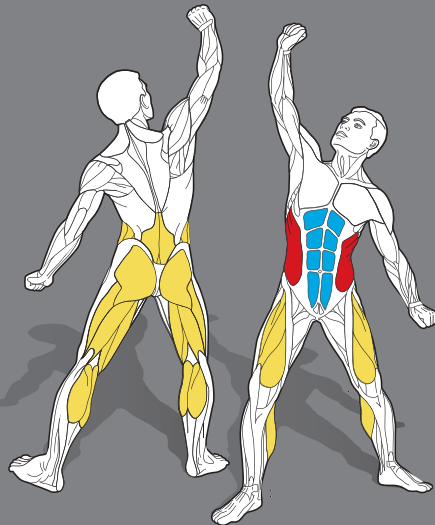
- Mid-pulley position
- Hug ball and grasp pulley handle around ball with opposite hand

FINISH



- Rotate upper body away from G7

MUSCLES USED



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

RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

HIGH TO LOW WITH CORE ROTATION

STANDING EXERCISES

START



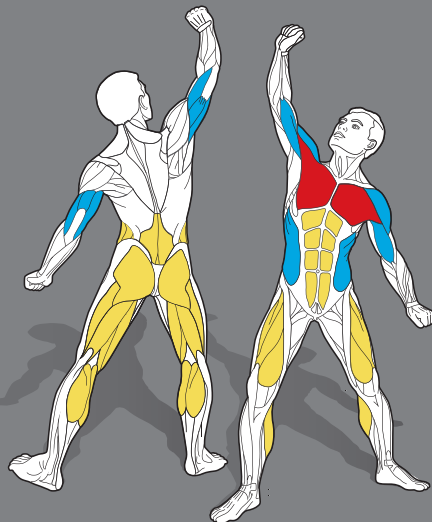
- High-pulley position
- Reach across body, grasp pulley handle with two-handed grip

FINISH



- Rotate down and away from G7
- Keep arms extended

MUSCLES USED



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

RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

KNEELING AB CRUNCH

STANDING EXERCISES

START



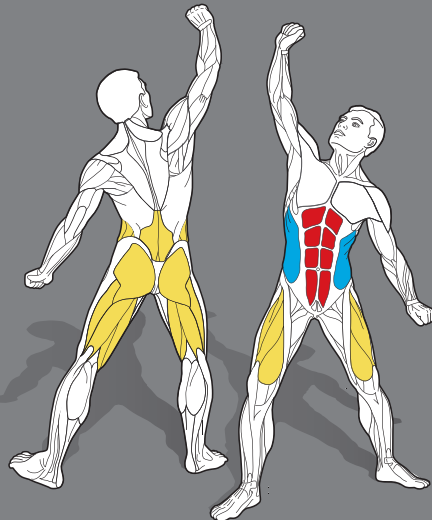
- Mid-pulley position
- Attach both handles to carabiner, and carabiner to pulley
- Grasp pulley handles keeping hands at the top of your chest
- Elbows next to sides

FINISH



- Contract abdominal muscles
- Shorten distance between lower rib and hips

MUSCLES USED



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

RECORD

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PULLEYS			
PLATE #			
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REPS			

HIGH TO LOW PRESS WITH ROTATION

STANDING EXERCISES

START



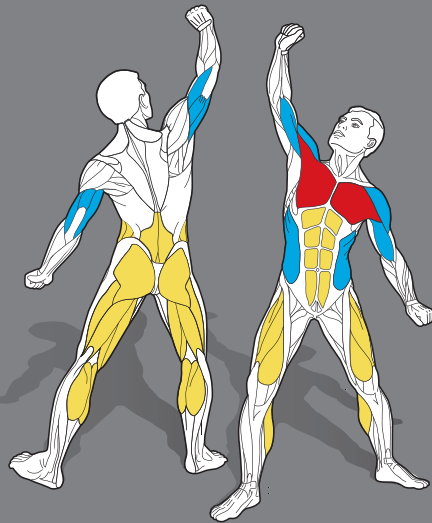
- High-pulley position
- Hand in palm-down position
- Elbow at a 90° angle

FINISH



- Rotate down and away from G7
- Extend arm downward

MUSCLES USED



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

RECORD

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PULLEYS			
PLATE #			
SETS			
REPS			

HANGING LEG RAISE

STANDING EXERCISES

START



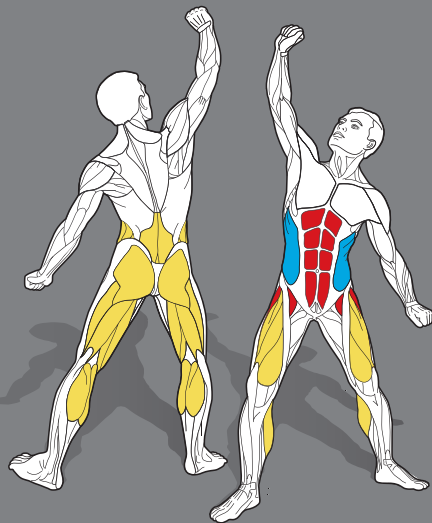
- Hands shoulder width apart
- Grasp pull-up handles in palms-inward position
- Bend knees

FINISH



- Lift legs up and into chest

MUSCLES USED



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

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PULLEYS			
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REPS			

LYING HIP EXTENSION

STANDING EXERCISES

START



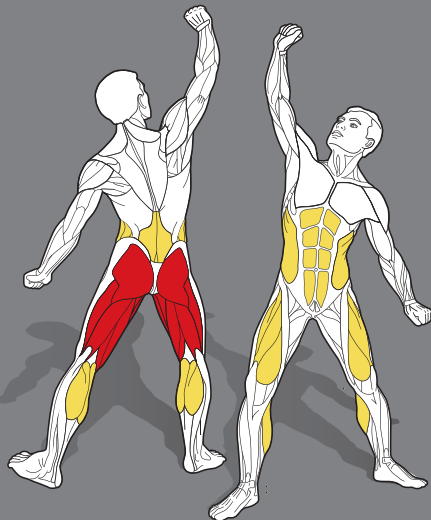
- High-pulley position
- Attach foot strap to raised leg, hip at 90° angle
- Keep opposite leg bent and on the floor

FINISH



- Extend hip to full extension

MUSCLES USED



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

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