

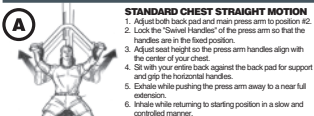
# S3.25

## STRENGTH MULTI STATION WITH ADVANCED PRESSING MOTION

NOTE: Before starting standard chest straight motion and standard chest inward motion make the following adjustments:

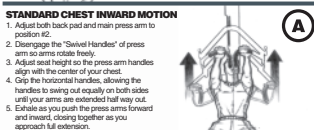
- For decline press position, set both the back pad and the press arm adjustments to position #1.
- For incline press position, set both the back pad and the press arm adjustment to position #3.

### CHEST



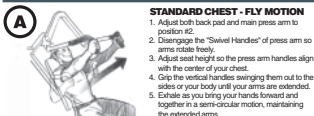
**STANDARD CHEST STRAIGHT MOTION**

1. Adjust both back pad and main press arm to position #2.
2. Lock the "Swivel Handles" of the press arm so that the handles are in the best position.
3. Adjust seat height so the press arm handles align with the center of your chest.
4. Sit with your entire back against the back pad for support and grip the horizontal handles.
5. Exhale while pushing the press arm away to a near full extension.
6. Inhale while returning to starting position in a slow and controlled manner.



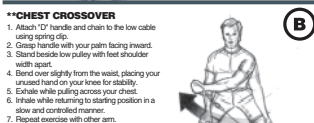
**STANDARD CHEST INWARD MOTION**

1. Adjust both back pad and main press arm to position #2.
2. Disengage the "Swivel Handles" of press arm so arms rotate freely.
3. Adjust seat height so the press arm handles align with center of your chest.
4. Grip the horizontal handles, allowing the handles to swing out equally on both sides until your arms are extended half way out.
5. Exhale as you push the press arm forward and inward, closing together as you approach full extension.



**STANDARD CHEST - FLY MOTION**

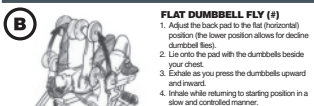
1. Adjust both back pad and main press arm to position #2.
2. Disengage the "Swivel Handles" of press arm so arms rotate freely.
3. Adjust seat height so the press arm handles align with the center of your chest.
4. Grip the vertical handles swinging them out to the sides or your body until your arms are extended.
5. Exhale as you bring your hands forward and together in a semi-circular motion, maintaining the extended arms.



**\*\*CHEST CROSSOVER**

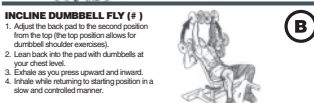
1. Attach "D" handle and chain to the low cable using spring clip.
2. Grasp handle with your palm facing inward.
3. Stand beside low pulley with feet shoulder width apart.
4. Bend over slightly from the waist, placing your unweighted hand on your knee for stability.
5. Exhale while pulling across your chest.
6. Inhale while returning to starting position in a slow and controlled manner.
7. Repeat exercise with other arm.

### CHEST - PRONE POSITION



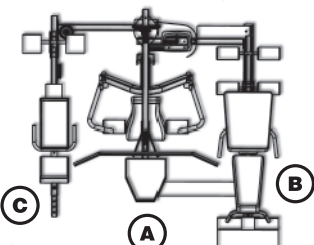
**FLAT DUMBBELL FLY (#)**

1. Adjust the back pad to the flat (horizontal) position the back position allows for decline (dumbbell fly).
2. Lie onto the pad with the dumbbells beside your chest.
3. Exhale as you press the dumbbells upward and inward.
4. Inhale while returning to starting position in a slow and controlled manner.

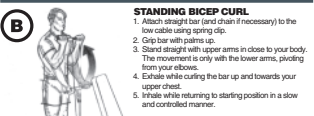


**INCLINE DUMBBELL FLY (#)**

1. Adjust the back pad to the second position from the top the top position allows for dumbbell shoulder exercises.
2. Lean back to the pad with dumbbells at your chest level.
3. Exhale as you press upward and inward.
4. Inhale while returning to starting position in a slow and controlled manner.

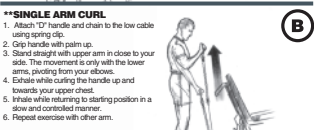


### BICEPS



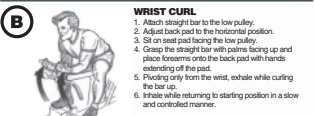
**STANDING BICEP CURL**

1. Attach straight bar (and chain if necessary) to the low cable using spring clip.
2. Grip bar with palms up.
3. Stand straight with upper arms in close to your body. The movement is only with the lower arms, pivoting from your elbows.
4. Exhale while curling the bar up and towards your upper chest.
5. Inhale while returning to starting position in a slow and controlled manner.



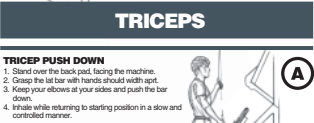
**\*\*SINGLE ARM CURL**

1. Attach "D" handle and chain to the low cable using spring clip.
2. Grip handle with palm up.
3. Stand straight with upper arm in close to your side. The movement is only with the lower arm, pivoting from your elbow.
4. Exhale while curling the handle up and towards your upper chest.
5. Inhale while returning to starting position in a slow and controlled manner.
6. Repeat exercise with other arm.



**WRIST CURL**

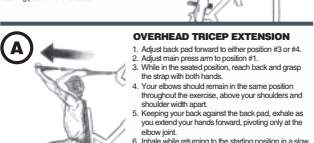
1. Attach straight bar to the low pulley.
2. Adjust main press arm to the horizontal position.
3. Sit on seat pad facing the low pulley.
4. Grasp the straight bar with palms facing up and place forearms onto the back pad with hands extending to the pad.
5. Pivoting only from the wrist, exhale while curling the bar up.
6. Inhale while returning to starting position in a slow and controlled manner.



**TRICEP PUSH DOWN**

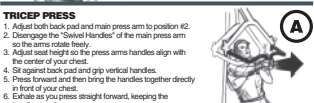
1. Stand over the back pad, facing the machine.
2. Grasp the bar with both hands should width apart.
3. Keep your elbows at your sides and push the bar down.
4. Inhale while returning to starting position in a slow and controlled manner.

If the weights hit the top during this exercise, adjust the chain between the lat bar and the upper cable to lower the starting position of the lat bar.



**OVERHEAD TRICEP EXTENSION**

1. Adjust back pad forward to either position #3 or #4.
2. Adjust main press arm to position #1.
3. While in the seated position, reach back and grasp the strap with both hands.
4. Your elbows should remain in the same position throughout the exercise, above your shoulders and shoulder width apart.
5. Keeping your back against the back pad, exhale as you extend your hands forward, pivoting only at the elbow joint.
6. Inhale while returning to the starting position in a slow and controlled manner.



**TRICEP PRESS**

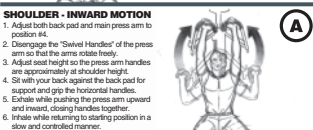
1. Adjust both back pad and main press arm to position #2.
2. Disengage the "Swivel Handles" of the main press arm so arms rotate freely.
3. Adjust seat height so the press arm handles align with the center of your chest.
4. Sit against back pad and grip vertical handles.
5. Press forward and then bring the handles together directly in front of your chest.
6. Exhale as you press straight forward, keeping the handles together.

### SHOULDERS



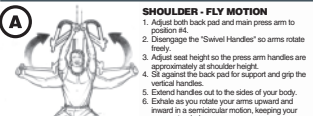
**SHOULDER - DIRECT MOTION**

1. Adjust both back pad and main press arm to position #4.
2. Lock the "Swivel Handles" of the press arm so that the handles are in the best position.
3. Adjust seat height so the press arm handles are at shoulder height.
4. Sit with your back against the back pad for support and grip the horizontal handles.
5. Exhale while pushing the press arm upward to a near full extension.
6. Inhale while returning to starting position in a slow and controlled manner.



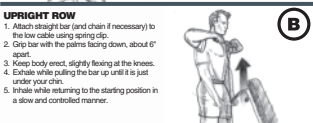
**SHOULDER - INWARD MOTION**

1. Adjust both back pad and main press arm to position #4.
2. Disengage the "Swivel Handles" of the press arm so that the arms rotate freely.
3. Adjust seat height so the press arm handles are approximately at shoulder height.
4. Sit with your back against the back pad for support and grip the horizontal handles.
5. Exhale while pushing the press arm upward and inward, closing handles together.
6. Inhale while returning to starting position in a slow and controlled manner.



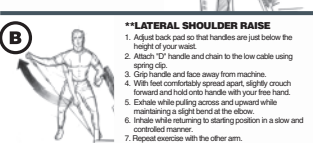
**SHOULDER - FLY MOTION**

1. Adjust both back pad and main press arm to position #4.
2. Disengage the "Swivel Handles" so arms rotate freely.
3. Adjust seat height so the press arm handles are approximately at shoulder height.
4. Sit against the back pad for support and grip the vertical handles.
5. Extend handles out to the sides of your body.
6. Exhale as you rotate your arms upward and inward in a semicircular motion, keeping your arms extended.



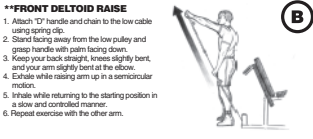
**UPRIGHT ROW**

1. Attach straight bar (and chain if necessary) to the low cable using spring clip.
2. Grip bar with the palms facing down, about 6" apart.
3. Keep body erect, slightly flexing at the knees.
4. Exhale while pulling the bar up until it is just under your chin.
5. Inhale while returning to the starting position in a slow and controlled manner.



**\*\*LATERAL SHOULDER RAISE**

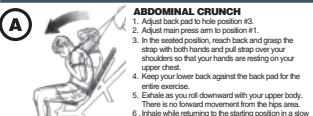
1. Adjust back pad so that handles are just below the height of your waist.
2. Attach "D" handle and chain to the low cable using spring clip.
3. Grip handle and face away from machine.
4. With feet comfortably spread apart, slightly crouch forward and hold onto handle with your free hand.
5. Exhale while pulling across and upward while maintaining a slight bend at the elbow.
6. Inhale while returning to starting position in a slow and controlled manner.
7. Repeat exercise with the other arm.



**\*\*FRONT DELTOID RAISE**

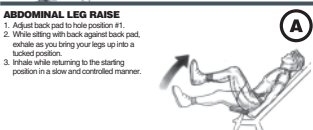
1. Attach "D" handle and chain to the low cable using spring clip.
2. Stand facing away from the low pulley and grasp handle with palm facing down.
3. Keep your back straight, knees slightly bent, and your arms slightly bent to the side.
4. Exhale while raising arm up in a semicircular motion.
5. Inhale while returning to the starting position in a slow and controlled manner.
6. Repeat exercise with the other arm.

### MID TORSO



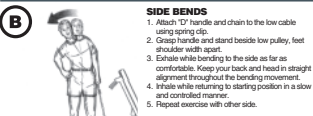
**ABDOMINAL CRUNCH**

1. Adjust back pad to hole position #3.
2. Adjust main press arm to position #1.
3. In the seated position, reach back and grasp the strap with both hands and pull strap over your shoulders so that your hands are resting on your upper chest.
4. Keep your lower back against the back pad for the entire exercise.
5. Exhale as you roll downward with your upper body. There is no forward movement from the hips area.
6. Inhale while returning to the starting position in a slow and controlled manner.



**ABDOMINAL LEG RAISE**

1. Adjust back pad to hole position #1.
2. While sitting with back against back pad, exhale as you bring your legs up into a tucked position.
3. Inhale while returning to the starting position in a slow and controlled manner.



**SIDE BENDS**

1. Attach "D" handle and chain to the low cable using spring clip.
2. Grasp handle and stand beside low pulley, feet shoulder width apart.
3. Adjust seat height so the side as far as comfortable. Keep your back and head in straight alignment throughout the bending motion.
4. Inhale while returning to starting position in a slow and controlled manner.
5. Repeat exercise with other side.

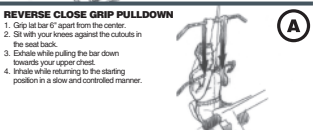


### BACK



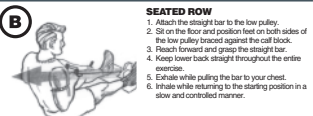
**WIDE GRIP PULLDOWN**

1. Grip lat bar at the extreme ends.
2. Sit with your knees against the cutouts in seat back.
3. Exhale while pulling the bar down towards your upper chest.
4. Inhale while returning to the starting position in a slow and controlled manner.



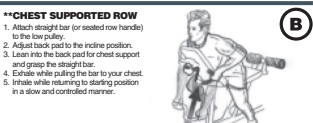
**REVERSE CLOSE GRIP PULLDOWN**

1. Grip lat bar 6" apart from the center.
2. Sit with your knees against the cutouts in the seat back.
3. Exhale while pulling the bar down towards your upper chest.
4. Inhale while returning to the starting position in a slow and controlled manner.



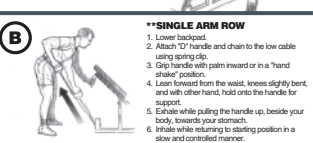
**SEATED ROW**

1. Attach the straight bar to the low pulley.
2. Sit on the floor and position feet on both sides of the low pulley braced against the calf blocks.
3. Reach forward and grasp the straight bar.
4. Keep lower back straight throughout the entire exercise.
5. Exhale while pulling the bar to your chest.
6. Inhale while returning to the starting position in a slow and controlled manner.



**\*\*CHEST SUPPORTED ROW**

1. Attach straight bar (or seated row handle) to the low pulley.
2. Adjust back pad to the incline position.
3. Lean into the back pad for chest support and grasp the straight bar.
4. Exhale while pulling the bar to your chest.
5. Inhale while returning to starting position in a slow and controlled manner.

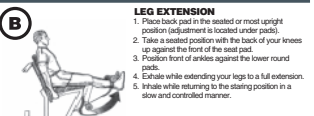


**\*\*SINGLE ARM ROW**

1. Lower backpad.
2. Attach "D" handle and chain to the low cable using spring clip.
3. Grip handle with palm inward or in a "hand strap" position.
4. Lean forward from the waist, knees slightly bent, and with other hand, hold onto the handle for support.
5. Exhale while pulling the handle up, beside your body, towards your stomach.
6. Inhale while returning to starting position in a slow and controlled manner.
7. Repeat exercise with other arm.

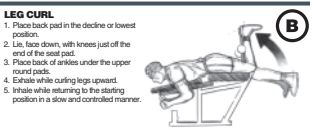
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### LEGS AND BUTTOCKS



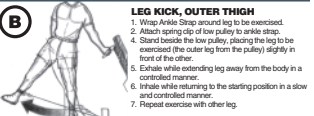
**LEG EXTENSION**

1. Place back pad in the seated or most upright position (adjustment is located under pads).
2. Take a seated position with the back of your knees up against the front of the seat pad.
3. Position front of ankles against a lower round pad.
4. Inhale while extending your legs to a full extension.
5. Inhale while returning to the starting position in a slow and controlled manner.



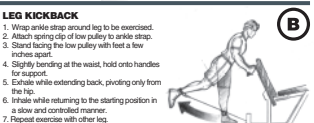
**LEG CURL**

1. Place back pad in the decline or lowest position.
2. Lie face down, with knees just at the end of the seat pad.
3. Place back of ankles under the upper round pads.
4. Exhale while curling legs upward.
5. Inhale while returning to the starting position in a slow and controlled manner.



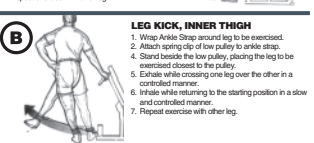
**LEG KICK, OUTER THIGH**

1. Wrap Ankle Strap around leg to be exercised.
2. Attach spring clip of low pulley to ankle strap.
3. Stand beside the low pulley, placing the leg to be exercised the outer leg from the pulley slightly in front of the other.
4. Exhale while extending leg away from the body in a controlled manner.
5. Inhale while returning to the starting position in a slow and controlled manner.
7. Repeat exercise with other leg.



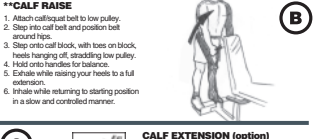
**LEG KICKBACK**

1. Wrap ankle strap around leg to be exercised.
2. Attach spring clip of low pulley to ankle strap.
3. Stand facing the low pulley with feet a low inches apart.
4. Slightly bending at the waist, hold onto handles for support.
5. Exhale while extending back, pivoting only from the hips.
6. Inhale while returning to starting position in a slow and controlled manner.
7. Repeat exercise with other leg.



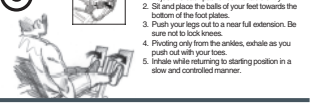
**LEG KICK, INNER THIGH**

1. Lower backpad.
2. Attach spring clip of low pulley to ankle strap.
3. Stand beside the low pulley, placing the leg to be exercised closest to the pulley.
5. Exhale while crossing one leg over the other in a controlled manner.
6. Inhale while returning to the starting position in a slow and controlled manner.
7. Repeat exercise with other leg.



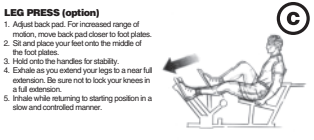
**\*\*CALF RAISE**

1. Attach calf pad for low pulley.
2. Step on calf belt and position belt around hips.
3. Step onto calf block, with toes on block, heels hanging off, straddling low pulley. Hold onto handles for balance.
4. Inhale while raising your heels to a full extension.
6. Inhale while returning to starting position in a slow and controlled manner.



**CALF EXTENSION (option)**

1. Adjust the back pad for accessibility.
2. Sit and place the balls of your feet towards the bottom of the foot pad.
3. Push your legs out to a near full extension. Be sure not to lock knees.
4. Pivoting only from the ankles, exhale as you push out with your toes.
5. Inhale while returning to starting position in a slow and controlled manner.



**LEG PRESS (option)**

1. Adjust back pad. For increased range of motion, move back pad closer to foot plates.
2. Sit and place your feet onto the middle of the foot plates.
3. Hold onto the handles for stability.
4. Exhale as you extend your legs to a near full extension. Be sure not to lock your knees in a full extension.
5. Inhale while returning to starting position in a slow and controlled manner.

**WARNING**  
PLEASE READ BEFORE EXERCISING

When working out, do the following for each exercise:

1. Select a desired weight.
2. Exhale while ascending/lifting the weights, and inhale while returning to the starting position in a slow and controlled manner. Before using the lat bar, remove from lat bar hooks, replace lat bar on hooks after each use.

1. Read all caution and warning stickers before using this machine.
2. Before using, inspect this machine for loose, frayed or worn parts, including cables and connectors. If in doubt, do not use machine until parts are replaced.
3. Weight selector pin should be inserted completely before using this machine.
4. Should weights, pulleys or other parts become jammed, do not attempt to free them yourself, obtain assistance.
5. Keep clear of weights and all moving parts.
6. Children should not be permitted to use the machine.
7. For consistent, smooth operation, the guide rods should be lubricated periodically with synthetic lubricant.
8. Prior to beginning any exercise program, it is suggested that you have a complete physical examination and obtain your physician's approval of your conditioning program.

**CONSUMER NOTE:**  
# Dumbbells can be used in the position denoted with a # (Dumbbells are not included).  
\*\* Seated row handle, calf belt and "D" handle not included.

Always warm-up your muscles before exercising. Easy stretching (without housing) and light calisthenics, for several minutes, are recommended to prepare your body. A "repetition" is defined as one complete movement from the starting position, through the full range of motion, and back to the starting position. A "set" is defined as a series of continuous repetitions. Start your exercise program conservatively. Select a weight for each exercise that is easily performed for the full range of your motion. Learn to feel your body's responses and change your program accordingly. The number of repetitions for each set should range between eight and fifteen. As a general rule, the lower the number of repetitions performed (eight to ten), the heavier the resistance of weight used. While heavy resistance increases muscular strength, the full range of movement is necessary to achieve maximum muscle strength and development. Rest between each set of repetitions long enough to catch your breath. Work up to three or four sets for each isolated exercise. When you can perform the desired number or repetitions at a given weight, increase the resistance by five or ten pounds. There may be a number of exercises isolating the same muscle. These exercises should be grouped together and performed on the same day, followed by a day of rest for that particular muscle.

**Exercise Program Suggestion #1**  
Exercise the complete body every other day, up to three times a week. The one day rest enables the body to recover from the previous workout.

**Exercise Program Suggestion #2**  
Alternating your daily workouts. One day isolate the upper body exercises, and the next day perform the lower body exercises. To reduce lactic acid build-up and consequently reduce muscle soreness, and each exercise with an increased number or repetitions at a lighter weight. Also, stretching the muscles is recommended upon completion of your weight resistance program.