

# day 1

# day 3

# day 5

# FUNCTIONAL

CHEST

CHEST PRESS

**Set Up:** Put bench into flat position and lock into tower. Use medium or adjustable length handles on the low pulleys. Group handles with palms facing forward.

**Exercise:** Lie on the bench and place feet flat on the floor. Press handles up and over mid-chest area. Squeeze chest as you press upward. Stop when elbows are slightly bent. Stretch chest as you lower downward.

BACK

LAT PULDOWN

**Set Up:** Put bench into flat position and lock into tower. Use short length handles on the high pulleys.

**Exercise:** Stand with feet hip-width apart and elbows slightly bent. Pull handles down to your chest level. Squeeze shoulder blades and use arms to pull your body up towards the handles. Stop when your arms are just above shoulders.

CHEST

PECTORAL FLY

**Set Up:** Put bench into flat position and lock into tower. Use medium or adjustable length handles on the low pulleys.

**Exercise:** Lie on the bench and place feet flat on the floor. Tighten abdomen. Group handles with palms facing inward. Press handles upward, keeping arms out to your sides with a slight bend in elbows.

BACK

SEATED ROW

**Set Up:** Put bench into flat position and lock into tower. Use short or medium length handles on the mid pulleys.

**Exercise:** Lie on the bench and place feet flat on the floor. Tighten abdomen. Group handles with both hands, palms facing each other. Place feet on a step at the end of back and pull handles toward your chest. Stop when your arms are just above shoulders. Start by squaring shoulder blades together and pull handles toward the abdomen.

BICEPS

STANDING BICEPS CURL

**Set Up:** Remove bench. Use adjustable length handles on low pulleys. Start with your hands at your sides.

**Exercise:** Stand on knee platform with feet flat and shoulder-width apart. Group the handles with palms facing forward. Pull handles up toward your chest. Stop when your arms are just above shoulders. Start by squaring shoulder blades together and pull handles toward the abdomen.

TRICEPS

TRICEPS KICKBACK

**Set Up:** Put bench into flat position and lock into tower. Use medium length handles on the mid pulleys.

**Exercise:** Place one knee on the bench. Put other foot flat on the floor for stability. Group handles with the hand on the same side as the knee on the bench. Keep back straight and knees slightly bent. Pull handles out and across your body as far as you can. After you complete one set, switch to the other side.

SHOULDERS

SHOULDER PRESS

**Set Up:** Adjust small seat pad into the incline. Put bench into upright position and lock into tower. Use adjustable length handles on the low pulleys.

**Exercise:** Sit facing away from the tower. Place feet flat on the floor. Group handles with palms facing forward. Press handles up and over your head. Stop when elbows are slightly bent. Stretch chest as you lower downward.

LOWER BODY

STANDING LEG EXTENSION

**Set Up:** Put bench into upright position and remove from tower. Position bench to one side of the tower for support. Use foot strap on low pulley.

**Exercise:** Stand a few feet in front of the tower, facing away from it. Place the feet of the leg you are working into the foot strap. Press down. Group handles for stability. Start with knees slightly bent, extend back and forward. Keep knees and hips stationary and square quadriceps. Keep upper body still. You can also simultaneously flex at the hip, while extending back and forth. Stop when your legs are fully extended.

LOWER BODY

STANDING LEG CURL

**Set Up:** Put bench into upright position and remove from tower. Position bench to one side of the tower for support. Use foot strap on low pulley.

**Exercise:** Stand a few feet in front of the tower, facing toward it. Place the feet of the leg you are working into the foot strap. Press down. Group handles for stability. Start with knees slightly bent, extend back and forward. Keep knees and hips stationary and square quadriceps. Keep upper body still. You can also simultaneously flex at the hip, while extending back and forth. Stop when your legs are fully extended.

ABDOMINALS

KNEELING ABDOMINAL CRUNCH

**Set Up:** Remove bench. Use adjustable length handles on high pulleys.

**Exercise:** Kneel in front of the tower, facing away from it. Group handles with palms facing in, on your upper chest. Keep elbows at your sides. Slowly crunch your upper body toward your knees. Squeeze abdominals. Think of your ribs going toward your pelvis. This is a minimal movement.

CHEST

INCLINE CHEST PRESS

**Set Up:** Adjust small seat pad into the incline position. Put bench into incline position and lock into tower. Use adjustable length handles on the low pulleys.

**Exercise:** Lie on the bench and place feet flat on the floor. Group handles, palms facing down. Press the handles up and over mid-chest area. Stretch chest muscles as you press upward. Stop when elbows are slightly bent. Stretch chest as you lower downward.

BACK

STANDING ONE-ARM REAR DETOID

**Set Up:** Remove bench. Use short or medium length handles on the mid pulleys. Stand in front of and perpendicular to the tower. Feet flat and shoulder-width apart.

**Exercise:** Group a handle with your outer hand, palm facing inward, knees slightly bent and your abdomen tight. Stand with one arm and keep elbow slightly bent, while maintaining a straight wrist. Pull handle out and across your body as far as you can. Complete one set, then switch to the other arm.

CHEST

ONE-ARM FLY

**Set Up:** Remove bench. Use short or medium length handles on the mid pulleys.

**Exercise:** Stand perpendicular to the tower. Feet shoulder-width apart with knees slightly bent and shoulders square. Group handles with one hand, palm facing in and elbow slightly bent. Stand with one arm and keep elbow slightly bent, while maintaining a straight wrist. Pull handle out and across your body as far as you can. After you complete one set, switch arms. For variety, perform an incline fly or Decline fly as seen in the 52 training video.

BACK

STANDING ROW

**Set Up:** Remove bench. Use medium length handles on mid pulleys. For variety, this exercise can be performed from high or low pulleys.

**Exercise:** Group handles with palms facing forward, facing the tower. Take one full step backward. Feet flat in a staggered stance with knees slightly bent. Stay upright throughout this exercise, using hip and thigh for stability. Start by squaring shoulder blades together and pull handles toward the abdomen.

BICEPS

INCLINE BICEPS CURL

**Set Up:** Adjust small seat pad into the incline position. Put bench into incline position and lock into tower. Use adjustable or medium length handles on low pulleys. Start with your hands slightly below your hips.

**Exercise:** Group handles with palms forward. Keep elbows tight and chest up. Pull handles upward with elbows outside of your sides. Stop when the mid-chest line. Squares triceps.

TRICEPS

SEATED TRICEPS EXTENSION

**Set Up:** Put bench into flat position and lock into tower. Use adjustable length handles on the low pulleys.

**Exercise:** Sit facing away from the tower. Place feet flat on the floor. Group handles with palms facing forward. Place hands behind head with elbows on each side of your head at a 90-degree angle. Extend hand out and across your head. Squares triceps.

SHOULDERS

LATERAL RAISE

**Set Up:** Remove bench. Use adjustable or medium length handles on low pulleys.

**Exercise:** Stand in front of and perpendicular to the low pulley. Feet flat and shoulder-width apart. Group handles with palms facing forward. Press handles up and over your head. Stop when elbows are slightly bent. Stretch chest as you lower downward.

LOWER BODY

SQUAT

**Set Up:** Remove bench. Use adjustable length handles on low pulleys.

**Exercise:** Stand on knee platform, facing away from the tower, with feet in the wider than shoulder-width apart. Group handles with palms facing forward. Press handles up and over your head. Stop when elbows are slightly bent. Stretch chest as you lower downward.

LOWER BODY

LUNGE

**Set Up:** Remove bench. Use adjustable or medium length handles on low pulleys. Start with your hands at your sides.

**Exercise:** Stand on knee platform, facing away from the tower. Group handles, palms facing forward. Step forward with one foot far enough so that when you lunge, your knee goes past your toe line. Keep extended foot flat, with outer foot up on ball of foot. Keep abdomen tight. Press back and forth in a neutral position, keeping forward. Slightly lower your body down until your thigh is parallel to the ground.

ABDOMINALS

SEATED ABDOMINAL CRUNCH

**Set Up:** Adjust small seat pad into the incline position. Put bench into incline position and lock into tower. Use medium length handles on mid pulleys.

**Exercise:** Sit facing away from the tower. Group a handle in each hand. Place feet flat on the floor. Press back, palms facing in, as your upper chest. Keep elbows at your sides. Slowly crunch your upper body toward your knees. Squeeze abdominals. Think of your ribs going toward your pelvis. This is a very minimal movement.

CHEST

CHEST PRESS

**Set Up:** Remove bench. Use medium or adjustable length handles on the low pulleys. Place exercise ball in front of the tower.

**Exercise:** Sit on the ball, facing away from the tower. Roll down on the ball as shoulders and upper back lean on the top of the ball. Place feet flat on the floor with hips and abdomen level with upper back. Use the right, left and core to balance and stabilize. Group handles with palms facing forward. Press handles up and over your mid-chest area. Squeeze chest as you press upward. Stop when elbows are slightly bent. Stretch chest as you lower downward.

BACK

BENT-OVER ROW

**Set Up:** Put bench into flat position and lock into tower. Use short or medium length handles on low pulleys.

**Exercise:** Place one knee on the bench. Put other foot flat on the floor for stability. Group handles with the hand against the knee on the bench. Keep back straight and knees slightly bent. Start with arms extended down and elbows slightly bent. Pull back and up, leading with your elbow, keep the arm close to your body and your upper arm is parallel with the floor. After you complete one set, switch arms.

CHEST

PECTORAL FLY

**Set Up:** Remove bench. Use medium or adjustable length handles on the low pulleys. Place exercise ball in front of the tower.

**Exercise:** Sit on the ball, facing away from the tower. Roll down on the ball as shoulders and upper back lean on top of the ball. Place feet flat on the floor, with hips and abdomen level with upper back. Use the right, left, and core to balance and stabilize. Group handles with palms facing forward. Press handles up and over your mid-chest area. Squeeze chest as you press upward. Stop when elbows are slightly bent in elbows.

BACK

SHRUG

**Set Up:** Remove bench. Use medium or adjustable length handles on the low pulleys.

**Exercise:** Stand on the step platform, facing away from the tower, with your feet shoulder-width apart. Group handles with knees slightly bent and elbows slightly bent. Keeping head and neck in a neutral position. Lift your shoulders up toward your chest. After you complete one set, switch arms.

BICEPS

SEATED BICEPS CURL

**Set Up:** Remove bench. Use short length handles on the low pulleys. Start with your hands at your sides. Place exercise ball in front of the tower.

**Exercise:** Sit on the ball, facing away from the tower. Use the right, left and core to balance and stabilize. Group handles with palms facing forward. Pull handles up toward your chest. Stop when your arms are just above shoulders. Start by squaring shoulder blades together and pull handles toward the abdomen.

TRICEPS

STANDING TRICEPS EXTENSION

**Set Up:** Remove bench. Use short length handles on the high pulleys.

**Exercise:** Stand in front of the tower, facing toward it, with feet shoulder-width apart. Group handles with palms facing down and elbows at the side of your head. Press back down, keeping elbow tight. Squares triceps. After you complete one set, switch arms.

SHOULDERS

SHOULDER PRESS

**Set Up:** Remove bench. Use adjustable length handles on low pulleys. Place exercise ball in front of the tower.

**Exercise:** Sit on the ball, facing away from the tower. Group handles with palms facing forward. Press handles up and over your head. Stop when elbows are slightly bent. Stretch chest as you lower downward.

LOWER BODY

HIP ABDUCTION

**Set Up:** Put bench into upright position and remove from tower. Position bench to one side of the tower for support. Use the foot strap on low pulley.

**Exercise:** Stand perpendicular to tower. Place your feet into the foot strap. Press back and forth in a slow and controlled manner. Group handles for support.

LOWER BODY

HIP ADDUCTION

**Set Up:** Put bench into upright position and remove from tower. Position bench to one side of the tower for support. Use the foot strap on low pulley.

**Exercise:** Stand perpendicular to tower. Place your feet into the foot strap. Press back and forth in a slow and controlled manner. Group handles for support.

LOWER BODY

HIP EXTENSION

**Set Up:** Remove bench. Use foot strap on low pulley.

**Exercise:** Stand facing the tower. Place one foot into the foot strap, heel flat and slightly in front of mid-chest line. Group handles for support.

FUNCTIONAL

GOLF SWING

**Set Up:** Remove bench. Use short or medium length handles on high pulleys.

**Exercise:** Stand perpendicular to the tower. Place exercise ball on the floor. Group handles with both hands, like a golf grip. Pull arms and hands down as if you are swinging out of a backswing into a forward swing. Complete a golf swing all the way through until you come to your body's mid-point or where you would finish the ball. Complete one set for both the right and left sides.

FUNCTIONAL

TENNIS SWING

**Set Up:** Remove bench. Use medium length handles on mid pulleys.

**Exercise:** Stand perpendicular to the tower as you would when doing a backhand swing. Group handles with both hands, like a tennis grip. Rotate your forearms by stepping into the swing following through. Complete one set for both the right and left-handed swinging motions.

FUNCTIONAL

LIFT WITH ROTATION

**Set Up:** Remove bench. Use short length handles on low pulleys.

**Exercise:** Use a staggered foot stance, with water feet in front. Squat down and position back in front of the tower. Group handles with both hands, like a tennis grip. Lift arms and hands up and over your head as if you are standing up, rotate your entire body and extend the arms down to the pulley as far as you can. After you complete one set, switch to the other side.

FUNCTIONAL

BASEBALL SWING

**Set Up:** Remove bench. Use short or medium length handles on mid pulleys.

**Exercise:** Group a handle with both hands in a baseball bat grip. Use a "batter's stance" with your feet hip-width apart. Place the tower directly in front of you. Pull the tower back and up, rotate your entire body and extend the arms down to the pulley as far as you can. After you complete one set, switch to the other side.

FUNCTIONAL

EXTERNAL ROTATION

**Set Up:** Remove bench. Use short or medium length handles on mid pulleys.

**Exercise:** Stand perpendicular to tower. Feet shoulder-width apart with knees slightly bent and shoulders square. Group handles with your outer hand. Keep elbow at your side with your forearm and upper arm at a 90-degree angle. Rotate entire hand outward and away from the tower, keeping your body stationary. After you complete one set, switch arms.

FUNCTIONAL

INTERNAL ROTATION

**Set Up:** Remove bench. Use short or medium length handles on mid pulleys.

**Exercise:** Stand perpendicular to tower. Feet shoulder-width apart with knees slightly bent and shoulders square. Group handles with your outer hand. Keep elbow at your side with your forearm and upper arm at a 90-degree angle. Rotate entire hand outward and away from the tower, keeping your body stationary. After you complete one set, switch arms.

SAFE FITNESS FACTS:

- This program does not replace the advice of a physician. You should have a complete physical exam before beginning a new exercise program.
- Inspect the equipment before every use for loose parts or frayed cables, paying particular attention to cables ends. Replace cables at the first sign of wear.
- Be alert to the possibility of injury. Do not attempt to lift more weight than you can comfortably handle.
- Keep observers, children, and pets at a safe distance. Do not allow children to play on equipment.
- Say clear of weights and moving parts. If a part becomes jammed, do not attempt to fix it by yourself; obtain assistance.
- If you have any questions on the proper use of the equipment, do not hesitate to call your authorized Life Fitness distributor or the Life Fitness Customer Service Department at 800.351.3737. Outside the U.S. and Canada, call (+1) 947.288.3300.

TRAINING TIPS:

- To get the best results, a proper strength-training workout has four components: a 5 to 10 minute aerobic warm-up, a pre-workout stretch, your strength workout, and a post-workout stretch.
- Make sure that your posture is correct before executing any of the exercises.
- You should choose a weight that is challenging to complete between 8-15 repetitions while maintaining proper form (shown in each of the pictured exercises).
- Reach a point of voluntary fatigue, keeping good technique.
- Fatiguing muscles at the lower end (8-10) of the repetition range develops lean body muscle and decreases body fat. Fatiguing muscles at the higher end (12-15) of the repetition range develops muscular endurance.
- Rest intervals are necessary to allow the muscle groups to recover and get ready to work again. If your goal is muscular endurance, rest 1-2 minutes between sets.
- Proper nutrition, cardiovascular exercise, strength training, and stretching exercises is the most effective combination for reaching your fitness goals.

TOTAL-BODY WORKOUTS (SHOW)

The workouts depicted are suggested routines. To vary your workout, be sure to choose at least one exercise in each of the major muscle groups. To work your entire body, complete 1-2 sets of each exercise every other day, three days a week.

If you are advanced and ready for a challenge, consider a Three-Day Split Workout. Choose up to all the exercises in each muscle group worked on a particular day. We recommend performing the following workout for 3 consecutive days, resting on Day 4.

BENCH SET UP:

- When locking bench into tower, roll onto "N Lock" platform and lock in place by ensuring the locking brackets on the front of the bench are fully inserted into the base slots and the front of the bench is square to the base. Lower bench to lock in.

**SAFE FITNESS FACTS:**

- This program does not replace the advice of a physician. You should have a complete physical exam before beginning a new exercise program.
- Inspect the equipment before every use for loose parts or frayed cables, paying particular attention to cable ends. Replace parts if the signs of wear.
- Be alert to the possibility of injury. Do not attempt to lift more weight than you can comfortably handle.
- Keep observers, children, and pets at a safe distance. Do not allow children to play on equipment.
- Stay clear of weights and moving parts. If a part becomes jammed, do not attempt to free it by yourself; obtain assistance.
- If you have any questions on the proper use of the equipment, do not hesitate to call your authorized Life Fitness dealer or the Life Fitness Customer Service Department at 800.351.3737. Outside the U.S. and Canada, call (+1) 647.288.3300.

**TRAINING TIPS:**

- To get the best results, a proper strength-training workout has four components: a 5 to 10 minute aerobic warm-up, a pre-workout stretch, your strength workout, and a post-workout stretch.
- Make sure that your posture is correct before executing any of the exercises.
- You should choose a weight that is challenging to complete between 8-15 repetitions while maintaining proper form throughout in each of the pictured exercises.
- Reach a point of voluntary fatigue, keeping good technique.
- Fatiguing muscles at the lower end (9-10) of the repetition range develops lean body mass and decreases body fat. Fatiguing muscles at the higher end (12-15) of the repetition range improves muscular endurance.
- Rest intervals are necessary to allow the muscle groups to recover and get ready to work again. If your goal is muscular strength, rest 1-2 minutes between sets; if your goal is muscular endurance, rest 30-60 seconds between sets.
- Push your muscles to, but not beyond, a level of exhaustion. You'll want to increase the resistance for a particular exercise once you can easily complete all the reps in each set.
- Always exhale during muscle contraction and inhale during return to start.
- Try to workout a minimum of 20-30 minutes in each session, performing each of the exercises in a slow and controlled manner.
- Proper nutrition, cardiovascular exercise, strength training, and stretching exercises is the most effective combination for reaching your fitness goals.

**TOTAL-BODY WORKOUTS (SHOWN)**

The workouts defined are suggested routines. To your variety workout, be sure to choose at least one exercise in each of the major muscle groups. To work your entire body, complete 1-2 sets of each exercise every other day, three days a week.

**THREE-DAY SPLIT WORKOUTS**

If you are advanced and ready for a challenge, consider a Three-Day Split Workout. Choose up to all the exercises in each muscle group worked on a particular day. We recommend performing the following workout for 3 consecutive days, resting on Day 4.

**BENCH SET UP:**

- When locking bench into tower, roll onto Dock "N Lock" platform and lock in place by inserting the front brackets on the front of the bench as fully inserted into the base slots and the front of the bench is square to the base. Lower bench "N Lock" into place.
- Adjust small seat pad by pulling the pull pin and shifting small seat pad.
- Adjust the back pad by depressing the adjustment trigger and sliding back pad into position.
- Remove bench from tower by adjusting to the upright position and lifting up on the bench handles so the locking bars clear the slots in the base frame. Wheel the bench away from the tower.

**CHANGING HANDLES:**

- Push or pull spring-loaded retaining ring back exposing the slot in the cable end.
- Insert rectangular attachment ring on the end of the handle into the cable end slot.
- Ensure spring-loaded retaining ring snaps back into position completely covering the rectangular handle attachment ring.

Exercise ball not included.  
In a continued effort to improve our products, specifications are subject to change.  
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