

day 1

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. Separate chest as you press upward. Stop when elbows are slightly bent. Stretch chest as you lower downward.



BACK

LAT PULLDOWN

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

Exercise: Straddle bench facing the tower and adjust high point. Group handles with palms forward. Tighen abdomen. Separate shoulder blades and lean back slightly. Pull handles down with arms over your head as if you were pulling on a rope.



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. Tighen abdomen. Group handles with palms facing forward. Press handles upward, keeping arms out to your side with a slight bend at the elbow.



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: Sit on the bench facing tower. Group a handle in each hand, palms facing each other. Place feet on a step at the end of back pad with knees slightly bent. Keep chest up and abdomen tight. Start by separating 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 forward, knees slightly bent, your abdomen tight, and chest up. Curl handles upward with elbows stable at your sides. Stop when hands reach the mid-chest level. Separate biceps.



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 head on the same side as the knee on the bench. Keep back straight and separate shoulder blades. Lift elbow to the back of your upper arm. Curl handles upward with elbows stable at your sides. Extend hand of the way back, pivoting around a fixed elbow. Separate triceps.



SHOULDERS

SHOULDER PRESS

Set Up: Adjust small seat pad into the incline position. 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 forward, knees slightly bent and your abdomen tight. Stop when elbows are slightly bent. Tighen abdomen. Lower arms down and out to the sides of your body. Stop when elbows are at a 90-degree angle.



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 foot of the leg you are working into the foot strap. Push down. Group handles for stability. Stand with knees slightly bent, extend heel forward. Keep knee and hips stationary and separate quadriceps. Keep upper body stable. You can use an immovably fixed or the hip with one hand to stabilize the lower leg.



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 foot of the leg you are working into the foot strap. Push down. Group handles for stability. Start with knees slightly bent, extend heel forward. Keep knee and hips stationary and separate quadriceps. Keep hip and knee stable. You can use an immovably fixed or the hip with one hand to stabilize the lower leg. After you complete one set, switch legs.



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 and place hands, palms facing in, on your upper chest. Keep elbows at your side. Slowly crutch your upper body toward your hips. Separate abdominals. Think of your rib cage moving toward your pelvis. This is a very minimal movement.



day 3

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. Separate 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 forward, knee slightly bent and your abdomen tight. Stand over one foot and lean slightly back, 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 your hand, palm facing forward, knee slightly bent and your abdomen tight. Press arms out to the side as far as possible, maintaining the same wrist. 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. Place feet in a staggered stance with knees slightly bent. Stay upright throughout this exercise, using hip and slight leg flexion. Start by separating 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, knee slightly bent and chest up. Pull handles out and over the side of your body. Stop when the mid-chest level. Separate biceps.



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 down. Place hands behind head with elbows on each side of your head at a 90-degree angle. Extend hands straight up over your head. Separate 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 forward, knees slightly bent and your abdomen tight. Step forward with one foot for support. Bend knees and lean out with legs. Pull handles out to the side of your body. Stop when your arms are parallel to the ground. After you complete one set, switch arms.



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 forward. Bend knees and lean out with legs. Pull handles out to the side of your body. Stop when your arms are parallel to the ground. After you complete one set, switch legs.



LOWER BODY

LUNGE

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

Exercise: Stand on knee platform, facing away from tower. Group handles, palms facing forward. Step forward with one foot for support as if when you are lunging. Press feet flat on the ground. Keep extended foot flat, with outer edge on the ball of the foot. Keep abdomen tight. Place hand and neck in neutral position, facing forward. Slowly lower your body downward 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. Group handles, palms facing in, on your upper chest. Keep elbows at your side. Slowly crutch your upper body toward your hips. Separate abdominals. Think of your rib cage moving toward your pelvis. This is a very minimal movement.



DAY 1	DAY 2	DAY 3	DAY 4
CHEST	SHOULDERS	LOWER BODY	REAR
TRICEPS	BICEPS	ABDOMINALS	
ABDOMINALS	BACK		

day 5

CHEST

CHEST PRESS

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

Exercise: Sit on ball, facing away from the tower. Roll down on the ball to shoulders and upper back on the top of the ball. Place feet flat on the floor with hip and abdomen flat with upper back on the ball and feet on the floor with hip and abdomen flat with upper back on the ball.



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 opposite the knee on the bench. Stand back straight and separate shoulder blades. Start with arms extended down and elbow slightly bent. Pull handle out and across your body as far as you can. 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 ball, facing away from the tower. Roll down on the ball to shoulders and upper back on the top of the ball. Place feet flat on the floor, with hip and abdomen flat with upper back on the ball. Use your hip, knee, and toe to balance and stabilize. Group handles with palms facing forward. Press handles up and over your head. After you complete one set, switch arms.



BACK

SHRUG

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

Exercise: Stand on the knee platform, facing away from the tower, with your feet shoulder-width apart. Group handles with palms facing slightly bent and your abdomen tight and chest up. Keeping head and neck in a neutral position, lift your shoulders up toward your ears. 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 ball, facing away from the tower. Use your hip, knee, and toe to balance and stabilize. Group handles with palms facing forward. Curl handles upward with elbows stable at your sides. Stop when your arms are parallel to the ground. Separate biceps.



TRICEPS

STANDING TRICEPS EXTENSION

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

Exercise: Stand in front of the tower, facing toward it, with feet shoulder-width apart, knees slightly bent, and abdomen tight. Group handles with palms facing down. Place hands behind head with elbows on each side of your head at a 90-degree angle. Extend hands straight up over your head. Separate triceps.



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 ball, facing away from the tower. Group handles with palms forward, knees slightly bent and your abdomen tight. With palms facing forward, press handles up over your head. Stop when elbows are slightly bent. Lower arms down and out to the sides of your body. Stop when your arms are at a 90-degree angle. After you complete one set, switch arms.



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 foot strap on low pulley.

Exercise: Stand perpendicular to the tower. Place one foot into the foot strap. Push down and slightly in front of midline leg. Keep knee and hip stationary. Now swing the leg back from body to your side, keeping hips stationary. After you complete one set, switch legs.



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 foot strap on low pulley.

Exercise: Stand perpendicular to the tower. Place one foot into the foot strap. Push down and slightly in front of midline leg. Keep knee and hip stationary. Now swing the leg back from body to your side, keeping hips stationary. After you complete one set, switch legs.



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. Push down and slightly in front of midline leg. Then the straight leg back from body to your side, keeping hips stationary. After you complete one set, switch legs.



ABDOMINALS

ABDOMINAL CRUNCH

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

Exercise: Sit upright, ball facing away from the tower. Place feet flat on the floor. Group handles, palms facing in, on your upper chest. Keep elbows at your side. Slowly crutch your upper body toward your hips. Separate abdominals. Think of your rib cage moving toward your pelvis. This is a very minimal movement.



FUNCTIONAL

FUNCTIONAL

GOLF SWING

Set Up: Remove bench. Use short or medium length handles on high pulley. Place exercise ball in front of the tower.

Exercise: Stand perpendicular to the tower. Group handles with both hands, like a golf grip. Pull arms and hands down as if you are coming out of a backswing into a forward swing. Complete a golf swing. After you complete one set, switch arms.



FUNCTIONAL

TEENIS 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. Perform your backhand by stepping into your swing following through. Complete one set for both right and left handed swinging motion.



FUNCTIONAL

LIFT WITH ROTATION

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

Exercise: Use a support foot stance, with water feet flat. Feet shoulder-width apart with knees slightly bent and your abdomen tight. Lift arms and hands up over your head and extend the one side of your body to the other side. After you complete one set, switch to other side.



FUNCTIONAL

BASEBALL SWING

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

Exercise: Group handles with both hands in a baseball bat grip. Use a slight stance with your feet, and torso perpendicular to the tower. Complete a baseball swing. Follow the way through until your arms come to the other side of your body. After you complete one set, switch to 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 your abdomen tight. Group handles with palms forward. Keep elbow at your side with your forearm and upper arm at a 90-degree angle. Rotate water head and over your head. 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 your abdomen tight. Group handles with palms forward. Keep your elbow at your side with your forearm and upper arm at a 90-degree angle. Rotate water head toward your abdomen, 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 on the tower or the Life Fitness Customer Service Department at 800.351.3737. Outside the U.S. and Canada, call (+1) 647.288.5500.

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 through 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 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 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 so 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 own 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 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 10 locks.
- 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.