

# CHECK YOUR FORM

## Upper

### BICEP/TRICEP

#### *Bicep and Tricep*

- Sit firmly in the machine
- Keep spine and shoulders aligned
- Place your wrists between the pads while making a fist, palms facing each other
- Rest your feet flat on the floor
- Alternate arms as you pull up and push down quickly



## Lower

### GLUTE

#### *Quadriceps, Hamstrings, Gluteal, and Iliopsoas*

- Step into the machine and bend from the waist to brace yourself against the chest pad
- Place one foot in a neutral position on the pedal
- Stand on resting leg while keeping a slightly bent knee
- Fully extend leg back quickly
- Bring knee forward slowly
- Avoid allowing the working knee to swing in front of the stable knee



## Middle

### AB/BACK

#### *Abdominals and Erector Spinae*

- Sit firmly in the machine
- Keep spine aligned in neutral position during movement
- Arms should be rigid without locking the elbows
- Exhale as you push machine down
- Pull the bar up until your back touches the seat
- Hesitate if necessary to engage the abdominals and repeat



### CHEST/BACK

#### *Pectoral, Rhomboids, and Latissimus Dorsi*

- Sit firmly in the machine, allowing your entire back to rest against the seat
- Position hands even with the midline of your chest
- Keep your elbows aligned with your chest during each repetition
- Quickly push hands forward
- Quickly bring handles back to starting position and repeat



### HIP ABDUCTOR/ADDUCTOR

#### *Tensor Fascia Latae and Adductor*

- Enter from the front with legs apart
- Place legs between pads
- Start with legs together and quickly extend legs to the sides as far as comfortable
- Always maintain support of the lower back
- Quickly bring legs back together
- Aim to use the same quick speed in both directions



### LATERAL LIFT

#### *Obliques and Quadratus Lumborum*

- Stand in the machine
- Keep shoulders relaxed and aligned throughout the movement
- Grasp handles where comfortable
- Place feet shoulder width apart, keeping a soft knee
- Keeping arms straight, contract the muscles of the torso and lift the opposing bar



### DIP SHRUG

#### *Deltoids, Trapezius, and Latissimus Dorsi*

- Stand on the platform with feet close to the end
- Keep feet shoulder width apart with knees slightly bent
- Position hands close together
- Pull handles up to mid chest, allowing the elbows to extend out
- Push down until your arms are almost straight
- Avoid arching the back or swaying with movement



### LEG EXTENSION/LEG CURL

#### *Quadricep and Hamstring*

- Enter from the side
- Place ankles between pads
- Extend legs almost straight, but avoid bumping machine at either end
- Briskly bring legs down to starting position
- Allow feet to relax and avoid flexing toes
- Knees should align with hinge



### OBLIQUE

#### *Obliques*

- Sit firmly in the machine
- Lean forward, sit upright forming a box with forearms, upper arms and shoulders
- Cross ankles and squeeze knees against roller pad for lower body support
- Rotate from side to side with a 10-to-2 range of motion
- Maintain neutral alignment in spine during movement



### PEC DEC

#### *Pectoral, Rhomboids, Trapezius, and Latissimus Dorsi*

- Sit firmly in the machine, allowing your entire back to rest against the seat
- Place elbows between the pads
- Hold handles gently
- Start with arms in back position and bring elbows together in front
- Push with forearms and avoid pulling with hands



### LEG PRESS

#### *Quadriceps, Hamstrings, Gluteals, and Iliopsoas*

- Enter from side of machine
- Allow back to rest against back support
- Place feet on the pedals
- Bend knees as far as comfortable
- Be sure knees are not above toes
- Power forward – avoid locking knee joint
- Return slowly to starting position



### RECOVERY STEPPER

**This machine is used as a recovery station in the circuit and is not intended to overload the muscles.**

- Stand upright on the steps
- Keep upper body upright and centered over the legs
- Keep back straight
- Grasp handles firmly
- Keep feet firmly planted on the steps
- Avoid staying on your toes and leaning on the machine with your arms
- Move legs up and down in a slow, relaxed walking motion



### SHOULDER PRESS/LAT PULL

#### *Trapezius, Deltoids, and Latissimus Dorsi*

- Sit firmly in the machine, allowing your entire back to rest against the seat
- Allow head to remain up or lean back if more comfortable
- Allow your feet to hang freely or rest on the floor
- Start at shoulder height and push up until your arms are almost straight
- Return to shoulder height



### SQUAT

#### *Quadriceps, Hamstrings, Gluteals, and Iliopsoas*

- Lift pads above the shoulders while standing straight under the pads
- Place feet shoulder width apart
- Grasp handles palms down
- Slowly squat while extending buttocks back
- Extend knees forward, but not past toes
- Lower yourself until thighs are parallel to the floor
- Power up and repeat



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