

BodyCraft

Cable Arm Exercise Guide

- ABS
- ARMS
- BACK
- CHEST
- LEGS
- SHOULDERS
- SPORTS SPECIFIC



Cable Bench Press

Adjust seat back to fit your range of motion. Adjust Cable Arms to chest height. Grab handles with overhand grip and press arms away from chest, level with floor. **Variation:** Bring hands together while pressing forward. This is an advanced movement and will require significantly less weight. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Triceps



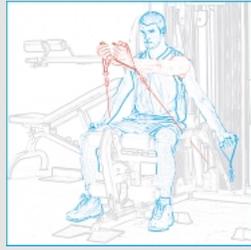
Cable Pec Fly

Adjust seat back to incline position. Sit forward on seat and lean back into machine. Adjust cable arms to widest position. Grab handles and bring arms together in a circular motion. **Variations:** Decline and Incline Flys. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Forearms



Cable Incline Fly

Adjust Cable Arms to widest position. Grab handles and bring arms together and upward in a circular motion. **Variations:** Decline and Incline Flys. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Forearms



Cable Low Fly

Adjust seat back to upright position. Adjust Cable Arms to widest position. Sit upright in machine. Grab handles and bring arms upward and together in a circular motion. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Forearms



Self Stabilizing Chest Press

Adjust Cable Arms to chest height. Sit forward on the seat, without back support. Grab handles with overhand grip and press arms away from chest. **Variation:** Bring hands together while pressing forward. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Triceps, Rectus Abdominus, Spinae Erectors



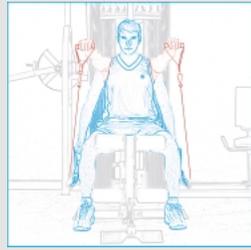
Incline Press

Adjust seat back to fit your range of motion. Adjust Cable Arms to chest height. Grab handles with overhand grip and press arms away from chest at an upward 45 degree angle. **Variation:** Bring hands together while pressing upward. This is an advanced movement and will require significantly less weight. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Triceps



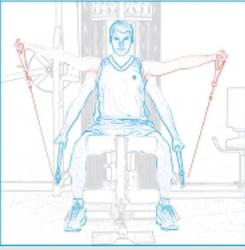
Cable Shoulder Press

Adjust seat back and Cable Arms to upright (green) position. Adjust seat so that Cable Handles are at shoulder level. Grab handles with overhand grip and press arms overhead. **Variation:** Bring hands together while pressing forward. This is an advanced movement and will require significantly less weight. **Muscles worked:** Deltoids, Triceps



Front Raise

Adjust Cable Arms to blue position. Grab handles with overhand grip. Keeping arms straight, raise arms toward front. **Variation:** Can be performed one arm at a time. **Muscles worked:** Deltoids



Lateral Raise

Adjust Cable Arms to blue position. Grab handles with overhand grip. Keeping arms straight, raise arms out from side. **Variation:** Can be performed one arm at a time. **Muscles worked:** Deltoids



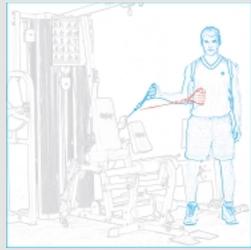
Rear Delt Fly

Adjust Cable Arm to red position. Grab handle with outside hand. Extend arm across and away from body. **Muscles worked:** Rear Deltoids, Forearm



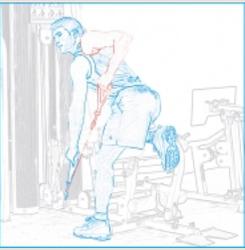
Internal Rotator

Adjust Cable Arm to elbow height. Place a towel between upper arm and torso. Grasp handle with inside arm, neutral grip. Rotate arm, bringing handle toward midsection. **Muscles worked:** Deltoids



External Rotator

Adjust Cable Arm to elbow height. Place a towel between upper arm and torso. Grasp handle with outside arm, neutral grip. Rotate arm, bringing handle away from midsection. **Muscles worked:** Deltoids



One Arm Row

Adjust Cable Arm to lowest position. Stand aside machine with a slight bend at waist, and holding on to seat pad for support. Grasp Single Handle and pull to midsection. **Muscles worked:** Latissimus Dorsi, Trapezius, Rhomboids, Deltoids, Biceps, Forearms.



Triceps Kick Back

Adjust Cable Arm to blue position. Stand aside machine with a slight bend at waist, and holding on to seat pad for support. Keeping elbow stationary, extend arm backward. **Muscles worked:** Triceps, Forearms



Cable Arm Curl

Adjust Cable Arms to lowest position. Sit on seat and grasp handles with an underhand grip. While trying to keep your elbows stationary, curl the handles upward, using biceps muscles. **Variations:** Can be performed using both arms simultaneously, or alternating. **Muscles worked:** Biceps, forearms



Oblique Twist

Adjust Cable Arm to green position and stand beside machine. Grab Single Handle, twist away, pulling cable forward and across body. **Muscles worked:** Obliques



Tennis Swing

Assume your tennis backhand stance next to the Cable Arm. Begin with handle in back swing position and swing forward as if you were swinging a tennis racket.



Golf Swing

Assume your golf stance next to the Cable Arm. Grip handle and swing as if you were swinging a golf club. Position the Cable Arms at different heights to emphasize different areas of the swing.

Thank you for investing in the BodyCraft Family K2 Strength Training System. We hope you enjoy many healthy years of use. Learning to use and maintain your strength training system is very important for your personal safety and the proper function of the machine. Be sure to read all of the information carefully before using. This information in this guide is general in nature; for detailed information about exercise, consult your physician and your local fitness dealer. Your local fitness dealer can provide reputable books and referrals to personal trainers. **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35, or with preexisting health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

GENERAL EXERCISE GUIDELINES: There are many theories as to the proper number of repetitions and sets of repetitions of any specific exercise. In fact, we are all unique individuals and what may be effective for one person may not be for the next. For your specific needs, we recommend consultations with your fitness dealer or a certified personal trainer. For general guidelines, we recommend 6-12 repetitions per set and 2-3 sets per any given exercise. Intensity is more important than the number of reps and sets. The amount a muscle group is stressed (to failure) is directly proportional to the amount of increased strength/growth. Please remember to start easy and increase the total time and the number of repetitions gradually. Overdoing it in the beginning can cause unnecessary muscle soreness. If at any time you feel excessive pain, stop immediately. Determine what is wrong before continuing. Rest is a very important part of the process. Begin each session with a 5-15 minute warm up period of light exercise and stretching. During the routine, be sure to maintain proper form and move through the full range of motion. Be sure to breathe naturally, do not hold your breath. End each session with 5-10 minutes of light stretching. Stretching can help relieve soreness and increase flexibility. Plan to spend the first two weeks getting familiar with the machine and accustomed to the routines. Do not quit! Variety of exercises can be a motivating factor. Seek further information regarding different exercises. Remain committed and your exercise time will soon become a time you anticipate.

Machine Maintenance Tips

1. Inspect all moving parts, cables and pulleys before every use. Do not use the machine if a defect is suspected.
2. Periodically apply silicone lubricant to guide rods for smoother weight travel.
3. Wipe sweat off upholstery immediately. Periodically clean vinyl with mild soap solution.
4. Periodically relieve tension on cables and check for any twisted cables. Untwist cables, check to make sure cables are still on all pulleys.

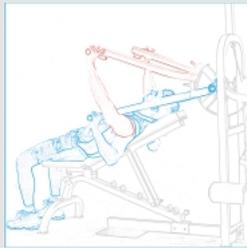
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Exercise Guide



Bench Press

Adjust bench to horizontal position. Lie down on bench and align handles with chest. Adjust press arm to lowest comfortable position. Grab handles with overhand grip and press upward. **Variations:** Use underhand grip and press upward. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Triceps



Incline Bench Press

Adjust bench to any desired incline angle. Different angles work different parts of the muscles. Lie back on bench and adjust so that handles are aligned with chest. Adjust press arm to lowest comfortable position. Grab handles with overhand grip and press upward. **Variations:** Grab handles with underhand grip. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Triceps



Decline Bench Press

Adjust bench to decline angle. Lie back on bench and adjust so that handles are aligned with chest. Adjust press arm to lowest comfortable position. Grab handles with overhand grip and press upward. **Variation:** Bring hands together while pressing forward. This is an advanced movement and will require significantly less weight. **Muscles worked:** Pectorals Major and Minor,



Ab Crunch

Attach Ab Strap to cable located behind head. Hold Ab Strap handles in place at shoulder level. Use abdominal muscles to crunch forward and downward. **Muscles worked:** Rectus Abdominus, Upper Abdominals, Hip Flexors



Squat

Adjust press arm to top position and attach squat attachments. Enter machine so that squat pads are on shoulders and feet are on foot plates. Reach forward and pull adjustment spring pin. Squat to lowest comfortable position and release pin. Be sure to keep back in flat position and slowly rise to a standing position. Proper form and slow controlled movements are very important. **Muscles worked:** Quadriceps, Hamstrings, Gluteus Maximus, Rectus Abdominus, Spinae Erectors



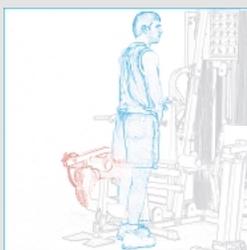
Leg Press

Adjust seat back so that knees are as close to chest as possible, yet still comfortable. Place feet squarely and evenly on foot plate. Press forward. Avoid locking knees at full extension. Feet can be placed in varying positions to emphasize different parts of the thigh muscles. **Muscles worked:** Quadriceps, Hamstrings, Gluteus Maximus, Calves



Leg Extension

Adjust seat and seat back so that knees are level with and slightly beyond pivot point. Sit and hook ankles behind lower roller pads. Extend legs forward and upward. **Muscles worked:** Quadriceps



Leg Curl

Stand facing machine. Adjust Press Seat so that top roller pads rest on front of legs above knees. Grab Press Arm for stability. Wrap ankles behind lower roller pads. Using one leg at a time, pull and curl upward as far as possible. **Muscles worked:** Hamstrings, Gluteus Maximus



Hip Abduction

Stand on foot plate. This exercise can be performed using one cable arm adjusted to the lowest position. Attach Ankle Strap to low cable and forward ankle. Using a full range of motion, extend leg outward, away from body. **Muscles worked:** Abductor, Gluteus Medius



Hip Adduction

Stand in front of machine, attach ankle strap to low cable and back ankle. Using a full range of motion, extend leg across and away from body. Using a full range of motion, extend leg across and away from body. This exercise can also be performed using one cable arm adjusted to lowest position. **Muscles worked:** Adductor, Gluteus Medius



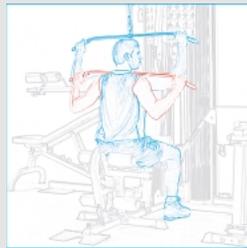
Calf Raise

Place balls of feet on bottom edge of foot plate and press to full extension, knees slightly bent. Flex foot at ankle joint, raising up on toes. Feet can be placed in varying positions to emphasize different parts of the calf muscles. **Muscles worked:** Soleus, Gastrocnemius



Upright Row

Attach Straight Bar to chain and chain to low pulley. Stand on foot plate and hold bar at arms length. Grab bar with overhand grip and pull upward to shoulder level. **Muscles worked:** Trapezius, Deltoids, Biceps, Forearms



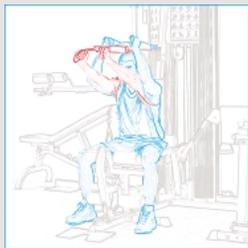
Lat Pull Down

Attach Lat Bar to high pulley. Sit facing machine, knees under roller pads. Grab Lat Bar with overhand grip and pull straight down to upper chest. **Variations:** Grab bar with underhand grip. Use Ab Strap and spread handles while pulling. **Muscles worked:** Latissimus Dorsi, Trapezius, Rhomboids, Biceps.



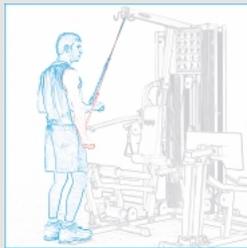
Low Row

Attach Straight Bar to low pulley and flip foot plate up to vertical position. Sit on floor, bracing feet against foot plate. While keeping upper torso upright and stationary, pull bar to midsection. **Variations:** Grab bar with underhand grip. Use Ab Strap and spread handles while pulling. **Muscles worked:** Latissimus Dorsi, Trapezius, Rhomboids, Deltoids, Biceps, Forearms



Triceps Extension

Attach AB Strap to cable located behind head. Sit on seat and grab. Lock upper arms into place. Extend arms at elbow. **Variations:** Use curl / Row Bars



Triceps Push Down

Attach chain and Straight Bar to high pulley. Face machine and grab Straight Bar with overhand grip. Keep elbows and upper arms stationary. Extend arms at elbows. **Variations:** Grab bar with underhand grip. Use Ab Strap and spread arms at bottom of movement. **Muscles worked:** Triceps, Forearms

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