



EXERCISE LIST

Calf Raise
Arm Curl
Bench Press
Bent Over Row
Close Grip Bench Press
Close Grip Pulldown

Decline Bench Press
Flat Bench Press
Front Lateral Raise
High to Low Woodchops
Incline Bench Press
Isolateral Bench Press

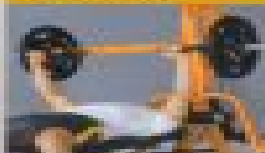
Isolateral Bent Over Row
Isolateral Shoulder Press
Low Cable Bicep Curl
Low to High Woodchops
Lunges
Overhead Pulldown

Seated Rows
Shoulder Press
Shrug
Single Arm Low Cable Row
Single Underhand Tricep Kickbacks
Squat

Tricep Pushdown
Underhand Pulldown
Underhand Tricep Pushdown
Upright Row
Wide Grip Pulldown
Wide Grip Row

EXERCISE MATRIX

Bench Press



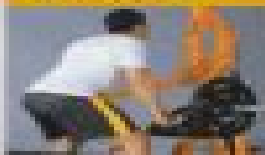
- Lock both Isolateral arms into place.
- Place Backrest Pad in desired setting position (i.e. from incline, decline to flat position).
- Adjust press arms into a desired starting position.
- Load desired weights on to press arms.
- Grip handles and press upwards into full lock position, return to starting point and repeat exercise routine.

Isolateral Shoulder Press



- Unhook Isolateral arms.
- Place Backrest Pad in desired setting position (i.e. from incline, decline to flat position).
- Adjust press arms into a desired starting position.
- Load desired weights on to press arms.
- Grip handles and press arms upwards individually into full lock position, return to starting point and repeat exercise routine with opposite arm.

Bent Over Row



- Starting Position: Stand with feet hip shoulder width apart. Grip the low cable approximately shoulder width with thumbs to your hands facing down, and knees slightly bent. Bend at the waist so your shoulder blades are directly over the bar.
- Move upward slowly, keep your back straight and looking at the floor. At the bar to your chest, pause briefly then slowly return to the starting position (your arms should be extended and shoulders stretched downward).

Arm Curl



- With the Utility Workbench removed from the Levergym.
- Load the desired amount of weight up in the rear weight frame.
- Connect the Short Lat Bar with the front 1 low cable end.
- Grab Short Lat Bar, pull up and curl into your upper chest area.
- Return to starting position and repeat exercise routine.

Seated Rows



- With the Utility Workbench connected to the Levergym.
- Sit down making sure your legs are slightly bent and not locked.
- Lean over keeping a proper back alignment and grab the Short Lat Bar.
- Pull the Short Lat Bar towards your torso until you touch your abdomen.
- Hold the muscle contraction for a second and slowly go back to the original position, repeat exercise routine.

Single Arm Low Cable Row



- With the Utility Workbench connected to the Levergym.
- Attach the D Handle to the front 1 low cable end.
- Stand with back straight and hand on your hip on at your side.
- Single exercise by pulling D Handle with your right arm toward your right side as you rotate your torso to the right. Pause then slowly return movement back to starting position. Repeat exercise routine, then switch sides.

Tricep Pushdown



- Attach the front 1 low cable to the front 1 high cable end.
- Place Short Lat Bar with an underhand grip (thumbs facing down) at chest level.
- Stand with back straight and a very small lean over, keeping the upper arms close to your body using your elbows along the bar, push with your triceps. At the end of your stroke, your arms are kept extended perpendicular to the floor. The upper arms should always remain stationary near to your torso and only the forearms should move.
- Push so you perform the movement.
- After a second hold in the contracted position, bring the bar slowly up to the starting point.
- Repeat as you perform this exercise.
- Repeat for the recommended amount of repetitions.

*Always consult with a physician prior to starting any exercise program!

**Always use proper form! Proper technique, posture, body movement, and weight capacity before any physical activity.

Powertec Levergym Manual

**Matt Thome, Jay DeMayo, Andrew
White, Anthony Carney, Mike
Thomson, Mike Dahlem, Kessa Kuyper**

Powertec Levergym Manual:

Manual Of Instruction In The Use Of Dumb Bells, Indian Clubs, And Other Exercises Morris Bornstein, 2015-05-06 In the decades following the American Civil War reformers championed the explosion of public gymnasiums and fitness centres in cities all across the country In the opinion of many reformers being truly fit was not only of physical value but was also conducive to moral superiority This manual by Morris Bornstein was one of numerous texts from this period that looked to instruct Americans in the use of Indian clubs and dumbbells which continue to be popular and effective tools for exercise today An interesting and informative book this Manual Of Instruction In The Use Of Dumb Bells Indian Clubs And Other Exercises will appeal to those with an interest in fitness and would make for a worthy addition to collections of related literature We are republishing this volume now in an affordable modern high quality edition complete with a specially commissioned new introduction on indian clubs [Koehler's West Point Manual of Disciplinary Physical Training](#) Herman John Koehler, 2013-09 This historic book may have numerous typos and missing text Purchasers can usually download a free scanned copy of the original book without typos from the publisher Not indexed Not illustrated 1919 edition Excerpt SECTION IX SETTING UP EXERCISES FOR RECRUITS PARAGRAPH What the course comprises 141 142 Number of times an exercise should be performed 143 Progressive difficulty and how obtained 144 147 Terminology 148 Respiration and its relation to exercise 149 151 Lessons 152 165 141 What the Course Comprises The course consists of one preliminary and six regular lessons Each lesson should be thoroughly mastered before an advance lesson is attempted It is recommended that one week each be devoted to the preliminary and the first lesson and two weeks to each of the following five 142 Nothing should be sacrificed for the sake of making the drill spectacular the physiological value of every exercise should be brought out fully and the disciplinary value precision smartness activity and unity of action must be insisted upon consistently and persistently By doing this instructors will lay the best foundation for the ready and precise acquirement of all other drills 143 The Number of Times an Exercise Should Be Performed This has not been prescribed as the number of repetitions any body of men may indulge in with benefit to themselves depends entirely upon the strength condition and aptitude of the men and upon the efficiency competence and judgment of the instructor who will find that he is defeating the purpose of this training if he fails to take these into consideration and does not proceed carefully and progressively both as to the quantity and the quality of the task he is exacting 144 Progressive Difficulty and How Obtained In general the amount of energy required to perform an exercise may be progressively increased by increased repetitions or increased cadence When this is done the increased difficulty is derived *Manual Lifting* Daniela Colombini, 2017-06-29 Preface One of our vocations as old hardened researchers has always been to seek solutions for the prevention of occupational risk of biomechanical overload and to teach self management of the problems at the source Prevention should be done directly by those designing workplaces and jobs Our experience comes from constant comparisons between the need to respond to the actual needs of workers and technical

staff who require practical tools simple and easily applicable in the field and the need to find answers solutions and criteria by experimentally verified reliable methods being often quite complex In short translation of the matter complexity into easily applicable prevention approaches is just one of the main goals of the Ergonomics of Posture and Movement EPM Research Unit which we founded and in which Enrico and I have operated for many years under the sponsorship of Don Gnocchi ONLUS Foundation IRCCS Santa Maria Nascente Milan Polo Tecnologico Another important goal is to diffuse the knowledge on the matter Following a series of meetings with colleagues and technicians at congresses and meetings in different parts of the world the idea to create an International School of Ergonomics of Posture and Movement was originated Thus we created the school as an operative section of EPM more details can be found at www.epmresearch.org The school has its accredited teachers and has the main objective to teach different professionals in different parts of the world and in their native language the art of prevention according to an easy and effective approach In summary EPM and its schools have the following main goals in relation to the broader aim of improving health and work

Manual for Physical Culture and Muscular Development (Classic Reprint) John Richard Judd,2018-02-02 Excerpt from Manual for Physical Culture and Muscular Development Stand facing machine see cut pulling both hands first into right side then into left side as shown in cut May be done twenty times each way When pulling into left side you develop muscle of right arm from palm of hand following therefrom down forearm to inner part of bicep to pectoral muscle and up left forearm and back part of upper arm to the trapezium When pulling to right side the muscles taken are reversed on each arm Heretofore I have quoted this as a sparring motion although it does not take in the exact muscles used in sparring for you must turn sideways to strike an effective blow in sparring and furthermore the muscles must be loose to strike properly which condition can not be attained in this motion About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at www.forgottenbooks.com This book is a reproduction of an important historical work Forgotten Books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy In rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition We do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve the state of such historical works

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