

CATALINA



TRAINING SUGGESTIONS

- 1. The Catalina machine is designed to provide a total body workout. It is ideal for use in a home gym or a commercial fitness center.
- 2. The machine is built to last and is designed to be used by people of all ages and fitness levels.
- 3. The machine is easy to use and requires no special training to operate.
- 4. The machine is compact and can be stored in a small space.
- 5. The machine is a great investment for anyone who wants to stay fit and healthy.

CATALINA 3

SEATED LEG EXERCISE

1. Sit on the machine with your feet flat on the floor.

2. Push the pedals down with your feet, then pull them back up.

3. Repeat for 10-15 repetitions.

STANDING LEG EXERCISE

1. Stand on the machine with your feet flat on the floor.

2. Push the pedals down with your feet, then pull them back up.

3. Repeat for 10-15 repetitions.

SEATED ARM EXERCISE

1. Sit on the machine with your feet flat on the floor.

2. Push the handles forward with your arms, then pull them back.

3. Repeat for 10-15 repetitions.

STANDING ARM EXERCISE

1. Stand on the machine with your feet flat on the floor.

2. Push the handles forward with your arms, then pull them back.

3. Repeat for 10-15 repetitions.

SEATED CORE EXERCISE

1. Sit on the machine with your feet flat on the floor.

2. Push the handles forward with your arms, then pull them back.

3. Repeat for 10-15 repetitions.

CATALINA 4

SEATED LEG EXERCISE

1. Sit on the machine with your feet flat on the floor.

2. Push the pedals down with your feet, then pull them back up.

3. Repeat for 10-15 repetitions.

LOWER PULLEY EXERCISES ON ALL CATALINAS

LOWER PULLEY EXERCISES

1. Leg Press: Sit on the machine with your feet flat on the floor. Push the pedals down with your feet, then pull them back up.

2. Squat: Stand on the machine with your feet flat on the floor. Push the pedals down with your feet, then pull them back up.

3. Lunge: Stand on the machine with your feet flat on the floor. Push the pedals down with your feet, then pull them back up.

CATALINA 4+

SEATED CORE EXERCISE

1. Sit on the machine with your feet flat on the floor.

2. Push the handles forward with your arms, then pull them back.

3. Repeat for 10-15 repetitions.

OPTIONS AVAILABLE FOR THE CATALINA SYSTEM

OPTIONS AVAILABLE FOR THE CATALINA SYSTEM

1. Leg Press: Sit on the machine with your feet flat on the floor. Push the pedals down with your feet, then pull them back up.

2. Squat: Stand on the machine with your feet flat on the floor. Push the pedals down with your feet, then pull them back up.

3. Lunge: Stand on the machine with your feet flat on the floor. Push the pedals down with your feet, then pull them back up.

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