

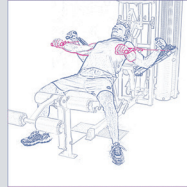
■ Cable Decline Bench Press



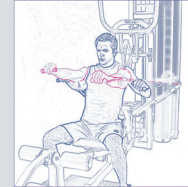
■ Cable Incline Bench Press



■ Cable Low Fly



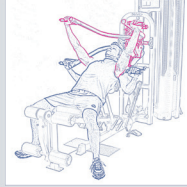
■ Cable Decline Press



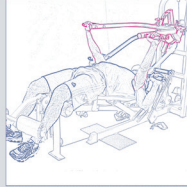
■ Cable Bench Press



■ Converging Bench Press



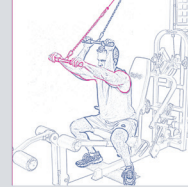
■ Incline Bench Press



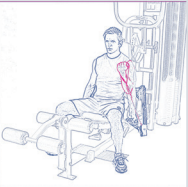
■ Decline Bench Press



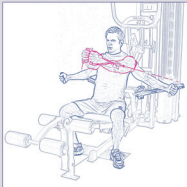
■ Bench Press



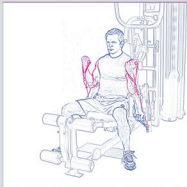
■ Triceps Extension



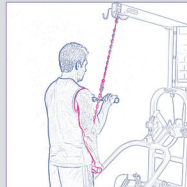
■ Alternating Curls



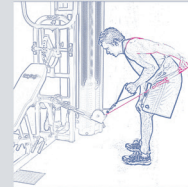
■ Pec Fly



■ Arm Curl



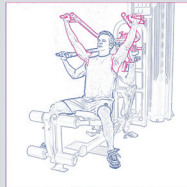
■ Triceps Push Down



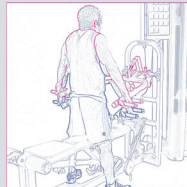
■ Triceps Kick Back



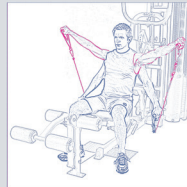
■ Front Raise



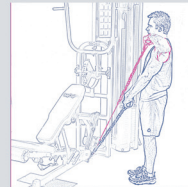
■ Shoulder Press



■ Shrug



■ Lateral Raise



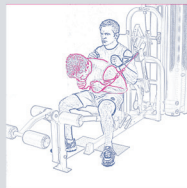
■ Upright Row



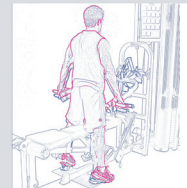
■ Rear Delt One Arm



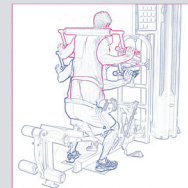
■ Oblique Twist



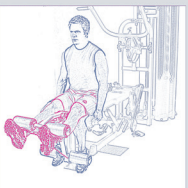
■ Ab Crunch



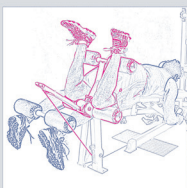
■ Calf Raise



■ Squat



■ Leg Extension



■ Leg Curl



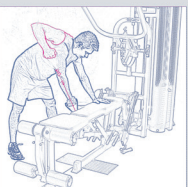
■ Hip Abduction



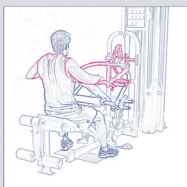
■ Hip Adduction



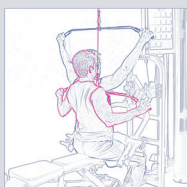
■ Mid Row



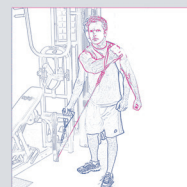
■ One Arm Row



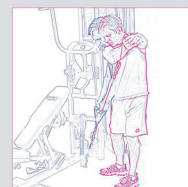
■ Seated Low Row



■ Lat Pull Down



■ Tennis Swing



■ Golf Swing

Note: in illustrations, Blue is starting position Pink is ending position.

Thank you for investing in the BodyCraft K1 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.