

# PILATES POWER GYM™

## OWNER'S MANUAL



**For maximum effectiveness and safety, please review this Owner's Manual, view the Video, and for healthy eating tips refer to the Jump Start Section.**

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7/12/07

# ! WARNING

**YOU AND OTHERS CAN BE SERIOUSLY INJURED OR KILLED IF WARNINGS ON THE EQUIPMENT, IN THIS OWNER'S MANUAL AND VIDEO ARE NOT FOLLOWED.**



- 1) **Before starting this or any other exercise program, consult your physician.** Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments. **If you are taking medication which may affect your heart rate,** a physician's advice is absolutely essential.
- 2) **Start out slowly and progress sensibly.** Even if you are an experienced exerciser, start with the beginner workout and become familiar with all of the exercises before moving on to more advanced workouts or exercises. For best results, perform all of the exercises at the tempo demonstrated in the DVD.
- 3) **Do not overexert yourself with this or any other exercise program.** Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. **If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.**
- 4) **Warm up** before any exercise program by doing 5 to 10 minutes of gentle aerobic exercise, such as walking, followed by stretching or follow the warm-ups demonstrated on the Pilates Power Gym™ DVD.
- 5) **Before EACH use, visually inspect the equipment. Never operate the equipment if the equipment is not functioning properly.**
- 6) **USE CARE** when getting on and off the equipment.
- 7) **Use this equipment ONLY** for the intended use as described in this manual. **Do not** modify the equipment or use attachments not recommended by the manufacturer.
- 8) **Have plenty of clearance behind and in front of your equipment.** It is important to keep children, pets, furniture and other objects out of the way when using your equipment. You should have a minimum of 3 feet of clearance both in front of and behind your equipment.
- 9) **Wear appropriate clothing when exercising.** Workout clothing should be comfortable and lightweight, and should allow freedom of movement. The Pilates Workout may be performed with bare feet, or you may wear flexible athletic shoes if you find that more comfortable. It is not recommended that you exercise with socks or stockings only on the feet. Wearing socks or stockings only may cause slippage of the feet when using the Foot Rest Bar or Push Up Bar.
- 10) **THIS EQUIPMENT IS NOT FOR USE BY CHILDREN. To prevent injuries, keep this and all fitness equipment out of the reach of children. Follow these simple rules:**
  - *Keep children out of rooms where you have your exercise equipment.*
  - *Store exercise equipment in a room that can be locked.*
  - *Know exactly where your children are when you work out.*
  - *If you have small children at home, don't wear headphones while you work out.*
  - *Talk to your kids about the dangers of exercise equipment.*
- 11) **Breathe naturally,** never holding your breath during an exercise. Avoid over training, you should be able to carry on a conversation while exercising.
- 12) **Cool down after an exercise session,** with 5 to 10 minutes of gentle exercise, such as walking, followed by stretching or follow the cool-down stretches demonstrated in the Pilates Power Gym™ DVD.
- 13) **Handicapped or disabled people must have medical approval** before using this equipment and should be under close supervision when using any exercise equipment.
- 14) **Only one person at a time should use this equipment.**
- 15) **DO NOT put hands, feet, or any foreign objects on or near this equipment when in use by others.** Use caution not to pinch fingers or hands in moving parts when folding, setting up, or using the equipment.
- 16) **To prevent the Pilates Power Gym™ from tipping and causing an injury,** set up and use the equipment on a solid, level surface and follow the exercise instructions demonstrated in the DVD and the exercise instructions described on pages 18 through 33 of this manual. Failure to follow these instructions could result in serious injury or death.

**Go to [www.fitnessquest.com](http://www.fitnessquest.com)  
or call 1-800-497-5831 for  
replacement labels, manuals or video(s).**

## EQUIPMENT WARNING/CAUTION LABELS

**IMPORTANT: See below for placement of the following Warning/Caution Labels on your equipment.**

### WARNING LABEL 1

**⚠ WARNING**

Failure to read and follow the safety instructions stated in the Owner's Manual and Video may result in POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. Maximum user weight 300 lbs. Replace this label if damaged, illegible or removed. Class HC.

### WARNING LABEL 2

**⚠ WARNING**

**CRUSH HAZARD.**  
Keep hands clear when lowering Glideboard.

### WARNING LABEL 3

**⚠ WARNING**

Keep hands away from pulleys and moving parts.

### CAUTION LABEL 1

**⚠ CAUTION**

Keep hair, fingers, loose clothing, pets, and children away from hinges and other moving parts to avoid serious injury. Also, be sure to have all pins locked in place before getting on your UNIT to avoid severe injury.

### CAUTION LABEL 2

**⚠ CAUTION**

When attaching Tension Cords, hold firmly until the Cords are properly positioned. **DO NOT LET GO** of the Tension Cords until they are locked in or back in the start position.

## SPECIFICATIONS & PARTS

**Assembled Approximate Specifications:**  
Dimensions are based on unit set up for use.

**Product Weight:** Approx. 58 lbs.

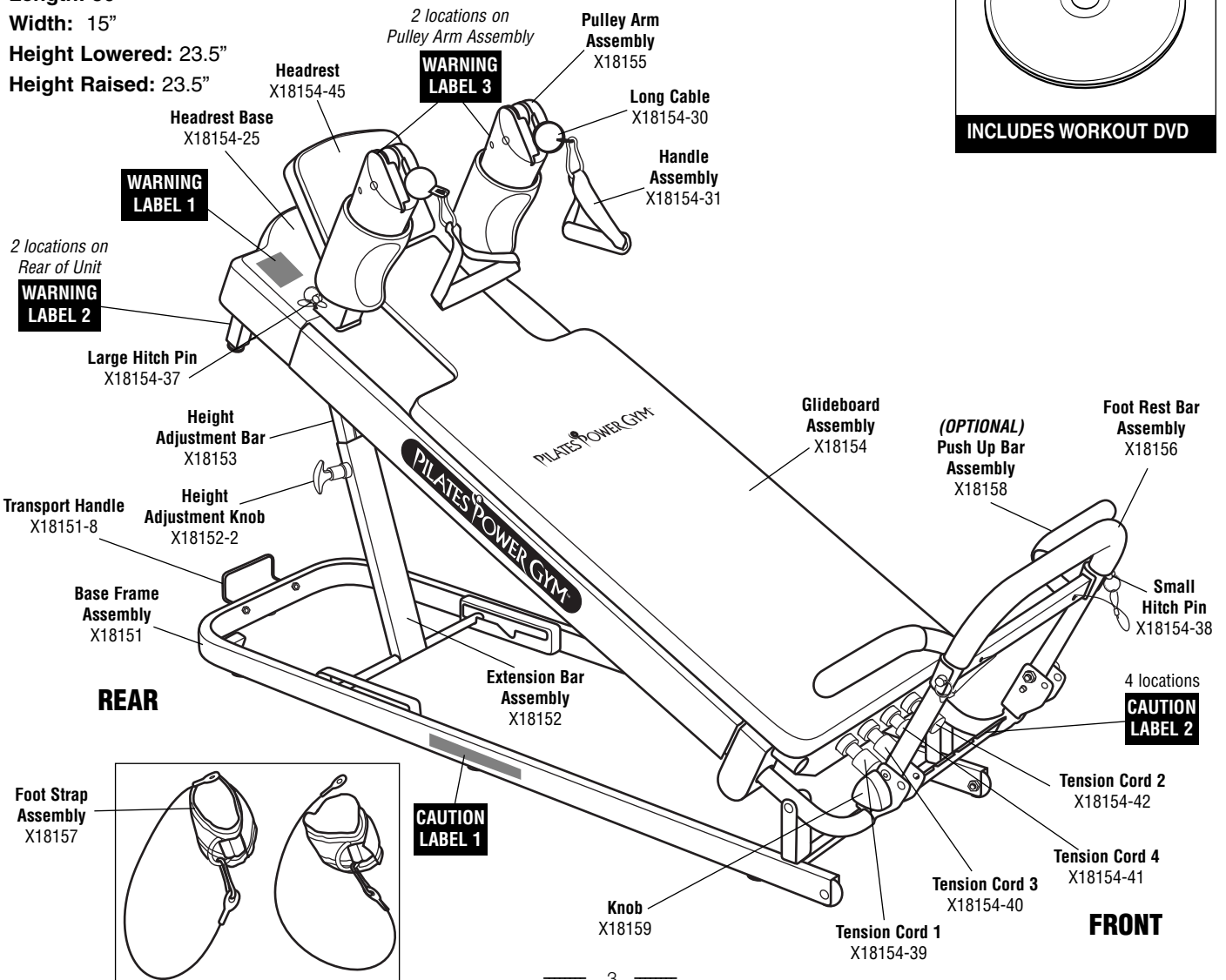
**Maximum User Weight:** 300 lbs.

**Length:** 56"

**Width:** 15"

**Height Lowered:** 23.5"

**Height Raised:** 23.5"



## INTRODUCTION

Congratulations on your purchase of the Pilates Power Gym™! You've just taken an important step toward your fitness goals. Whether that means strengthening the muscles of your upper body, lower body and core, or improving your flexibility while toning your entire body, the Pilates Power Gym™ can help you get the results you want.

Working out on comfortable, efficient equipment that allows you to start and progress at the level that's appropriate for you is a vital element in sticking with a program of regular exercise. With your Pilates Power Gym™, you'll use almost every muscle in your body in smooth natural motions. You'll be able to choose the Pilates Power Gym™ workout that's perfect for your fitness level and begin your workouts right away – just what you need to improve your fitness the healthy, easy way!


Just a few minutes a day is all it takes to begin experiencing the strengthening, toning and flexibility benefits of your Pilates Power Gym™. Additional aerobic workouts are required to round out your program. With regular use of your Pilates Power Gym™, you may soon notice some important changes in yourself, such as:

- More endurance and stamina
- Less body fat and excess weight (if you do not increase your calorie intake)
- Improved upper body, lower body and abdominal muscle tone
- Increased energy for daily tasks
- Less stress and a more positive outlook

With a minimal time commitment, you'll receive an impressive return on your investment!

We're so sure that you will be completely satisfied with your Pilates Power Gym™ that we encourage you to write or call our Customer Service Specialists at the address or phone number listed below, or contact us on our website. As always, you have our personal assurance that we want your complete satisfaction. After all, your success is our success too!

Sincerely,



Karla Williamson, Customer Service

Pilates Power Gym™, Customer Service Department  
272 Fitness Quest Plaza, Canton, OH 44750-1001

Call Toll Free: 1-800-321-9236 • Monday – Friday, 8:30am to 8:00pm, Eastern Standard Time.  
Email: customersupport@fitnessquest.com • www.fitnessquest.com

***Please do not call the above number for Parts. See Ordering Replacement Parts section below.***

***IMPORTANT: This owner's manual is the authoritative source of information about your Pilates Power Gym™ exerciser. Please read it carefully and follow all the instructions.***

## Ordering Replacement Parts

When ordering parts, please contact our Parts Department, toll free at 1-800-497-5831, Monday through Friday, 8:30am to 8:00pm, Eastern Standard Time.

**IMPORTANT:** You must have your serial number, date of purchase and this manual ready when calling for parts.

Serial #: \_\_\_\_\_ Date \_\_\_\_\_

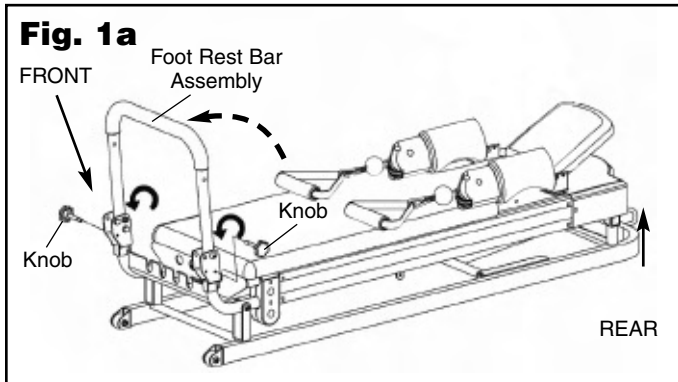
If you would like a FREE VHS\* copy of your DVD, simply give us a call. All you have to do is pay \$3.95 for shipping and handling.

\*Offer valid for a limited time. Limit one video per customer. Additional shipping and handling charges may apply to deliveries outside the continental U.S.

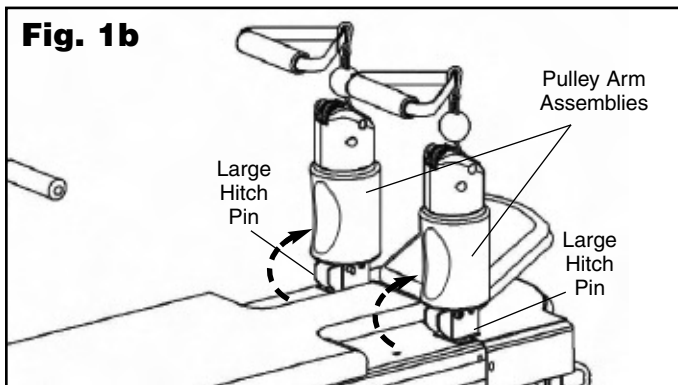
## ASSEMBLY INSTRUCTIONS

Occasionally our products contain components that are pre-lubricated at the factory. We recommend that you protect flooring, or anything else the parts may contact, with newspaper or cloth.

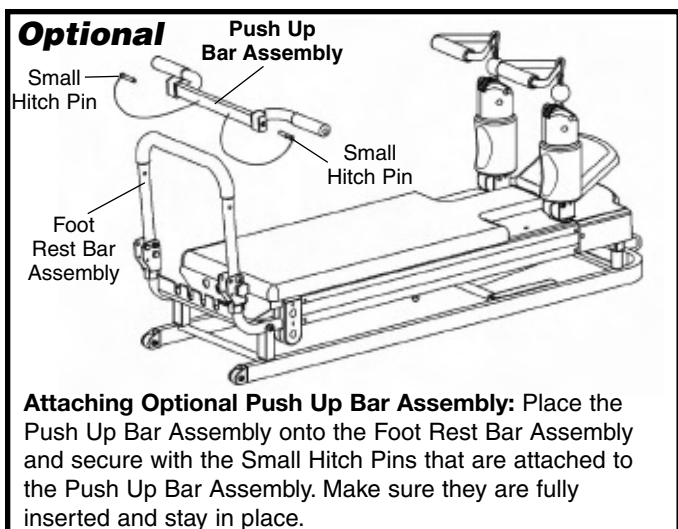
**NOTE:** All location references, such as front, rear, left or right, made in these instructions are from the user standing behind the Headrest and facing the Foot Rest Bar Assembly.



**1a.** Remove the Knobs from Poly Bag. Lift the Foot Rest Bar Assembly to the upright position, as shown in Fig 1a. Then secure it with the Knobs. Make sure they are fully inserted and tightened.



**1b.** Remove the Pins from the Pulley Arm Assemblies. Lift the Pulley Arm Assembly to an upright position as shown in Fig 1b. Replace the Large Hitch Pins. Make sure Large Hitch Pins are fully inserted and stay in place.



**Attaching Optional Push Up Bar Assembly:** Place the Push Up Bar Assembly onto the Foot Rest Bar Assembly and secure with the Small Hitch Pins that are attached to the Push Up Bar Assembly. Make sure they are fully inserted and stay in place.

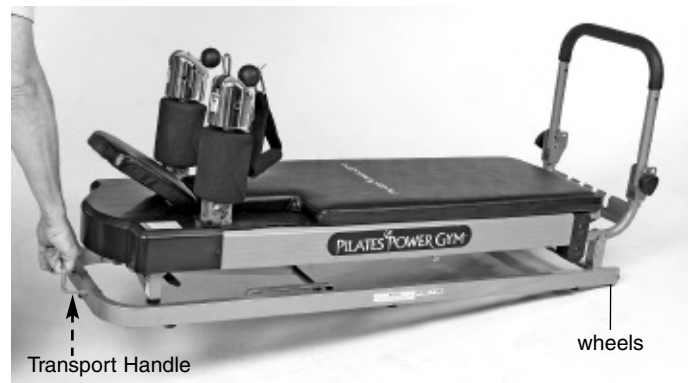
**SETUP IS NOW COMPLETE.**

**IMPORTANT:** Please read this owner's manual before beginning your workout for important instructions on how to use your Pilates Power Gym™ exerciser.

## CARE & STORAGE INSTRUCTIONS

Your Pilates Power Gym™ exerciser has been carefully designed to require minimum maintenance. To ensure this, we recommend that you do the following:

- **Keep your unit clean.** Wipe sweat, dust or other residue off the Frame, Glideboard, Foot Rest and Handles with a soft, clean cloth after each use.
- **Store your unit after use.** It's a good idea to store your equipment in a space away from children and high traffic areas. The Pilates Power Gym™ is light and easy to store. To store your Pilates Power Gym™ exerciser, simply return it to the same state as you first received it. First, lower the Glideboard to its flat position. Remove Push Up Bar Assembly (if attached) by removing the Small Hitch Pins from both sides of the Push Up Bar Assembly. Remove the Large Hitch Pins from Pulley Arm Assembly and lower (Fig. 1b). Replace Large Hitch Pins. Remove Knobs from Foot Rest Bar Assembly and lower it toward the Glideboard. Replace Knobs.



### Moving and Storage of Unit

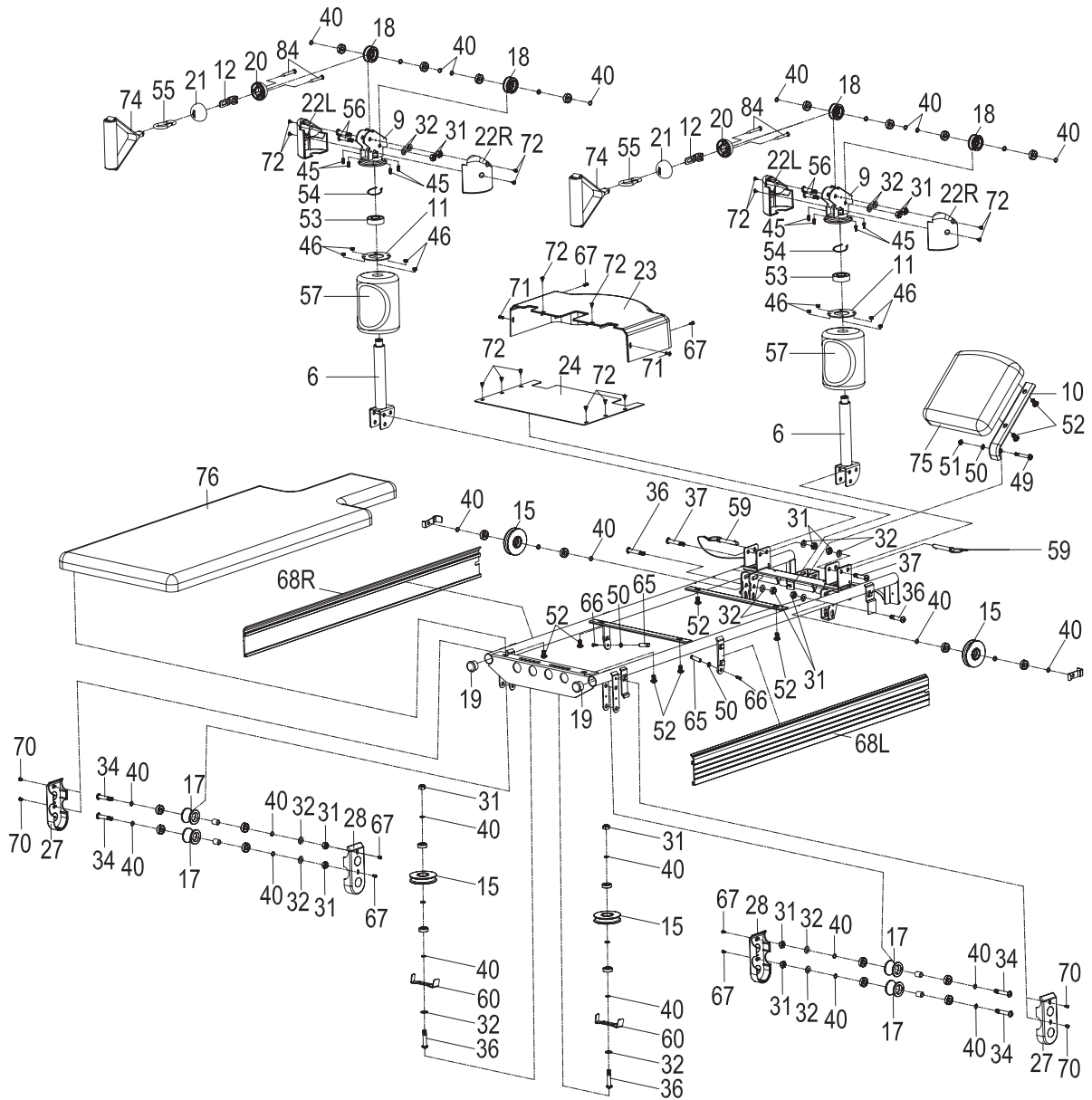
Your Pilates Power Gym™ can now be rolled away for storage by lifting. It is recommended that you store your Pilates Power Gym™ exerciser in a horizontal position only. **DO NOT** store your equipment vertically. To move, use slow controlled movements. Lift the rear of the Base Frame Assembly by grasping the Transport Handle and lifting until wheels engage with the floor and roll to desired location.

- **Maintenance.** Periodically check for signs of wear or fraying of cables, bands, pulleys and wheels. **If you notice any wear, stop using equipment immediately.** Call our Parts Department to order replacement parts. Refer to page 4, Ordering Replacement Parts.

## PARTS LIST

ITEM	PART#	DESCRIPTION	QTY.	ITEM	PART#	DESCRIPTION	QTY.
3	X18153-1	Height Adjustment Bar	1	57	X18155-2	Foam	2
6	X18155-1	Pulley Arm Tube	2	58	X18154-38	Small Hitch Pin w/Lanyard (M6 x 50mm)	2
9	X18155-6	Small Pulley Bracket	2	59	X18154-37	Large Hitch Pin w/Lanyard (M8 x 55mm)	2
10	X18154-33	Headrest Bracket	1	60	X18154-11	Pulley Guide	2
11	X18155-3	Plate	2	61	X18154-28	Short Cable (3.5 x 549)	1
13	X18151-2	Pad	7	62	X18154-30	Long Cable (4.8 x 3980)	1
14	X18159	Knob	2	63	X18154-29	Medium Cable (3.5 x 895)	1
15	X18154-9	Large Pulley w/Bearing & Small Pulley Spacer	5	64	X18157-2	Foot Strap Cable	2
16	X18154-8	Medium Pulley	2	65	X18154-19	Frame Guide	2
17	X18154-5	Wheel w/Bearing & Large Spacer	8	66	X18154-17	M4 x 16mm Phillips Screw	2
18	X18154-12	Small Pulley w/Bearing & Large Pulley Spacer	4	67	X18154-15	M4 x 8mm Phillips Screw	6
19	X18154-3	Plug	2	68L	X18154-21L	Left Shroud	1
22L	X18155-7L	Left Small Pulley Bracket Cover	2	68R	X18154-21R	Right Shroud	1
22R	X18155-7R	Right Small Pulley Bracket Cover	2	69	X18153-3	M6 x 8mm Allen Bolt	2
23	X18154-25	Headrest Base	1	70	X18154-24	M4 x 10mm Phillips Bolt	4
27	X18154-14	Outer Roller Cover	2	71	X18154-26	M4 x 15mm Phillips Bolt	2
28	X18154-13	Inner Roller Cover	2	72	X18154-27	M4.2 x 10mm Phillips Screw	18
29	X18152-2	Height Adjustment Knob	1	73	X18151-8	Transport Handle	1
30	X18151-3	Roller	2	74	X18154-31	Handle Assembly	2
31	X18151-7	M8 Nylon Nut	24	75	X18154-45	Headrest	1
32	X18151-6	M8 Washer	22	76	X18154-2	Glideboard	1
33	X18151-4	M8 x 30mm Allen Bolt	2	77	X18157-1	Foot Strap	2
34	X18151-5	M8 x 45mm Allen Bolt	9	78	X18154-39	Tension Cord 1 (grey)	1
35	X18154-7	M8 x 65mm Allen Bolt	1	79	X18154-40	Tension Cord 3 (black)	1
36	X18154-10	M8 x 40mm Allen Bolt	4	80	X18154-41	Tension Cord 4 (black)	1
37	X18154-20	M8 x 50mm Allen Bolt	2	81	X18154-42	Tension Cord 2 (grey)	1
38	X18153-2	M8 x 20mm Allen Bolt	2	82	X18154-44	Stopper	6
39	X18152-3	M6 x 16mm Phillips Bolt	1	84	X18154-47	M2.9 x 20mm Phillips Bolt	4
40	X18154-6	Small Spacer	32	18161V	VHS	1	
45	X18155-8	M5 x 10mm Phillips Bolt	8	X18151	Base Frame Assembly	1	
46	X18155-9	M5 Nylon Nut	8	X18152	Extension Bar Assembly	1	
47	X18154-36	Small Locking Clip	4	X18154	Glideboard Assembly	1	
49	X18154-34	M6 x 30mm Allen Bolt	1	X18156	Foot Rest Bar Assembly	1	
50	X18154-18	M6 Washer	3	X18157	Foot Strap Assembly	1	
51	X18154-35	M6 Nylon Nut	1	X18158	Push Up Bar Assembly (optional)	1	
52	X18154-16	M8 x 15mm Allen Bolt	8	X18160	Literature Pack	1	
53	X18155-4	Bearing (6203ZZ)	2	X18161D	DVD	1	
54	X18155-5	Large Locking Clip	2	X18162B	Box Bottom	1	
55	X18154-32	Clip	4	X18162T	Box Top	1	
56	X18155-10	M8 x 35mm Allen Bolt	4				

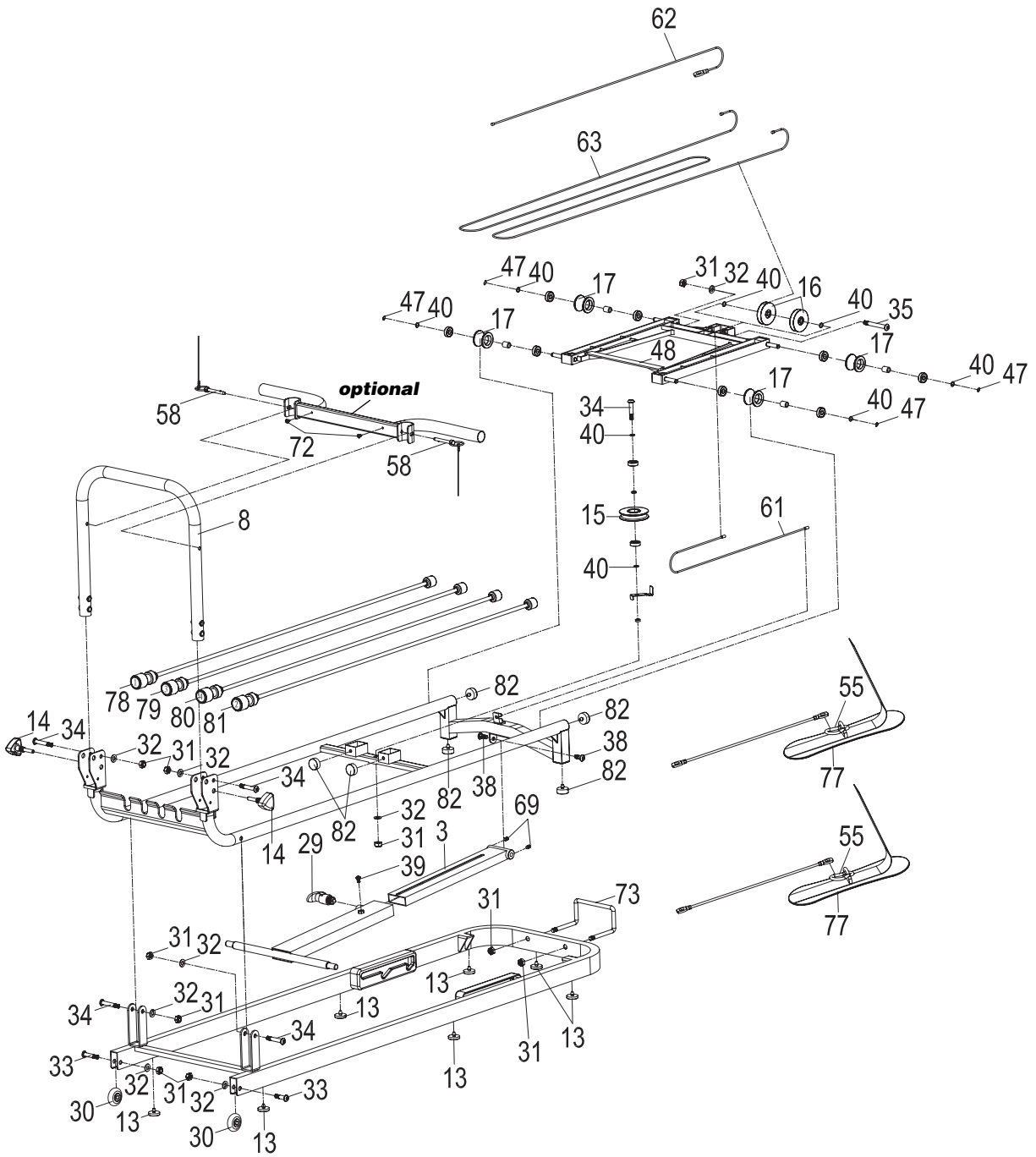
# EXPLODED VIEW



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**EXPLODED VIEW**

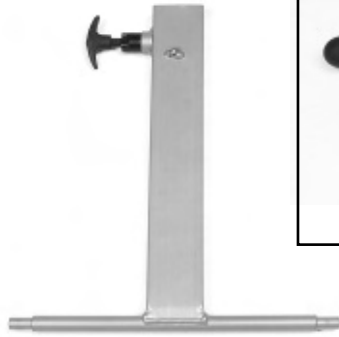


**ASSEMBLIES**

**OPTIONAL**



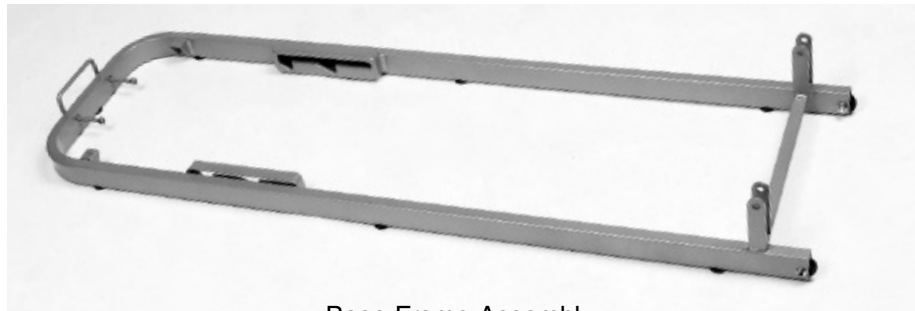
Push Up Bar Assembly  
X18158



Extension Bar Assembly  
X18152



Foot Rest Bar Assembly  
X18156



Base Frame Assembly  
X18151



Glideboard Assembly  
X18154

## GETTING STARTED

### Glideboard Adjustments

The Glideboard allows you to vary the intensity of your workout by using several different height adjustments to move the Glideboard from a flat position to more challenging inclines. There are a total of 11 different Glideboard positions that will allow you to customize the resistance on your Pilates Power Gym™ exerciser to your exact fitness level. The flat position is perfect for much of the Pilates Workout, as well as for beginners getting in shape with the Strength Workout. The 2 low incline positions and 8 high incline positions allow you to progress the resistance as you get more fit.

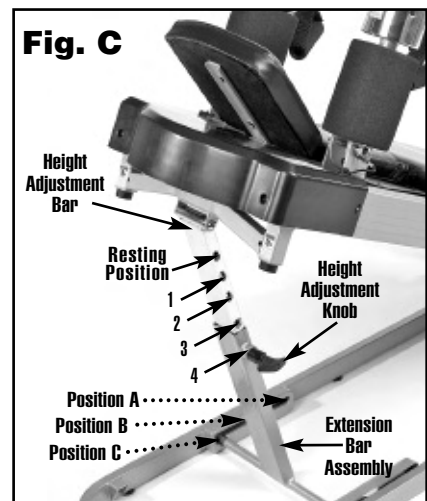
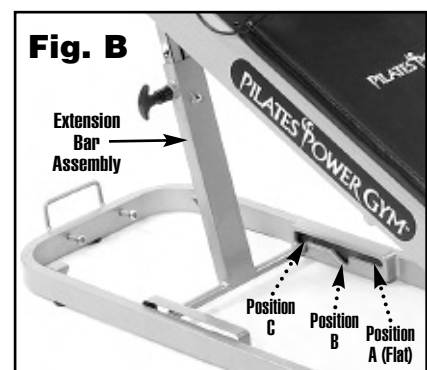
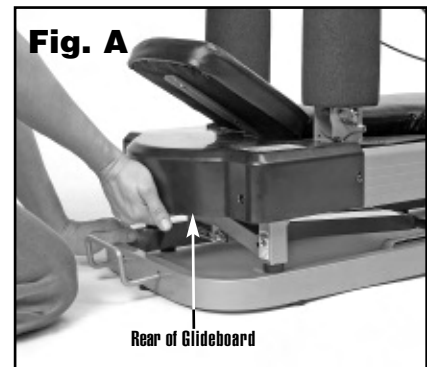
The flat position of the Glideboard will be referred to as Position A. To raise the Glideboard from the flat Position A to either of the two low incline positions, place one hand under the rear of the Glideboard, under the Headrest Base, and slowly lift. (See FIG. A.) The Extension Bar Assembly will slide into the Position B notch on the bottom of the Frame, or when lifted higher, into the Position C notch on the bottom of the Frame. (See FIG. B.) Make sure that the Extension Bar Assembly is securely settled in the notches on both sides of the Frame before beginning to exercise.

To raise the Glideboard to any of the high incline positions for more advanced exercises, make sure that the Extension Bar Assembly is securely settled into Position C. Then, release the Height Adjustment Knob on the Extension Bar Assembly by unscrewing the Height Adjustment Knob and pulling the Height Adjustment Knob outward. With one hand holding the Height Adjustment Knob in the released position, lift the Glideboard with the other hand, letting the Height Adjustment Bar slide upward. Release the Height Adjustment Knob into the **second** hole in the Base Frame Assembly for Incline Position 1, or into the third, fourth or fifth holes for Incline Positions 2, 3 and 4. (See FIG. C.) Place the Height Adjustment Knob into the desired hole. Make sure that the Height Adjustment Knob pops securely into the hole, then tighten the Height Adjustment Knob.

- \* **With each of the Height Adjustment Knob settings, you have the option to make a micro-adjustment by moving the Extension Bar Assembly from Position C to Position B on the bottom of the Frame. Moving the Extension Bar Assembly to Position B will decrease the resistance slightly.**

**Always make sure that the Height Adjustment Knob is locked in place and the Extension Bar Assembly is securely settled in the notches on both sides of the Base Frame Assembly before beginning to exercise.**

To lower the Glideboard from the high incline settings, hold the rear of the Glideboard firmly with one hand and unscrew the Height Adjustment Knob on the Extension Bar Assembly with the other hand. Lift the Glideboard slightly while pulling the Height Adjustment Knob outward. When the Height Adjustment Knob releases from the hole, slowly lower the Glideboard until the Height Adjustment Knob is lined up with the Resting Position Hole in the Height Adjustment Bar (See Fig. C). Place the Height Adjustment knob into that hole, make sure it pops securely into place, and tighten the Height Adjustment Knob. To lower the Glideboard to its (Flat) Position A, place one hand on the rear of the Glideboard and the other hand on the Extension Bar Assembly. Lift the Glideboard slightly to release the Extension Bar Assembly from the notches in the Base Frame Assembly, and raise the Extension Bar Assembly upward until the Extension Bar Assembly slides forward easily. Release the hand from the Extension Bar Assembly and slowly lower the Glideboard to the Flat Position.



\* Shown in Position C. For less resistance, move Extension Bar Assembly to Position B.

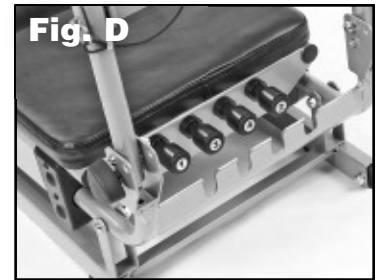
**NOTE: Do not change the Glideboard adjustment while seated or lying on the Glideboard of the Pilates Power Gym™ exerciser. All adjustments must be made while standing or kneeling on the floor. Always make sure that the Height Adjustment Knob is locked in place and tightened, and the Extension Bar Assembly is securely settled in the notches on both sides of the Base Frame Assembly before beginning or continuing to exercise.**

### Tension Cord Adjustments

The Tension Cords allow you to vary the intensity of your workout by inserting or removing any combination of the four Tension Cords. There are 16 possible Tension Cord tension combinations that can be used to customize the resistance to your individual fitness level. When used with the 11 Glideboard settings, you have over 175 possible resistance settings. This will allow you to start at and progress to your optimal fitness level with the Pilates Power Gym™ exerciser!

The Tension Cords are numbered to progressively increase resistance. Tension Cords #1 and #2 are lower resistance cords, and are situated in the two outside positions. Tension Cords #3 and #4 are heavier resistance cords, and are situated in the two middle positions. (See FIG. D). With each exercise, Tension Cord settings will be suggested for both beginner and more advanced exercises.

To adjust the Tension Cords, firmly grasp the Handle at the end of one Tension Cord. Pull the Tension Cord away from the Glideboard and lift it slightly so that the Handle clears the Base Frame Assembly. Lower the middle groove of the Handle into the corresponding notch on the Base Frame Assembly. Make sure that the Handle is secure in the notch before releasing your hand from the Handle. (See FIG. E). To release a Tension Cord from its notch, firmly grasp the Handle and pull the Tension Cord away from the Base Frame Assembly until the Handle is clear of the notch. Lift the Tension Cord slightly until it clears the Base Frame Assembly and slowly bring the Handle toward the Glideboard. Place the end of the Handle back into the hole in the Glideboard. Make sure that the end of the Handle is secure in the hole before releasing your hand from the Handle.



### CAUTION LABEL 2

**CAUTION**  
When attaching Tension Cords, hold firmly until the Cords are properly positioned. DO NOT LET GO of the Tension Cords until they are locked in or back in the start position.

### Handle and Foot Strap Assembly Attachments

Either the Handles or the Foot Strap Assemblies can be attached to the Cables in the Pulley Arm Assembly on either side of the Headrest, depending on the exercise.

Attach the Handles by clipping one to the end of each Cable, through the Clip at the end of the Position Ball. Make sure that the Clip at the end of each Cable is closed before using the Handles (See FIG. F). To release the Handles, open the Clip by pressing one side and slide the Handle off of the Clip.

Attach the Foot Strap Assembly by clipping the Ring on the end of each Foot Strap Assembly to the Clip at the end of each Cable. Make sure that the Clip at the end of each Cable is closed before attaching the Foot Strap Assemblies to the feet (See FIG. G).

Attach one Foot Strap Assembly to each foot by wrapping the Foot Strap around the middle of the foot, near the arch, and securing the hook and loop strap firmly (See FIG. H). Check to make sure that the Foot Strap Assemblies are secure before beginning to exercise.



## Headrest Adjustment

There are two positions for the Headrest, flat and raised. The Headrest is in the flat position when unit is first received. To move Headrest to raised position stand at the rear of the unit, lift the Headrest and push Headrest away from you letting the bracket slide into place. To move the Headrest from a raised position, lift Headrest, pull it towards you then set down the Headrest so it lies flat.



## EXERCISE GUIDELINES

### **IMPORTANT**

***Please review this section before you begin exercising.***

#### **IMPORTANT:**

If you are over 35 and have been inactive for several years, you should consult your physician, who may or may not recommend a graded exercise test. Your physician can also assist you in determining the Target Heart Rate Zone appropriate for your age and physical condition.

You should also consult your physician if you have the following:

- High blood pressure
- High cholesterol
- Asthma
- Heart trouble
- Family history of early stroke or heart attack deaths
- Frequent dizzy spells
- Extreme breathlessness after mild exertion
- Arthritis or other bone problems
- Severe muscular, ligament or tendon problems
- Other known or suspected disease
- If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing.
- Pregnant
- Balance impairment
- Taking medications that affect heart rate

#### **Workout Phases**

Every workout should consist of the following three phases:

##### **Warm-Up**

To prevent injury and maximize performance, we recommend that each workout period should start with a warm-up. Your warm-up should gently prepare your muscles for the coming exertion. Start by doing 5 to 10 minutes of gentle exercise, such as walking, that gradually increases your heart rate and loosens up your muscles. Your warm-up exercise should be aerobic in nature and only require an easy, unforced range of motion. This may be followed by 5 to 10 minutes of stretching. Refer to the stretches found on pages 14 and 15 of this manual. Never push yourself beyond a point of gentle tension on the muscles being stretched. Keep your movements gentle, rhythmic and controlled.

##### **Muscle Toning or Cardio Workout**

Your warm-up should be followed by either a muscle toning or strength training workout with the Pilates Power Gym™ exerciser or a cardio workout, depending on your workout plan for that day. Regardless of which type of workout you are doing, build up as your current fitness level allows and progress at a rate that is comfortable to you.

For the first week or so, you may feel some muscle soreness. This is quite normal and should disappear in a matter of days. If you experience major discomfort, you may be on a regimen that is too advanced for you or you may have increased your program too rapidly.

##### **Cool Down and Stretching**

Every workout should be followed by a cool down. The cool down should consist of 5 to 10 minutes of easy exercise, followed by stretching. Refer to the stretches found on pages 14 and 15 of this manual. Never push yourself beyond a point of gentle tension on the muscle being stretched. Keep your movements relaxed, rhythmic and controlled.

## ***When to Exercise***

The hour just before the evening meal is a popular time for exercise. The late afternoon workout provides a welcome change of pace at the end of the work day and helps dissolve the day's worries and tensions.

Another popular time to work out is early morning, before the work day begins. Advocates of the early start say it makes them more alert and energetic on the job.

Among the factors you should consider in developing your workout schedule are personal preference, job and family responsibilities, availability of exercise facilities and weather. It's important to schedule your workouts for a time when there is little chance that you will have to cancel or interrupt them because of other demands on your time.

You should not exercise strenuously during extremely hot, humid weather or within two hours after eating. Heat and/or digestion both make heavy demands on the circulatory system, and in combination with exercise can be an over-taxing double load.

## ***Measuring Your Heart Rate***

When checking Heart Rate during a workout, take your pulse within five seconds after interrupting exercise because it starts to go down once you stop moving. Count pulse for 10 seconds and multiply by six to get the per-minute rate.

## ***Target Heart Rate***

Aerobic intensity guidelines for healthy adults are generally set at 60 to 85 percent of heart rate. But, if you're out of shape, remember that moderate to low level and consistent cardiovascular training – well below the standard recommendations set forth – can result in substantial and beneficial effects to your health and can greatly improve cardiovascular endurance.

You can use the following calculation to determine what percentage of your heart rate you are working at:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this calculation, a 70% heart rate for a 40 year old would be  $(220 - 40) \times 70\%$  or 126. Thus, this individual would need to reach 126 beats per minute to equal a 70% heart rate.

**The above are guidelines, people with any medical limitations should discuss this formula with their physician.**

## ***Clothing***

All exercise clothing should be loose-fitting to permit freedom of movement, and should make the wearer feel comfortable and self-assured.

Never wear rubberized or plastic clothing, garments like this can interfere with the evaporation of perspiration and can cause body temperature to rise to dangerous levels.

The Pilates Workout may be performed with bare feet, or you may wear flexible athletic shoes if you find that more comfortable. It is not recommended that you exercise with socks or stockings only on the feet, wearing socks or stockings only may cause slippage of the feet when using the Foot Rest Bar Assembly or the *Optional* Push Up Bar Assembly.

## ***Tips to Keep You Going***

1. Adopt a specific plan and write it down.
2. Keep setting realistic goals as you go along, and remind yourself of them often.
3. Keep a log to record your progress and make sure to keep it up-to-date. See charts in this booklet.
4. Include weight and/or percent body fat measures in your log. Extra pounds can easily creep back.
5. Enlist the support and company of your family and friends.
6. Update others on your successes.
7. Avoid injuries by pacing yourself and including a warm up and cool down period as part of every workout.
8. Reward yourself periodically for a job well done!

## WARM UP & COOL DOWN STRETCHES

When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.



### **1. Quadriceps Stretch**

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together. (Do not let the lifted knee swing outward.)

Hold for 20 to 30 seconds. Repeat for the other leg.



### **2. Calf and Achilles Stretch**

Stand approximately one arms length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



### **3. Overhead/Triceps Stretch**

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow.

Hold for 20 to 30 seconds. Repeat for the opposite arm.



#### **4. Back Stretch**

Stand with your legs shoulder width apart and your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go.

Hold for 20 to 30 seconds. Straighten up and repeat.



#### **5. Standing Hamstrings Stretch**

Stand with your legs hip-width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist.

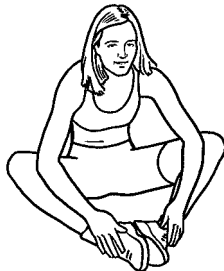
Hold for 20 to 30 seconds. Repeat for the opposite leg.



#### **6. Buttocks, Hips and Abdominal Stretch**

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominals and lower back.

Hold for 20 to 30 seconds and release. Repeat for opposite side.



#### **7. Inner Thigh Stretch**

Sit on the floor and bend your legs so that the soles of your feet are together. Place your elbows on your knees. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh.

Hold for 20 to 30 seconds and release.



#### **8. Arm Pullback**

Stand with your feet shoulder width apart and toes pointing forward and with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest and pull your shoulders back. Bend your elbows slightly and clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder and chest region.

Hold for 20 to 30 seconds. Lower your arms to their original position and bend your elbows. Release your hands and return them to your sides.



## PILATES POWER GYM™ SYSTEM

The Pilates Power Gym™ is more than just a piece of exercise equipment, it is a total body exercise and nutrition system. It is a “fitness for life” plan that goes hand in hand with an overall healthy lifestyle. This includes regular check-ups, healthy eating habits and exercise for the rest of your life.

Today, all fitness research recommends both cardiovascular exercise and strength conditioning to achieve balanced fitness. By improving your cardiovascular fitness you will strengthen your heart and lungs, increase your stamina and endurance, and help with weight loss. Strength conditioning adds lean muscle to your body, which increases your body’s metabolism. Remember that a healthy eating plan is an important part of any balanced fitness program.

The Pilates Power Gym™ System is designed to help you achieve a balanced fitness program. The system consists of three parts:

**1. Strength Conditioning and Muscle Toning.** The Pilates Power Gym™ exerciser was designed to help you tone and strengthen your upper body, lower body and core. We recommend that you do either the

Pilates Workout or the Strength Training Workout 3 times a week. However, the frequency and duration of your workouts will depend on your current fitness level and goals. Please refer to the Pilates Power Gym™ Workout section of this booklet to determine the workout that is appropriate for you.

**2. Cardiovascular Exercise.** The Pilates Power Gym™ System includes a cardio workout program. You can achieve an effective cardio workout from a variety of activities, such as walking, hiking, swimming and jogging. We recommend that you do a cardio workout for at least 30 minutes, 3 times a week. You can easily alternate days for your Pilates Power Gym™ and cardio workouts. Again, the frequency and duration of your workouts will depend on your current fitness level and goals. Please refer to the Cardiovascular Workout section on pages 36-40 to determine the workout that is appropriate for you.

**3. Nutrition.** The Pilates Power Gym™ System also includes both the Jump Start and Eating Plan booklets to provide you with healthy eating choices.

## PILATES POWER GYM™ WORKOUT

### IMPORTANT EXERCISE AND SAFETY TIPS

1. Once your equipment is set up, make sure it is on a solid, level, surface with a minimum of 3 feet of clearance space on all sides of the equipment.
2. Review this Owner’s Manual and the DVD completely before you begin your exercise program. Remember to follow the instructions exactly – they have been developed with your health and safety in mind.
3. Perform the exercises at a slow and controlled speed. For best results, perform all of the exercises at the tempo demonstrated in the DVD. Working at a fast pace is not recommended, and may compromise your safety and results.
4. You may not be able to complete all of the repetitions suggested at first. When you feel your muscles fatiguing, or are unable to work with good form and technique, take a short break and rest.  
  
You should begin to feel results within one to two weeks of working out with your equipment. Look for better endurance and the feeling of more strength and efficiency in your muscles.
5. Keep track of how many repetitions you are able to do at first. You will be surprised at how quickly you progress. In just a few weeks you’ll probably be able to complete all of the repetitions demonstrated in the workout DVD.
6. Progress slowly. If you are very sore and tired after your workout you are working at a level that is too hard. Great results can be obtained by working out at a level that challenges you, but doesn’t create soreness or excessive fatigue.
7. It is important that you know how to work out safely and properly. These safety steps are for your benefit and you should follow them closely to maximize the effectiveness of your workout routine.
8. When laying your head on the Headrest, use caution and slowly lower your head between the 2 Pulley Arm Assemblies. Also use caution not to get hair tangled or caught in unit.

## ***Developing Your Pilates Power Gym™ Workout***

The choices you make about the frequency (how often), the duration (how long), and intensity (how hard) at which you workout, will directly influence your results.

Before beginning any workouts on the Pilates Power Gym™ exerciser, you should first determine your current fitness level. The following are guidelines that you can use to determine your fitness level, but remember these are just guidelines. You must always listen to your body. Start out at a level that is comfortable to you and progress sensibly.

***Beginner*** – No previous exercise experience, or have not exercised in a long time.

***Intermediate*** – Have been exercising regularly for three months or more.

***Advanced*** – Have been exercising regularly for six months or more.

### ***How Often, How Long, How Hard***

***Beginners*** should start out slowly and perform only as many exercises as you are able to do with good form and technique. Your Pilates Power Gym™ System includes the Pilates Power Gym Workout™ DVD. The DVD includes two complete workouts: The Pilates Workout and The Strength Training Workout. Either of the workouts are appropriate for a beginning exerciser. Choose one of the workouts and start by doing that workout (or as much of the workout as you can comfortably perform) three times a week. Your goal is to complete one workout, three times a week, with good form.

***Intermediates*** should strive to complete one Pilates Power Gym™ Workout every other day. Once you can comfortably complete this workout with good form and technique, you may increase intensity by adding Tension Cords or increasing the incline of the Glideboard.

***Advanced*** should strive for a long term goal of completing the Pilates Power Gym™ Workout most days of the week. To increase the challenge of your workout, you may add Tension Cords and/or increase the incline of the Glideboard. Remember, always work out and progress at a pace that is comfortable to you, and make sure you can complete all of the repetitions of each exercise with good form and technique.

***Remember, if you would like a VHS tape of the workout, please refer to page 4 for ordering information.***

## PILATES POWER GYM™ EXERCISES

### ***Pilates Workout***

The following Pilates exercises are designed to strengthen and tone your abs, lower back, hips, thighs, legs and arms. With each exercise, there are suggestions for the Glideboard and Tension Cord settings for beginner and advanced exercises. These are only suggestions. You can increase or decrease the intensity as your fitness level dictates. Proper technique is important for good results, so make sure the settings you choose allow you to perform each exercise with good form.

Remember that the Tension Cords are numbered from lightest (#1) to heaviest (#4). To make an exercise easier, remove one or more Tension Cords in sequence. To make an exercise harder, add one or more Tension Cords in sequence. The Glideboard incline settings are also in sequence and are referred to as Flat Position (A), low incline positions (B and C), and high incline positions (C-1, C-2, C-3 and C-4). To decrease the intensity of an exercise, lower the Glideboard to an easier setting, or to the Flat Position. To increase the intensity of an exercise, raise the Glideboard to a higher setting (B or C). Any

combination of Tension Cords and Glideboard settings may be used to customize each exercise to your individual fitness level.

Breathing is important while performing strengthening and toning exercises. Inhale deeply through your nose and exhale through your mouth. Many exercises find that exhaling on the exertion and inhaling on the release facilitates good form and technique.

The Pilates Workout may be performed with bare feet, or you may wear flexible athletic shoes if you find that more comfortable. It is not recommended that you exercise with socks or stockings only on the feet, as this may cause slippage of the feet when using the Foot Rest Bar Assembly or the optional Push Up Bar Assembly.

***When laying your head on the Headrest, use caution and slowly lower your head between the 2 Pulley Arm Assemblies. Also use caution not to get hair tangled or caught in unit.***

***Please refer to your workout DVD for exercises using the Foot Strap Assembly.***

#### CAUTION LABEL 2

**⚠ CAUTION**

When attaching Tension Cords, hold firmly until the Cords are properly positioned. **DO NOT LET GO** of the Tension Cords until they are locked in or back in the start position.

### ***Plie***

Lie on your back with your head on the Headrest and your arms resting at your sides. Place the balls of your feet on the Foot Rest Bar Assembly, a few inches apart, with your toes curled over the Foot Rest Bar Assembly. Make a “V” shape with your heels touching and lift your heels slightly. Push your feet against the Foot Rest Bar Assembly and straighten your knees, squeezing your inner thighs together. Pause at the end of the movement, then slowly return to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the hips, inner thighs, front and back thighs and calves.*

#### ***Start***



#### ***Finish***



#### Glideboard Incline Position

#### Tension Cords

<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b><i>Advanced</i></b>	<b>B or C</b>	<b>#1, #2, #3 and #4</b>

## Arches

Lie on your back with your head on the Headrest and your arms resting at your sides. Place the arches of your feet on the Foot Rest Bar with your legs together and toes pointing up. Keeping your legs together, push your feet against the Foot Rest Bar Assembly and slowly extend your knees and hips until the legs are straight. Do not lock your knees. Squeeze your buttocks and thighs as you perform the exercise. Pause at the end of the movement, then slowly return to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the hips, front and back thighs and calves.*

**Start**



**Finish**



### Glideboard Incline Position

### Tension Cords

<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>B or C</b>	<b>#1, #2, #3 and #4</b>

## Arch Pulses

Lie on your back with your head on the Headrest and your arms resting at your sides. Place the arches of your feet on the Foot Rest Bar Assembly with your legs together and toes pointing up. Keeping your legs together, press back slightly until the knees are bent about 90 degrees. Hold this bent knee position and press back and forth in a very small, pulsing motion. Squeeze your buttocks and thighs as you perform the exercise.

**Perform 12 – 20 repetitions to fatigue, then slowly return to the starting position.**

*Works the hips, front and back thighs and calves.*

**Start**



**Finish**



### Glideboard Incline Position

### Tension Cords

<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>B or C</b>	<b>#1, #2, #3 and #4</b>

## Heels

Lie on your back with your head on the Headrest and your arms resting at your sides. Place the heels of your feet on the Foot Rest Bar Assembly with your legs together and feet flexed so the toes are pointing up. Keeping your legs together, push your feet against the Foot Rest Bar Assembly and slowly extend your knees and hips until the legs are straight. Do not lock your knees. Squeeze your buttocks and thighs as you perform the exercise. Pause at the end of the movement, then slowly return to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the hips, front and back thighs and lower legs.*

**Start**



**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>B or C</b>	<b>#1, #2, #3 and #4</b>

## Heel Pulses

Lie on your back with your head on the Headrest and your arms resting at your sides. Place the heels of your feet on the Foot Rest Bar Assembly with your legs together and feet flexed so the toes are pointing up. Keeping your legs together, press back slightly until the knees are bent about 90 degrees. Hold this bent knee position and press back and forth in a very small, pulsing motion. Squeeze your buttocks and thighs as you perform the exercise. Pause at the end of the movement, then slowly return to the starting position.

**Perform 12 – 20 repetitions to fatigue, then slowly return to the starting position.**

*Works the hips, front and back thighs and lower legs.*

**Start**



**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>B or C</b>	<b>#1, #2, #3 and #4</b>

## Second Position Turnout

Lie on your back with your head on the Headrest and your arms resting at your sides. Place the heels of your feet on the outside corners of the Foot Rest Bar Assembly. Rotate your legs outward from the hips so that the toes and knees are opening slightly to the sides. Push your feet against the Foot Rest Bar Assembly and straighten your knees, squeezing your inner thighs together. Pause at the end of the movement, then slowly return to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the hips, inner thighs, front and back thighs and lower legs.*

**Start**



**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>B or C</b>	<b>#1, #2, #3 and #4</b>

## The Hundreds

Lie on your back with your head on the Headrest. Place your feet on the Foot Rest Bar Assembly with your legs together and toes pointing up. Grasp one Handle in each hand with your palms facing forward and the forearms vertical to the Glideboard. Exhale and simultaneously press your arms down toward your sides while raising the head and shoulders off the Glideboard in a “crunch” motion. The Glideboard will slide back and the feet will lift off the Foot Rest Bar Assembly during this motion. Hold this position and slowly extend your knees so that the feet are above the Foot Rest Bar Assembly. Inhale for 5 counts, and exhale for 5 counts. Then, simultaneously raise your arms, lower your head, and lower your feet back to the Foot Rest Bar Assembly. The Glideboard will slowly slide back to the starting position.

**Repeat the entire sequence, performing 10 sets to fatigue.**

*Works the arms and abs.*

**Start**



**Middle**



**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>A</b>	<b>#1, #2, #3 and/or #4</b>

**Accessory: Handles**

## Cat

Place your hands firmly on the Foot Rest Bar Assembly and carefully step onto the Glideboard. Stand so that you are bent forward at your waist with your hands on the Foot Rest Bar Assembly and your heels at the opposite end of the Glideboard. Bend your knees slightly. Drop your head between the arms and relax your neck and shoulders. Keeping your knees slightly bent, push the Glideboard backwards until your arms and spine are extended. Pause at the end of the movement. Then, contract your abs so that your back rounds up in a “cat” position and pull with your legs, returning to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the abs, upper back and legs.*

**Start**



**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>A</b>	<b>#1, #2, #3 and/or #4</b>

## Arm Circles

Lie on your back with your head on the Headrest. Place your feet lightly on the Foot Rest Bar Assembly with your legs together and toes pointing up. Grasp one Handle in each hand. Press the arms straight up over your shoulders with the palms facing the Foot Rest Bar Assembly. Make large circles with your arms, moving them down to your sides, away from your body, over your head, and back to the starting position. Keep the feet on the Foot Rest Bar Assembly, but avoid pressing with the legs as the arms are circling.

**Perform 5 repetitions in one direction, then reverse the direction of the circles for 5 repetitions. Perform 2 – 3 sets to fatigue.**

*Works the arms, shoulders, upper back and abs.*

**Start**



**Middle**



**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>A</b>	<b>No cords or #1</b>
<b>Advanced</b>	<b>A</b>	<b>#1, #2 and/or #3</b>

**Accessory: Handles**

### Seated Plie

Sit up straight with your hips in the center of the Glideboard. Support yourself by placing your hands on the Glideboard behind the hips. Place the balls of your feet on the Foot Rest Bar Assembly, a few inches apart, with your toes curled over the Foot Rest Bar Assembly. Make a “V” shape with your heels touching. Keeping your back straight, push your feet against the Foot Rest Bar Assembly and straighten your knees, squeezing your inner thighs together. Pause at the end of the movement, then slowly return to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the abs and lower back, thighs and calves.*

**Start**



**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>A or B</b>	<b>#1, #2, #3 and/or #4</b>

### Biceps Curls

Sit on the Glideboard with your back near the Foot Rest Bar Assembly and your feet on the Headrest. Grasp one Handle in each hand and lean back slightly from the hips, using the abdominal muscles for support. Keeping your elbows in close to your waist, bend your elbows and pull the Handles up toward your shoulders. Pause at the top of the movement, then slowly straighten the elbows and return to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the arms and abs.*

**Start**



**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>A or B</b>	<b>#1, #2 and/or #3</b>

**Accessory: Handles**



## **Mermaid**

Sit facing sideways on the Glideboard with the right side of your body next to the Foot Rest Bar Assembly and your legs tucked under you (see pictures below). Place your right hand on the Foot Rest Bar Assembly. Raise your left arm overhead and straighten your back. Keeping your spine lengthened, bend laterally at the waist toward the Foot Rest Bar Assembly. Simultaneously push the Glideboard out, using your lower body, abs and arm. Pause at the end of the motion. Then, slide the Glideboard back as you raise the torso back to the starting position.

**Perform 12 – 20 repetitions to fatigue, then repeat the exercise on the other side.**

*Works the abs, back, arms and hips.*

**Start**



**Finish**



	<b>Glideboard Incline Position</b>	<b>Tension Cords</b>
<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>A</b>	<b>#1, #2 and/or #3</b>

## **Pelvic Tilt**

Lie on your back with your head on the Headrest and your arms resting at your sides. Place the heels of your feet on the outside corners of the Foot Rest Bar Assembly. Rotate your legs outward from the hips so that the toes and knees are opening slightly to the sides. Squeezing your buttocks and tucking the pelvis, raise your hips about 3 – 4 inches off the Glideboard. Holding the hips in this lifted position, push your feet against the Foot Rest Bar Assembly and straighten your legs. Do not lock your knees. Pause at the end of the movement, then slowly return to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the hips, inner thighs, front and back thighs and lower legs.*

**Start**



**Finish**



	<b>Glideboard Incline Position</b>	<b>Tension Cords</b>
<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>A</b>	<b>#1, #2, #3 and/or #4</b>

## ***Kneeling Stretch***

Place your hands firmly on the Foot Rest Bar Assembly and carefully kneel on the Glideboard. Kneel so that you are bent forward at your waist with your hands on the Foot Rest Bar Assembly and your feet at the opposite end of the Glideboard. Drop your head forward, relax your neck and shoulders, and lean back slightly so that your back is rounded. Push the Glideboard backwards until your arms and spine are extended. Pause at the end of the movement and lift your head. Then, holding a straight back position, slowly slide the Glideboard back to the starting position. Once the Glideboard is in the starting position, round the back and return the body to its starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the legs, abs, lower back and arms.*

***Start***



***Middle A***



***Middle B***



***Finish***



### **Glideboard Incline Position**

	<b>Glideboard Incline Position</b>	<b>Tension Cords</b>
<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>A</b>	<b>#1, #2, and/or #3</b>

## ***Prance***

Lie on your back with your head on the Headrest and your arms resting at your sides. Place the balls of your feet on the Foot Rest Bar Assembly with your legs together and toes pointing up. Press your right foot against the Foot Rest Bar Assembly and straighten that leg. Keep the left foot lightly resting on the Foot Rest Bar Assembly with the knee bent slightly. Bend the right leg and slowly release to the starting position. Repeat the single leg press with the left leg. Continue alternating legs in a smooth motion.

**Perform 12 – 20 repetitions to fatigue, with one press right, one press left counting as a single repetition.**

*Works the hips, thighs and calves.*

***Start***



***Finish***



### **Glideboard Incline Position**

	<b>Glideboard Incline Position</b>	<b>Tension Cords</b>
<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>A</b>	<b>#1, #2 and/or #3</b>

## Strength Workout

The Pilates Power Gym™ Strength Training Workout was designed to allow you to add resistance to your workout in order to help you increase your lean muscle mass, thereby strengthening and toning your entire body. With each exercise, there are suggestions for the Glideboard and Tension Cord settings for beginner and advanced exercises. These are only suggestions. You can increase or decrease the intensity as your fitness level dictates. Proper technique is important for good results, so make sure the settings you choose allow you to perform each exercise with good form.

With 11 possible Glideboard settings and 16 possible Tension Cord tension combinations, you have over 175 possible levels of resistance for each exercise. Remember that the Tension Cords are numbered from lightest (#1) to heaviest (#4). To make an exercise easier, remove one or more Tension Cords in sequence. To make an exercise harder, add one or more Tension Cords in sequence. The Glideboard incline settings are also in sequence and are referred to as flat position (A), low incline positions (B and C), and high incline positions (C-1, C-2, C-3 and C-4). To decrease the intensity of an exercise, lower the Glideboard to an easier setting, or to the Flat Position. To increase the intensity of an exercise, raise the Glideboard to a higher setting. Remember that with Glideboard Positions C-1 through C-4, micro-adjustments may be made in each position by lowering the Extension Bar Assembly from Position C into Position B. This micro-adjustment will make the position slightly easier. Any combination of Tension Cords and Glideboard settings may be used to customize each exercise to your individual fitness level.

Breathing is important while performing strengthening and toning exercises. Inhale deeply through your nose and exhale through your mouth. Exhaling on the exertion and inhaling on the release of each repetition facilitates good form and technique.

### Seated Row

Sit on the Glideboard in a straddle position. Face the Headrest with your feet on the floor. Grasp one Handle in each hand with the palms facing inward. With your back straight, bend your elbows and pull the Handles toward your waist. Keep your hands shoulder width apart and the arms close to your body as you pull. Pause at the end of the motion, then straighten the arms and slowly release back to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the upper back, rear shoulders and front of the upper arms.*

**Start**



**Finish**



	Glideboard Incline Position	Tension Cords
<b>Beginner</b>	<b>B</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>C</b>	<b>#1, #2 #3 and/or #4</b>

**Accessory: Handles**

### **Seated Upright Row**

Sit on the Glideboard. Face the Headrest with your knees bent and feet on the Glideboard in front of you. Grasp one Handle in each hand with the palms facing downward. With your back straight, bend your elbows and pull the Handles toward your chest in a rowing motion. Keep your hands shoulder width apart and the elbows lifted out to the sides as you pull. Pause at the end of the motion, then straighten the arms and slowly release back to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the upper and lower back, rear shoulders, front of the upper arms and abs.*

**Start**



**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>B</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>C</b>	<b>#1, #2, #3 and/or #4</b>

**Accessory: Handles**

### **Bench Press**

Lie on your back with your head on the Headrest. Place your feet about hip width apart on the Foot Rest Bar Assembly. Grasp one Handle in each hand with your palms facing forward and the forearms vertical to the Glideboard. Slowly press your arms upward until the elbows are straight but not locked. Keep the hands shoulder width apart and directly over the chest. Pause at the top of the motion, then bend the elbows and slowly release back to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the chest, front shoulders and back of the upper arms.*

**Start**



**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>B</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>C</b>	<b>#1, #2, #3 and/or #4</b>

**Accessory: Handles**

### **Seated Curl**

Sit on the Glideboard in a straddle position. Face the Headrest with your feet on the floor. Grasp one Handle in each hand with the palms facing upward and the elbows bent and held tightly against your sides. With your back straight, bend your elbows and pull the Handles toward your shoulders. Pause at the end of the motion, then straighten the arms and slowly release back to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the front of the upper arms, forearms and abs.*

**Start**



**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>B</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>C or C-1</b>	<b>#1, #2, #3 and/or #4</b>

**Accessory: Handles**

### **Arm Pullover**

Lie on your back with your head on the Headrest. Place your feet about hip width apart on the Foot Rest Bar. Grasp one Handle in each hand with your palms facing upward and the arms extended overhead. Keeping the elbows slightly bent, slowly pull your arms in an arc-like motion down to the front of your thighs. Your palms will now be facing downward. As you pull the arms down, simultaneously lift the head and shoulders off the Glideboard in a “crunch” motion. Pause at the end of the motion. Then, slowly lower the head and shoulders as you lift your arms back to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the abs, shoulders, back, chest and back of the upper arms.*

**Start**



**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>B or C</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>C-1, C-2 or C-3</b>	<b>#1, #2, #3 and/or #4</b>

**Accessory: Handles**

### **Triceps Extension**

Lie on your back with your head on the Headrest. Place your feet about hip width apart on the Foot Rest Bar. Grasp one Handle in each hand with your palms facing upward. Bend the elbows about 90 degrees and keep the upper arms elevated so that the elbows point forward and slightly upward. Holding the upper arms stationary, slowly extend the elbows, bringing your palms toward your knees. Do not lock the elbows. Pause at the end of the motion. Then slowly bend the elbows and release back to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the back of the upper arms and forearms.*

**Start**

**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>B or C</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>C-1, C-2, C-3 or C-4</b>	<b>#1, #2, #3 and/or #4</b>

**Accessory: Handles**

### **Triceps Press**

Lie on your back with your head on the Headrest. Place your feet about hip width apart on the Foot Rest Bar. Grasp one Handle in each hand with your palms facing upward. Bend the elbows and pull the upper arms in tightly to your sides. Holding your upper arms stationary, slowly extend the elbows, bringing your palms down toward the outside of your thighs. Do not lock the elbows. Pause at the end of the motion. Then slowly bend the elbows and release back to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the back of the upper arms and forearms.*

**Start**

**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>B or C</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>C-1, C-2, C-3 or C-4</b>	<b>#1, #2, #3 and/or #4</b>

**Accessory: Handles**

## Ab Crunch

Lie on your back with your head on the Headrest. Place your feet about hip width apart on the Foot Rest Bar with Push Up Bar accessory. Grasp one Handle in each hand and cross your arms over your chest. Slowly press your legs against the Bar and straighten the knees while simultaneously lifting your head and shoulders off the Glideboard in a “crunch” motion. Pause at the top of the motion and pull down slightly with the arms. Then, bend the knees, lower the head and shoulders, and release back to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the abs.*

**Start**



**Finish**



### Glideboard Incline Position

### Tension Cords

<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>B</b>	<b>#1, #2, #3 and/or #4</b>

**Accessories: Handles and Push Up Bar**

## Pulley Ab Crunch

Lie on your back with your head on the Headrest. Place your feet about hip width apart on the Foot Rest Bar. Grasp one Handle in each hand and bend your elbows. Place your upper arms tightly against your sides with the Handles at your shoulders and palms facing down. Slowly lift your head and shoulders off the Glideboard in a “crunch” motion while simultaneously pulling down slightly with your arms. Try not to press with the legs as the abs contract. Pause at the top of the motion. Then, lower the head and shoulders, bend the elbows and release back to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the abs and arms.*

**Start**



**Finish**



### Glideboard Incline Position

### Tension Cords

<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>B</b>	<b>#1, #2, #3 and/or #4</b>

**Accessory: Handles**

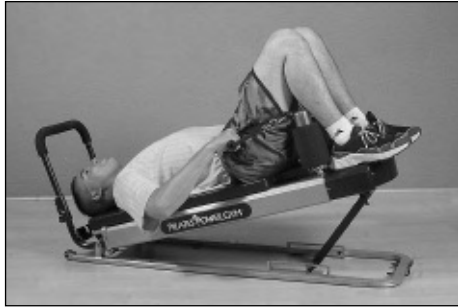
### ***Decline High Row***

Lie on the Glideboard with your head near the Foot Rest Bar Assembly and your feet on the Headrest. Bend your knees. Grasp one Handle in each hand with your arms extended at your sides and the palms facing downward. Slowly bend your elbows, pulling the Handles up the sides of your body to chest level. Pause at the top of the motion. Then, slowly extend the elbows and return to the starting position.

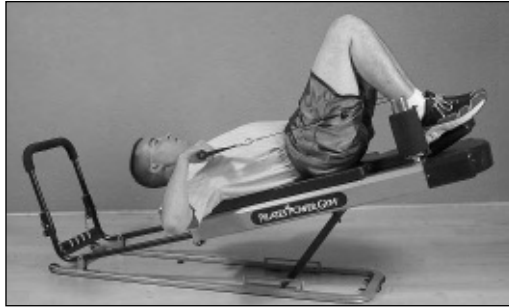
**Perform 12 – 20 repetitions to fatigue.**

*Works the shoulders, front of the upper arms and upper back.*

***Start***



***Finish***



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>B</b>	<b>#1, #2, #3 and/or #4</b>

**Accessory: Handles**

### ***Cable Chest Flye***

Lie on your back with your head on the Headrest. Place your feet about hip width apart on the Foot Rest Bar Assembly, or for more challenge, pull the heels in toward the hips. Grasp one Handle in each hand and pull your arms down to the sides of your thighs with the palms facing inward. Slowly raise your arms to the sides, in an arc-like motion, until they are parallel with your shoulders. Keep your elbows slightly bent. Pause at the top of the motion, then press the arms back down to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the lower chest and shoulders.*

***Start***



***Finish***



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>A or B</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>C-1, C-2, C-3 or C-4</b>	<b>#1, #2, #3 and/or #4</b>

**Accessory: Handles**



## Squat

Lie on your back with your head on the Headrest and your arms resting at your sides. Place your feet about shoulder width apart on the Push Up Bar (can also be done using Foot Rest Bar Assembly). Press your feet against the Bar and slowly extend your knees and hips until the legs are straight. Do not lock your knees. Squeeze your buttocks and thighs as you perform the exercise. Pause at the end of the movement, then slowly return to the starting position.

**Perform 12 – 20 repetitions to fatigue.**

*Works the hips, front and back thighs and calves.*

**Start**



**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>A or B</b>	<b>#1 and #2</b>
<b>Advanced</b>	<b>C-1, C-2, C-3 or C-4</b>	<b>#1, #2, #3 and/or #4</b>

**Accessory: Push Up Bar**

## One-Legged Squat

Lie on your back with your head on the Headrest and your arms resting at your sides. Place one foot on the Push Up Bar (can also be done using Foot Rest Bar Assembly) and the other foot on the Glideboard with your knee bent. Press your foot against the Bar and slowly extend your knee and hip until the leg is straight. Do not lock your knee. Squeeze your buttock and thigh as you perform the exercise. Pause at the end of the movement, then slowly return to the starting position.

**Perform 12 – 20 repetitions to fatigue, then change legs and repeat on the other side.**

*Works the hips, front and back thighs and calves.*

**Start**



**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>B</b>	<b>#1, #2, #3 and/or #4</b>

**Accessory: Push Up Bar**

## Gluteus Kickback

Facing the Headrest, kneel in the middle of the Glideboard. Grasp one Handle in each hand and place your fists at the top of the Glideboard with the palms facing your thighs. Carefully place one foot on the Push Up Bar (can also be done using Foot Rest Bar Assembly). Press your foot against the Bar and slowly extend your knee and hip until the leg is straight. Do not lock your knee. Pause at the end of the movement, then slowly bend your knee and return to the starting position.

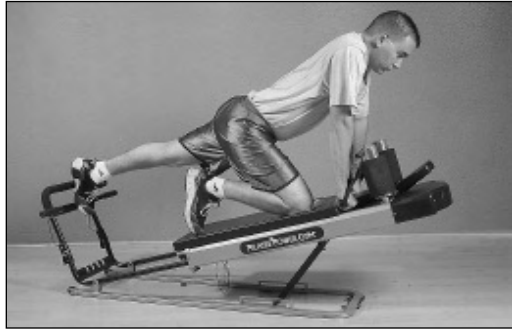
**Perform 12 – 20 repetitions to fatigue, then change legs and repeat on the other side.**

*Works the hips, front and back thighs and calves.*

**Start**



**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>B</b>	<b>#1, #2, #3 and/or #4</b>

**Accessory: Push Up Bar**

## Lunge

Stand next to the Glideboard, near the Foot Rest Bar Assembly. Place your inside foot in the center of the Glideboard. Keep your outside foot on the floor, near the base of the Foot Rest Bar Assembly. Bend the front knee into a lunge position and push the Glideboard forward. Keep the back foot flat on the floor while lunging forward. Pause at the top of the motion. Then, slowly release back to the starting position.

**Perform 12 – 20 repetitions to fatigue, then change legs and repeat on the other side.**

*Works the hips, front and back thighs and calves.*

**Start**



**Finish**



**Glideboard Incline Position**

**Tension Cords**

<b>Beginner</b>	<b>A</b>	<b>#1 and/or #2</b>
<b>Advanced</b>	<b>B</b>	<b>#1, #2 and #3</b>

## WORKOUT PROGRESSION

### WORKOUT PROGRESSION CHART

Use this chart to help you progress your workouts in a safe and effective manner. If you miss a few days of workouts, go back to the level that you were working at previous to the missed time. Proper progression will help you achieve better results.

<b>Fitness Level</b>	<b>Glideboard Adjustment Setting</b>	<b>Tension Cords Adjustment Setting</b>	<b>Number of Repetitions</b>
<b><i>Beginner</i></b>	Position A (flat) or Position B (low incline)	No Tension Cords or Cord #1 or #2	12 repetitions with rest between exercises if needed
<b><i>Intermediate</i></b>	Position B or C (low inclines) *Flat Position A will be used for some Pilates exercises regardless of fitness level	Tension Cords #1 and #2. Occasionally add #3 or #4	12 – 20 repetitions with good technique
<b><i>Advanced</i></b>	Position C-1, C-2, C-3 or C-4 (high inclines) *Flat Position A will be used for some Pilates exercises regardless of fitness level	Tension Cords #1, #2, and #3. For maximal challenge, add #4.	12 – 20 repetitions with good technique. Perform 2 sets of each exercise for more challenge and a longer workout.

## PILATES POWER GYM™ WORKOUT TRACKING SHEETS

Use the chart below and the chart on the following page to keep track of your progress over time. Before writing on them, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done. This data will help you chart future fitness goals as you continue to improve.

### PILATES WORKOUT

	Date	Repetitions	Sets	Date	Repetitions	Sets
<i>Plie</i>						
<i>Arches</i>						
<i>Arch Pulses</i>						
<i>Heels</i>						
<i>Heel Pulses</i>						
<i>Second Position Turnout</i>						
<i>The Hundreds</i>						
<i>Cat</i>						
<i>Arm Circles</i>						
<i>Seated Plie</i>						
<i>Biceps Curls</i>						
<i>Mermaid</i>						
<i>Pelvic Tilt</i>						
<i>Kneeling Stretch</i>						
<i>Prance</i>						

## STRENGTH TRAINING WORKOUT

	Date	Repetitions	Sets	Date	Repetitions	Sets
<i>Seated Row</i>						
<i>Seated Upright Row</i>						
<i>Bench Press</i>						
<i>Seated Curl</i>						
<i>Arm Pullover</i>						
<i>Triceps Extension</i>						
<i>Triceps Press</i>						
<i>Ab Crunch</i>						
<i>Pulley Ab Crunch</i>						
<i>Decline High Row</i>						
<i>Cable Chest Flye</i>						
<i>Squat</i>						
<i>One-Legged Squat</i>						
<i>Gluteus Kickback</i>						
<i>Lunge</i>						

## CARDIOVASCULAR CONDITIONING

Exercise that challenges the heart is a simple part of an exercise program – almost anyone can walk, run, treadmill, climb steps, or bike. But, creating a progressive, time efficient and results oriented cardio program takes a little planning. A properly designed and consistently performed cardiovascular training program is an essential part of your program if you want to improve your health and lose weight, or maintain a healthy lifestyle.

### ***Training Aerobically***

Aerobic exercise is the key to building a stronger heart and can reduce your chances of heart disease, as well as burn lots of fat and calories. Aerobic exercise is any activity that you can keep at for several minutes or longer and increases your heart rate. Activities that have the potential to condition the heart typically involve the large muscles of the hips, thighs, and buttocks. Examples include walking, hiking, jogging, running, cycling, in-line skating, swimming, cross-country skiing, and stair stepping.

## **Benefits of Aerobic Training**

Health benefits of aerobic exercise include the following:

1. A stronger and healthier heart.
2. Increased HDL. This “good” cholesterol helps keep your arteries unplugged and healthy.
3. Decreased total cholesterol. This is the debris in your blood that can clog your arteries.
4. Reduced blood pressure. Even moderate exercise can help.
5. Reduced risk for heart attack and stroke.
6. Decreased body fat and an ability to help you reach your desirable weight. You’ll become a better fat-burner and burn a lot of calories every session.
7. Decreased risk for diabetes.
8. Reduced feelings of anxiety, tension, and depression.
9. Improved sleep.
10. Higher levels of energy. Efficient delivery and use of blood and oxygen is the key to increased vigor and performance.

## **Warming Up And Cooling Down**

Warming up and cooling down are essential to a balanced and safe exercise program. A proper warm-up and cool-down can:

- Make your workouts safe and easier to do,
- Limit the risk of unnecessary stress on your heart,
- Get you ready for your activity,
- Improve your stamina and endurance (you won’t tire as quickly),
- Decrease your risk for injury,
- Increase enjoyment of your workouts, and
- Help you stick with your health and fitness program.

### **Warm-Up**

To prevent injury and maximize performance, we recommend that each workout period should start with a warm-up. Your warm-up should gently prepare your muscles for the coming exertion. Start by doing 5 to 10 minutes of gentle exercise that gradually increases your heart rate and loosens up your muscles. Your warm-up exercise should be aerobic in nature and only require an easy, unforced range of motion. This should be followed by 5 to 10 minutes of stretching. Refer to the stretches found on pages 14 and 15 of this manual. Never push yourself beyond a point of gentle tension or strain. Keep your movements gentle, rhythmic and controlled.

## **Cool Down and Stretching**

Your workout should be followed by a cool down. The cool down should consist of 5 to 10 minutes of slow walking followed by stretching. Refer to the stretches found on pages 14 and 15 of this manual. Never push yourself beyond a point of gentle tension or strain. Keep your movements gentle, rhythmic and controlled.

## **How Often, How Long, and How Hard**

The choices you make about the frequency (how often), duration (how long), and intensity (how hard) at which you will train, will directly influence your training results.

**How often.** If you want to see serious improvements in your fitness, lose weight and develop a good training base, you need to do cardio workouts three to six times per week.

If you are just starting a program or out of shape, don’t let these recommendations discourage or mislead you. Realize that doing cardio training two to three times per week will still result in significant fitness improvement and health benefits. Your long-term goal is to build up to exercising your heart on most days of the week.

**How long.** How long you work out depends on your current level of fitness. Again, if you’re just starting a program or out of shape, don’t follow strict textbook recommendations. Instead, start with 5 to 10 minutes once or twice per day. You will see significant fitness improvement. Your long-term goal is to build to a duration of 30 to 60 minutes of cardiovascular activity on most days of the week.

**How hard.** Aerobic intensity guidelines for healthy adults are generally set at 60 to 85 percent of heart rate. But, if you’re out of shape, remember that moderate to low level and consistent cardiovascular training – well below the standard recommendations set forth – can result in substantial and beneficial effects to your health and can greatly improve cardiovascular endurance.

You can use the following calculation to determine what percentage of your heart rate you are working at:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this calculation, a 70% heart rate for a 40 year old would be  $(220 - 40) \times 70\%$  or 126. Thus, this individual would need to reach 126 beats per minute to equal a 70% heart rate.

**The above are guidelines, people with any medical limitations should discuss this formula with their physician.**

## PROGRESSIVE CARDIOVASCULAR TRAINING PROGRAM

*The training program that follows is a progressive training program for cardiovascular conditioning. It can be used for any aerobic activity you choose. But remember, these are only guidelines. People with medical conditions should discuss this training program with their physician.*

### CONDITIONING BASE

WEEK	HOW OFTEN (times per week)	HOW LONG (minutes)	HOW HARD (% heart rate)	HOW HARD (RPE)*	RPE DESCRIPTIVE RATING
1	2 - 3	5 - 15	40 - 50	2 - 4	Somewhat easy to somewhat hard
2	2 - 3	5 - 15	40 - 50	2 - 4	Somewhat easy to somewhat hard
3	2 - 3	10 - 17	40 - 50	2 - 4	Somewhat easy to somewhat hard
4	2 - 3	10 - 17	50 - 60	2 - 4	Somewhat easy to somewhat hard
5	3	15 - 20	50 - 60	2 - 4	Somewhat easy to somewhat hard
6	3 - 4	15 - 20	50 - 60	2 - 4	Somewhat easy to somewhat hard

### MOVING BEYOND BASE-LEVEL FITNESS

WEEK	HOW OFTEN (times per week)	HOW LONG (minutes)	HOW HARD (% heart rate)	HOW HARD (RPE)*	RPE DESCRIPTIVE RATING
7 - 9	3 - 4	20 - 25	60 - 65	3 - 4	Moderate to somewhat hard
10 - 13	3 - 4	21 - 25	65 - 70	4 - 5	Somewhat hard to hard
14 - 16	3 - 4	26 - 30	65 - 70	4 - 5	Somewhat hard to hard
17 - 19	3 - 5	26 - 30	70 - 75	4 - 5	Somewhat hard to hard
20 - 23	3 - 5	31 - 35	70 - 75	4 - 5	Somewhat hard to hard
24 - 27	3 - 6	31 - 35	70 - 75	4 - 5	Somewhat hard to hard

### MAINTENANCE

WEEK	HOW OFTEN (times per week)	HOW LONG (minutes)	HOW HARD (% heart rate)	HOW HARD (RPE)*	RPE DESCRIPTIVE RATING
After 4-6 months	3 - 6	30 - 60	40 - 85	3 - 6	Easy - Moderate to somewhat hard

\*RPE = rating of perceived exertion; this means you match up a numerical rating (RPE) of 1-10, with how you feel (RPE descriptive rating in chart above). A rating of 2-3 is equal to a warm-up or recovery level of effort; 4-5 equates to moderate to somewhat challenging; 6-10 represents effort that is somewhat hard, to very hard.

### Smart Progression

In regard to progressing to a higher intensity level, longer duration, or more frequent sessions, it makes good sense to change only one of these elements at a time. You run a higher risk of overuse injury if you simultaneously increase more than one of these elements. A conservative yet effective guideline is to increase intensity or duration by no more than about 5 percent. You should adapt to this increase over a period of a week or two, and then consider changing one of the other variables (frequency, duration or intensity) or further progressing the one you've adapted to.

### Top Aerobic Exercise

No one cardiovascular activity is better than another! Manipulating how hard (intensity), how often (duration), and how long (frequency) you participate in a particular aerobic activity determines its effectiveness or lack thereof. And of course, you have to like what you're doing. Choose the type of aerobic activity that is right for you by identifying one or more types of cardio exercise that you can see yourself sticking to, and enjoying, for the rest of your life. Often, the best aerobic exercise will be not one, but several activities that are fun and feel good to your body. Excellent cardiovascular activities include, but are not limited to, walking, swimming, water fitness, jogging, running, cross-country skiing, in-line skating, lateral movement training (slide), cycling, mountain biking, and step training.

## CARDIO WORKOUT TRACKING SHEETS

Use these charts to keep track of your progress over time. Before writing on them, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done. This data will help you chart future fitness goals as you continue to improve.

ACTIVITY	DATE	HOW LONG (minutes)	HEART RATE	HOW HARD (RPE)*

ACTIVITY	DATE	HOW LONG (minutes)	HEART RATE	HOW HARD (RPE)*

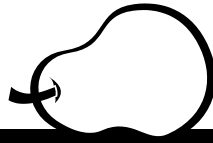
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ACTIVITY	DATE	HOW LONG (minutes)	HEART RATE	HOW HARD (RPE)*

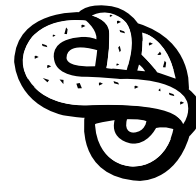
ACTIVITY	DATE	HOW LONG (minutes)	HEART RATE	HOW HARD (RPE)*

\*RPE = rating of perceived exertion; this means you match up a numerical rating (RPE) of 1-10, with how you feel (RPE descriptive rating in chart above). A rating of 2-3 is equal to a warm-up or recovery level of effort; 4-5 equates to moderate to somewhat challenging; 6-10 represents effort that is somewhat hard, to very hard.



# JUMP START DIET

*Using Healthy Eating Choices*



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## ***Introduction***

This program is designed to "jump start" you on your way to better health and fitness. In just 2 weeks, just 14 short days, you will begin to form habits to help you reach your fitness goals faster and easier than ever before.

## ***The Jump Start Diet***

This 2-week menu plan is based on 1200 to 1300 calories. We have consciously used real food and have even put in some foods often thought of as "off limits" when trying to lose weight. The plan is nutritionally sound and offers a variety of foods from all food categories. You may substitute one food within a food group for another, such as a pear for an apple or 3 oz. of chicken for 3 oz. lean beef. The most important thing to remember is to pay attention to portion sizes. When it says 1 cup, you need to measure out 1 cup, etc.

The plan is extremely simple to follow. Simply pick one selection for each meal as your day goes along. Note that your lunch will consist of a Lean Cuisine® meal. This is done so that you have a realistic option to eat at work or on the go. (If you don't find Lean Cuisine® meals at your local grocer, other options are Healthy Choice® and Weight Watchers® lunches.)

We have also built in a special treat at the end of most days. This is because people have the biggest success when they are allowed to have some of their favorite foods. They do not feel deprived and are not tempted to binge. Success comes because they are able to stick with the plan, lose weight and meet their goals without feeling like they were "on a diet". The important thing to remember is to use only the portion size given, do not go back for more or guess on your portion size.

If you do not wish to eat the snack after your evening meal, or feel that you cannot limit your portion size, it can be omitted.

Foods and condiments that can be used without adding significant calories include:

- Non-caloric beverages, this includes diet carbonated drinks
- Fat free condiments such as mustard, ketchup and vinegar
- Seasonings such as onion, garlic and herbs
- Artificial sweeteners
- Coffee, tea and herbal teas

**BREAKFAST CHOICES**

*(CHOOSE JUST ONE OPTION)*

8 oz. water  
1/2 cup oatmeal, cooked  
1 cup skim milk

1/2 banana  
8 oz. water  
2 pancakes (4 inches across)  
1 Tbsp. maple syrup  
1/2 cup orange juice

8 oz. water  
1 slice french toast  
1/2 cup fresh blueberries  
1 cup skim milk

8 oz. water  
1/2 english muffin  
1 egg poached  
1/2 cup fruit juice

8 oz. water  
1 slice whole grain bread  
1 egg scrambled  
1 cup cubed melon

8 oz. water  
1 cup fat free yogurt  
1/3 cup low fat granola cereal  
1 cup sliced strawberries

8 oz. water  
3/4 cup cereal  
1 cup skim milk  
1/2 cup sliced strawberries

8 oz. water  
3/4 cup cereal and 2 Tbsp.  
crushed walnuts  
1/2 cup skim milk  
4 oz. orange juice

8 oz. water  
1 slice whole grain bread  
1 egg scrambled or poached  
4 oz. orange juice

8 oz. water  
1 slice cinnamon bread  
1 tsp. butter  
4 oz. orange juice

**MORNING SNACK**

*(CHOOSE JUST ONE OPTION)*

8 oz. water  
1 cup fat free yogurt

8 oz. water  
1 cup sugar free hot chocolate  
made with skim milk

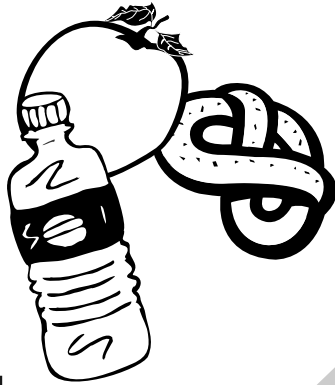
8 oz. water  
1 pear

8 oz. water  
1 orange

8 oz. water  
1 apple

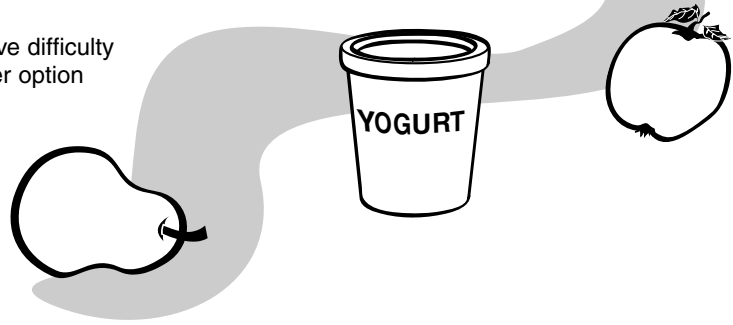
8 oz. water  
1 cereal bar (about 140 calories)

8 oz. water  
1 kiwi



**LUNCH**

Choose a Lean Cuisine® meal of your choice! (If you have difficulty finding Lean Cuisine® meals at your local grocer, another option is meals from Healthy Choice® or Weight Watchers®.)

**AFTERNOON SNACK**

**(CHOOSE JUST ONE OPTION)**

8 oz. water  
1 cup strawberries

8 oz. water  
1 oz. low fat cheese  
6 saltine crackers

8 oz. water  
1 banana

8 oz. water  
1 cup low fat, flavored yogurt with  
1 Tbsp. low fat granola cereal on top

8 oz. water  
1 tsp. peanut butter  
6 saltine crackers  
1 apple

8 oz. water  
1 cup low fat chocolate milk

8 oz. water  
1 cup vegetable soup  
6 crackers

8 oz. water  
3 cups light popcorn

8 oz. water  
15 grapes

8 oz. water  
1 cereal bar (about 140 calories)

**DINNER**

**(CHOOSE JUST ONE OPTION)**

8 oz. water  
3 oz. sirloin steak, lean only, broiled or grilled  
without added fat  
1/2 cup rice with 1 tsp. butter  
1/2 cup cooked carrots  
1 large mixed green salad with  
1 Tbsp. reduced fat dressing

8 oz. water  
3 oz. baked ham  
1 cup noodles  
1 tsp. butter  
1/2 cup applesauce  
1 cup mixed vegetables

8 oz. water  
3 oz. steak, (lean only) broiled or baked  
1 cup noodles with 1 tsp. butter  
1/2 cup applesauce  
1 cup mixed vegetables

8 oz. water  
salad with romaine lettuce  
1/4 cup mandarin oranges  
1/4 cup sliced strawberries  
2 Tbsp. chopped walnuts  
1 Tbsp. raspberry vinaigrette dressing  
3 oz. white meat chicken  
1 oz. crumbled feta cheese

8 oz. water  
1 cup cooked pasta  
1/2 cup spaghetti sauce  
1 tsp. grated cheese  
3 oz. lean ground beef in sauce

8 oz. water  
1 cup angel hair pasta  
1 clove garlic topped with green and red peppers  
sautéed with 1 Tbsp. olive oil  
3 oz. grilled shrimp  
1 tsp. grated cheese

## DINNER CONTINUED

8 oz. water  
3 oz. pork chop, lean only, baked, broiled or grilled  
1 small baked potato  
1 tsp. butter  
1 cup green beans  
1 large salad made with mixed greens  
1 tsp. olive oil with flavored vinegar (no need to measure vinegar) or 1 Tbsp. regular dressing

8 oz. water  
1 piece (3 oz.) turkey baked, broiled or grilled. Brush lightly with olive oil and favorite seasonings before cooking.  
1 small baked potato with 1 tsp. butter  
1 cup broccoli

8 oz. water  
1 cup vegetable soup  
6 crackers  
2 oz. lean ham  
1/2 large whole grain pita with mustard  
2 sliced carrots

8 oz. water  
3 oz. lean hamburger, grilled or broiled  
1 Tbsp. ketchup  
1 hamburger bun, tomato, lettuce, pickle and onion if desired

8 oz. water  
2 slices cheese pizza from a medium pie, baked in pizza oven not in pan  
1 large mixed green salad  
1 Tbsp. reduced fat salad dressing

8 oz. water  
1 cup angel hair pasta with 1/2 Tbsp. olive oil with garlic on pasta and topped with 1 tsp. grated cheese  
3 oz. grilled chicken with Italian seasonings  
1 large salad with mixed greens  
1/2 Tbsp. olive oil and vinegar or  
1 Tbsp. salad dressing  
1/2 cup cooked green beans

8 oz. water  
3 oz. pork chop, lean only, broiled or grilled without added fat  
1/2 cup rice with 1 tsp. butter  
1/2 cup applesauce  
1 large mixed green salad  
1/2 Tbsp. olive oil and vinegar (no need to measure vinegar) or 1 Tbsp. reduced fat dressing

8 oz. water  
3 oz. white fish such as flounder, baked and brushed with olive oil and favorite seasonings  
1 small baked potato  
1 Tbsp. sour cream and chives  
1 cup broccoli or cauliflower

8 oz. water  
3 oz. chicken breast, no skin, baked, broiled or grilled  
3 to 4 new boiled potatoes tossed with 1 Tbsp. butter and sprinkled with garlic and parsley  
1 cup beets or other vegetable  
1 large salad made with mixed greens  
1 Tbsp. olive oil with flavored vinegar (no need to measure vinegar)

8 oz. water  
1 cup angel hair pasta  
3 oz. boiled shrimp, tossed  
1/2 Tbsp. olive oil and garlic  
1 tsp. grated cheese  
1 mixed green salad  
1/2 Tbsp. salad dressing

8 oz. water  
3 oz. lean pork chop, baked with reduced fat cream of mushroom soup  
1/2 cup noodles with 2 Tbsp. gravy from pork chop  
1 cup green beans  
1 large salad made with mixed greens  
2 tsp. olive oil with flavored vinegar (no need to measure vinegar)

8 oz. water  
4 oz. fish, baked, broiled or grilled, brushed lightly with olive oil and favorite seasonings  
1/2 cup corn  
1 tsp. butter  
1 cup broccoli  
1 small dinner roll



**EVENING SNACK**

**(CHOOSE JUST ONE OPTION)**

**RULES for eating your evening snack:**

Have it in a relaxed setting where you can enjoy them as a child would.

Do nothing while having your snack, do not read, write or watch TV.

Make your snack last 20 minutes.

**DO NOT** go back for seconds.

1/2 cup chocolate or vanilla pudding  
made with skim milk

hot chocolate made with skim milk

8 oz. water  
5 ginger snaps or vanilla wafers

8 oz. water  
3 small mint patties or  
3 Hershey's Miniatures®

3 cups light microwave popcorn

2 small cookies (about 50 calories each)  
8 oz. water

1 oz. pretzels  
1 cup skim milk

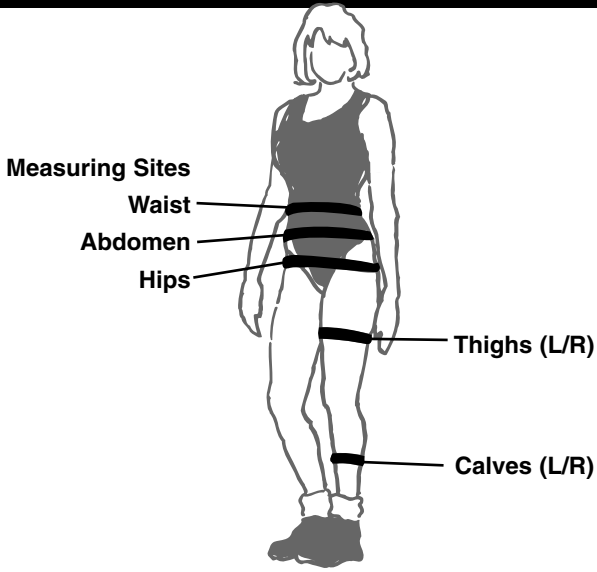
8 oz. water  
2 tsp. peanut butter  
6 crackers  
1 cup skim milk

1/2 cup cereal  
1/2 cup skim milk  
8 oz. water



**PROGRESS CHART**

Every two weeks, measure yourself and use the chart below to record your progress. Before writing on it, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done. This data will help you chart future fitness goals as you continue to improve.



Date	Weight	Waist	Abdomen	Hips	Thighs	Calves







**Dedication to Quality**

We warrant this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions.

See Limited Warranty Card for details.

Save your sales receipt.

(You may wish to staple it into this manual.)