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Bowflex revolution manual

The Bowflex Revolution®XP Home Gym Assembly Instructions P/N: 001-7057 Rev \$ (/ 0) Next 1 2 3... 32 Bowflex Revolution ® XP Owner's Manual and Fitness Guide Special Edition Includes: Dr. Ellington Darden's Six Week Fast Fat Loss – Body Leanness Program PN001-7058 RevC (10/28/2009) (Shown with optional Lat Tower attachment) Page 2 Owner's Manual and Fitness Table Guide of Contents Product Specifications Dimensions (arms raised) 64.5 L x 37.8 W x 73 H (73 H 163.8cm x 98cm x 185.4cm) Dimensions with optional Lat Tower Attachment 64.5 L x 37.8 W x 83.2 H (163.8cm x 98cm x 211.3cm) Workout Area 84 x 84 (213.4cm x 213.4cm) SpiraFlex ® Resistance 200lbs. (90.72 kg) SpiraFlex ® Upgradability 280 lbs. (127 kg) Maximum User Weight 300 lbs. (136 kg) Safety Precautions 1 Safety Warning Labels 2 Getting to Know Your Bowflex Revolution ® XP Home Gym 4 Using Your Bowflex Revolution ® XP Home Gym SpiraFlex ® Resistance 5 Adjusting And Understanding the Resistance 5 Attaching SpiraFlex ® Resistance Packs 6 Preparing for Use , Save, and Moving 7 Maintenance 8 Adjusting Cable Tension 9 Cable Routing and Storage 10 Attaching Accessories 11 Hand Grips 11 Foot Harnesses 11 Squat Harness 11 Installing the Seat and Attachments 12 Seat and Back Pad with Locking Pin 12 Leg Extension 13 Lat Tower (optional) 14 Ab Attachment (optional) 14 Companion Equipment 15 Defining Goals achieving your goals 16 Designing your own program 16 exercise to work out well 18 Warming Up 18 Breathing 18 Performing Your Routine 18 Cool Down 18 The Workouts 20 Minute Better Body Workout 19 Advanced General Conditioning 19 20 Minute Upper/Lower Body 20 Body Building 21 Circuit Training – Anaerobic/Cardiovascular 22 Strength Training 23 Exercises Chest Exercises 25 Shoulder Exercises 33 Back Exercises 44 Arm Exercises 49 Abdominal Exercises 59 Leg Exercises 62 Muscle Chart 71 Exercise Log 73 Bowflex ® Body Leanness Program 75 Warranty Information 94 Contact Information 97 Page 3 1 Safety Precautions gives a potentially dangerous situation which, if not avoided, may lead to death or serious injury. PRIOR TO uSinG ThiS equipMent, OBSerVe The FOllOwinG waRninGS. iMPORTanT SaFeTY inSTRuCTiOnS The following definition applies to the word warning in this manual: 7 ! 2 .) . ' ! 4 4 % . 4) / . \$! . % 2 . -- % \$) 4 % # ! 5 4) / . • Read and understand the manual before using this machine. • Read and understand all the warning labels on this machine. • Keep children away from this machine and/or keep a close eye on them if they are near the machine or present while using it. This machine is not suitable as a children's toy. There is a natural tendency for children to want to play on fitness equipment, and parents and others responsible for children should be aware of their respective responsibilities. Moving parts that pose obvious hazards adults seem to be, this doesn't seem to do this for kids. • Consult a doctor before starting an exercise If you feel weak or dizzy or feel pain at any time, stop and consult your doctor. • Inspect this machine for loose parts or signs of wear. Pay special attention to cables and belts and their connections. Do not use as found in this state; contact Nautilus customer service. • This machine is designed for a user weight limit of 136 kg. Don't use it if you put on more than this weight. • This machine contains moving parts. Use Caution. Do not wear loose clothing or jewelry. • Set up this machine and operate it on a solid flat surface. • This machine is only for consumer use. • Do not use additional means to increase the resistance (lifting load) of this machine. • Set the machine to have a training room of at least 213.4cm x 213.4cm free space for the Bowflex Revolution ® XP home gym to operate safely. Keep third parties out of this area when the machine is in use. • Operate the machine in the way described in this manual. It can be dangerous to exercise yourself too much while exercising. • Make sure all positional adjusters are safely turned on. • Never move or adjust the seat while you are sitting on it. Never stand on the chair. Page 4 2 Home Gym Safety Warning Labels The following safety alerts are on the Bowflex Revolution ® XP exercise machine. Read all safety measures and warning information prior to using your product. If it's damaged, illegible, or missing, make sure to replace a warning label. If you need replacement labels, call a Bowflex representative at 1-800-628-8458. Label 1 Label 3 Label 4 Label 2 Serial Number Page 5 3 Safety Warning Labels The following safety warnings are located on the site specific areas on the device. View and understand the safety warning labels and their locations on the device before use. If you need to replace a warning label, call 1-800-628-8458 to get a new label. label 4: Do not hang notice.location: Top of the lat tower (optional attachment). label 1: General use safety label.location: Front of the main unit under the seat bracket. label 2: Keep hands away.location: Forearms on the main unit. label 3: Check all equipment before use.location: Underside of the main unit. Page 6 4 Adjustable Backrest Adjustable Seat Cable Variable Pulley System Hand Grab Permanent Platform Spring Lock Seat Pin Extension /Leg Curl Attachment Bowflex Revolution ® XP Parts Reference Guide Adjustable Arms SpiraFlex ® Resistance

Packs Engine Housing Tension Control Knob Take the time to read the entire manual and follow it carefully before trying to use your Bowflex Revolution® XP home gym. Find and read all the warning labels placed on the machine. It is To understand how to perform each exercise properly before you do so using SpiraFlex® Resistance. The image below shows the machine set in just one of many configurations. Standard accessories with your new Bowflex Revolution® Home gym are a leg extension, ab attachment, foot harnesses, and squat harness. Instructions for attaching various accessories, storing cables and changing parts are later included in this manual, as well as in the Assembly Manual. Lower Pulley Getting to Know Your Bowflex Revolution® XP home Gym Lat Tower (optional) Squat Frame Pulleys Transport Wheels Page 7 5 SpiraFlex® Resistance The Bowflex Revolution® XP home gym features an ingenious patented technology called SpiraFlex®. The Bowflex Revolution® XP muscle-building resistance comes in the form of these cleverly designed resistance packs, each built with a heavy elastic band in the package. When you perform an exercise, these resistance packs rotate around the middle, stretch the elastic band and create resistance. An important advantage of the resistance packages is that the resistance is present throughout the range of motion. That gives you a more consistent, gym-quality experience – which means your muscles get a bigger burn, better workout and faster results. SpiraFlex® technology is a non-inertia resistance mechanism that ensures the smoothness and feel of packaging-quality machines, but eliminates excessive bulk and weight. This totally unique, state-of-the-art resistance system includes packing an elastic band tighter and tighter around a coil, which is incorporated into a small canister that looks very much like free weight packs but weighs only a few pounds. Because no metal parts are used, SpiraFlex is® technology quiet, lightweight, portable and safe. Customize and understand The resistance The Bowflex Revolution® XP home gym comes with 90.72 kg resistance. The SpiraFlex® resistance packs are very similar to free weight plates and get a pound rating based on their resistance - including 5, 10, 20 and 40-pound packs (2.27kg, 4.54kg, 9.07kg, 18.14kg). The real strength of the training lies in the RESISTANCE, not in the weight. And that means you can quickly and easily stack these lightweight resistance packs on the Revolution® XP – just like free weights – and get a great workout. To upgrade to 280 pounds (127 kg) resistance you call 1-800-nauTilU5 (628-8458) using your Bowflex Revolution® XP home Gym Page 8 6 using your Bowflex Revolution® XP home to link SpiraFlex® Resistance Packs during assembly, you have spiraflex® 2.27 kg resistance packs attached to the machine. The 5-lb packs are permanently attached to the machine. The Bowflex Revolution® XP home gym comes with 90.72kg resistance packs in 5, 10, 20 and 40-lb packs (2.27kg, 4.54kg, 9.07kg, 18.14kg). Attaching resistance packs is easy. You simply select the resistance suit and slide it onto the shaft, ensuring that the rounded edge of the hole in plate is aligned to the rounded edge of the shaft (see photos on the right). As soon as you push the packaging all the way onto the shaft, press the plate and rotate the plate about 10 degrees until the locking tabs click into place. While applying pressure, rotate the plate clockwise until the index markings are aligned on the packages. NOTE: It is extremely important to ensure that all six locking tabs are committed to the proper and safe operation of the machine. Make sure the packaging is even, with no extra hole behind the bottom of the package. You choose any combination of resistance packs that meet your needs. Each package must be installed in the same way, by placing the packaging on the shaft, sliding it all the way to the housing and turning counterclockwise until the locking tabs turn on. Then rotate it clockwise so that the index markers are aligned to each package. If you use multiple resistance packs, each includes a locking mechanism to stack multiple packets. You set symmetrical or asymmetrical resistance. What this means is that you set resistance at 40 pounds (18.14 kg) on one side and 60 pounds (27.22 kg) on the other, or set both sides at 60 pounds, or 60 pounds on one side and nothing on the other - or a variation like that. Setting resistance on one side is useful when doing one-sided exercises, such as torso rotations or hip extensions. You don't always have to have the same amount of resistance on each side. However, this is common for symmetrical exercises such as bench presses or breast flies. For an animated demonstration of a good pack installation, visit the Faq section of the Bowflex Revolution® website on www.bowflexrevolution.com. Step 1: Place resistance pack on shaft, matching rounded top of the hole with rounded top of the shaft. Push resistance suit all the way up the shaft. Step 2: When pressing the package in the direction of the machine, turn counterclockwise in about 10 degrees until all six plate tabs lock in place. Then rotate clockwise until index markers are aligned. Index marks Page 9 7 The Bowflex Revolution® XP home gym offers one of the largest ranges of exercises ever offered by a Bowflex® home gym. Preparing your machine for use and maintenance of your machine is easy. Prepare to use Before using your Bowflex Revolution® XP home gym, you should read through all the safety alerts in this guide and keep an eye on the alerts on the machine. In addition, check the machine prior to each use to ensure that all parts are in good condition. Prepare to practice To do exercises, read the instructions in this manual or on the exercise poster included with your machine. Each exercise uses a unique set of adjustable arm positions and cable connections. Using your Bowflex Revolution® XP gym should be simple: • Select the resistance packs you want • Place the adjustable arms at the correct setting • Attach cable clips to the correct location • Complete the exercise A full description of each exercise will be included in this guide later. Moving & Storage Your Machine The full assembled weight of your machine is over 200 lbs. It is imperative that you alerts and alerts when using or moving your machine. To move your machine, lift the adjustable arms to the 0 position and make sure they are locked in place. Hook the D-handle Hand Grips to the hooks at the front of the Standing Platform. Gently lift the front of the machine to shift the weight to the rear wheels. You now roll the machine. Prepare for use, save, and move Lift adjustable arms to 0 position (see photo above) and lock in place. handles to loops at the front of the Standing Platform. To move the machine, use handles to lift the front of the device and slide its weight on to the transport wheels at the back of the base. Page 10 8 Maintenance To store your machine, leave the machine fully assembled, or remove the leg extension to create a smaller footprint for storage. It is advisable to raise the adjustable arms to the 0 position and make sure they are locked in place. Preventive maintenance Keeping your machine in good condition takes a minimal amount of time and ensures that you have many years of use. In addition to preventive maintenance, such as checking to ensure that the appliance is clean and free of defects, wiping surfaces and keeping fittings in a safe location, maintenance should be limited. Wipe down daily with a damp cloth. Pay special attention to areas where perspiration might draw. Monthly inspect the device for loose parts, nuts, bolts, etc. Inspect ropes and straps for fraying or excessive wearing. Remove the top cover annually and inspect the condition of the internal components. Look for fraying or excessive wear on belts, ropes and moving parts, and replace as necessary. Page 11 9 adjust cable voltage Pay close attention to the maintenance of the cable voltage. Over time and with intensive use, the cables are designed to give something. On the main engine housing is a voltage control button that allows you to increase the voltage in the cables. Checking for incorrect cable voltage is easy. 1. Place the adjustable swivere carts in the top position. 2. Check that clips at the end of the cable hang down or if they are tight against the pulley. 3. If cables do not have enough voltage, use the tension button on the side of the machine to tighten the cables. (See image below). 4. To increase the voltage, pull the voltage button outwards and turn the large pulley clockwise. The clip on the cable should hit the pulley. In this image, the cable clip extends a few centimeters below the pulley, so that there is not enough tension in the cable. The cable clip should be against the pulley with the right tension. There are voltage buttons on each side of the machine. In order to reduce the cable voltage, Pull the button and turn the big pulley clockwise. You know when you have enough tension when the cable pulls back and the cable clip hits the pulley. The cable clip has to stop here. Big pulley. This is what you need to turn to increase the voltage on the cable. Increase the span knob and use your other hand to rotate the large pulley clockwise. Page 12 10 Cable Routing and Storage Squat Frame Pulley Cables To install the Squat Frame Pulley cables, remove the ball end of the rope by pressing the insert out of the ball (figure A), and slide the ball off the rope. Guide the cable under the pulley closest to the engine and reinstall the ball end (Figure B). When the Squat Pulley cables are not in use, store them by wrapping them around the rope hooks as shown. Figure A Figure A Figure B Cable Pulley Hooks Page 13 11 attachment accessories Your Bowflex Revolution® XP home gym comes with a pair of handles and foot harnesses, and a squat harness. Handles You get two handles with your Bowflex Revolution® XP home gym. Handles contain two D-rings on each grip, allowing a shorter handle or longer handle, depending on the exercise. For exercises that require a specific handle attachment, attaching it to the D-ring closest to the handle is referred to as the use of the short handle. Fastenings to the D-ring the most distant from the handle will be referred to as using the long hand grip. Plug in here for longer handle. Plug in here for shorter handle. Foot harness You also get two foot harnesses. Foot harnesses are used for different types of leg exercises. The foot harnesses contain fastening rings on multiple sides. Attach to cables using clips here. Squat harness You get a squat harness that connects to the cables in the Squat Frame pulleys. The squat harness includes fastening rings on the adjustable straps and shoulders, and loop handles on the straps. The D-rings on the straps attach to the Squat Frame Pulley cables. You also attach handles to the rings on the shoulders and use the handles to stabilize your hands and arms. Attach handles here. Attach Squat Frame cables here. Page 14 12 The illustrations on the following pages show how to install the chair and each of the Bowflex Revolution® XP attachments. Installing the Seat and Attachments Seat and Back Pad with Locking Pin Attach the seat and the rear path to the seat rail by placing the upper hooks on the respective upper posts and turning the lower hooks into position. Once the pads are in place, insert the locking pin through the hole behind the bottom hook to secure the pad: • Use the locking pin to secure the seat cushion for the Standing Single Leg Curl exercise. • Use the locking pin to determine the rear path when performing seated lat pulldowns. Note: Do not use the locking pin on the rear path when it is in the oblique position. Back Pad Locking Pin Upper Hook Upper Hook Upper Post Upper Post Locking Pin Page 15 13 Installing the Seat and Attachments The leg extension extension is used when doing leg extension and leg curl exercises. To attach the leg extension, pull the pop pin down under the seat and place the leg extension in the mounting bracket. Slide the leg extension to the desired and screw the pop pin firmly into place. Then attach the hooks to the ends of the Squat Pulley cables to the snaphook on the Leg Extension. Leg Extension Assembly Seat Pop-pin Page 16 14 ab attachment (ordered separately) Use the ab attachment when performing ab crunch exercises. Remove the locking pin from the back of the backrest and remove the backrest from the seat rail. Install the ab attachment in place on the seat rail. Installing attachments Lat Tower (ordered separately) The Lat Tower is used to perform a wide range of standing and seated exercises. The product kit includes the Lat Pulldown Bar, which enhances exercises that work the back, shoulders and triceps muscles. Remove the cap on the mast of the main frame. Insert the Lat Tower into the mast and secure with the supplied bolts. See the Lat Tower Assembly Manual for detailed instructions. Safety measures: • Make sure all fasteners are in place and tightened before using the Lat Cross Bar. • Make sure the Lat Tower cables are securely attached to the regular Bowflex® cables and the Lat Pulldown Bar or Hand Grips. • Always use the Lat Bar holders to support the Lat Pulldown Bar or remove the bar when not in use. • Do not hang or try to perform chin ups from the Lat Cross Bar. • Never pull the Lat Pulldown Bar unless there is resistance to it. Page 17 15 Companion equipment Bowflex Revolution® XP accessory Rack (ordered separately) The Bowflex Revolution® XP home gym comes with many accessories and attachments to provide you with a wide range of exercises. In between workouts, this specially designed accessory rack stores the equipment that makes your home gym versatile, so your training area stays organized and ready for your next workout. The accessory rack features specially designed storage space for many accessories, including: • Leg extension • Resistance packs • Handles & foot harnesses • Squat Harness • Ab Attachment Seat Back (optional) Heavy steel construction for years of use Stand size: 29.01 L x 28.81 W x 30.2 H (73.83 cm x 73.73,73,73,01 17 cm x 76.71 cm) rack with accessories unloaded rack View the Bowflex Revolution® XP accessory rack and a wide selection of other great products available on www.bowflex.com Page 18 16 Defining your goals is muscle strength the maximum force you exert against resistance at once. Your muscle strength comes into play when you pick up a heavy bag of groceries or lift a small child. It is developed when a localized muscle is worked both positively (concentric) and negative (eccentric) at a resistance that is large enough to perform only five to eight repetitions of the exercise before the muscle fails. Each set of repetitions is followed by a rest interval that is typically three times longer than the set. Later, between training sessions, the muscle overcompensates for stress and usually increases in both strength and size. Muscle endurance is the ability to perform repeated contractions. carry it. comes into play when you cross-country or work on your feet all day. Endurance training focuses on the slow twitch, endurance muscle fibers, which depend on oxygen for energy. To develop muscle endurance, use low resistance and high repetitions- about 15-20 repetitions in each set, three sets to each exercise, working the muscle only fatigue. Muscle strength is the combination of strength and speed of muscle contraction. This is often misinterpreted as: (a) Being directly associated with certain skills or sport; and/or b) which means you have to be fast. Load is actually a more important factor than speed when trying to improve power. When training to gain muscle strength, choose a resistance that fatigues you in the 3-5 repetition range. When performing these repetitions, it is more important to think of contracting the muscles faster rather than trying to move faster. Performing sports simulation exercises usually results in a deterioration of the motor pattern or skill. The biomechanically correct method of improving power in your sport is to train for power using the correct joint movements, as described in this handbook. Then practice the skill associated with your sport, learning to apply this newly achieved power. Body composition is the ratio of fat weight (fat) lean weight (muscles, bones and tissue). As you get older, the ratio shifts. The fat weight increases and the lean weight decreases. Training for muscle strength will generally increase muscle size and aerobic conditioning will help burn extra calories. Performing these two forms of exercise, either at different times or together, will create the biggest changes in body weight. Balanced strength and alignment is the result of equal strength developed in all parts of the body. It comes into play in your standing and seated posture, and in your ability to perform just about any activity safely and effectively. An overdevelopment of the back will be around the shoulders; weak or stretched abdominal muscles can cause lower back pain. You want a balance of muscle strength front and back. In addition, you need a power balance between your middle and lower and upper body. Flexibility is the ability of a muscle or group of muscles to move the joint through a full range of motion. Flexibility comes into play when you perform an overhead serve or racks for the top shelf in the kitchen. It is a cooperative movement of opposite muscle groups. When a muscle contracts, the opposite muscle group should relax before the action occurs. More flexibility means a greater range of motion, made possible by this simultaneous and relaxation. Good flexibility is important in protecting the body from injury and can be achieved through the balanced strength training programs included in this guide. Cardiovascular endurance is the ability of the heart and lungs to deliver oxygen and nutrients to the exercise of muscles over a longer period of time. It comes into play if you jog a mile or or a bicycle. It is an essential part of overall fitness and health. Each training program should be supplemented with cardiovascular training. Achieving your goals To achieve your goals you need to follow a consistent, well-designed program that provides balanced development to your body will do what you train to do. That's why it's important to define your goals and focus on those goals. Here are some fitness components that will help you define your goals and choose your fitness program. Page 19 17 Defining your goals all parts of the body and includes both aerobic and strength exercise. Only then will you achieve your goals safely and efficiently. The workout routines found in this guide are professionally designed and written to target specific fitness goals. If you don't find one specific program to your liking, you design your own program based on sound information and the principles in this guide. Designing your own program You design your own personal program specifically aimed at your goals and lifestyle. Designing a program is easy, as long as you follow these guidelines. Understand fitness and its components: misconstrued taken programs can be dangerous. Take the time to check out this guide and other fitness guides. Know your current fitness level: Before starting a fitness program, you should consult a doctor who will help you determine your current skills. Identify your goals: Goals are critical to choosing and designing a training program that fits and improves your lifestyle, but so is the strategy. It is important not to rush the process and to reach too much too quickly. That will lead to setbacks and discouragement. Instead, set a series of smaller achievable goals. Select additional exercises: Make sure you have exercises that address compounded joint movements and some joint movements. In addition, select exercises that address complementary muscle groups. Put the first things first: During each session, first, those muscle groups that need the most training work. Remember your cardiovascular component: Each fitness program must include a cardiovascular fitness component to be complete. So fill your resistance training with aerobic exercise, such as walking, running, cycling or rowing. Training variables: When designing your own program, there are several variables that, when mixed well, are equal to the right fitness formula for you. To find the best formula, you need to experiment with different combinations of variables. The variables are as follows: • Training frequency: the number of times you train per week. We recommend daily activity, but not daily training of the same muscle group. • Training intensity: the resistance used during your repetition. • Training volume: The number of repetitions and sets performed. • Rest intervals: The time you rest between the sets and the time you rest between workouts. Once you've established a basic fitness base, follow the following basics: • muscle groups: Focus work on specific muscle groups. • Progressive loading: The gradual systematic increase in repetitions, resistance and exercise period. Page 20 18 sports Well working out A workout starts in the eye of your mind. With concentration and visualization you approach your training with a positive, constructive attitude. A good pre-workout mental routine is to sit and relax so you focus on what you're going to do and think about achieving your end goal. Heating up It is important to warm up each muscle group before you have strenuous resistance. We recommend warming up by doing light stretching and light exercises at the Bowflex Revolution® XP home gym. Breathing The most important part of breathing while exercising is, quite simply, that you do it. Inhalation or exhalation during actual performance does not depend on the direction of the airflow compared to effort. It is basically a mechanical process that changes the position of your spine as your rib cage moves. Here are some breathing tips: 1) Be careful when concentrating or exercising. This is when you're probably holding your breath. Don't hold your breath. Don't exaggerate breathing. Depth of inhalation and exhalation should be natural for the situation. 2) Allow breathing to occur naturally. Don't force it. Performing your routine The workout portion of your fitness routine is the series of exercises dedicated to your specific goals. Remember, make sure you have fun! Cool Down An essential part of the training routine is the cooling. Gradually reduce the level of exercise intensity so that the blood does not accumulate in a muscle group, but continues to circulate at a decreasing rate. We recommend the rowing exercise for cooling. Remember to gradually move yourself into a relaxed state. Page 21 19 The workouts 20 Minutes Better Body Workout Frequency: 3 days a week (M-w-F) Time: about 20 MinutesStart by performing a set of each exercise. Warm up with a light resistance exercise that you can easily perform for 5-10 reps without tiring. Focus on practicing and learning your technique for increasing resistance. Then go to a more challenging resistance that you perform for no less than 10 repetitions and no more than 15 repetitions without your shape deteriorating. As you get stronger, you can move on to two sets for each exercise. Complete all sets of each exercise before moving on to the next one. Rest for 30 to 45 seconds between sets. Move slowly on each rep. Use a pace that allows you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down on fatigue during each set. Advanced General Conditioning Frequency: 4 Days a Week Time: about 35-45 minutesWhen you are adept at performing the training techniques of the above routine and no longer realize results, or if you are bored, it is time to change your program. You with this split system routine that works against muscle groups on different days. To do this, increase your resistance when you perform 12 reps perfectly, and you will increase your volume by performing more sets and more exercises. Move slowly on each rep. Use a pace that allows you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down and work on fatigue during each set. Body Part ChestBackShouldersArmsPage 22 20 The workouts 20 Minutes above/lower Body frequency: 4 days a week (M-T-Th-F) Time: approximately 20 MinutesThis program offers you a fast and effective workout that combines muscle conditioning with a number of cardiovascular benefits. Do this routine when you are limited in time or just want a variation on your normal routine. Perform this program training 2 days, rest 1 to 2. Perform all exercises to almost fail, stopping at the point that your technique begins to deteriorate. Rest only 20-30 seconds between sets. As you get stronger, you increase the number of sets you perform. Move slowly on each rep. Use a pace that allows you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down and work on fatigue during each set. DAY 1 & 3 Body Part ChestBackShouldersArmsPage 23 21 The workouts Body Building Frequency: 3 Days On, 1 Day Off Time: approximately 45-60 MinutesBody building requires focused concentration and dedication to training, as well as proper eating habits. Train each muscle group to fail before moving on to the next exercise. Don't neglect a muscle group. If necessary, include an aerobic activity to increase your calorie expenditure and help to reduce your body fat levels to achieve a defined muscular look. Rest for 30-60 seconds between each set and exercise. Focus on the right shape. Turn the muscle before you move, squeeze the muscle as you move, cramp the muscle to the point of full contraction, and resist the movement as you lower the weight. Move slowly on each rep. Use a pace that allows you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down and work on fatigue during each set. Body Part Chest Shoulders Exercise Bench PressChest FlySeated Shoulder PressCrossover Bent Rear Behind Deltoid RowsStanding Lateral RaiseShoulder ShrugPage 24 22 The Workouts Circuit Training – Anaerobic/Cardiovascular Frequency: 2-3 Times A Week Time: approximately 20-45 MinutesCircuit training is a great way to achieve the benefits of strength training and cardiovascular training in a fast, challenging routine. The idea is to move quickly from exercise to exercise, requiring only as much rest between sets as it takes to set up the next exercise (less than 20 seconds). One circuit equals one set of each exercise. Start in first complete a lap of Circuit 1. Then add an extra round of the same circuit. Once you've reached three laps of Circuit 1, add a round of Circuit 2. Add Add rounds of Circuit 2 as your fitness level increases. Repeat process with Circuit 3. Do not let your heart rate exceed 220 minutes your age. Perform each rep of each exercise slowly and with perfect technique. Count three seconds up and three seconds down. Warm up with 5-15 minutes of rowing or another aerobic exercise before starting your circuits. Circuit 1 Circuit 2 Body Part ChestLegsBackLegsTrunkPage 25 23 The Workouts Strength Training Frequency: 3 Days Per Week (M-w-F) Time: Approximately 45-60 Minutes This program is designed to emphasize overall strength development. This is an advanced routine that can only be used after you have progressed from the advanced general conditioning routine and only after you have perfected your training techniques. Work each set to near exhaustion. If you perform more than 5 to 8 repetitions, you should increase your resistance by 5 pounds and reduce your repetitions to 5. Rest 60 - 120 seconds between each set and exercise. Focus on the right shape. Turn the muscle before you move, squeeze the muscle as you move, cramp the muscle to the point of full contraction, and resist the movement as you lower the weight. Move slowly on each rep. Use a pace that allows you to stop the movement instantly at any point in the rep. Count two seconds up and four seconds down and work on fatigue during each set. Body Part Chest Shoulders Exercise Bench PressChest Fly (wide pulley)Seated Shoulder PressStanding Lateral RaiseRear Deltoid RowShoulder ShrugPage 24 practises a revolutionary way to exercise the Bowflex Revolution® XP home gym offers over 90 exercises and over 400 total variations. You quickly switch between hundreds of exercises with less setup time than most fitness devices. That means a shorter workout while maintaining a higher, calorie-burning heart rate. This guide and the included poster provide information on many of these exercises, but feel free to vary the exercises to meet your needs. Using the adjustable freearms, you put the arms at 8 for an exercise, and exercise an entirely different set of muscles by simply moving the freearms to 6 or 7 and doing the same exercise. Changing exercises is easy. The freearms rotate between positions 0 and 9, taking 0 straight up and 9 straight down. That means you have ten arm positions to work out with, each a slightly different variation of each exercise. Switching between cables between exercises is easy with snap-hook attachments. Please note that the practice photos in this section show the optional Lat Tower and Ab Attachment (sold separately). separately).

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