

IMPORTANT

Before beginning this exercise routine, consult your health care professional for approval.

Use at your own risk!

Carefully read all the exercise instructions before using this multi-gym.

Stop exercising if you feel faint or dizzy!

Do not allow children under the age of thirteen to use this multi-gym.

Multi-Gym How to Guide

Instructional Overview:

This multi-gym is ideally suited for circuit training. By moving quickly from one station to the next you will maximize the health benefits that this multi-gym has to offer.

The definition of circuit training is defined as:

Circuit training is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for the next circuit. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise.

What circuit training does for you?

- Increases your strength and aerobic fitness.
- Burns lots of calories.
- Minimizes the time it takes to get a total body workout.

Tips for first-timers:

Pay attention to how you feel. Many people are surprised by how challenging circuit training work can be.

Why Is Strength Training Important?

If you've hesitated to start a strength training program, it may motivate you to know that strength training:

- Increases your metabolism which burns more calories. Muscle burns more calories than fat, so the more muscle you have, the more calories you'll burn all day long.
- Strengthens your bones, especially important for women.
- Makes you stronger and increases your muscular endurance.
- Helps you avoid injuries.
- Increases your confidence and self-esteem.
- Improves your coordination and balance.
- Training relieves stress and has a calming effect.

Basic Exercise Principles

Overload: The first thing you need to build lean muscle tissue is to use more resistance than your muscles are used to. This is important because the more you do, the more your body is capable of doing, so you should increase your workload to avoid plateaus.

Progression: To avoid plateaus (or adaptation), you need to increase your intensity regularly. You can do this by increasing the amount of weight lifted, changing your sets/reps, changing the exercises and changing the type of resistance. You can make these changes on a weekly or monthly basis.

Rest and Recovery: Rest days are just as important as workout days. It is during these rest periods that your muscles grow and change, so make sure you're not working the same muscle groups 2 days in a row.

Always warm up before you start your workout session. This helps get your muscles warm and prevents injury.

Lift and lower your bodyweight or weights slowly. Don't use momentum to lift the weight. If you have to swing to get the weight up, chances are you're using too much weight.

Breathe: Don't hold your breath and make sure you are using a full range of motion throughout the exercise movement.

For best results, complete as many repetitions as you can while maintaining proper exercise form for each exercise.

IMPORTANT! Hi And Low Pulley Station Weight Stack Instructions

The Apollo selectorized weight stack and pulley system has been designed with user safety in mind. In order to select the weight amount you want to use, please follow these instructions.

With one hand lift the clear plastic weight stack shield all the way up and with the other hand pull the pop pin out from its security track and slide it up or down in the track to select the weight amount you want to use. Once you have selected the weight amount you want, release the pop pin and make sure it is completely seated in the weight stack hole that you've picked. Lower the clear plastic weight stack shield all the way down. This will unlock the weight stack for use. While the weight stack shield is open both the high pulley and low pulley cannot be moved as they are locked.

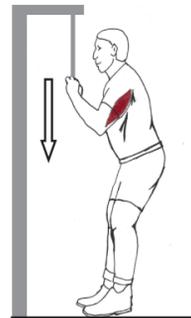
1. Triceps Press Down- High Pulley Station

This exercise station strengthens your triceps.

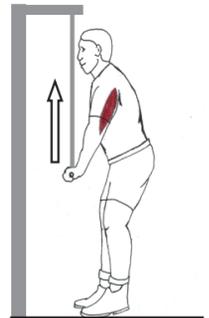
Instructions

After you've picked the weight amount you want to use, you grip each of the high pulley handles with your palms facing the mainframe. Then bring your elbows down close to your body while keeping a firm grip on the handles. From this start position while keeping your elbows tucked in close to your body press the handles down by contracting your triceps muscles to full extension. Your elbows should remain in the same position throughout the exercise movement. Once your hands are fully extended down, pause for a second with your triceps fully contracted and then slowly come back up to the start position and then repeat the exercise movement. For best results, complete as many repetitions as you can while maintaining proper exercise form.

Start/Finish position
Facing machine
Read instructions
before doing
exercise for best
results.



Mid Position



2. Upper Back Pull Down- High Pulley Station

This exercise station strengthens your upper back.

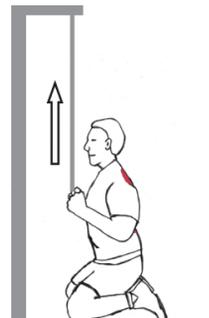
Instructions

After you've picked the weight amount you want to use, you grip each of the high pulley handles with your palms facing each other and you go to your knees while holding the handles. From this start position on your knees you contract your upper back muscles and you pull the handles down in front of you while keeping your elbows tucked in close to the side of your body, pause for a second and then slowly return to the start position and then repeat the exercise movement. For best results, complete as many repetitions as you can while maintaining proper exercise form.

Start/Finish position
Facing machine
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Mid Position



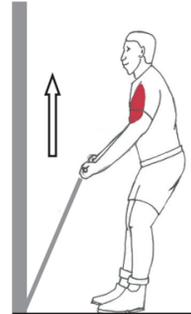
3. Bicep Curl- Low Pulley Station

This exercise station strengthens your biceps.

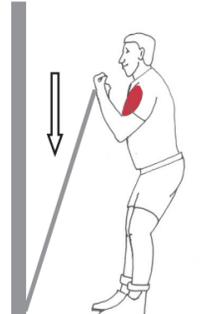
Instructions

After you've picked the weight amount you want to use, you grip the handles with your palms facing upwards shoulder width apart. From this start position while keeping your elbows close to the side of your body contract your biceps and curl the handles up towards your chest as far as possible, pause for a second and then lower the handles to the start position and then repeat the exercise movement. For best results, complete as many repetitions as you can while maintaining proper exercise form.

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Mid Position



4. Upright Shoulder Rows- Low Pulley Station

This exercise station strengthens your shoulders.

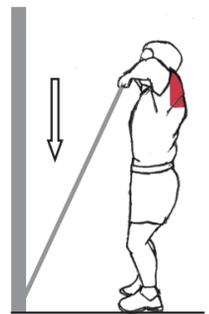
Instructions

After you've picked the weight amount you want to use, you grip the handles with your palms facing your body. Keep a slight bend in your knees and the handles close together close to your body. From this start position contract the shoulder muscles and pull the handles up towards your chin as far as possible, pause for a second and then lower the handles down to the start position and then repeat the exercise movement. For best results, complete as many repetitions as you can while maintaining proper exercise form.

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Mid Position



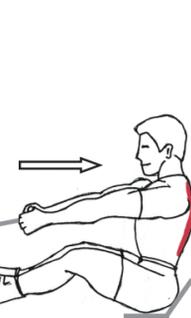
5. Back Seated Rows- Low Pulley Station

This exercise station strengthens your back.

Instructions

After you've picked the weight amount you want to use, you grip the handles with your palms facing each other. Then sit down on the ground while holding the handles and brace your feet on the foot plates. Your legs should be fully extended and you should be leaning forward slightly. While doing the exercise your elbows should be kept close to your body. From this start position contract the muscles of your upper back and pull the handles back towards your midsection as far as possible while maintaining an upright position, pause for a second and then slowly return to the starting position and then repeat the exercise movement. For best results, complete as many repetitions as you can while maintaining proper exercise form.

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Mid Position

