

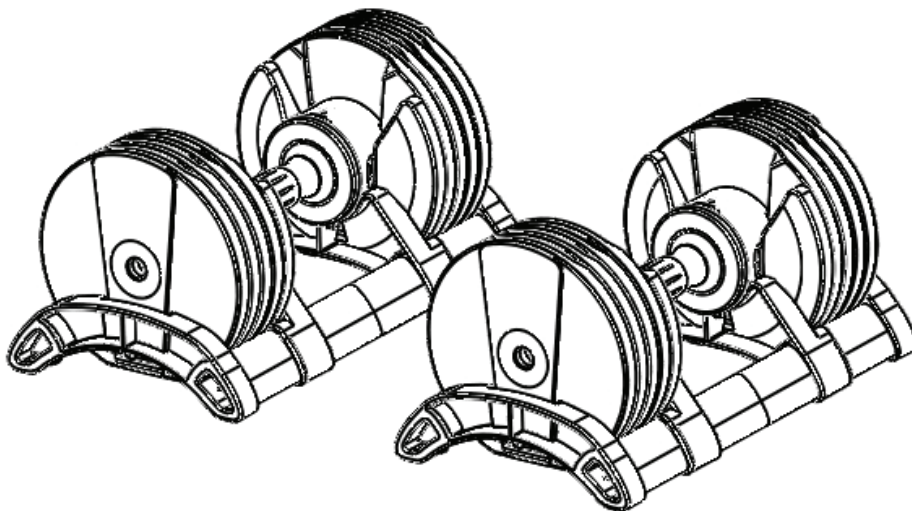


StairMaster®

TWISTLOCK™ DUMBBELL

Owner's Manual

Exercise Guide Pages 7-17



Customer Service

888-678-2476 (Option 3)

Monday-Friday

6:00am to 5:00pm Pacific

OR

Email Support

parts@stairmaster.com

IMPORTANT: READ ALL ASSEMBLY INSTRUCTIONS AND SAFETY PRECAUTIONS BEFORE USING THIS PRODUCT. REFERENCE ALL SAFETY GUIDELINES AND WARNING LABELS. RETAIN PRODUCT LITERATURE FOR FUTURE REFERENCE.

SAFETY: PROPERLY WARM UP AND STRETCH BEFORE EXERCISING. IF YOU FEEL PAIN OR DIZZINESS AT ANY TIME WHILE EXERCISING, STOP IMMEDIATELY AND CONSULT YOUR PHYSICIAN.

Preface

Congratulations on your purchase of the STAIRMASTER TwistLock™ Dumbbell set. This product has been carefully engineered and manufactured in order to provide you with the most advanced adjustable dumbbell available. It is critical that you read and fully understand this entire owner's manual before using the product.

Safety Precautions

WARNING: To reduce the risk of injury, please read the following precautions before using this product.

1. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of stated precautions.
2. Read all instructions and enclosed literature carefully. Understand the assembly and operation before using the equipment.
3. Use equipment on a flat level surface. It is recommended to place a rubber mat beneath the equipment for added protection of floors or carpets. It is also important that the surface be dry.
4. Keep children & pets away from equipment at all times. Teenagers under the age of 18 must always have parental supervision and instruction on the use of this product.
5. This equipment is intended for internal home use only. Do not use in a non-residential application or in an outdoor environment. Use in non-recommended environments can lead to serious injury and will void all related warranties & liabilities.
6. Properly warm-up and stretch before starting any strength training or cardio exercise routine. The TwistLock™ dumbbells are VERY heavy when fully engaged. Do NOT attempt to lift more than a moderate weight when starting a exercise routine.
7. If you feel pain or dizziness at any time while exercising, stop immediately and consult your physician. We assume no responsibility for personal injury or consequential damages sustained by or through the use of this equipment.
8. Inspect product before each use. Do not use a dumbbell with worn or damaged parts.
9. Recommended combined dumbbell cradle weight limit should not exceed 100 lbs (2 dumbbells at 50 lbs each).
10. Confirm that the plates are installed correctly (see Page 2). If the plates are not correctly installed, then proper engagement may not occur and the plates may unintentionally drop.
11. Never attempt to disengage plates when the dumbbell has been removed from the dumbbell cradle.
12. Observe and adhere to all warning labels posted on equipment.
13. Hold onto equipment with hand firmly grasping handle at ALL times during operation.
14. Never allow the dumbbells to drop freely to the ground from any height. Damage to the product and potential personal injury may occur. This action will constitute abuse and will not be covered under the warranty.
15. Never allow dumbbells to bump together during use. Damage to the product and potential personal injury may occur.
16. Never attempt to disassemble your TwistLock™ dumbbell handles. This product is not designed to be user serviced.
17. Before beginning your workout, make certain that your surroundings are free from potential interferences.

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Assembly

Unboxing

Take special care to remove the dumbbells from their cartons and protective packaging because the product is heavy. Inspect all parts for any signs of damage. If product is damaged, then do not use and contact StairMaster customer service immediately.

Assembly

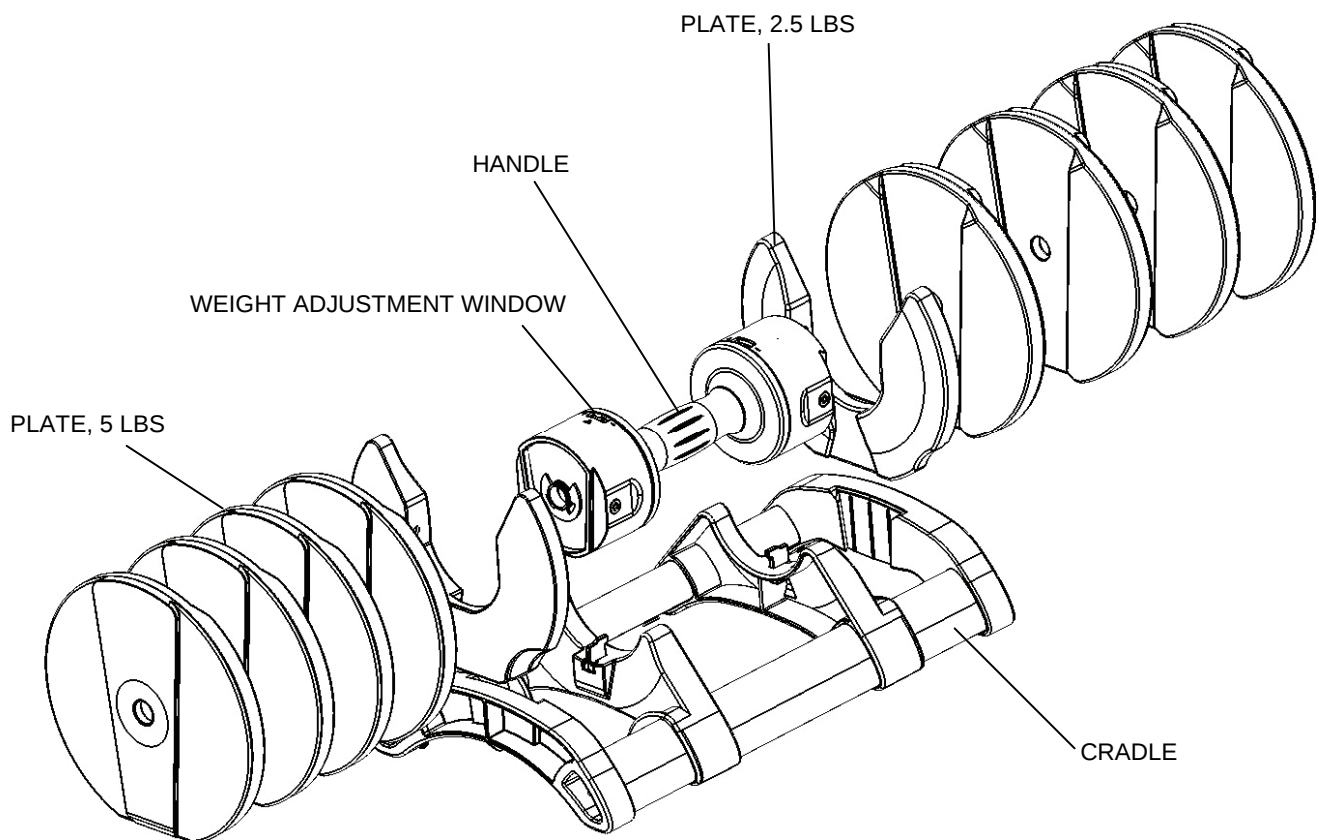
NOTE: If assembling with the TwistLock Dumbbell Stand, then please build stand first. Then properly attach cradles to stand before assembling dumbbells.

STEP 1 Place the cradle on a flat stable surface.

STEP 2 Starting with the furthest outside plate, insert 4 of the large 5 lb plates into each side of the cradle working your way inward toward the center. Plates must be facing in the proper direction (see diagram below).

STEP 3 Insert the 2 smaller 2.5 lb plates. Plates must be facing in the proper direction (see diagram below).

STEP 4 Insert the handle into the cradle with weight adjustment windows facing up. Handle can be placed in either direction.



TWISTLOCK™ Dumbbell Overview

Before using, please take a few minutes to familiarize yourself with some initial steps and a basic understanding of the operation of your new TwistLock™ Dumbbells.

Adjusting Weight

For added safety, the TwistLock™ weight adjust system can only be used when the dumbbell is docked with the cradle that holds the dumbbell.

Adjustment Window Weight Range (in pounds):

5	10	15	20	25	30	35	40	45	50
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With the dumbbell weight plates aligned properly in the cradle and the dumbbell handle fully engaged into the cradle, you must ensure that proper rotation of the handle and weight selection occurs before using your dumbbells. Turn the handle to each weight selection (clockwise and counter-clockwise) and ensure that each of the plates are securely engaged by pulling the handle (with weights attached) out of the cradle. Once you have confirmed that the handle and weight selection works properly, you are ready to begin using your dumbbells.

No knobs to turn, pins to align, or levers to slide – just twist and go! The patented TwistLock™ technology allows quick and easy weight adjustments with the simple twist of each dumbbell handle. You never have to take your hands off the dumbbell handles – simply place them into the dumbbell cradles and twist the handles to adjust the weight. Once the desired weight is shown in the adjustment window, you are ready to go!

Handles

The TwistLock™ dumbbell handles are designed to provide you with a secure and comfortable grip during your workouts. The handles (without any weights attached) weigh just 5 lbs each. This allows beginners to perform exercises with lighter weights.

For convenience and ease of use, the handles are designed to work in either orientation, so you don't have to worry about placing it back into the cradle in the wrong direction.

Cradles

Each of the TwistLock™ dumbbells are designed to work with either of the included cradles. They perform two functions:

1. They keep the weight plates in the correct position in order for you to properly engage and disengage the dumbbell handle to the cradle with weights during workouts.
2. You can only make weight selection changes when the handle is fully engaged into the cradle. This is part of the TwistLock™ dumbbell design that allows you to make weight changes safely, quickly and easily.

Weight Plates

The TwistLock™ weight plates are designed to work together. The shape of each plate features grooves that allow weight plates to join together in an up/down orientation. When you adjust the weight by twisting the handle (which can only be done while in the cradle), a selection rod extends or contracts into the appropriate number of weight plates. This selection rod keeps plates from moving in the up/down orientation and keeps the selected plates securely attached to the handle during workouts.

Each of the large round weight plates weighs 5 lbs each, while the half sized plates (2 per dumbbell located closest to each end of the handle) weigh just 2.5 lbs each. The 2.5 lbs plates are picked up on every other weight selection in the weights ending in "0" including 10, 20, 30, 40, and 50 lbs.

Troubleshooting

Problem	Solution
Dumbbell does not fully insert into the cradle when no plates are selected (handle only).	Make certain that all plates are organized properly and fit together as shown in diagrams provided (see diagram on page 2). There should be an equal number of plates in each side of cradle.
Dumbbell does not fully insert into the cradle when plates are selected (handle with plates attached).	Make certain that all plates are organized properly and fit together as shown in diagrams provided (see diagram on page 2). There should be an equal number of plates in each side of cradle.
Handle will not turn to select desired weight.	Confirm that the handle is fully depressed down into the cradle. The locking mechanism will not be released until the handle fully engages the cradle. Once the handle fully engages the cradle, then the handle should turn freely to select desired weight. You cannot change weight selection without the handle fully engaging the cradle.
Plates are not secured to the handle and drop off.	Make certain that all plates are organized properly and fit together as shown in diagrams provided (see diagram on page 2). There should be an equal number of plates in each side of dock.

Preventative Maintenance

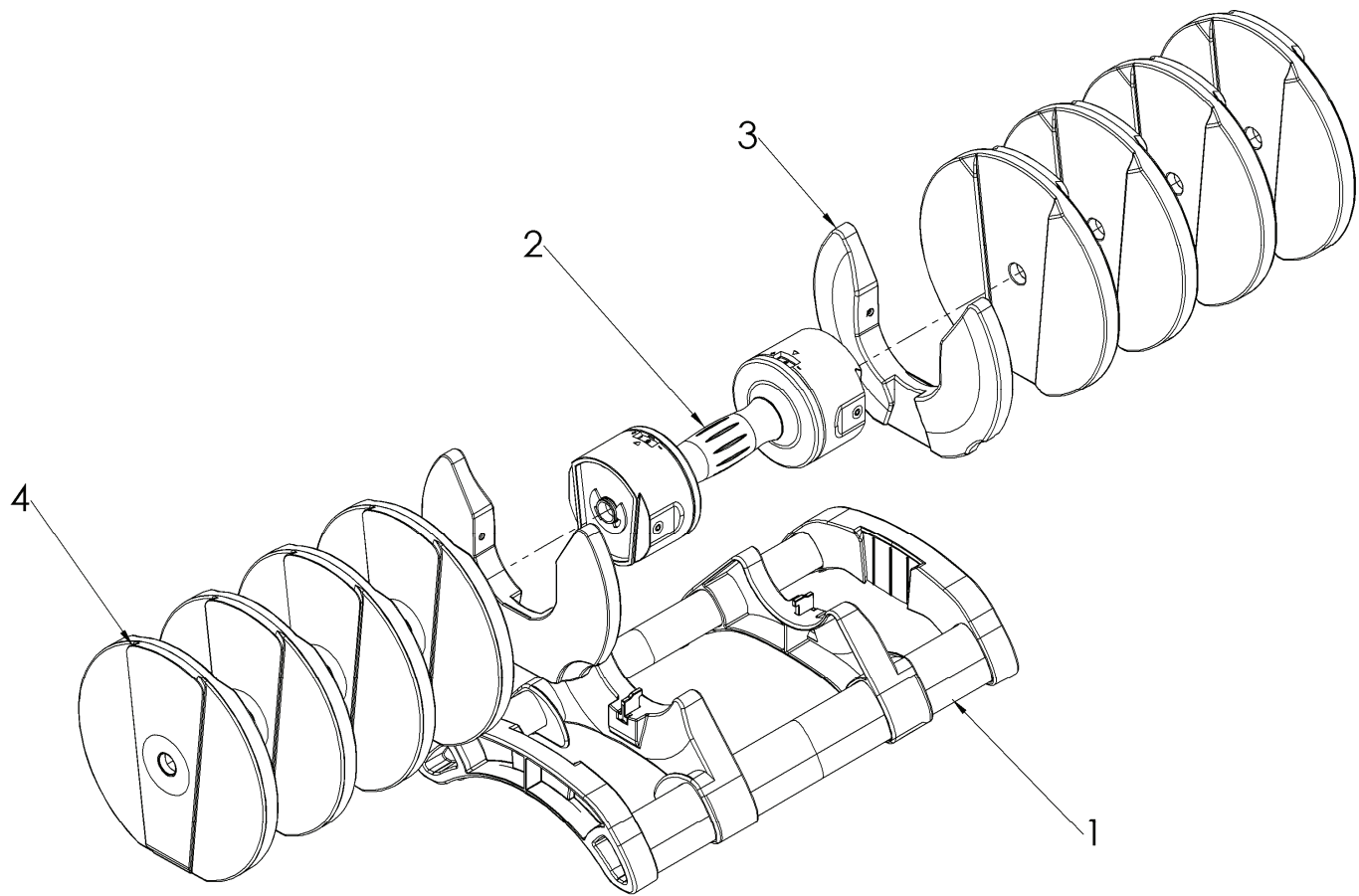
The StairMaster TwistLock™ Dumbbell is a very low maintenance product, but in order to keep it operating and looking its best, you should follow the information below.

- Use a dampened soft-cloth to wipe equipment free of perspiration after each use. Avoid getting excessive moisture on components. Do not use abrasive cleaners or petroleum-based solvents to clean equipment.
- Do not attempt any technical service on equipment without consulting an authorized service representative.
- Inspect product for loose assembly hardware and worn components before each use. Tighten and replace as needed.
- Use a product /exercise mat underneath equipment for protection of floors & carpets.
- Keep product owner's manual, purchase receipt, and service records in a safe storage place.
- Do not store or use equipment outdoors.
- Moving equipment: It is recommended that more than one person assist in the movement of heavy equipment.

WARNING: Do not use abrasive cleaners or petroleum-based solvents to clean equipment. Do not attempt to disassemble the dumbbell or cradle. These products are not designed to be serviced by the customer and doing so will void the warranty.

Parts List

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-0005	TwistLock, Cradle	2
2	010-0002	TwistLock, Handle	2
3	010-0003	TwistLock, 2.5 lb Weight	4
4	010-0004	TwistLock, 5 lb Weight	16
5	010-0001	TwistLock, Owner's Manual (not shown below)	2



StairMaster Limited Warranty

All StairMaster exercise products are warranted to be free from defects in materials and workmanship under the terms of recommended use and warranty coverage.

Warranty coverage is valid to the original retail purchaser and is not transferable. Coverage will be calculated from the date of retail purchase. Original proof of purchase will be required with any associated warranty claim.

Products sold or placed in non-recommended user applications will void all warranty coverage set forth by StairMaster. Parts replaced under the terms of this warranty will be warranted for the remainder of the original period only.

Coverage Periods

StairMaster hereby extends the following limited warranties for the application, components, and time periods indicated;

STAIRMASTER TWISTLOCK™ DUMBBELL SET

User Environment:	Residential (Home Use Only)
Parts:	2 Years
Labor:	None

Service Procedure

To order replacement part(s), the original purchaser may contact StairMaster Product Support at (888) 678-2476. When calling, be prepared to provide the product manufacture date code. Proof of purchase may be needed in order for StairMaster to verify warranty coverage and issue a Return Materials Authorization (RMA) number. Parts being returned to StairMaster for warranty credit must be shipped prepaid, accompanied by a packing list or tag bearing the RMA number, manufacture date code and customer name. No credit will be issued for parts returned without prior authorization from StairMaster.

StairMaster reserves the right to review defective part(s). All costs of shipping defective part(s) to and from StairMaster for inspection shall be borne solely by the original purchaser. Any repair or modification of defective part(s) by anyone other than a StairMaster Technical Representative or Authorized Service Provider will void this warranty. If StairMaster determines, in its sole discretion, that it is impractical to ship defective part(s) to StairMaster, StairMaster may designate, in its sole discretion, a repair facility to inspect and estimate the cost to repair such defective part(s). The cost, if any, of shipping defective part(s) to and from such repair facility and of such estimate shall be borne solely by the original purchaser. Defective part(s) must remain available for inspection until the claim is finalized. Whenever claims are settled, StairMaster reserves the right to be subrogated under any existing insurance policies the claimant may have.

Limitations and Exclusions

THIS LIMITED WARRANTY ONLY APPLIES TO THE ORIGINAL PURCHASER AND DOES NOT APPLY TO EXTREME ENVIRONMENTAL DAMAGE, COSMETIC DAMAGE, IMPERFECTIONS THAT ARE WITHIN DESIGN SPECIFICATION(S) OR THAT DO NOT MATERIALLY ALTER FUNCTIONALITY, OR DAMAGE DUE TO ACTS OF GOD, ACCIDENT, ABUSE, MISUSE, NEGLIGENCE, LACK OF NORMAL MAINTENANCE, ABNORMAL SERVICE OR HANDLING THAT DIFFERS FROM THAT SPECIFIED FOR THIS MODEL, IMPROPER INSTALLATION OR OPERATION. IN ADDITION, ALTERATION OR MODIFICATION OF THE PRODUCT, OR REPAIR BY ANYONE OTHER THAN A STAIRMASTER TECHNICAL REPRESENTATIVE OR AUTHORIZED SERVICE PROVIDER WILL VOID THIS WARRANTY.

Disclaimer of Warranties; Limitation of Liability

THIS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING WITHOUT LIMITATION, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. REPAIR OR REPLACEMENT AS PROVIDED ABOVE SHALL BE THE SOLE AND EXCLUSIVE REMEDY AVAILABLE TO THE PURCHASER. CORRECTION OF DEFECTS, IN THE MANNER AND FOR THE PERIOD OF TIME DESCRIBED ABOVE, SHALL CONSTITUTE COMPLETE FULFILLMENT OF ALL LIABILITIES AND RESPONSIBILITIES OF STAIRMASTER TO THE PURCHASER WITH RESPECT TO CONTRACT, NEGLIGENCE, STRICT LIABILITY OR OTHERWISE. STAIRMASTER SHALL NOT BE LIABLE OR IN ANY WAY RESPONSIBLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES BASED UPON BREACH OF ANY EXPRESS OR IMPLIED WARRANTY ON THIS PRODUCT OR OTHERWISE.

SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF IMPLIED WARRANTIES OR INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE EXCLUSIONS AND LIMITATIONS MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH MAY VARY FROM STATE TO STATE.

Exercise Guide

Training For Success

How you start an exercise program depends on your physical condition. If you have been inactive for awhile or you have a pre-existing health condition, you should start slowly. Initially you may only be able to exercise for a short amount of time using minimal resistance levels or weight loads.

Begin your desired training program slowly and gradually increase the amount of time you exercise. Apply realistic goals that have been set by you or your physician. You should see sufficient gains in your personal fitness level within 4-6 weeks of continuous exercise, but do not be discouraged if it takes longer. It is very important to exercise at your own pace and become confident in obtaining your goals. It is also important to apply warm-up, stretching, and cool down periods with any exercise program.

As your fitness level increases, so will your confidence and sense of accomplishment. Regular exercise and a healthy diet will energize you and offer a sense of well-being.

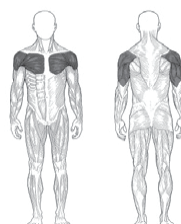
FLAT CHEST PRESS

Position yourself on a flat bench so that your feet are flat on the floor and your head and neck are supported. Start with a dumbbell in each hand and your arms at a 60-90° angle away from your sides. Keep your elbows aligned with your shoulders. Slowly push the dumbbells up to your arms' length. Pause and slowly return to the starting position. Exhale when pushing the dumbbells, inhale when lowering the dumbbells.

Hands can also be alternated when pressing.

TARGET MUSCLES

Pectoralis Major, Deltoids, Triceps



Proper Form

Keep your back pressed into the back pad with your abs tight and chest up.



Exercise Guide

INCLINE CHEST PRESS

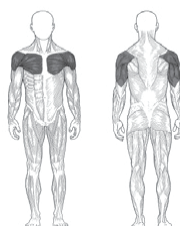
Position yourself on a 45° - incline bench so that your feet are flat on the floor, on the bench rear stabilizer, or behind roller pads for added support. Make sure your head and neck are supported on the back of the bench. Start with a dumbbell in each hand and your arms at a 60-90° angle away from your sides. Keep your elbows aligned with your shoulders and the dumbbells in line with your head. Slowly push the dumbbells up to your arms' length. Pause and slowly return to the starting position. Exhale when pushing the dumbbells, inhale when lowering the dumbbells. Hands can also be alternated when pressing.

TARGET MUSCLES

Pectoralis Major, Deltoids, Triceps

Proper Form

Keep your back pressed into the back pad with your abs tight and chest up.



FLAT CHEST FLY

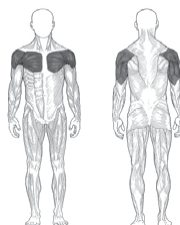
Position yourself on a flat bench so that your feet are flat on the floor or on the bench rear stabilizer and your head and neck are supported. Start with a dumbbell in each hand and rotate your arms away from your body so the inside of your elbows and palms are pointing upward. Slowly raise the dumbbells upward in a "hugging a barrel" type of motion. Keep your arms and elbows in a fixed, semi-bent position. Bring the dumbbells together directly over the center of your chest. Pause and slowly return to the starting position. Exhale when raising the dumbbells, inhale when lowering the dumbbells.

TARGET MUSCLES

Pectoralis Major, Deltoids

Proper Form

Keep your back pressed into the back pad with your abs tight and chest up.



Exercise Guide

DECLINE CHEST FLY

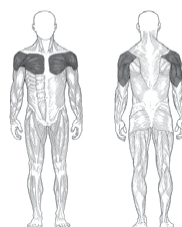
Position yourself on a 10° - decline bench so that your feet are flat on the floor, on the bench rear stabilizer, or behind roller pads for added support. Make sure your head and neck are supported on the back of the bench. Start with a dumbbell in each hand and rotate your arms away from your body so your the inside of your elbows and palms are pointing upward. Slowly raise the dumbbells upward in a “hugging a barrel” type of motion. Keep your arms and elbows in a fixed, semi-bent position. Bring the dumbbells together directly over the center of your chest. Pause and slowly return to the starting position. Exhale when raising the dumbbells, Inhale when lowering the dumbbells.

TARGET MUSCLES

Pectoralis Major, Deltoids

Proper Form

Keep your back pressed into the back pad with your abs tight and chest up.



START



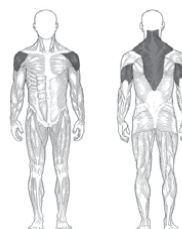
FINISH

SHOULDER PRESS

Stand with your feet shoulder width apart and your knees slightly bent. Start with a dumbbell in each hand and your arms at a 60-90° angle away from your head. Keep your elbows aligned with your shoulders. Slowly push the dumbbells straight up above your head to just short of arms' length. Pause and slowly return to the starting position. Exhale when pushing the dumbbells, inhale when lowering the dumbbells.

TARGET MUSCLES

Front Deltoid, Upper Traps, Triceps



Proper Form

Keep your palms facing out, chest up, abs tight, elbows out, and knees bent.



START



FINISH

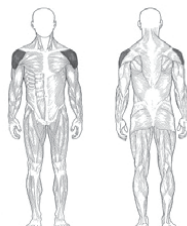
Exercise Guide

LATERAL RAISE

Stand with your feet shoulder width apart and your knees slightly bent. Start with a dumbbell in each hand and your arms in front of you with your palms facing one another and your elbows slightly bent. Slowly raise your arms out away from your sides up to shoulder height. Keep your hands and elbows in line and raise them at the same speed so at the top of the motion, the shoulders, elbows and hands are all at the same height. Pause and slowly return to the starting position. Exhale when raising the dumbbells, inhale when lowering the dumbbells.

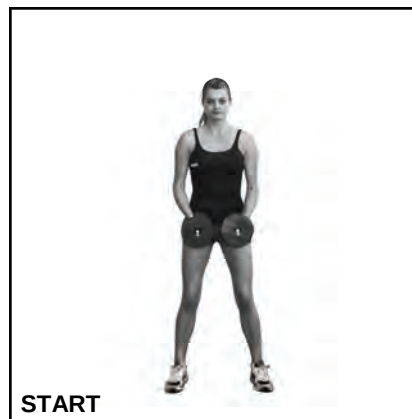
TARGET MUSCLES

Front & Middle Deltoids



Proper Form

Keep your palms facing each other at the start of the motion and facing the floor at the end of the motion. So the outer side of the arm and elbow always face out and up throughout the entire movement. Keep your chest up, abs tight, and knees bent.

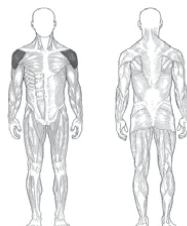


FRONT RAISE

Stand with your feet shoulder width apart and your knees slightly bent. Start with a dumbbell in each hand and your arms in front of you with your palms facing your body. Slowly raise your arms up in front of you to shoulder height. Keep your hands and elbows in line and raise them at the same speed so at the top of the motion, the shoulders, elbows and hands are all at the same height. Pause and slowly return to the starting position. Exhale when raising the dumbbells, inhale when lowering the dumbbells.

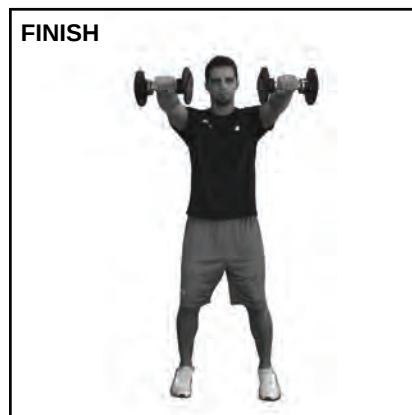
TARGET MUSCLES

Front Deltoid



Proper Form

Keep your palms facing your body at the start of the motion and facing the floor at the end of the motion. The outer side of the arm and elbow should always face out and up throughout the entire movement. Keep your chest up, abs tight, and knees bent.



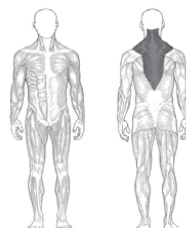
Exercise Guide

SHRUGS

Stand with your feet shoulder width apart, your knees slightly bent, and your shoulders in their natural position. Start with a dumbbell in each hand and your arms down in front of you with your palms facing your body. Slowly raise your shoulders up toward your ears and in a slight, circular motion from front to rear, slowly return to the starting position. Exhale when lifting the dumbbells, inhale when lowering the dumbbells.

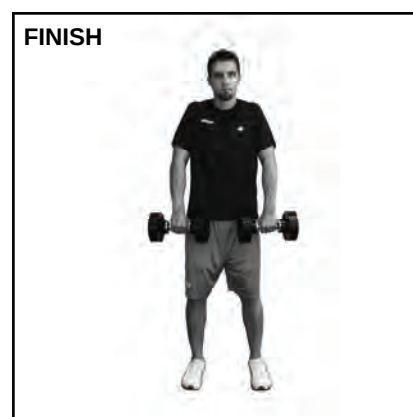
TARGET MUSCLES

Upper Trapezius



Proper Form

Stand straight with your chest out and abs tight.

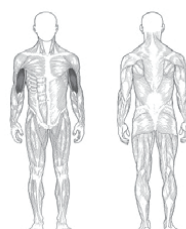


BICEPS CURLS

Stand with your feet shoulder width apart and your knees slightly bent. Start with a dumbbell in each hand and your arms in front of you with your palms facing forward. Curl one dumbbell upward until your biceps and forearm almost touch. Pause and slowly return to the starting position. Repeat with other arm, alternating repetitions. Exhale when curling the dumbbells, inhale when lowering the dumbbells.

TARGET MUSCLES

Biceps, Elbow Flexors



Proper Form

Keep your elbows close to your sides, back straight, and knees bent.



Exercise Guide

CONCENTRATION CURLS

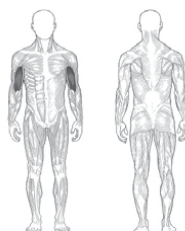
Sit on a flat bench with your feet firmly planted on the floor, slightly wider than shoulder width apart. With a dumbbell in one hand, rest the back of that upper arm on the inner thigh of the same leg just above your knee. Curl the dumbbell upward until your biceps and forearm almost touch. Pause and slowly return to the starting position. Finish the set and repeat with your other arm. Exhale when curling the dumbbells, inhale when lowering the dumbbells.

TARGET MUSCLES

Biceps, Elbow Flexors

Proper Form

Keep your elbow pressed against your inner thigh, chest up, and abs tight.



OVERHEAD TRICEPS EXTENSION

Stand with your feet shoulder width apart and your knees slightly bent. Start by holding one end of one dumbbell with both hands. Make sure fingers and thumbs are securely placed under the plates of the dumbbell. Place the dumbbell behind your head with your elbows at a 90° angle. Raise the dumbbell directly up over your head and stop the motion before your arms are completely straight. Pause and slowly return to the starting position. Exhale when pressing the dumbbell, inhale when lowering the dumbbell.

TARGET MUSCLES

Triceps

Proper Form

Your elbows should be pointing upward with your forearms parallel to the floor at the start position. Keep your chest up, abs tight, knees slightly bent, and elbows close to your head.



Exercise Guide

LYING TRICEPS EXTENSION

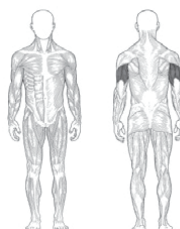
Position yourself on a flat bench so that your feet are flat on the floor or on the bench rear stabilizer and your head and neck are supported. Start with a dumbbell in each hand and your arms at a 60-90° angle with the dumbbells positioned above your head. Slowly push the dumbbells up in an arching motion and stop just before your arms are completely straight. The dumbbells should be right above your face at the top of the motion. Pause and slowly return to the starting position. Exhale when pushing the dumbbells, inhale when lowering the dumbbells.

TARGET MUSCLES

Triceps

Proper Form

Your elbows should be pointing upward and the dumbbells perpendicular to the floor at the start of the motion. Keep your back pressed into the back pad with your abs tight and chest up.



SQUATS

Stand with your feet shoulder width apart and your knees slightly bent. Start with a dumbbell in each hand and your arms at your sides with your palms facing your sides. Stand straight with your chest out and abs tight. Bend at your hips and slowly lower your body into a seated position. Your knees should be at a 90° angle at the end of the motion. Pause and slowly return to the starting position. Exhale on the squat, inhale on the return.

TARGET MUSCLES

Quadriceps, Glutes, Hamstrings, Adductors



Proper Form

Keep your back straight, head up and do not let your knees go beyond your toes.

Exercise Guide

CALF RAISES

Stand with your feet shoulder width apart. Start with a dumbbell in each hand and your arms at your sides with your palms facing your sides. Stand straight with your chest out and abs tight. Slowly push yourself up using the balls of your feet, raising your heels as high as possible. Pause and slowly return to the starting position. Exhale on the lift, inhale on the return.

TARGET MUSCLES

Calves



Proper Form

Keep your knees straight throughout the exercise.



START



FINISH

LUNGES

Stand with one foot forward and one foot back. Start with a dumbbell in each hand and your arms at your sides with your palms facing your sides. Stand straight with your chest out and abs tight. Keeping your back straight, lower your body until your thigh is parallel to the floor. Pause and slowly return to the starting position. Repeat for the other leg. Exhale on the lunge, inhale on the return.

TARGET MUSCLES

Quadriceps, Glutes, Hamstrings, Adductors



Proper Form

Keep your back straight, head up and do not let your knees go beyond your toes.



START



FINISH

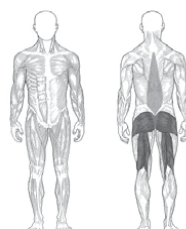
Exercise Guide

STIFF-LEG DEAD LIFT

Stand with your feet shoulder width apart. Start with a dumbbell in each hand and your arms in front of you with your palms facing your thighs. Stand straight with your chest out and abs tight. With your back and knees straight and head up, lower the dumbbells by bending at your hips until the hamstrings are tight. Stop just before the lower back bends. Slowly return to the starting position. Exhale when lowering the dumbbells, inhale on the return.

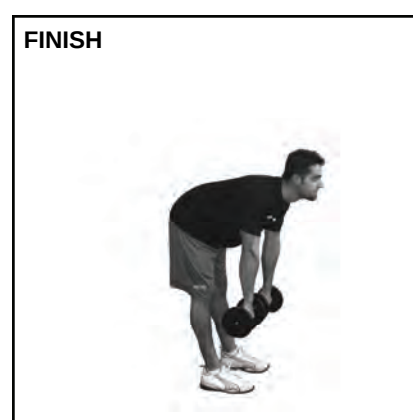
TARGET MUSCLES

Hamstrings, Glutes, Spinal Erectors



Proper Form

Keep your arms, knees, and back straight. Do not pause or bounce at the bottom of the lift. Do not lower the dumbbells beyond a mild stretch.

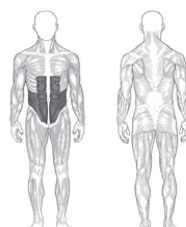


AB CRUNCH

Position yourself on a flat bench so that your feet are behind roller pads for added support. Start with one dumbbell across your chest with your arms crossed. With your abs tight and keeping the dumbbell at the top of your chest, flex at the waist and curl up until just before the lower back pulls from the back pad. Pause and slowly return to the starting position. Exhale on the crunch, inhale on the return.

TARGET MUSCLES

Rectus Abdominus, Obliques



Proper Form

Keep your head aligned with your torso.



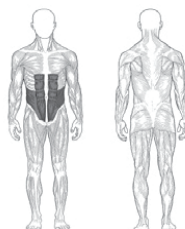
Exercise Guide

DECLINE AB CRUNCH

Position yourself on a 10° - decline bench so that your feet are behind roller pads for added support. Start with one dumbbell across your chest with your arms crossed. With your abs tight and keeping the dumbbell at the top of your chest, flex at the waist and curl up until just before the lower back pulls from the back pad. Pause and slowly return to the starting position. Exhale on the crunch, inhale on the return.

TARGET MUSCLES

Rectus Abdominus, Obliques



Proper Form

Keep your head aligned with your torso.

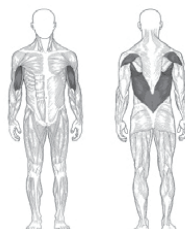


SINGLE ARM ROWS-ALTERNATING

Position yourself on a flat bench so that it supports the side of the body being exercised. Place your knee on one end of the bench and your hand on the opposite end. Start with a dumbbell in the other hand with your arm hanging naturally and your palm facing the bench. Keeping your wrist straight and leading with your elbow, slowly pull the dumbbell back, finishing with the elbow close to the body and hand near the waist. Pause and slowly return to the starting position. Exhale on the pull, inhale on the return. Finish the set and repeat on the other side.

TARGET MUSCLES

Latissimus Dorsi, Teres Minor, Posterior Deltoid, Biceps



Proper Form

Keep your body stabilized by using the bench as shown. Keep your back straight, chest up and your abs tight.



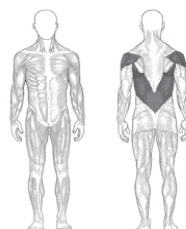
Exercise Guide

WIDE ROWS

Stand with your feet shoulder width apart, bend at your hips, keep your back straight, abs tight and knees bent. Start with a dumbbell in each hand and your arms hanging in front of you with your palms facing your knees. Pull the dumbbells up and back toward your chest until your upper arms and elbows are in line with your shoulders. Pause and slowly return to the starting position. Exhale when lowering the dumbbells, inhale on the return.

TARGET MUSCLES

Rear Deltoid, Middle Deltoid, Posterior Rotator Cuff, Upper Lats, Teres Minor



Proper Form

Keep your back straight throughout the motion, do NOT let it arch.





Customer Service

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OR

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