

*Smart***GYM**[®]

Total Fitness Xtrainer

www.SmartGYM.com



INSTRUCTION BOOK and **OPERATING MANUAL**

CONTENTS

Safety First	1
Setting Up	2
Packing Up	3
Operation	4
Power Band Resistance System, Changing Resistance	4
Using the Handles, Ankle Straps, and Cardio Belt	5
Strength Training	6
Muscle Burns Calories	7
Supersets, Powersets, Split Training	7-8
Cardio Training	9
Heart Rate and the Training Range, Taking Your Pulse	10
Target Training and the Myth of Spot Reducing	11
Exercise Tips	12
Sample Workout Programs	15
Beginner	15
Intermediate	17
Advanced	19
Exercise Index	22
Stretches	24
70 Exercises	26
Abs, Waist & Low Back	26
Legs, Hips & Buns	29
Chest	34
Back	38
Shoulders	40
Arms	43
Cardiovascular	46
Sport Specific	47
Replacement Parts	51
How to Wall Mount SmartGYM	52
How to Use SmartCRUNCH (optional equipment)	53

SAFETY FIRST

READ ALL INSTRUCTIONS CAREFULLY BEFORE USING SMARTGYM.

IMPORTANT SAFETY PRECAUTIONS

1. Consult your doctor before beginning any exercise program.
Exercise is not without some risks from sprains, strains, fractures, dizziness, fainting, elevated blood pressure, and in rare cases, heart attack, stroke, or even death. The manufacturer, its employees, and representatives are not responsible or liable for any injuries and/or illness sustained as a result of using the SmartGYM Fitness System. So please, protect yourself by checking with your doctor first!
2. Inspect your exercise machine prior to each use to ensure that the Power Bands are in good condition, free of nicks or cuts, and unfrayed. Also check that all stitching of webbing components and Velcro is intact and all plastic parts are free from visible cracks.
3. **FOR ADULT USE ONLY.** Not intended for use by children. Keep others, especially children, at a safe distance while exercising.
4. Do NOT at any time release your grip on the handles while the Power Bands are under tension (pulled away from the door).
5. **ALWAYS CLOSE AND LOCK DOOR BEFORE USING!**

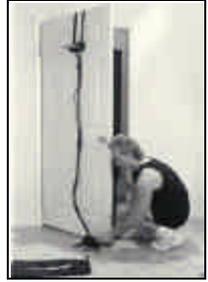
WARNING: Consult your physician before beginning any exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. In the event that any of the warnings above are breached by the consumer, the manufacturer may use same as a defense to any claim for injuries, damage, or loss. These warnings are not intended to limit or modify the consumer's remedies for breach of warranties pursuant to applicable Federal and State Laws or Regulations, but are being supplied solely to ensure the safety of the individuals using this product.

SETTING UP

1 Remove SmartGYM from the carry bag, unroll it, and hold it by the top bracket (with the SmartGYM label). The webbing straps and Power Bands are held in place with 3 band clips. Slide the webbing straps out of the band clips but leave the Power Bands clipped together.



2 Slip webbing straps over top of door (Bands face exercise room, straps on opposite side). Slip the webbing straps underneath bottom of door in the same manner. Slide both brackets to center of door. Make sure bottom bracket rests on the floor and straps are not twisted.



3 Behind door, grasp webbing straps and pull downward as far as possible. This action slides the top bracket up until it stops at top of door. Press strap ends down onto the exposed Velcro to secure them in place. The Power Bands should now be stretched tautly between the brackets.



4 Check the front of door to make sure both brackets are level and even with the top and bottom of the door, respectively. If necessary, adjust the webbing straps to make them even by tightening each of the rear cinching straps as needed.



5 Close and **LOCK the DOOR.**



6 Remove the three band clips from the top, middle, and bottom of the Power Bands. Attach handles, ankle straps, or cardio belt and go for it!



PACKING UP

1 Before packing up, immobilize the Power Bands by attaching the 3 band clips (at the top, middle, and bottom of the Power Bands).



This keeps the Power Bands from getting tangled once they are no longer stretched on the door.

2 Behind the door, pull the ends of the webbing straps up to release them from the Velcro and allow them to gently slide upward to the top of door.



3 Slip the top webbing straps off the top of the door and, while holding at shoulder height, pull the bottom webbing straps from underneath door.



4 With one hand holding the top bracket at shoulder height, use the other hand to grasp the Power Bands in the center and fold over the top bracket so it hangs just above the bottom bracket.



5 Continue to double the bands over one more time, then wrap the rubber band around the end of the quadrupled Power Bands to secure the unit for transport.



6 Slide the unit in the carry bag. Stuff the handles, ankle straps, and cardio belt alongside and pull the drawstring tight to close. Throw over your shoulder and go!



OPERATION

SmartGYM is a deceptively powerful machine that allows you to exercise without using weights. Instead, using its unique Power Band resistance system, you can choose variable levels of resistance for a customized total body workout that rivals a health club...free weights and all.

Most exercise machines are big, heavy, and expensive, but SmartGYM is just the opposite—small, lightweight, totally portable, and totally affordable. What gives? The answer is patented genius. Most of the expense of other machines resides in the mammoth steel frame needed to support the resistance system (usually weights). SmartGYM's unique omnidirectional pulley system fitted with four Power Bands is designed to use any conventional door as the frame. So you don't have to carry the frame around with you, which makes it extremely light (3.5 pounds) and totally portable. And since almost anywhere you go there's a door available, we don't need to sell you the frame, which drops the price dramatically.

Power Band Resistance System—DVR Technology

SmartGYM's resistance (weight) consists of four Power Bands, two for each hand, each varying in resistance (from left to right: blue, red, red, blue). Made from woven strands of natural Latex encased in a durable nylon jacket, the Power Bands are designed to provide years of safe, effective service. The pulley system connecting the Power Bands offers both high and low pulley positions which enables you to push and pull the Power Bands in almost any conceivable manner or direction, facilitating over 70 muscle building and aerobic exercises. Each exercise is designed to work a specific muscle group, and since muscles vary in strength, it's important to choose an appropriate resistance level for each exercise to be the most effective.

Changing Resistance

To change resistance, simply hook the handles, ankle straps, or cardio belt to one or more Power Bands in different combinations. Eight different combinations, or levels of resistance, are possible, depending on which Power Band or combination of Power Bands you choose.

OPERATION

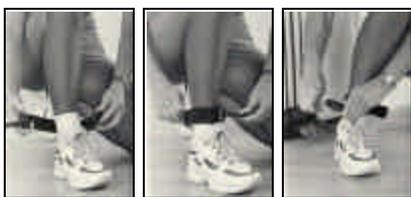
The red (heavy) Power Band is more powerful than the blue (light) Power Band. However, two blue Power Bands are stronger than one red Power Band. The 8 possible combinations, or levels of resistance, from low to high are:



The Power Bands work on the principle of Dynamic Variable Resistance—the more they're stretched, the more resistance they provide. This makes fine tuning overall resistance extremely quick and easy. Simply step further away from the door to increase resistance or move closer to the door to decrease resistance.

Connecting the Handles

Clip the snaphook onto one or more Power Bands and begin.



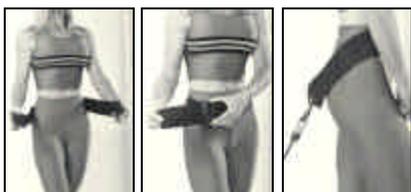
Connecting the Ankle Straps

Loop the ankle strap around your ankle. Thread the free end through the snaphook's D-ring and tighten to comfort.

Press the end onto the exposed Velcro to secure. It's easier if you first pull the Power Band to your ankle before attaching the snaphook.

Connecting the Cardio Belt

Loop the cardio belt around your waist/hips and thread the free end through the loop buckle. Pull back to adjust length and press the end onto the exposed Velcro to secure. The belt should be loose around your hips. Clip one or more Power Bands onto the snaphook and begin exercising.



STRENGTH TRAINING

Traditional strength training consists of performing one to three sets of exercises on a specific, isolated muscle group. One rep, or repetition, equals one complete movement of the exercise from start to finish. For example, for a bicep curl you might begin with your arm extended down by your side holding the weight, say a dumbbell, curl the weight upward to your shoulder by bending your elbow, and then lower the weight back to the starting position. That's one rep. Do that 8-12 times and you've completed one set of bicep curls. Rest for 30 to 60 seconds to allow your muscle to recuperate and you're ready for the next set.

Successive sets should be progressive, meaning that each one should be performed using "progressive" or increased resistance. In the case of the aforementioned bicep curl, you might do the first set using one blue Power Band for resistance, rest for 30 seconds, then increase the resistance for the second set by using one red Power Band, rest for 30 seconds, then finish up with a third set, again increasing the resistance by using a combination of one red and one blue Power Band. Congratulations! You've just worked out your biceps in the same way bodybuilders train their biceps in the gym. And you'll get the same great results, too, without having to lug around big, bulky weights and without having to strain your neck, back, joints, and spine while lugging around big, bulky weights!

Smart Tip: Choose a starting resistance for the first set that's challenging, but not so hard that you can't complete a whole set nor so easy that you're just going through the motions. Each set should push the muscle to near muscle fatigue. The harder you work, the faster and more dynamic the results.

Now, if you were to do just those three sets of biceps curls two times a week, in only a few weeks time you'd start to feel your biceps muscles getting firmer, tighter, and stronger. You'd also begin to see changes in the shape of the muscles as well, to a more dynamic, contoured, athletic look. That's new muscle growing on your body right before your eyes.

STRENGTH TRAINING

Muscle Burns Calories

Every pound of new muscle requires your body to burn about 50 calories more per day just to keep that muscle alive and functioning, even while you're sleeping. So as you continue to build more muscle, your metabolism continues to increase, which allows you to shed unwanted pounds and inches while at the same time shaping and building more muscle, which increases metabolism even more, which allows you to shed more pounds and inches, which...well, I think you get the picture.

Training all the other muscle groups in your body—chest, abs, shoulders, back, triceps, thighs, buns, calves, and hamstrings— involves the same basic principles. One to three progressive sets of 8-12 reps for each muscle group twice a week. If you're a beginner, however, it's highly recommended that you start with only one set for each muscle group during the first two weeks, then add a second set during weeks three and four, and, if you feel up to it, do three sets thereafter. Gradually increasing the work load on your body will help prevent undue soreness and make your workouts much more enjoyable.

Smart Tip: Never work the same muscle group on successive days. Always allow a minimum of 48 hours rest, but no more than 96 hours, between sessions that work the same muscle group. For example, if you work your legs on Monday, you wouldn't want to work legs again until Wednesday or Thursday in the same week.

Strength training involves working your muscles beyond their normal limits by lifting progressively heavier weights. This overloading of the muscles causes micro-tears in the muscle tissue. Resting 48-96 hours between sessions allows your body the time it needs to effectively repair the micro-tears and make the muscle stronger. Remember, it's just as vital not to over train a muscle as it is to train it in the first place.

Supersets

One way to get more out of each set is to combine two or more different exercises for the same muscle into one continuous set, or Superset. For example, try doing a set of bicep curls, then without resting do a set of

STRENGTH TRAINING

concentration curls followed by a set of cable curls. Now, you can rest! This superset replaces one regular set. The next set would consist of the same three exercises with increased resistance. Working the muscle from three different angles at three different stress levels without letting it rest is a good way to get more results fast.

Smart Tip: This is an advanced workout feature. Beginners should start more slowly, doing one regular set for each muscle group during the first few weeks and build up gradually to three regular sets and later to three supersets.

Powersets

Powersets are giant Supersets that encompass all the muscles worked on in one day's session one after the other without resting, in a circuit training fashion. After resting a couple of minutes, increase resistance and perform the second and third round of Powersets. Supersets and Powersets can pump up your intensity level while shaving precious time off your workouts.

Split Training

Working out your entire body in one session can take a significant amount of time and energy, especially if you're doing lots of sets at a high intensity level. One way to cut your workout down to size is to split train.

Split Training is a method whereby you split up your total body workout over two or more sessions, choosing to work only a few muscle groups each day. For example, you could train your upper body on Monday and work your lower body on Tuesday, a two-day split routine that works your entire body every two days. Or you could do the push/pull split where you "push" (train chest, shoulders, and triceps) on Monday and "pull" (train legs, back, and biceps) on Tuesday. Again, it's a two-day split, and even though it's not strictly all push/pull (some of the leg muscles are really "push" muscles) it serves to shorten each day's workout, making it easier to keep up your intensity and find the time to exercise regularly. Once you get to the point of doing three sets of two or three exercises for each muscle group, you'll most likely choose to split train.

CARDIO TRAINING

There's one more muscle we haven't discussed yet, and it's perhaps the most important one of all—your heart. Cardiovascular training, or aerobics, requires a different approach, however, than other body parts. At the “heart” of cardiovascular training is one basic premise: if you elevate your heart rate to 65-80 percent of your maximum and keep it there for a period of at least 12 minutes it will stimulate the production of fat-burning enzymes. It will also strengthen your heart and increase the capacity of your lungs to re-oxygenate your blood more efficiently. The idea here is not to work yourself to a frenzy and go beyond your target heart rate, but to stay within that magic training range of 65-80 percent of maximum for a minimum of 12 minutes and, optimally, for 20 to 30 minutes.

Smart Tip: Training for longer periods will certainly hasten your improvement, but not on a 1-to-1, linear basis. Research has shown that the first 12 minutes of aerobic exercise produce a more lasting training effect than the second 12 minutes. So unless you're already in pretty good condition, it's probably better to do your 12 minutes more frequently (say 4-6 times per week) than it is to train for longer periods of 30 minutes or more but less frequently.

Many people believe that the primary purpose of aerobic exercise is to burn off excess calories while they're doing the exercise. However, that is not exactly true. Think about it, most aerobic activity can only burn off several hundred calories even if you exercised for an entire hour. Eat a hamburger with fries and you're already playing catch up. And you've just had lunch! The real purpose of aerobics is to stimulate the growth of the body's natural fat-burning enzymes long term so you burn more and more calories all the time, not just when you're exercising. Increase the size of the fireplace and you can burn more logs in it. The same principle applies to the calorie burning potential of your body.

Okay, so the key is to elevate your heart rate. But how do you do it? Walking, jogging, running, cycling, rowing, jumping rope, running in place, and aerobic dancing are all fine. As long as your heart rate is elevated into

CARDIO TRAINING

your training range and remains there for 12 minutes minimum, any of these activities will do a pretty good job. However, SmartGYM's cardio program has an edge. Not only can you walk, jog, or run against SmartGYM's formidable Power Band resistance system, but you can also perform upper body strength training exercises at the same time. And since you're able to engage more muscle groups simultaneously, you get results faster.

Heart Rate and the Training Range

To determine your training range, simply calculate the lower limit at 65% of your Age-Predicted Maximum Heart Rate and the upper limit at 80% of your Age-Predicted Maximum Heart Rate. Age-Predicted Maximum Heart Rate = 220 minus your age. If you're 45 years old, for example, your lower limit is $220 - 45 \times 0.65 = 114$. Similarly, your upper limit is $220 - 45 \times 0.80 = 140$. If you elevate your heart rate to between 114 and 140 beats per minute continuously for at least 12 minutes, you'll get the desired training effect on your heart.

Smart Tip: It takes a few minutes of exercise to elevate your heart rate into your training range. This time does not count toward your 12 minutes.

Taking Your Pulse

Check your pulse by resting your index and middle fingers lightly against the carotid artery on either side of your neck underneath the curve of the jawbone. Count the beats for 6 seconds and multiply by 10 to calculate your heart beats per minute. Or, for a rough estimate, you can use the "talk test." If you're gasping and panting so much that you are unable to talk, then you're probably exercising too hard and are beyond your training range.

Consistency is the key. If you do your 12 minutes 2-4 times a week, within a few weeks time you'll begin to notice that you feel more energetic, you won't tire as easily, and your body will start to burn calories more efficiently and begin to lose some of its fat stores (providing you eat a sensible low fat diet!).

CARDIO TRAINING

Target Training and The Myth of Spot Reducing

There is no such thing as spot reducing. Any fat you lose comes off in the same proportion it's stored in your body. For example, if you carry most of your fat weight in your hips and thighs (like most women), then the fat inhabiting those area will be the last to go. If you carry your fat weight around your waist as "love handles" (like most men), then your significant other will most likely have something to hang on to right up until the very end of the reduction process. You can target train your abs with situps and crunches 'til the cows come home and you can get rock hard abs, but until you lose the layer of subcutaneous fat covering them they won't be visible.

That's why strength training is so essential. Yes, you can lose weight through aerobic exercise and dieting, but without strength training you'll also lose lean body mass which lowers your metabolism so your body burns even less calories than when you started the diet in the first place. And strength training is the only way to reshape your body. The most effective exercise program is one that incorporates strength training and cardiovascular training coupled with sensible low-fat eating habits, and that's the SmartGYM Total Fitness Xtrainer all the way.

EXERCISE TIPS

The most effective exercise regimen includes both strength training and cardiovascular (aerobic) training in a consistent, regular program.

- A.. 2-4 days of strength training and 2-5 days of aerobic activity; or
- B. 3-4 days of circuit training.

Every safe and effective exercise program should consist of three elements. In order, they are: Warm Up, Work Out, and Cool Down.

Warm Up

Always warm up before exercising. People who do not warm up before exercising are the ones who usually end up sustaining injuries. Protect your neck, back, spine, and joints. Get the blood and juices flowing and wake up your muscles gradually through a series of stretches and preliminary sets using reduced resistance. This is one time when “going through the motions” can be extremely beneficial.

Strength Work Out

Perform at least one set of 8-12 reps to near fatigue for each muscle group in the body (chest, back, shoulders, biceps, triceps, abs, thighs, hamstrings, and calves) a minimum of two times per week. Your goal should be to work up to doing three sets (increasing the resistance for each successive set) with 30-60 seconds of rest between each set.

Start out slowly, but remember that SmartGYM allows you to perform a wide variety of exercises for each muscle group. By doing additional sets or combinations of sets you can realize even greater strength and body shaping gains. Following are some basic guidelines useful for all strength training exercises:

- Perform each exercise smoothly and evenly through the whole range of motion in a slow, controlled manner. Never jerk or lunge.
- Breathe. Exhale against the resistance; inhale on the return. Do not hold your breath.

EXERCISE TIPS

- Always resist the Power Bands back to the starting position for each exercise. This provides a training effect in both directions.
- Increase the resistance for successive sets by 5%-10%. In general, increase the resistance when 12 repetitions can be completed in proper form; decrease the resistance when less than 8 reps can be completed.
- Replace fluids lost while exercising by drinking water at regular intervals during exercise. Don't wait until you feel thirsty to drink.
- Rest a minimum of 48 hours and a maximum of 96 hours between training sessions using the same muscle groups.

Aerobic Work Out

An exercise is classified as aerobic if the oxygen supply is sufficient to meet the oxygen demand of the working muscles during the exercise. When this occurs, it's possible to continue the exercise for prolonged periods of time (12 minutes or more). Another aspect of aerobic exercise is that it engages the large muscle groups, principally those of the legs, continuously over the length of the exercise. Brisk walking, running, jogging, cycling, rowing, jumping rope, etc. are examples of aerobic exercise.

You can achieve an aerobic training effect by performing aerobic exercise for a minimum of 12 minutes during which your heart rate has been elevated to within your training range. The training range is between 65% and 80% of your Age-Predicted Maximum Heart Rate (approximately 220 minus your age). Remember: It takes a few minutes of exercise to elevate your heart rate into the training range and this time does not count toward the minimum 12 minutes.

Circuit Training Work Out

Circuit training consists of a series of strength training exercises, commonly interspersed with short episodes of aerobic exercise, all done one after the other with as little time between each exercise as possible.

EXERCISE TIPS

The object is to perform strength training exercises on the major muscle groups while maintaining an effective aerobic training level. Circuit training takes significantly less time to achieve results comparable to separate programs of strength training and aerobics.

Since lack of time is the number one reason people give for failing to start or maintain a regular exercise program, circuit training is a method that makes sense. And SmartGYM, with its revolutionary new design that allows simultaneous aerobic and strength training, is the ideal circuit training machine.

Cool Down

Never quit exercising suddenly. Instead, decrease your intensity gradually and finish up with some stretching movements to allow your heart rate to come back down to normal, nice and easy. This can help to reduce muscle cramping and post exercise muscle pain.

WORKOUT-BEGINNER

This section provides three sample workout programs—Beginner, Intermediate, and Advanced. Each program is designed to help you get the most out of your new SmartGYM Total Fitness Xtrainer on your way to a healthier, stronger, more shapely body. The object is to work each muscle group in your body at least twice a week and get in some aerobics, too, without spending a lot of time doing it. Remember: Always take a few minutes to stretch and warm up before each session and to cool down after exercising. If you are unsure of how to perform any of the exercises, refer to the instruction video or the “Exercises” section of this booklet.

BEGINNER PROGRAM

This program consists of one set of one or more strength training exercises for each of the major muscle groups, all done in one session two times a week. In between strength training days are aerobic sessions. The combination of strength training and aerobics will get you started on strengthening, toning, and building your muscles while also stimulating the production of your body’s natural fat-burning enzymes to help you begin losing excess body fat.

It is important to choose a suitable resistance for each exercise. The goal is to perform 8-12 reps to near muscle fatigue for each set. If near fatigue does not occur, increase the resistance. For those exercises utilizing one leg or one arm at a time, the repetitions listed apply to each arm or leg. As you will discover, this program is quick and invigorating. The strength training component takes approximately 11 minutes and the aerobic sessions about 15 minutes each (including the time it takes to get into your target training range).

It is recommended that beginners stay with this introductory program for at least two weeks before moving to the Intermediate program.

WORKOUT-BEGINNER

DAY	MUSCLE	EXERCISE	SETS/REPS
Mon	Abs	Lying Lower Ab Crunch	1/8-12
		Front Crunch	1/8-12
		Side Crunch	1/8-12
	Chest	Chest Press	1/8-12
		Fly	1/8-12
		Decline Chest Press	1/8-12
	Back	One-Arm Row	1/8-12
		Lat Pull Down	1/8-12
		Straight Arm Lat Pull	1/8-12
	Shoulders	Front Deltoid Raise	1/8-12
		Side Deltoid Raise	1/8-12
		Reverse Fly	1/8-12
	Biceps	Bicep Curl	1/8-12
		Concentration Curl	1/8-12
		Cable Curl	1/8-12
	Triceps	Tricep Extension	1/8-12
		Close Grip Tricep Press	1/8-12
		Tricep Press	1/8-12
	Legs	Leg Squat	1/8-12
		Hack Squat	1/8-12
Lunge		1/8-12	
Leg Curl		1/8-12	
Calf Raise		1/8-12	
Leg Kickback		1/8-12	
Inner Thigh Kick		1/8-12	
Outer Thigh Kick		1/8-12	
Approximate Total Time Monday: 11 Minutes			
Tue	Abs	Same as Monday	
	Cardio	Cardio Level 1 or 2 (12 minutes minimum at target heart rate)	
Approximate Total Time Tuesday: 15 Minutes			
Wed		Repeat Tuesday's Workout	
Thur		Repeat Monday's Workout	
Fri		Repeat Tuesday's Workout	
Sat-Sun		Rest	

WORKOUT-INTERMEDIATE

In the Intermediate program we're going to increase the number of sets to two and add a few more exercises. As with the Beginner program, all exercises are to be done in one session, two times a week, in conjunction with slightly expanded aerobic training sessions.

Normally, you should rest 30-60 seconds between sets. If you feel up to it, however, and to save time, try "circuit training" through the entire list of exercises one after the other, in order, as one giant set or Powerset. You must still change to the appropriate resistance for each exercise as you go through the list, but wait until the end before taking your 2 minutes of rest. Repeat the procedure for the second Powerset, increasing the resistance for each exercise accordingly. If this is too much for you, however, by all means rest for 30-60 seconds between each exercise if necessary. Listen to your body. Never push yourself too hard. On the other hand, if you're up to it, go for it!

It is recommended that you stay with the Intermediate program for at least two weeks before moving to the Advanced program.

DAY	MUSCLE	EXERCISE	SETS/REPS
Mon	Abs	Lying Lower Ab Crunch	2/8-12
		Front Crunch	2/8-12
		Side Crunch	2/8-12
	Chest	Chest Press	2/8-12
		Fly	2/8-12
		Decline Chest Press	2/8-12
	Back	Front Lat Pull Down	2/8-12
		One-Arm Row	2/8-12
		Seated Row	2/8-12
	Shoulders	Front Deltoid Raise	2/8-12
		Side Deltoid Raise	2/8-12
		Reverse Fly	2/8-12
	Biceps	Upright Row	2/8-12
		Bicep Curl	2/8-12
		Concentration Curl	2/8-12
Cable Curl		2/8-12	

WORKOUT-INTERMEDIATE

DAY	MUSCLE	EXERCISE	SETS/REPS
Mon cont'd)	Triceps	Tricep Extension	2/8-12
		Close Grip Tricep Press	2/8-12
		Reverse Tricep Press	2/8-12
		Tricep Press	2/8-12
	Legs	Leg Squat	2/8-12
		Hack Squat	2/8-12
		Lunge	2/8-12
		Leg Curl	2/8-12
		Calf Raise	2/8-12
		Leg Kickback	2/8-12
		Inner Thigh Kick	2/8-12
		Outer Thigh Kick	2/8-12
Approximate Total Time Monday: 24 Minutes			
Tue	Abs	Same as Monday	
	Cardio	Cardio Level 2 (12 minutes minimum at target heart rate)	
Approximate Total Time Tuesday: 15 Minutes			
Wed		Repeat Tuesday's Workout	
Thur		Repeat Monday's Workout	
Fri		Repeat Tuesday's Workout	
Sat-Sun		Rest	

WORKOUT-ADVANCED

In the Advanced program we increase the sets to three and add a few more exercises. And since the time and intensity requirements have also increased, we'll incorporate a two-day split training routine, training abs, chest, shoulders, and triceps on Monday followed by abs, legs, back, and biceps on Tuesday. (Note that it's okay to train abs on successive days.) Wednesday consists of aerobic training and Thursday, Friday, and Saturday are repeats of the first three days with a rest day on Sunday. This means that four days a week will be devoted to strength training and (unless you also do some aerobic training on a couple of the strength training days) only two days to aerobics. And while it's recommended that at least two days be allocated to aerobics, you can certainly do more if you feel up to it.

Always rest 30-60 seconds between sets and increase the resistance for successive sets.

Treat these sample exercise programs as starting off points. Your SmartGYM provides a wide variety of different exercises for every muscle in your body. It's up to you to use that versatility, to mix and match and experiment with different exercises. This will keep your exercise program fresh, effective, and enjoyable.

Smart Tip: You can increase the intensity of your workout with Supersets and Powersets. For each muscle group, do one set of each of the exercises one after the other without resting. That's one Superset. After that you have the option of resting for 30-60 seconds, then repeating the superset with increased resistance or you can perform Powersets for all the remaining muscles in the day's program one after the other before resting. That's one Powerset. After resting, increase resistance and perform the second and third round of Powersets. Supersets and Powersets can pump up your intensity level while shaving precious time off your workouts.

WORKOUT-ADVANCED

DAY	MUSCLE	EXERCISE	SETS/REPS
Mon	Abs	Bicycle Trunk Twist	3/15-30
		Lying Lower Ab Crunch	3/8-12
		Front Crunch	3/8-12
		Side Crunch	3/8-12
	Chest	Chest Press	3/8-12
		Fly	3/8-12
		Decline Chest Press	3/8-12
	Shoulders	One-Arm Fly	3/8-12
		Front Deltoid Raise	3/8-12
		Side Deltoid Raise	3/8-12
		Reverse Fly	3/8-12
	Triceps	Shoulder Press	3/8-12
		Tricep Extension	3/8-12
		Close Grip Tricep Press	3/8-12
		Reverse Tricep Press	3/8-12
Tricep Press		3/8-12	
Approximate Total Time Monday: 20 Minutes			
Tue	Abs	Same as Monday	
	Legs	Leg Squat	3/8-12
		Hack Squat	3/8-12
		Butt Blaster	3/8-12
		Leg Curl	3/8-12
		Calf Raise	3/8-12
		Leg Kickback	3/8-12
		Inner Thigh Kick	3/8-12
		Outer Thigh Kick	3/8-12
	Back	Front Lat Pull Down	3/8-12
		Lat Pull Down	3/8-12
		One-Arm Row	3/8-12
		Seated Row	3/8-12
	Biceps	Bicep Curl	3/8-12
		Concentration Curl	3/8-12
Cable Curl		3/8-12	
Approximate Total Time Tuesday: 24 Minute			

WORKOUT-ADVANCED

DAY	MUSCLE	EXERCISE	SETS/REPS
Wed	Abs Cardio	Same as Monday Cardio Level 2 or 3 (12 minutes minimum at target heart rate)	
Approximate Total Time Wednesday: 18 Minutes			
Thur		Repeat Monday's Workout	
Fri		Repeat Tuesday's Workout	
Sat		Repeat Wednesday's Workout	
Sun		Rest	

EXERCISE INDEX

STRETCHES

- A. Calf, Achilles Stretch
- B. Quadriceps Stretch
- C. Oblique Stretch
- D. Buns, Outer Thigh, Back Stretch
- E. Upper Back, Arm, Shoulder Stretch
- F. Chest, Shoulder, Upper Arm Stretch
- G. Rear Upper Arm Stretch
- H. Hamstring, Lower Back Stretch

ABS, WAIST & LOWER BACK

- 1. Hyperextension
- 2. Good Morning
- 3. Bicycle Trunk Twist
- 4. Lying Lower Ab Crunch
- 5. Standing Lower Ab Crunch
- 6. Front Crunch
- 7. Side Crunch
- 8. Lying Upper Ab Crunch
- 9. Side Bend

LEGS, HIPS & BUNS

- 10. Leg Squat
- 11. Hack Squat
- 12. Leg Press
- 13. Lunge
- 14. Leg Extension
- 15. Leg Curl
- 16. Calf Raise
- 17. Seated Calf Raise
- 18. Leg Kickback

- 19. Inner Thigh Kick
- 20. Outer Thigh Kick
- 21. Donkey Kick
- 22. Butt Blaster

CHEST

- 23. Chest Press
- 24. Decline Chest Press
- 25. Incline Chest Press
- 26. Fly
- 27. Decline Fly
- 28. Incline Fly
- 29. One-Arm Fly
- 30. One-Arm Decline Fly
- 31. One-Arm Incline Fly
- 32. Pullover

BACK

- 33. Front Lat Pull Down
- 34. Lat Pull Down
- 35. Straight-Arm Lat Pull
- 36. One-Arm Row
- 37. Seated Row
- 38. Bent Over Row

SHOULDERS

- 39. Front Deltoid Raise
- 40. Side Deltoid Raise
- 41. Rear Deltoid Raise
- 42. Shoulder Press
- 43. Shoulder Shrug
- 44. Reverse Fly
- 45. Upright Row
- 46. Rotator Cuff (Internal)
- 47. Rotator Cuff (External)

EXERCISE INDEX

ARMS

- 48. Bicep Curl
- 49. Concentration Curl
- 50. Cable Curl
- 51. Forearm Curl
- 52. Wrist Curl
- 53. Tricep Extension
- 54. Close Grip Tricep Press
- 55. Reverse Tricep Press
- 56. Tricep Press

CARDIOVASCULAR

- 57. Cardio Level 1
- 58. Cardio Level 2
- 59. Cardio Level 3

SPORT SPECIFIC

- 60. Golf Power Stroke
- 61. Tennis Forehand
- 62. Tennis Backhand
- 63. Baseball Swing
- 64. Freestyle Swimming
- 65. Butterfly Stroke
- 66. Breast Stroke
- 67. Back Stroke
- 68. Rotation Punch
- 69. Skier
- 70. Basketball Rebounder

STRETCHES

Calf, Achilles Stretch

Stand in relaxed position with hands on hips. Step back, leg straight, foot flat, and press rear heel into the floor. Front leg should be bent, knee no further forward than directly over toes. Hold 20-30 seconds and release. Switch legs.



Quadriceps Stretch

Reach behind your body with one hand, grasp top of foot and pull heel toward buns while maintaining an upright posture. Keep knee of standing leg slightly bent. Hold 20-30 seconds and release. Switch legs.



Oblique Stretch

Stand up straight with knees slightly bent. With left hand on hip, bend torso to the left while reaching up and over head with right arm. Hold for 20-30 seconds before releasing and repeating for other side.



Buns, Thigh, Back Stretch

Lie flat on back. Bring one knee to chest and use opposite arm to gently pull leg across body, keeping main portion of back flat on floor. Relax opposite shoulder and rest arm on floor. Hold 20-30 seconds and release. Switch legs.



Back, Arm, Shoulder Stretch

Stand up straight with knees slightly bent. Interlace fingers above head, palms facing up. Push arms slightly back and up. Hold 20-30 seconds and release. Do not hold breath.



Chest, Shoulder, Arm Stretch

Stand up straight with knees slightly bent. Interlace fingers behind back and slowly turn elbows inward while straightening arms. Hold 20-30 seconds and release.



STRETCHES

Rear Upper Arm Stretch

With arms over head, reach past elbow joint to grasp back of arm and pull hand toward midline of body. Maintain an erect posture with knees slightly bent. Hold 20-30 seconds and release. Switch arms.



Hamstring, Lower Back Stretch

Lie flat on back with legs straight out. Grasp one leg behind the knee, pull thigh against upper body, and extend leg toward ceiling. Hold for 20-30 seconds and release. Switch legs.



70 EXERCISES

Abs, Waist & Lower Back

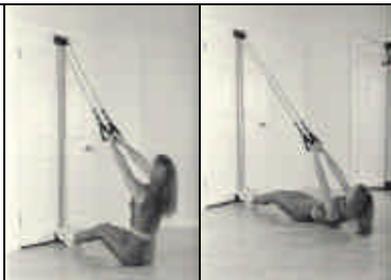
1 HYPEREXTENSION

Lower Back

Pulleys: Top

Attachments: Handles

Sit facing door. Grasp handles off top pulley. Lean back slowly and lightly touch floor with shoulder blades as you exhale. Crunch abs to return to starting position as you inhale. A great warm up for your shoulders, arms, waist, and back!



2 GOOD MORNING

Lower Back

Pulleys: Bottom

Attachments: Handles

Stand facing door. Grasp handles by your sides off bottom pulley, palms down. Inhale as you bend down from waist until torso is parallel to floor. Exhale as you return to starting position. Keep back straight, crunch abs throughout the exercise.



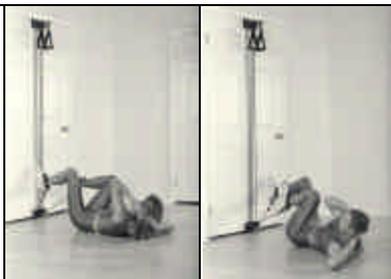
3 BICYCLE TRUNK TWIST

Lower Abs, Obliques

Pulleys: Bottom

Attachments: Ankle Straps

Lie on floor, ankles attached to bottom pulley, legs extended toward door. Place hands behind your head and curl torso up, touching right elbow to left knee, then left elbow to right knee, etc. Continue to crunch abs as elbow and knees touch. DO NOT PULL ON NECK.



70 EXERCISES

Abs, Waist & Lower Back (cont'd)

4

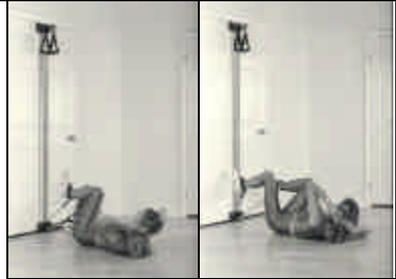
LYING LOWER AB CRUNCH

Lower Abs

Pulleys: Bottom

Attachments: Ankle Straps

Lie on back, ankles attached to bottom pulley, legs extended toward door, hands behind head. Bring one knee and torso upwards as you crunch abs, exhaling as you go. Return to start position as you inhale. Repeat set for opposite knee.



5

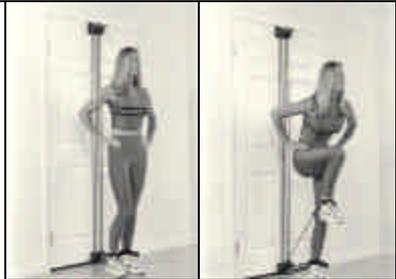
STANDING LOWER AB CRUNCH

Lower Abs

Pulleys: Bottom

Attachments: Ankle Straps

Stand with back to door, ankles attached to bottom pulley. Bring one knee up towards chest while exhaling and crunching stomach. Then bring up the other knee. Continue to alternate legs.



6

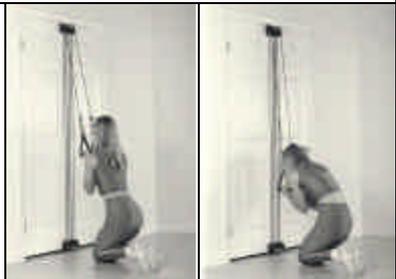
FRONT CRUNCH

Upper Abs

Pulleys: Top

Attachments: Handles

Kneel or stand facing door. Grasp handles off top pulley, palms up, elbows bent. Curl torso down as you exhale, crunching abs. Return to starting position as you inhale. Concentrate on isolating the front abs. Do not use your legs to move torso up and down and do not pull with your arms. Can also be done facing away from door.



70 EXERCISES

Abs, Waist & Lower Back (cont'd)

7

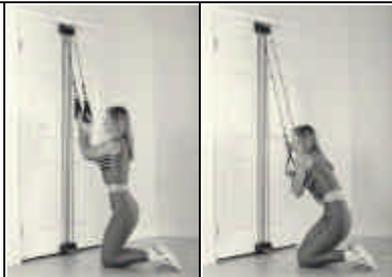
SIDE CRUNCH

Obliques ("Love Handles")

Pulleys: Top

Attachments: Handles

From the front crunch position, turn sideways 45° to your left (a line drawn between your knees would make a 45° angle with the door). Grasp both handles, one on top of the other, in your right hand. Proceed as for front crunches, bringing elbow downward to your hip. Do not pull with your arms. Change sides and repeat.



8

LYING UPPER AB CRUNCH

Upper Abs

Pulleys: Bottom

Attachments: Handles

Lie on back, head toward door, knees bent. Grasp handles behind head off bottom pulley and curl torso upward, crunching abs and exhaling. Inhale as you return to starting position. **DO NOT PULL ON NECK.**



9

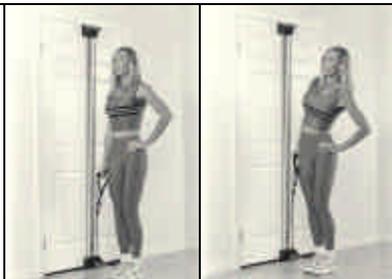
SIDE BEND

Obliques

Pulleys: Bottom

Attachments: Handles

Stand sideways to door, knees slightly bent. Grasp handle with inside hand, arms by your sides, elbow slightly bent. Bend sideways from the hip away from door as you exhale. Inhale on the return. Complete set, repeat for other side.



70 EXERCISES

Legs, Hips & Buns

10 LEG SQUAT

Thighs

Pulleys: Bottom

Attachments: Handles

Stand with back to door. Grasp handles off bottom pulley, handles resting on shoulders. With feet shoulder width apart, squat down until thighs are near parallel to floor and return to starting position. Keep back and neck straight. If you have back problems it's not necessary to squat all the way down. It helps to look up as you squat.



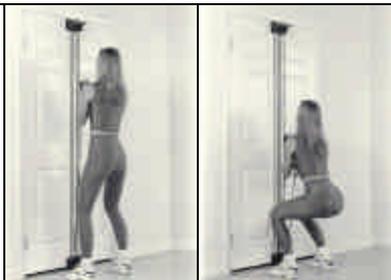
11 HACK SQUAT

Front of Thighs, Buns

Pulleys: Bottom

Attachments: Handles

Stand facing door. Grasp handles underneath chin, palms up. With feet shoulder width apart, squat down until thighs are parallel to floor and return to starting position. Inhale as you squat and exhale as you stand up again. Keep your back and neck straight. It helps to look up.



12 LEG PRESS

Front of Thigh

Pulleys: Bottom

Attachments: Ankle Straps

Sit with back against door on right side of bottom pulley, ankle strap fastened around instep of left foot. Bring left knee into chest area and extend left leg straight out in front of you, heel first (do not point toes). Exhale on the extension and inhale on the return. Repeat set for opposite leg.



70 EXERCISES

Legs, Hips & Buns (cont'd)

13

LUNGE

Buns, Front of Thigh

Pulleys: Bottom

Attachments: Handles

Stand facing door. Grasp handles off bottom pulley, palms up, hands at your sides. Step back with one leg and lower body until rear knee is close or touching floor. Toes of forward foot should be directly under forward knee. Push up to start position, then repeat at least 12 times for the same leg. Switch legs and repeat set.



14

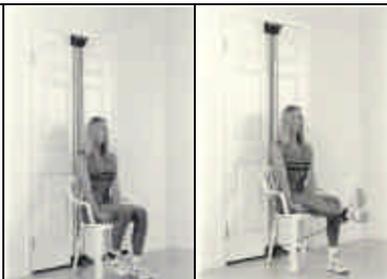
Leg Extension

Front of Thigh

Pulleys: Bottom

Attachments: Ankle Straps

Sit on a chair, your back to door, ankle attached to bottom pulley. With leg bent 90° extend and straighten leg while exhaling. Hold briefly and return to start position while inhaling. Repeat the set for other leg.



15

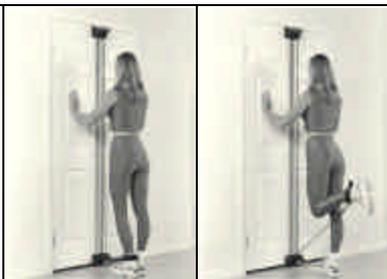
LEG CURL

Hamstrings, Buns

Pulleys: Bottom

Attachments: Ankle Straps

Stand facing door, ankles attached to bottom pulley. Curl heel up to touch buttocks, then lower to start position. Exhale as you raise and inhale as you lower. Do not arch your back. Repeat for each leg. Can also be done lying on stomach, heels toward door.



70 EXERCISES

Legs, Hips & Buns (cont'd)

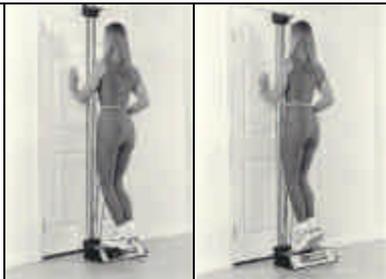
16 CALF RAISE

Calves

Pulleys: Bottom

Attachments: Handles

Stand facing door. Grasp handles underneath chin off bottom pulley, palms facing into body, (or hold handles by your side). Exhale as you smoothly raise calves up as high as possible before returning to start position while inhaling. Placing the balls of the feet on a book or board helps to get a fuller range of motion.



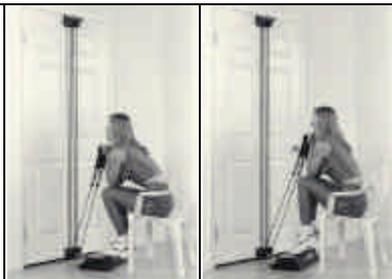
17 SEATED CALF RAISE

Outer Calves (Gastrocnemius)

Pulleys: Bottom

Attachments: Handles

Sit on chair facing door. Place balls of feet flat on floor. Grasp handles, palms up, and lean over, bracing elbows on knees. Exhale as you smoothly raise calves up as high as possible before returning to start position. Placing the balls of the feet on a book or board helps to get a fuller range of motion.



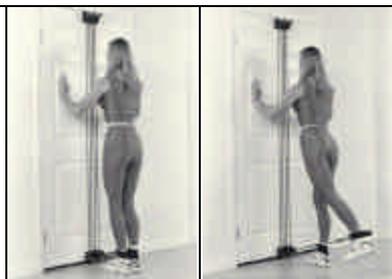
18 LEG KICKBACK

Buns, Rear Thigh, Lower Back

Pulleys: Bottom

Attachments: Ankle Straps

Stand facing door, ankle attached to bottom pulley. Place palms flat on either side of door for balance and swing leg smoothly back and up. Squeeze buns at the top. Complete set and reverse legs. To avoid pressure on the lower back, do not lift leg higher than a 45° angle with the floor.



70 EXERCISES

Legs, Hips & Buns (cont'd)

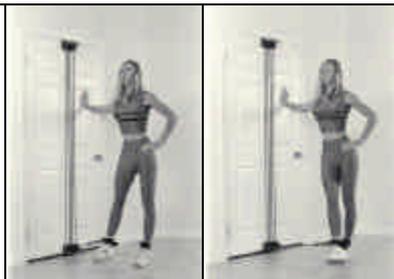
19 INNER THIGH KICK

Inner Thigh, Hip

Pulleys: Bottom

Attachments: Ankle Straps

Stand sideways to door, inside ankle attached to bottom pulley. Place inside palm against door for balance and swing inside leg smoothly inward to cross over support leg. Squeeze thigh for a moment before returning to start position. Complete set and reverse legs. Exhale against the resistance and inhale on the return.



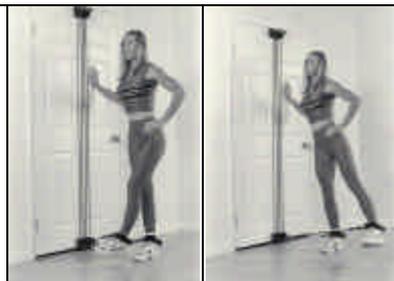
20 OUTER THIGH KICK

Outer Thigh, Hip

Pulleys: Bottom

Attachments: Ankle Straps

Stand sideways to door, outside ankle attached to bottom pulley. Place inside palm against door for balance and swing outside leg smoothly out and up no more than 45° from floor. Squeeze buns for a moment before returning to start position. Exhale on upswing and inhale on return. Complete set and reverse legs.



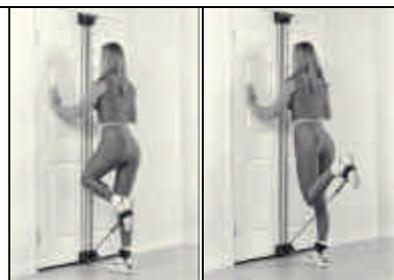
21 DONKEY KICK

Buns

Pulleys: Bottom

Attachments: Ankle Straps

Stand facing door, left ankle (or instep) attached to bottom pulley. Place palms on either side of door for balance. Bring left knee up and forward before pushing back with entire leg to full extension while keeping upper body still. Complete set, then repeat with other leg.



70 EXERCISES

Legs, Hips & Buns (cont'd)

22

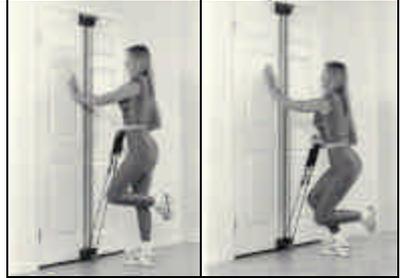
BUTT BLASTER

Buns, Front of Thigh

Pulleys: Bottom

Attachments: Handles

Stand facing door. Extend right arm by your side and grip the handle, palm up. Place the palm of other hand against door for balance. Squat using right leg only. Bend left leg back underneath body and use it to stop your descent before pushing up with right leg to start



position. Complete set then reverse legs. It's not necessary to squat all the way until your thigh is parallel with the floor. Keep your back and neck straight. It helps to look up as you squat. Exhale on the upstroke and inhale on the downstroke. This is a very difficult exercise, but the results are unbelievable. One of the best butt tighteners ever!

70 EXERCISES

Chest

23 CHEST PRESS

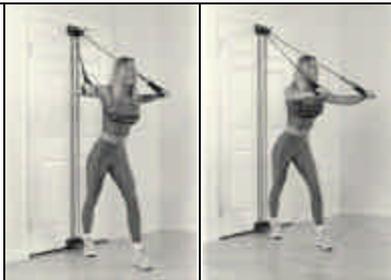
Chest

Pulleys: Top

Attachments: Handles

Stand with back to door. Grasp handles in front of chest off top pulley, palms down. Step out, one leg extended for balance, forearms at 90° angle with upper arms. Extend arms straight out from chest to full extension (imagine you're pushing against a straight bar).

Stand straight with shoulders back throughout the exercise.



24 DECLINE CHEST PRESS

Lower Chest

Pulleys: Top

Attachments: Handles

Same as Standing Chest Press except for the angle. Push down 45° from top pulley instead of straight out. As always, exhale against the resistance (as you push outward) and inhale on the return.



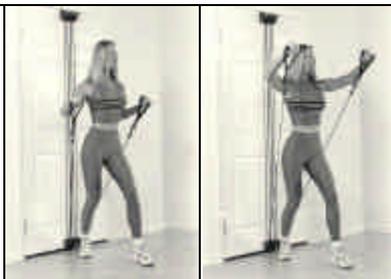
25 INCLINE CHEST PRESS

Upper Chest

Pulleys: Bottom

Attachments: Handles

Same as Decline Chest Press except it's reversed. Push up 45° from bottom pulley instead of straight out. Can also be done kneeling.



70 EXERCISES

Chest (cont'd)

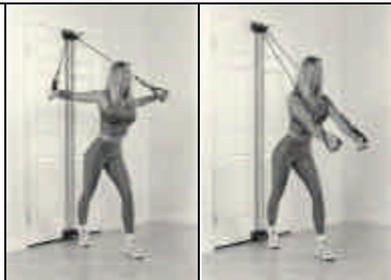
26

FLY
Chest

Pulleys: Top

Attachments: Handles

Stand with back to door. Grasp handles in front of chest off top pulley, palms forward. Step out, one leg extended for balance. Extend arms out to sides 180°, elbows slightly bent (do not lock elbows). Bring arms together in front of chest as you exhale. Squeeze as hands touch. Inhale as you return to start position.



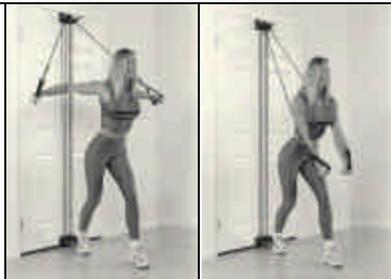
27

DECLINE FLY
Lower Chest

Pulleys: Top

Attachments: Handles

Same as Fly except for the angle. Push down 45° from top pulley instead of straight out. Can also be done kneeling.



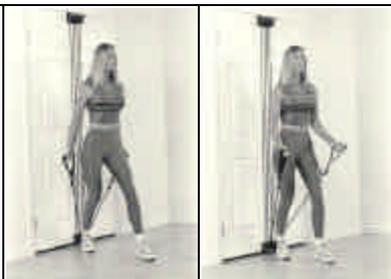
28

INCLINE FLY
Upper Chest

Pulleys: Bottom

Attachments: Handles

Same as Decline Fly except it's reversed. Push up 45° from bottom pulley instead of straight out.



70 EXERCISES

Chest (cont'd)

29

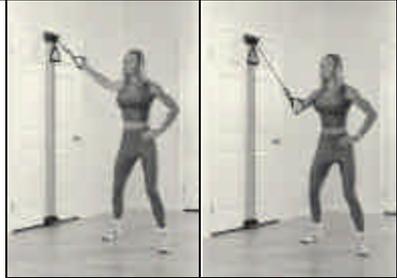
ONE-ARM FLY

Chest

Pulleys: Top

Attachments: Handles

Stand sideways 90° to door. Extend slightly bent arm (do not lock elbow), grasp handle off top pulley, and pull across body in front of chest as you exhale. Inhale as you return to starting position.



30

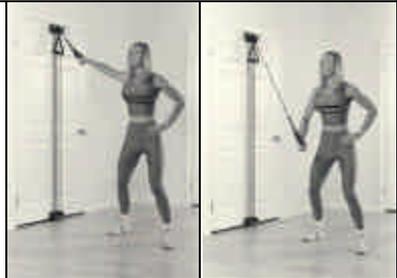
ONE-ARM DECLINE FLY

Lower Chest

Pulleys: Top

Attachments: Handles

Same as One-Arm Fly except for the direction. Pull downward instead of straight across.



31

ONE-ARM INCLINE FLY

Upper Chest

Pulleys: Bottom

Attachments: Handles

Same as One-Arm Decline Fly except it's reversed. Push up 45° from bottom pulley instead of straight out. Can also be done kneeling.



70 EXERCISES

Chest (cont'd)

32

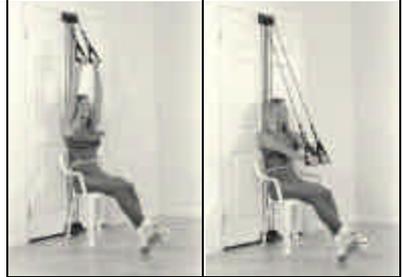
PULLOVER

Chest, Rib Cage

Pulleys: Top

Attachments: Handles

Sit with back flat against door off to one side and grasp handles off top pulley above head, elbows slightly bent, palms facing forward. Exhale as you pull handles over head down past chest towards abs. Inhale on the return. Can also be done sitting in chair.



70 EXERCISES

Back

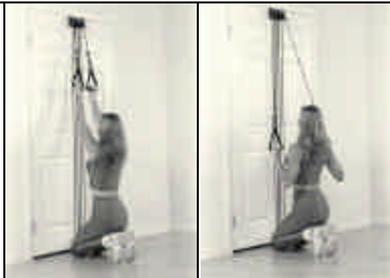
33 FRONT LAT PULL DOWN

Lats

Pulleys: Top

Attachments: Handles

Sit or kneel facing door. Grasp handles off top pulley about shoulder width apart, palms forward. Exhale while pulling handles down to stop in front of chest (imagine you are pulling on a straight bar). Forearms should be at approximate right angles to upper arms. Inhale as you return to starting position.



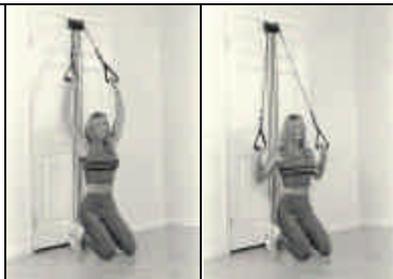
34 LAT PULL DOWN

Lats

Pulleys: Top

Attachments: Handles

Same as for Front Lat Pull Down, but facing away from door. Sit back on heels and pull handles down behind neck to shoulders.



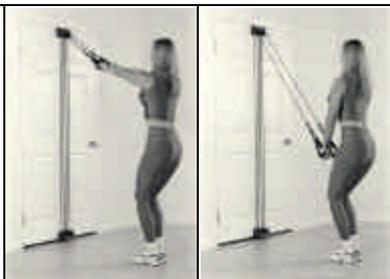
35 STRAIGHT-ARM LAT PULL

Lats

Pulleys: Top

Attachments: Handles

Stand facing door, knees bent, back straight. Grasp handles off top pulley, shoulder width apart, palms down, arms straight out in front of you. Exhale while pulling handles down until arms are vertical next to hips. Imagine you are pulling on a straight bar. Inhale as you return to starting position.



70 EXERCISES

Back (cont'd)

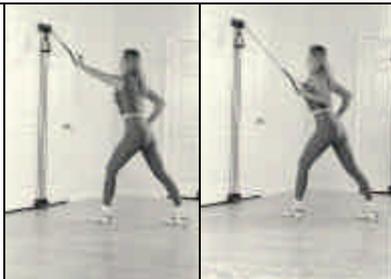
36 ONE-ARM ROW

Upper & Lower Lats

Pulleys: Top

Attachments: Handles

Stand facing door and grasp handle off top pulley, palm facing in. Pull straight back to chest with elbow tucked into side, next to chest, while exhaling. Inhale as you return to starting position. Repeat set with other arm. Can also be done off bottom pulley while standing or kneeling with one knee on a chair or bench.



37 SEATED ROW

Mid Upper Back, Lats

Pulleys: Bottom

Attachments: Handles

Sit facing door, legs extended in front. Fully extend arms to grasp both handles off bottom pulley so they touch, palms facing in. Pull straight back into abs, pushing shoulders back and arching chest at the same time. Do not bend from the waist and use lower back. Can also be done with one arm at a time.



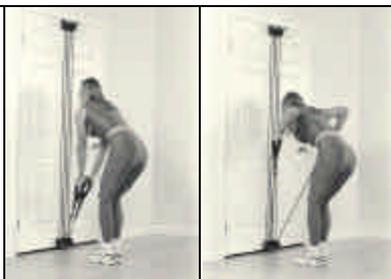
38 BENT-OVER ROW

Upper Back, Lats

Pulleys: Bottom

Attachments: Handles

Stand facing door, feet about shoulder width apart, knees slightly bent. Keeping head up and back straight, bend over until torso is near parallel to floor and grasp handles off bottom pulley, palms facing in. Exhale as you pull handles straight up and back until elbows are at right angles. Inhale on the return.



70 EXERCISES

Shoulders

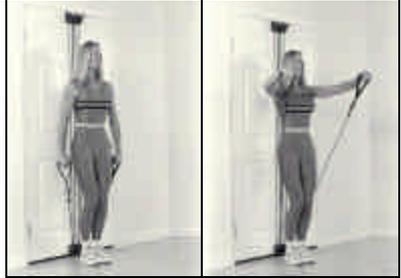
39 FRONT DELTOID RAISE

Front Shoulders

Pulleys: Bottom

Attachments: Handles

Stand facing away from door. Grasp handles off bottom pulley directly in front of you, palms down. Alternately raise each arm up to shoulder height parallel to the floor as you exhale, then return to starting position. Keep arms slightly bent (do not lock elbows). To reduce the resistance, try kneeling or sitting on a chair.



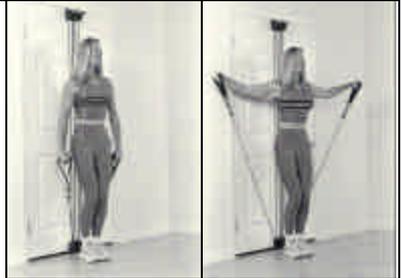
40 SIDE DELTOID RAISE

Outer Side Shoulders

Pulleys: Bottom

Attachments: Handles

Same as Front Deltoid Raise except raise your arms directly out to your sides, then up to shoulder height. Do not lock elbows. Repeat for other side. To reduce the resistance, try sitting on a chair or kneeling on floor.



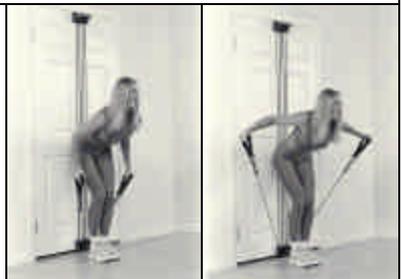
41 REAR DELTOID RAISE

Rear Shoulders

Pulleys: Bottom

Attachments: Handles

Same as Side Deltoid Raise except that first you bend at waist so torso is near parallel to floor, then raise your arms directly out to your sides and up to shoulder height. Keep back straight and do not lock elbows. Can also be done facing door.



70 EXERCISES

Shoulders (cont'd)

42 SHOULDER PRESS

Shoulders

Pulleys: Bottom

Attachments: Handles

Stand with back to door. Grasp handles off bottom pulley and pull them up to rest on top of shoulders, palms facing out. With forearms at right angles to upper arms, extend both arms straight up as you exhale (imagine pushing against a straight bar). Inhale as you return to the starting position. Can also be done sitting in a chair or kneeling for reduced resistance.



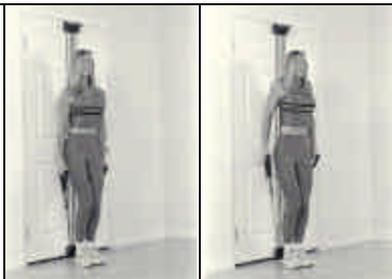
43 SHOULDER SHRUG

Upper Back, Shoulders

Pulleys: Bottom

Attachments: Handles

Stand facing away from door. Grasp handles by your sides, palms down. Roll shoulders up and back in a circular motion.



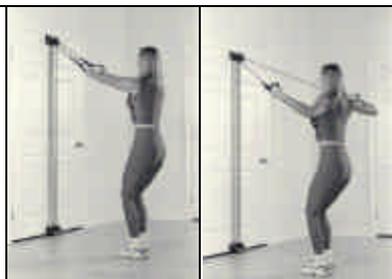
44 REVERSE FLY

Rear Shoulders

Pulleys: Top

Attachments: Handles

Like the name implies, this is exactly the reverse of a Chest Fly. Stand, sit, or kneel facing door. Grasp handles off top pulley in front of chest, palms facing in and touching, elbows slightly bent. Exhale as you extend arms back and outward 180° to your sides. Keep your elbows slightly bent throughout. Inhale as you return to starting position.



70 EXERCISES

Shoulders (cont'd)

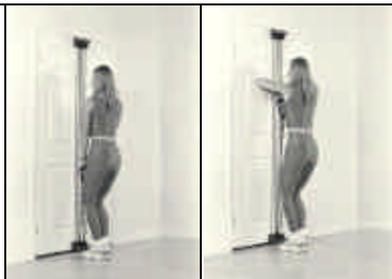
45 UPRIGHT ROW

Shoulders

Pulleys: Bottom

Attachments: Handles

Stand facing door. Grasp handles together, palms facing body, and lift upwards, stopping underneath chin, elbows parallel to floor. Exhale as you lift and inhale as you return to the start position.



46 ROTATOR CUFF (Internal)

Internal Shoulder Rotator

Pulleys: N/A

Attachments: Handles

Stand or sit sideways 90° to door. Drop inside arm to hang by your side, then bring your forearm up parallel to floor with the elbow tucked against your side. Clip a handle around one of the Power Bands at the same height your inside hand is positioned. Exhale as you pull forearm across body until flat against abdomen.



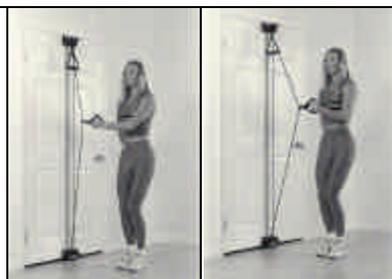
47 ROTATOR CUFF (External)

External Shoulder Rotator

Pulleys: N/A

Attachments: Handles

Same as Internal Rotator Cuff except reversed. Grasp handle with outside hand, forearm resting flat against abdomen. Exhale as you pull forearm out away from body 90°. Inhale on the return.



70 EXERCISES

Arms

48

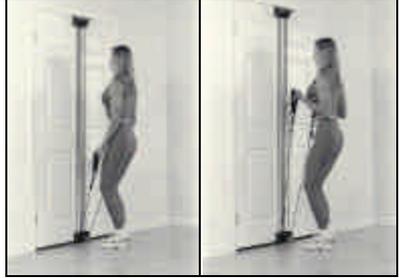
BICEP CURL

Biceps

Pulleys: Bottom

Attachments: Handles

Stand facing door. Brace elbow against hip (stand straight, don't slouch). Extend arm straight down and grasp handle off bottom pulley, palm up. Curl arm upward to touch forearm to bicep as you exhale. Squeeze and hold for a moment at the top, then return to start as you inhale. Repeat for other arm.



49

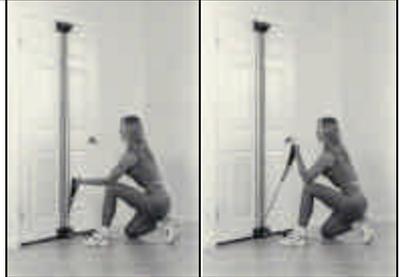
CONCENTRATION CURL

Biceps

Pulleys: Bottom

Attachments: Handles

Same as Biceps Curl except the purpose is to isolate the biceps muscle even more by immobilizing your elbow. You can do this easily by bending over and bracing your elbow on your knee while kneeling or sitting in a chair. Repeat for other arm.



50

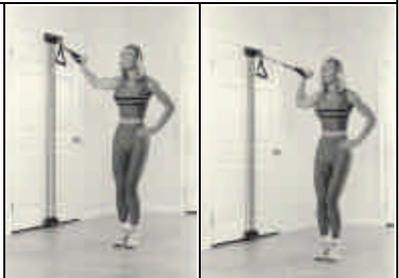
CABLE CURL

Biceps

Pulleys: Top

Attachments: Handles

Stand sideways 90° to door. Extend arm straight out, grasp handle from top pulley, palm up, and curl to shoulder. Point elbow at pulley. Do not move upper arm. Can also be done sitting on a chair and from bottom pulley.



70 EXERCISES

Arms (cont'd)

51 FOREARM CURL

Biceps, Forearms

Pulleys: Bottom

Attachments: Handles

Same as Biceps Curl except it is reversed with palms facing down. Curl your forearms up to touch your biceps and return.



52 WRIST CURL

Forearms

Pulleys: Bottom

Attachments: Handles

Facing door, bend over and rest backs of wrists on knees, hands extending forward, palms up. Grasping handles from bottom pulley, curl wrists upward and return.



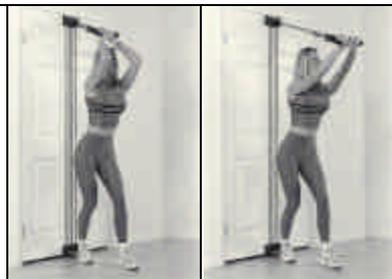
53 TRICEP EXTENSION

Triceps

Pulleys: Top

Attachments: Handles

Stand with back to door. Grasp handles off top pulley. Link thumb of one hand around the strap in the other hand to keep them comfortably together. Step out from door, extending one leg in front for balance and bend from waist. With elbows tucked in, point elbows straight ahead and extend forearms forward until straight. The upper arms and shoulders do not move.



70 EXERCISES

Arms (cont'd)

54 CLOSE-GRIP TRICEP PRESS

Triceps

Pulleys: Top

Attachments: Handles

Stand with back to door. Grasp handles off top pulley, palms down, in front of upper chest. Step out from door, extending one leg for balance, and extend arms straight out. Elbows should be tucked in against sides of chest. Arms should be just far enough apart for the Power Bands to clear either side of your neck.



55 REVERSE TRICEP PRESS

Triceps

Pulleys: Top

Attachments: Handles

Stand facing door. Grasp handle off top pulley, palm up. With elbow tucked in at your side and forearm at right angles to upper arm and parallel to floor, extend forearm downward until straight, squeezing for a moment at the bottom before returning to start position. The upper arm remains vertical and does not move (do not use your shoulder).



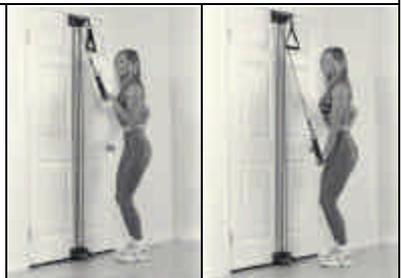
56 TRICEP PRESS

Triceps

Pulleys: Top

Attachments: Handles

Same as Reverse Tricep Press except the hands are palm down.



70 EXERCISES

Cardiovascular

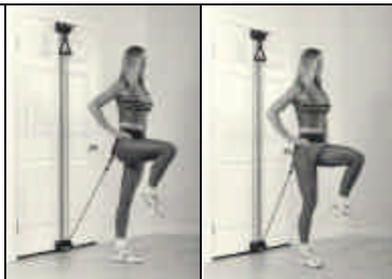
57 CARDIO LEVEL 1

Heart, Lungs

Pulleys: Bottom

Attachments: Cardio Belt

Stand with back to door, cardio belt attached to one red Power Band off bottom pulley. Walk, jog, or run against the resistance. Breath in and out in rhythm. Dancing to music is great fun!



58 CARDIO LEVEL 2

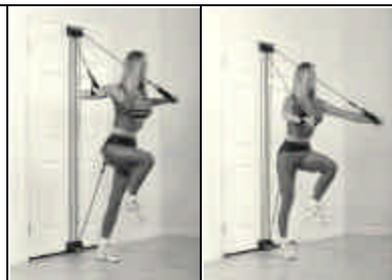
Heart, Lungs, Upper/Lower Body

Pulleys: Top & Bottom

Attachments: Cardio Belt, Handles

Same as Cardio Level 1 with the addition of an upper body workout by pushing against the handles off top pulley simultaneously while running. Clip the cardio belt to one red Power Band off bottom pulley and clip each handle to one blue Power Band off top pulleys.

Again, dancing to music is effective and fun!



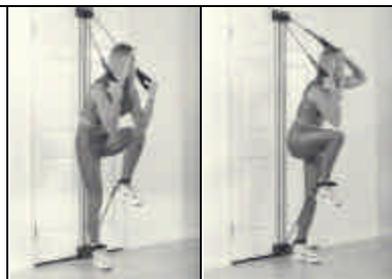
59 CARDIO LEVEL 3

Heart, Lungs, Upper/Lower Body

Pulleys: Top & Bottom

Attachments: Handles, Ankle Straps

Stand with back to door, both ankles attached to bottom pulleys. Alternate Standing Lower Ab Crunches in rhythm while performing simultaneous Chest Fly movements. Each ankle should be attached to one red Power Band off bottom pulleys and each handle attached to one blue Power Band off top pulleys.



70 EXERCISES

Sport Specific

60 GOLF POWER STROKE

Back, Rear Shoulders, Rib Cage, Obliques

Pulleys: Top

Attachments: Handles

Stand erect sideways to door, knees slightly bent. Grasp one handle off top pulley with both hands at chest level. With elbows slightly bent, pull both arms across body, simulating a golf swing. Exhale as you swing and inhale on the return.



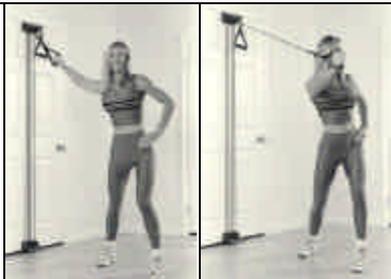
61 TENNIS FOREHAND

Chest, Front Shoulders, Obliques

Pulleys: Top or Bottom

Attachments: Handles

Stand sideways to door, knees slightly bent. Grasp one handle off top or bottom pulley with inside hand, palm facing inward. Simulate forehand tennis stroke by pulling arm across body as you exhale. Inhale on the return.



62 TENNIS BACKHAND

Chest, Front Shoulders, Obliques

Pulleys: Top or Bottom

Attachments: Handles

Stand sideways to door, knees slightly bent. Grasp one handle off top or bottom pulley with outside hand, palm facing inward. Simulate backhand tennis stroke by pulling arm across body as you exhale. Inhale on the return.



70 EXERCISES

Sport Specific (cont'd)

63

BASEBALL SWING

Back, Rear Shoulders, Rib Cage, Obliques

Pulleys: Top

Attachments: Handles

Stand erect sideways to door, knees slightly bent. Grasp one handle off top pulley with both hands at shoulder level. With elbows slightly bent, pull both arms across body, simulating a baseball swing. Exhale as you swing and inhale on the return..



64

FREESTYLE SWIMMING

Chest, Front Shoulders, Obliques

Pulleys: Top

Attachments: Handles

Stand with back to door, knees slightly bent. Grasp handles off top pulley, palms down. With arms apart, bend over slightly and simulate the free-style swimming arm motion. Breathe in rhythm as if you are swimming.



65

BUTTERFLY STROKE

Back, Chest, Shoulders, Rib Cage

Pulleys: Top

Attachments: Handles

Stand facing door, knees slightly bent. Grasp handles off top pulley, palms down. With arms apart, bend over slightly, and pull arms back in a circular motion to simulate the butterfly stroke arm motion. Breathe in rhythm as if you are swimming.



70 EXERCISES

Sport Specific (cont'd)

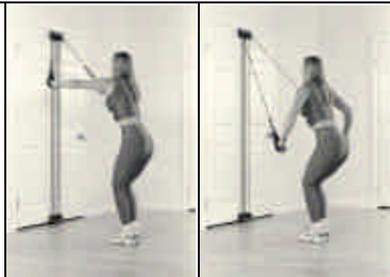
66 BREAST STROKE

Back, Rear Shoulders

Pulleys: Top

Attachments: Handles

Stand facing door, knees slightly bent. Grasp handles, palms down. With hands together, bend over slightly, and pull arms down and back to simulate the breast stroke arm motion. Breathe in rhythm as if you are swimming.



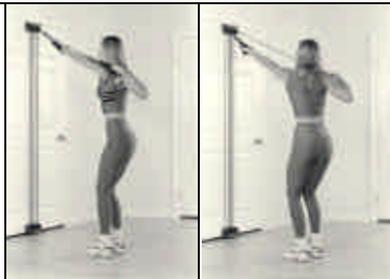
67 BACK STROKE

Chest, Shoulders

Pulleys: Top

Attachments: Handles

Stand erect facing door, knees slightly bent. Grasp handles off top pulley, palms down, and alternate pulling back and over to simulate the back stroke arm motion. Breathe in rhythm as if you are swimming.



68 ROTATION PUNCH

Chest, Front Shoulders, Triceps

Pulleys: Top

Attachments: Handles

Stand with back to door, feet about shoulder width apart, knees slightly bent. Grasp handles off top pulley, elbows tucked in at your sides, palms up. Exhale as you extend one arm forward in a punching motion, rotating the forearm so palm is facing down at full extension. Do not lock elbow. Inhale on the return. Alternate arms.



70 EXERCISES

Sport Specific (cont'd)

69

SKIER

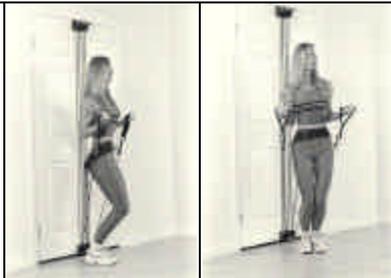
Front and Rear Thighs, Buns, Calves

Pulleys: Bottom

Attachments: Handles

Stand with back to door, feet together, knees slightly bent. Grasp handles off bottom pulley, handles at your sides, palms facing in. Pivot on your heels as you turn your entire body to the right side, bending your knees as you turn. Push up with your legs as you pivot

and turn your body to the other side, again bending your knees to “sit down” into the simulated ski turn on the slope.



70

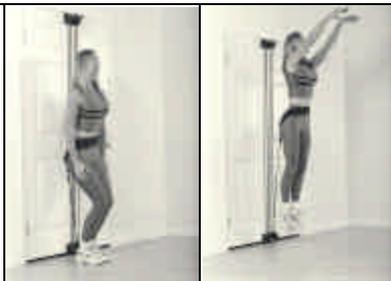
BASKETBALL REBOUNDER

Thighs, Hamstrings, Calves

Pulleys: Bottom

Attachments: Cardio Belt

Stand with back to door, cardio belt hooked to bottom pulley, feet about a half shoulder width apart. Bend knees and jump up and down as high as possible in rhythm as if you are going after multiple rebounds on the court.



REPLACEMENT PARTS

Power Bands

Replacement Power Bands are available in sets of two Heavy (red) Power Bands or two Light (blue) Power Bands. Each Power Band comes completely assembled with pulleys and pulley brackets.

To replace a Power Band, follow these simple steps:

1. Behind door, loosen the cinching straps enough so that the Power Bands are not under tension on the door.
2. Each Power Band/pulley bracket assembly is attached with a single pulley bracket screw (located underneath each pulley bracket on the top set of pulleys; or on top of each pulley bracket on the bottom set of pulleys).
3. Remove the screws that hold each of the Power Band/pulley bracket assemblies that you wish to replace.
4. Replace with the new Power Band/pulley bracket assembly and secure once again with the pulley bracket screws.
5. Tighten the cinching straps around door and you're set to go!

Note: The Power Bands should be in the order, from left to right: blue-red-red-blue.

ITEM	ITEM NO.	DESCRIPTION
Power Band (Heavy)	PB-2000H	Set of 2 w/pulleys (red)
Power Band (Light)	PB-2000L	Set of 2 w/pulleys (blue)
Handle	HN-2000	Set of 2 w/snaphooks
Ankle Strap	AN-2000	Set of 2 w/snaphooks
Cardio Belt	CB-2000	Cardio belt w/snaphook
Carry Bag	BG-2000	Carry bag (black)
Manual	MN-2000	Instruction manual (54 pgs.)
Video	VD-2000	Instruction video (30 min.)

Order at www.SmartGYM.com

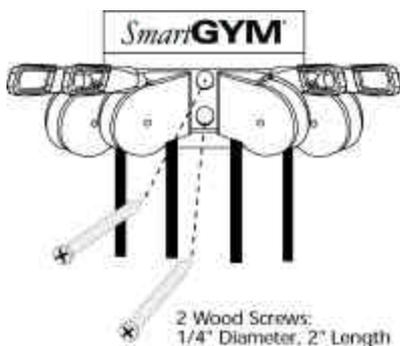
HOW TO WALL MOUNT

SmartGYM™

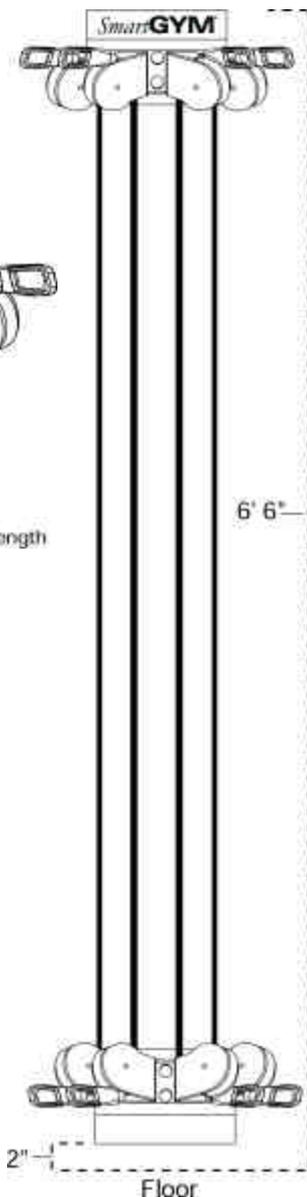
Your SmartGYM can be mounted to a wall anywhere in your home or office. It's as easy as 1, 2, 3.

1 Using a Stud Finder, or other method, locate a support stud in the wall at the position you want to install SmartGYM. **A wooden stud is necessary for stability.**

2 Position top pulley bracket flat on wall in the center of the stud (at the same height it would be at the top of a door - about 6' 6"). Separate pulleys to expose the wall mounting holes in the center of the bracket. Attach the bracket to the wall using two wood screws (2" long, 1/4" diameter - not supplied). Make sure the cinching straps are flat and straight underneath the bracket before attaching.



3 In the same manner as Step 2 above, position bottom bracket flat on the wall in the center of the stud, this time at the same height it would be at the bottom of a door (bottom edge of bracket should be about 2" above the floor). The top and bottom brackets should now be attached securely to the wall, one over the other, in the **center of the support stud**, with the Power Bands stretched tautly between them, just as they would be if mounted on a door. **Make sure the brackets are tight and secure before using SmartGYM!**

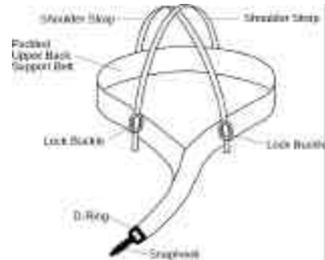


HOW TO USE SmartCRUNCH.

SmartCRUNCH (optional equipment not included) is the fast, easy way to ultimate abs using your SmartGYM Total Fitness Xtrainer. SmartCRUNCH supports your neck and back and keeps you locked on target while assisting you in the ab crunch position. It really works!

1 Place padded back support belt around your back at shoulder blade height and underneath your arms.

2 Cross the right shoulder strap over behind neck and over left shoulder, then thread it through the lock buckle and pull to tighten (just like a backpack buckle). Repeat for the left shoulder strap, crossing it behind neck and over your right shoulder, then through the right lock buckle.



3 Clip the snaphook onto one or more Power Bands and you're ready to begin the ultimate ab workout. Choose from the exercises below. They're easy, and with SmartCRUNCH, they're unbelievably effective, too! Try using two red bands to start and then experiment to find the perfect "resistance assistance" for your body. Have fun!

FRONT CRUNCH

If facing door, rest arms on SmartCRUNCH straps and curl torso down as you exhale and crunch. Or simply duck your head under straps and turn to face away from door. The straps will wind around your shoulders automatically to release the pressure on your arms, shoulders, and neck.



ASSISTED AB CRUNCH

Lie back with your arms behind your head, knees bent, feet flat on floor. Allow SmartCRUNCH to gently pull your back up off the floor into the proper crunch position. Lift your torso upwards, curling forward to crunch abs. Hold briefly and return. Exhale as you crunch. If you've had trouble with sit-ups before, this one's for you!



*Smart***GYM**[®]
Total Fitness Xtrainer

www.SmartGYM.com