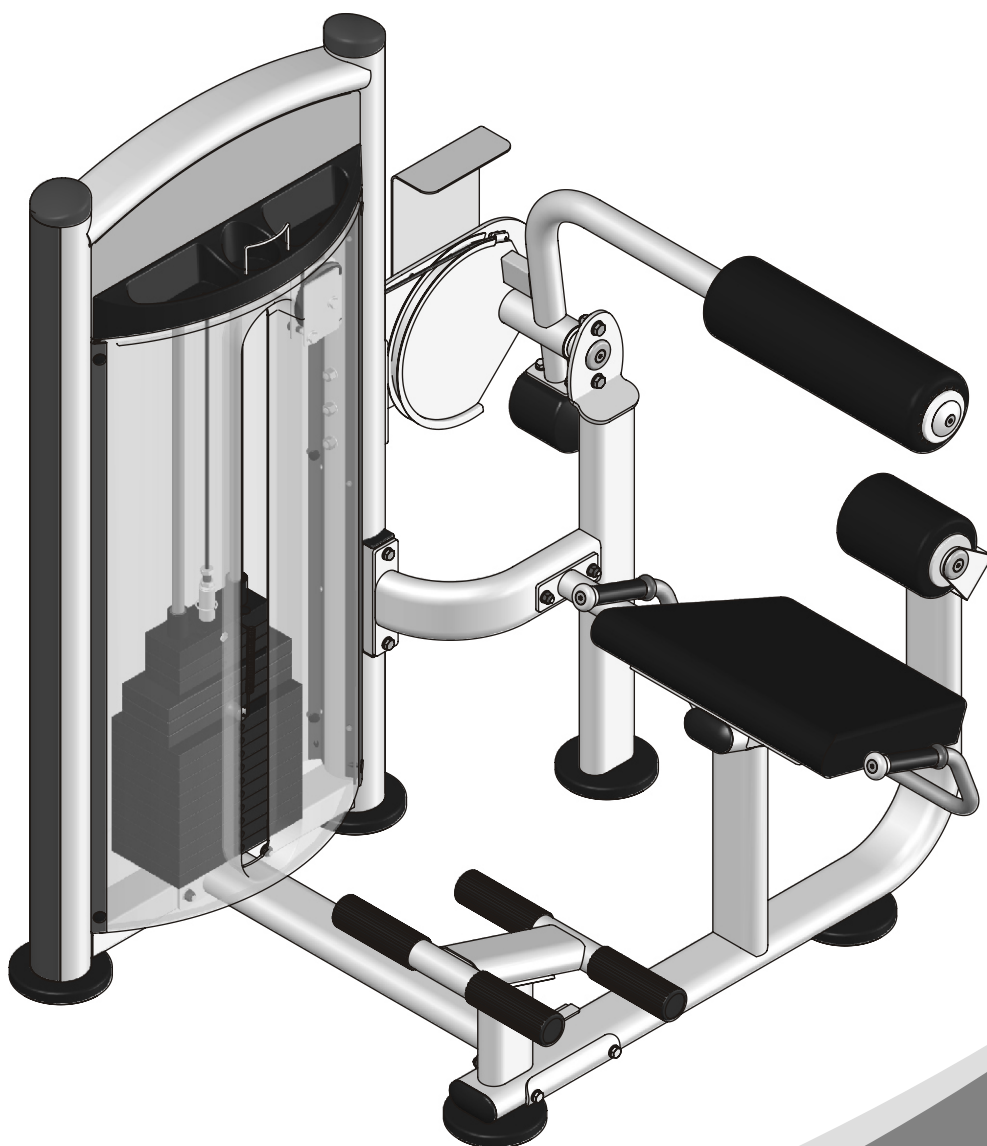


# IT9332

BACK EXTENSION

## OWNER'S MANUAL



### **! CAUTION**

Read all precautions  
and instructions in this manual  
before using this equipment

13R Rev G

## **! CAUTION**

Read all precautions and instructions in this manual before using this equipment.

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Please assemble according to the actual **Weights and Shroud** you buy !

## Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- \* Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- \* Do not allow children on or near the equipment.
- \* Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- \* Wear proper exercise clothing and shoes for your workout----no loose clothing.
- \* Be careful when getting on or off the equipment.
- \* Do not overexert yourself or work to exhaustion.
- \* If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- \* Never operate the unit when it has been dropped or damaged.
- \* Never drop or insert anything into any opening in the equipment.
- \* Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- \* Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- \* Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- \* Do not attempt to lift more weight than you can control safely.
- \* Do not use the equipment outdoors.

### Personal Safety During Assembly

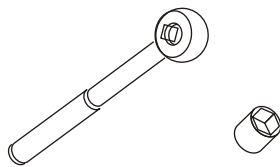
- \* Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- \* Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

## Instructions

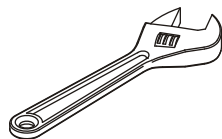
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

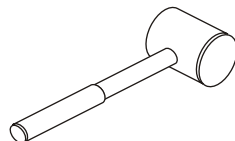
## Tools Required



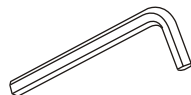
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

## Parts List

**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED**

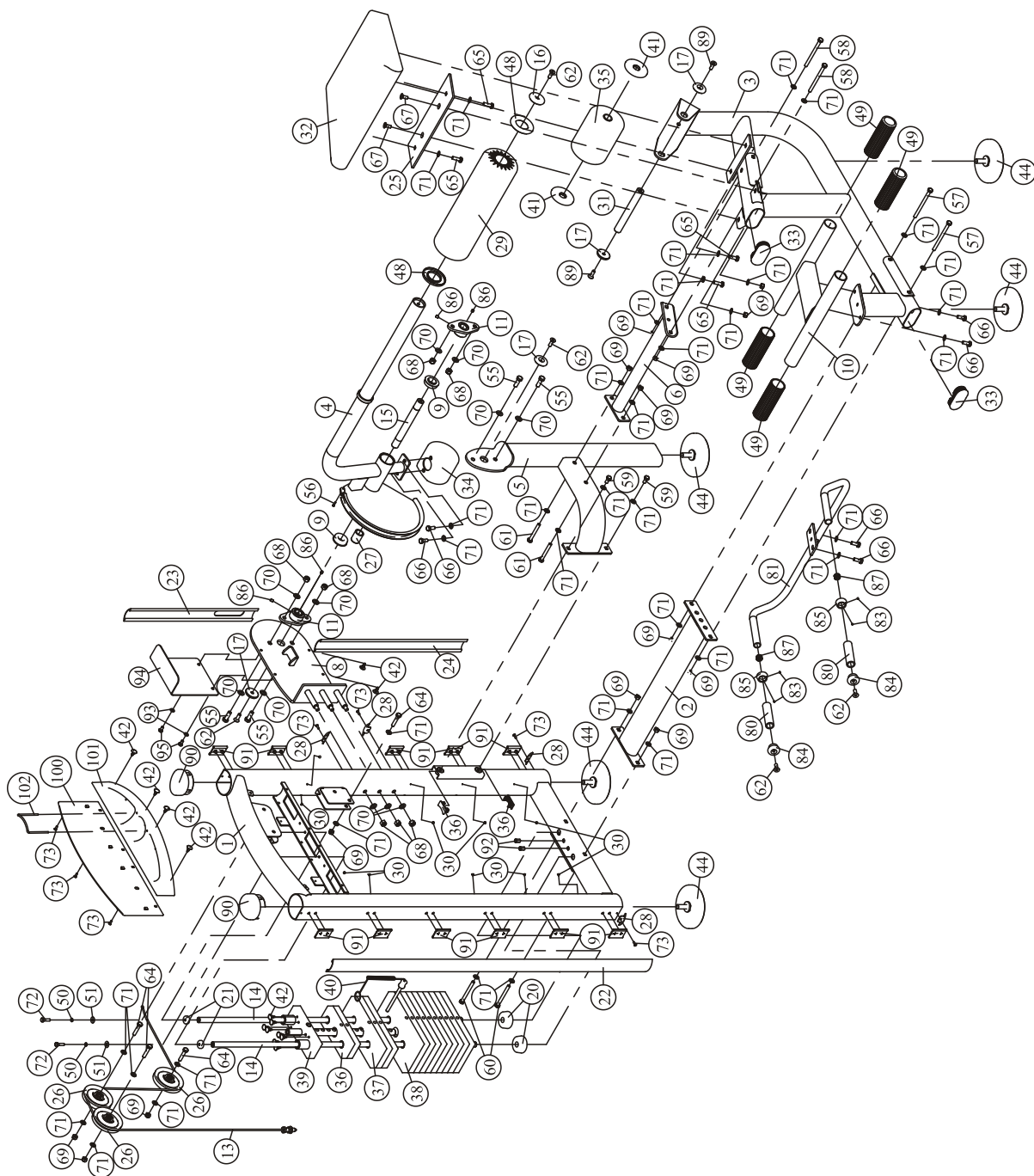
Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	29	Rollar	1
2	Bottom Cross Brace	1	30	Button $\Phi 8.1 \times 7$	10
3	Seat Frame	1	31	Foam Shaft	1
4	Pivot Arm	1	32	Seat Pad	1
5	Main Frame	1	33	Plug RT50*100	2
6	Rear Cross Brace	1	34	Counter Poise Block	1
8	Main Bracket	1	35	Short Foam	1
9	Bearing $\Phi 50.8 \times \Phi 25.4 \times 15.9$	2	36	Plug 48*22.7*R48	2
10	Foot Tube	1	39	Top Plate	1
11	Flange	2	40	Selector Pin W/Coil	1
13	Cable	1	41	Aluminium Tube Ring $\Phi 90 \times \Phi 26.2 \times 7$	2
14	Guide Rod $\Phi 19 \times 1177$	2	42	Button $\Phi 8 \times \Phi 20 \times 23$	21
15	Main Shaft $\Phi 25 \times 235.7$	1	44	Adjustable Foot Plate	5
16	Aluminum Cap $\Phi 60 \times \Phi 10.5 \times 10.9$	1	45	Plastic Cover $\Phi 21 \times 5.7$	4
17	Aluminum Cap $\Phi 50 \times \Phi 10.5 \times 8$	4	46	Plastic Washer $\Phi 13 \times 3$	4
20	Weight Rubber Bumper	2	47	Connect Button $\Phi 18 \times 12$	4
21	Bubber Plug $\Phi 29 \times \Phi 19 \times 10$	2	48	Big Collar $\Phi 90 \times \Phi 51.2 \times 8.5$	2
22	Side Cover	1	49	Bubber Plug $\Phi 48 \times \Phi 56 \times 164$	4
23	Lower Side Cover 64.2*13.9*573	1	50	Spring Washer	2
24	Upper Side Cover 64.2*13.9*656.5	1	51	Flat Washer $\Phi 9 \times \Phi 22 \times 1.6$	2
25	Seat Pad Plate	1	54	Wrench $\Phi 6 \times 117$	1
26	4.5" Pulley	3	55	Hex Head Bolt M12*35	4
27	Stop Coller	1	56	Socket Head Cap Screw M4*15	1
28	L Bracket	4	57	Hex Head Bolt M10*135	2

## Parts List

**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED**

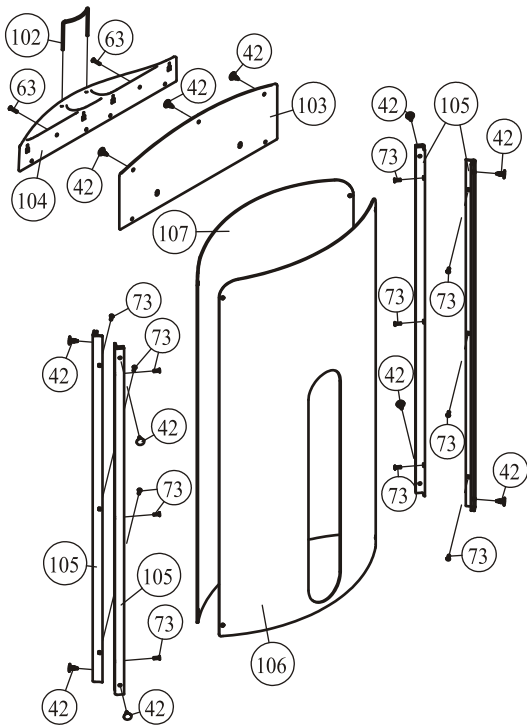
Item No.	Description	Qty	Item No.	Description	Qty
58	Hex Head Bolt M10*130	2	84	Aluminum Grip Cap	2
59	Hex Head Bolt M10*20	2	85	Aluminum Grip Ring	2
60	Hex Head Bolt M10*100	2	86	Socket Set Screw M8*8	4
61	Hex Head Bolt M10*75	2	87	Nut 25*2.5*21.6	2
62	Flat Head Cap Screw M10*30	5	88	Self-Tapping Screw ST4.2*10	4
63	Flat Philips Screw M5*25	2	89	Flat Head Cap Screw M10*25	2
64	Hex Head Bolt M10*50	4	90	Plug Ø95.4*61	2
65	Hex Head Bolt M10*30	4	91	Plastic Block	12
66	Hex Head Bolt M10*30	6	92	Rivet Nut M8	2
67	Flat Head Cap Screw M10*25	2	93	Flat Washer Ø9*Ø16*1.6	2
68	Nylon lock Nut M12	7	94	Baffle Plate	1
69	Nylon lock Nut M10	14	95	Hex Head Bolt M8*15	2
70	Flat Washer Ø13*Ø24*1.5	11	100	Top Front Shroud	1
71	Flat Washer Ø11*Ø20*2	38	101	Support	1
72	Hex Head Bolt M8*30	2	102	Arc Bracket	2
73	Flat Philips Screw M5*16	19	103	Top Rear Shroud	1
74	Hex Key S=3	1	104	Rear Support	1
75	Hex Key S=3/32"	1	105	Shroud Retainer Plate	4
76	Hex Key S=6	1	106	Front Shroud	1
77	Hex Key S=4	1	107	Rear Shroud	1
78	Lube	1	109	Top Rear Shroud	1
80	Grip Ø30*Ø22*120	2	110	Shroud	1
81	Handle	1	111	Short Shroud Retainer Plate	2
83	Socket Set Screw 10-32*3.2	4			

# Exploded View

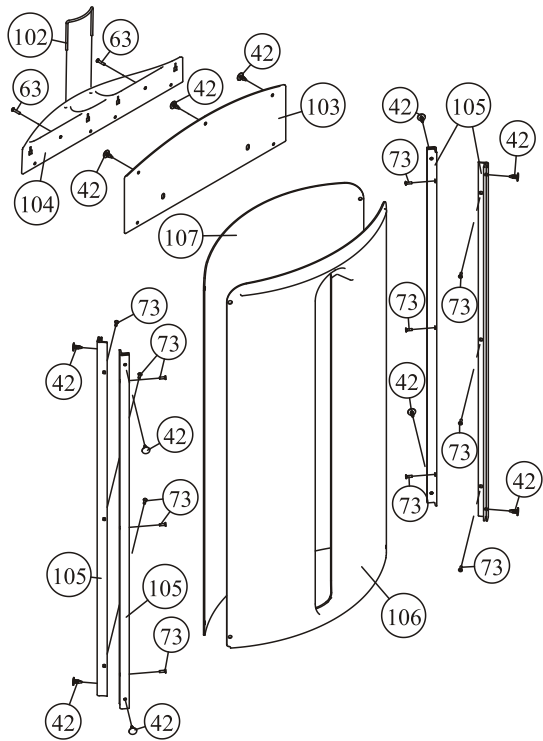


## Exploded View

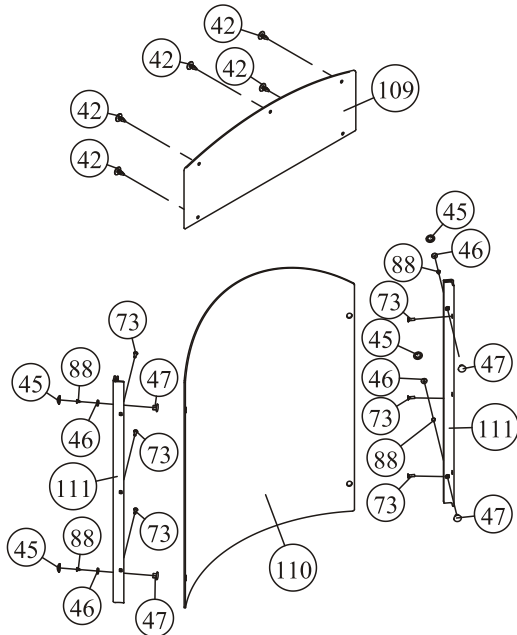
## Flat Shroud



## Molding Shroud

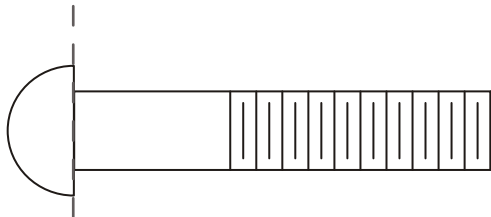


## Short Shroud

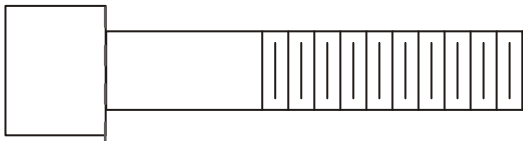




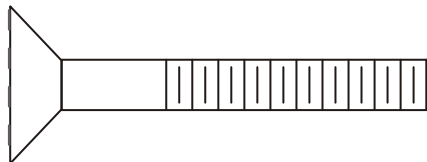
## Measurement Guide



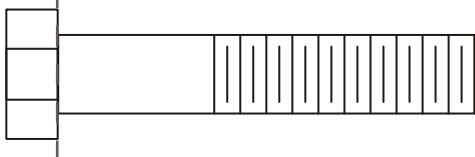
BHCS = Button Head Cap Screw



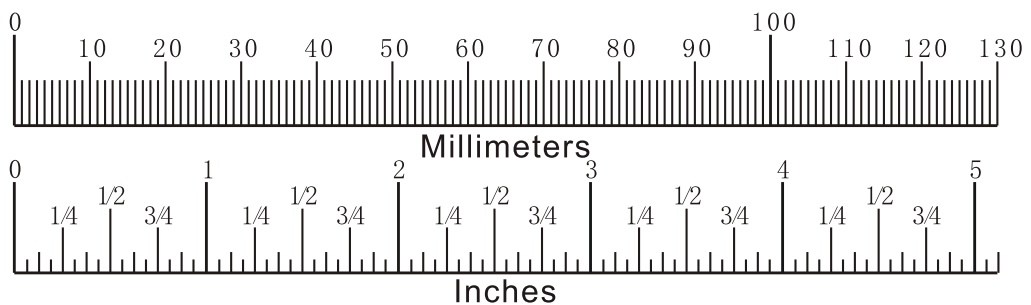
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



## Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.



### **Note**

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

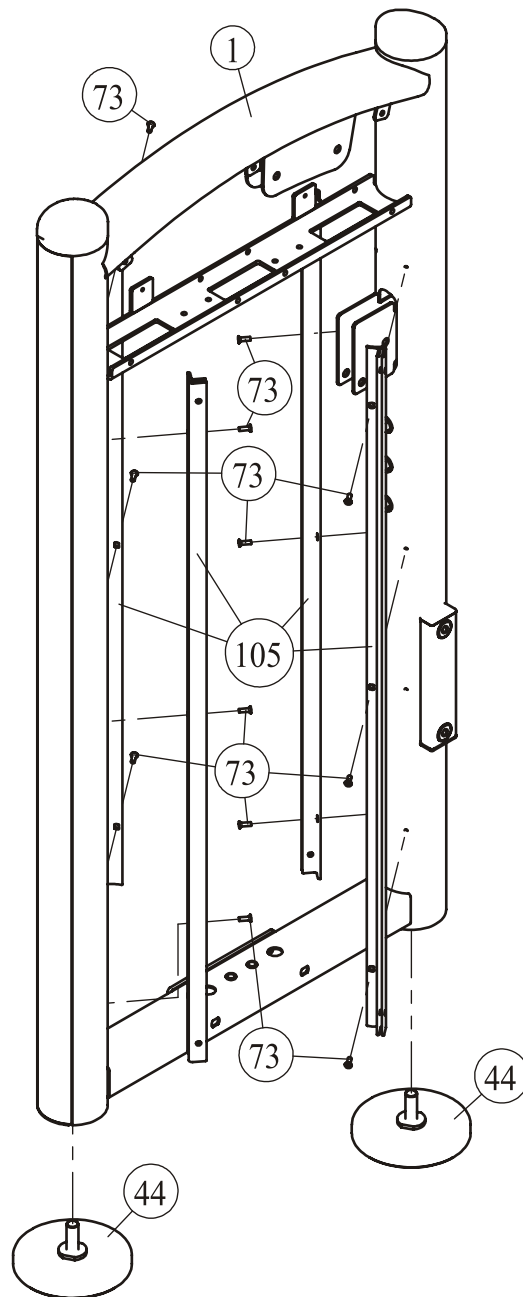
## Assembly

### STEP 1

1. Attach two Adjustable Foot Plate (#44) to the Weight stack Frame (#1).
2. Attach four Shroud Retainer Plate (#105) to the Weight stack Frame (#1) using:  
twelve M5\*16 Flat Philips Screw (#73)

**Note: Wrench Tighten Screws.**

Here is the assembly instruction for **Flat Shroud and Molding Shroud** !



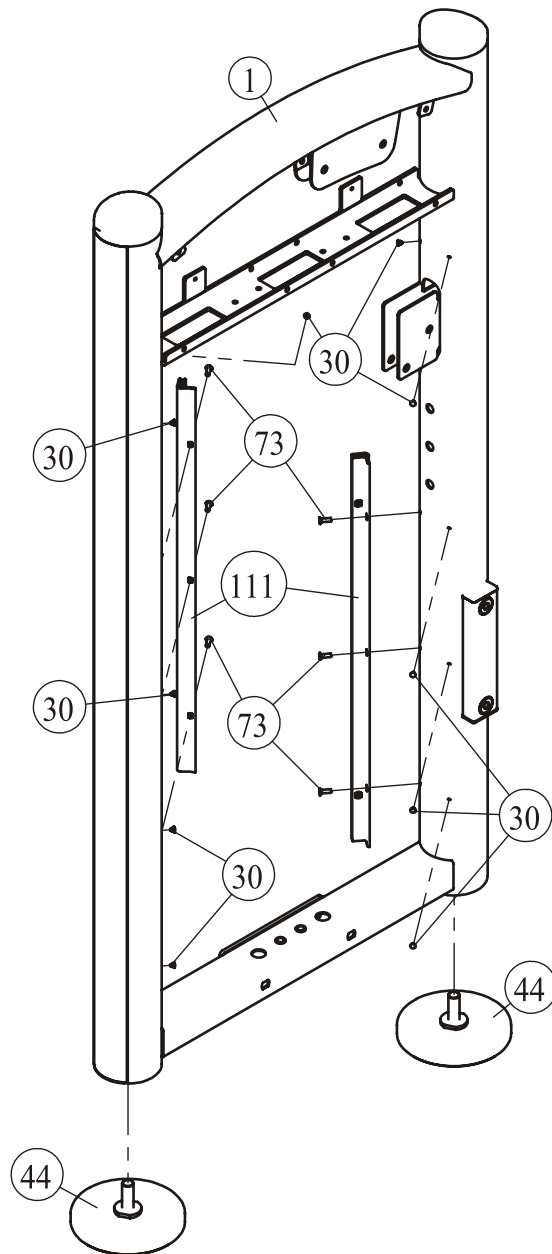
## Assembly

### STEP 1

1. Attach two Adjustable Foot Plate (#44) to the Weight stack Frame (#1).
2. Attach two Short Shroud Retainer Plate (#111) to the Weight stack Frame (#1) using:  
six M5\*16 Flat Philips Screw (#73)
3. Attach ten Button (#30) to the Weight stack Frame (#1).

**Note: Wrench Tighten Screws.**

Here is the assembly instruction for **Short Shroud** !

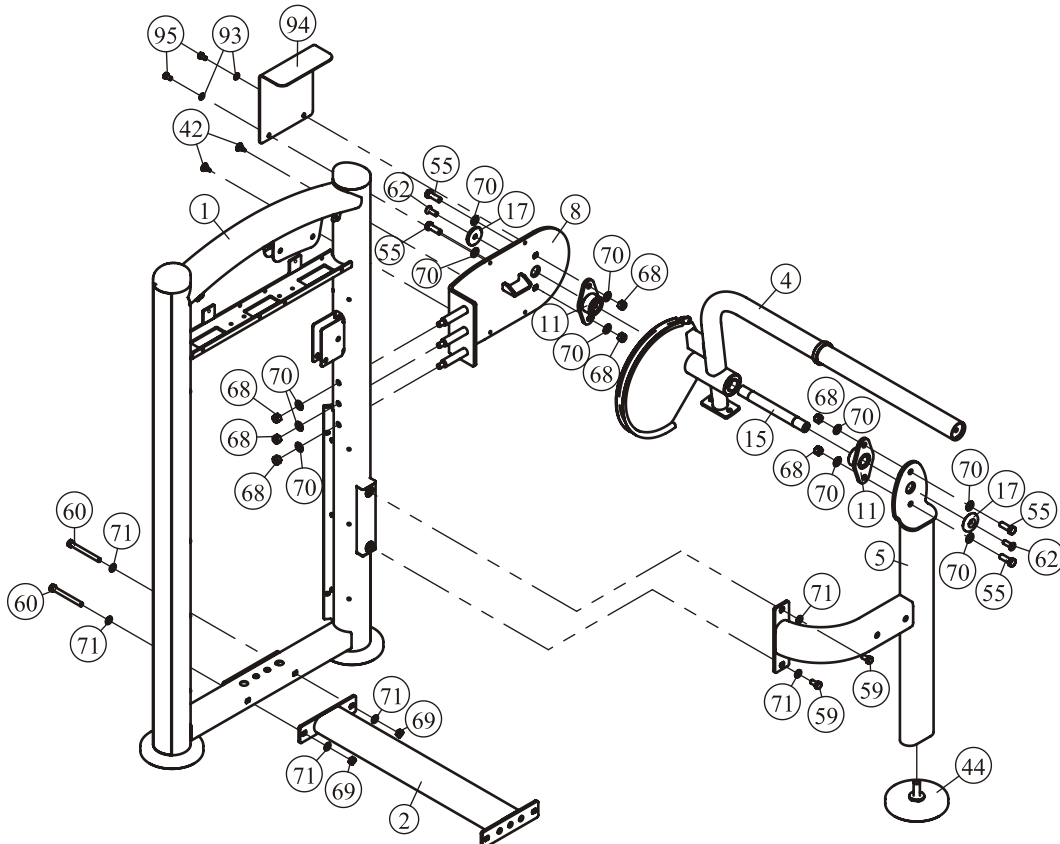


# Assembly

## STEP 2

1. Attach one Adjustable Foot Plate (#44) to Main Frame (#5) using:
2. Attach the Main Bracket (#8) to the Weight stack Frame (#1) using:  
three  $\Phi 13 \times \Phi 24 \times 1.5$  Flat Washer (#70)      three M12 Nylon lock Nut (#68)
3. Attach the Flange (#11) to the Main Bracket (#8) using:  
two M12\*35 HHB (#55)      four M12 Nylon lock Nut (#70)  
two M12 Nylon lock Nut (#68)
4. Attach the Main Shaft (#15) to the Flange (#11).
5. Attach the Pivot Arm (#4) to Main Shaft (#15).
6. Attach the Flange (#11) to Main Shaft (#15).
7. Attach the Flange (#11) to the Main Frame (#5) using:  
two M12\*35 HHB (#55)      four M12 Nylon lock Nut (#70)  
two M12 Nylon lock Nut (#68)
8. Attach two Aluminum Cap (#17) to the Main Frame (#15) using:  
two M10\*30 Flat Head Cap Screw (#62)
9. Attach the Main Frame (#5) to the Weight Stack Frame (#1) using:  
two M10\*20 HHB (#59)      two  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#71)
10. Attach the Main Frame (#2) to the Weight Stack Frame (#1) using:  
two M10\*100 HHB (#60)      four  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#71)  
two Nylon lock Nut M10 (#69)
11. Attach the Baffle Plate (#94) to the main Bracket (#8) using:  
two M8\*15 HHB (#95)      two  $\Phi 9 \times \Phi 16 \times 1.6$  Flat Washer (#93)
12. Attach two Button (#42) to the main Bracket (#8).

**Note: Hand Tighten Bolts and Nylon Lock nuts.**

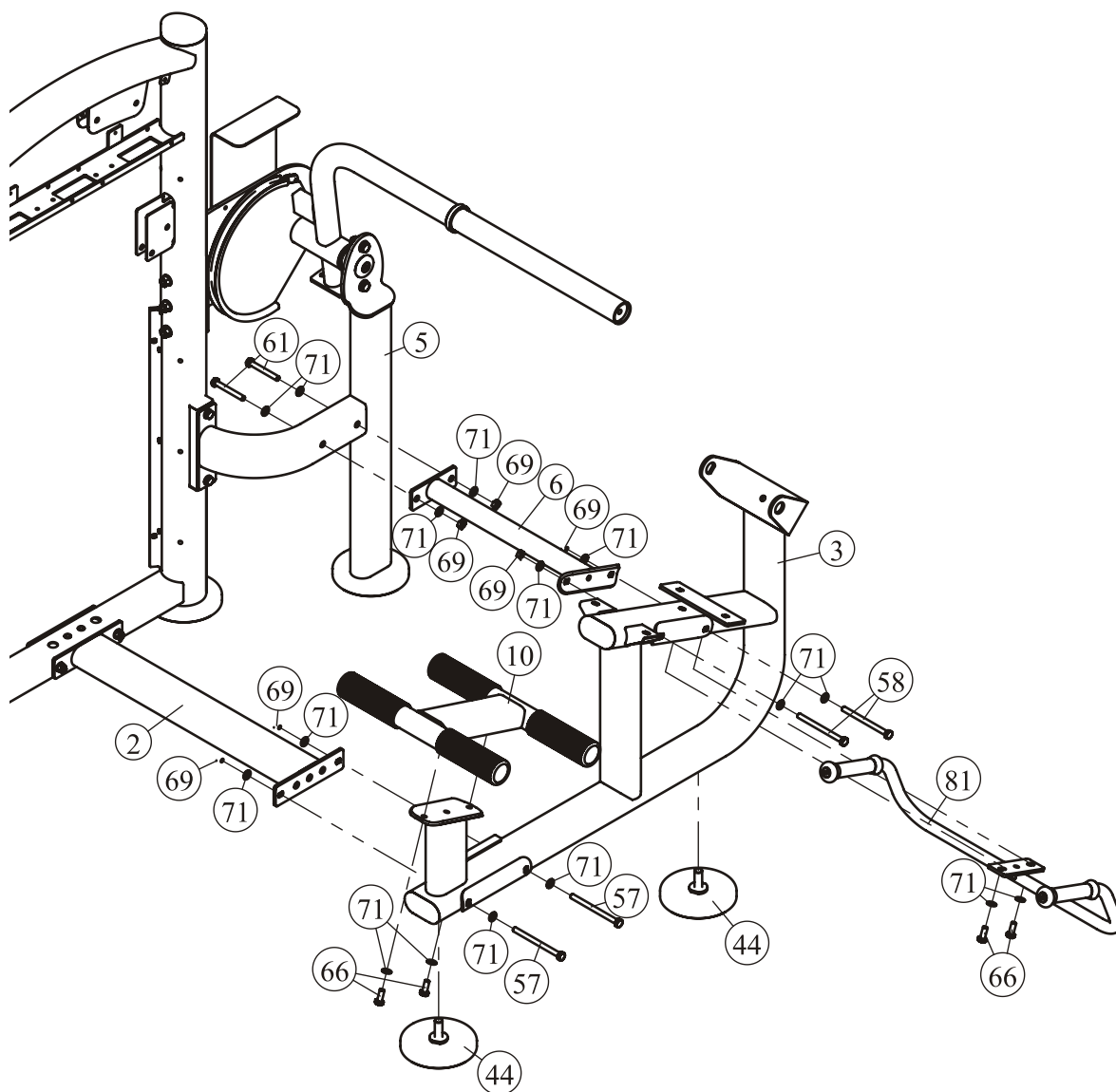


# Assembly

### STEP 3

1. Attach two Adjustable Foot Plate (#44) to the Seat Frame (#3).
  2. Attach the Seat Frame (#3) to the Bottom Cross Brace (#2) using:  
two M10\*135 HHB (#57)  
two M10 Nylon lock Nut (#69)
  3. Attach the Rear Cross Brace (#6) and the Seat Frame (#3) to the Main Frame (#5) using:  
two M10\*130 HHB (#58)  
eight Φ11\*Φ20\*2 Flat Washer (#71)
  4. Attach the Foot Tube (#10) to the Seat Frame (#3) using:  
two M10\*25 HHB (#66)
  5. Attach the Handle (#81) to the Seat Frame (#3) using:  
two M10\*25 HHB (#66)
- four Φ11\*Φ20\*2 Flat Washer (#71)  
two M10\*75 Hex Head Bolt (#61)  
four M10 Nylon lock Nut (#69)  
two Φ11\*Φ20\*2 Flat Washer (#71)  
two Φ11\*Φ20\*2 Flat Washer (#71)

**Note: Hand Tighten Bolts and Nylon Lock nuts.**



# Assembly

## STEP 4

### 1. Attach:

two Guide Rod (#14)  
ten Weight Plate 15LBS (#38)  
two Weight Plate 5LBS (#36)  
two Rubber Plug (#21)

two  $\Phi 63.5 \times \Phi 19 \times 25.4$  Weight Rubber Bumper (#20)  
three Weight Plate 10LBS (#37)  
one Top Plate (#39)

to the Weight stack Frame (#1) using:

two M8\*30 HHB (#72)

two  $\Phi 8$  Spring Washer (#50)

two  $\Phi 9 \times \Phi 22 \times 1.6$  Flat Washer (#51)

### 2. Attach the Selector Pin W/Coil (#40) to the Top Plate (#39).

### 3. Attach the Counter Poise Block (#34) to the Pivot Arm (#4) using:

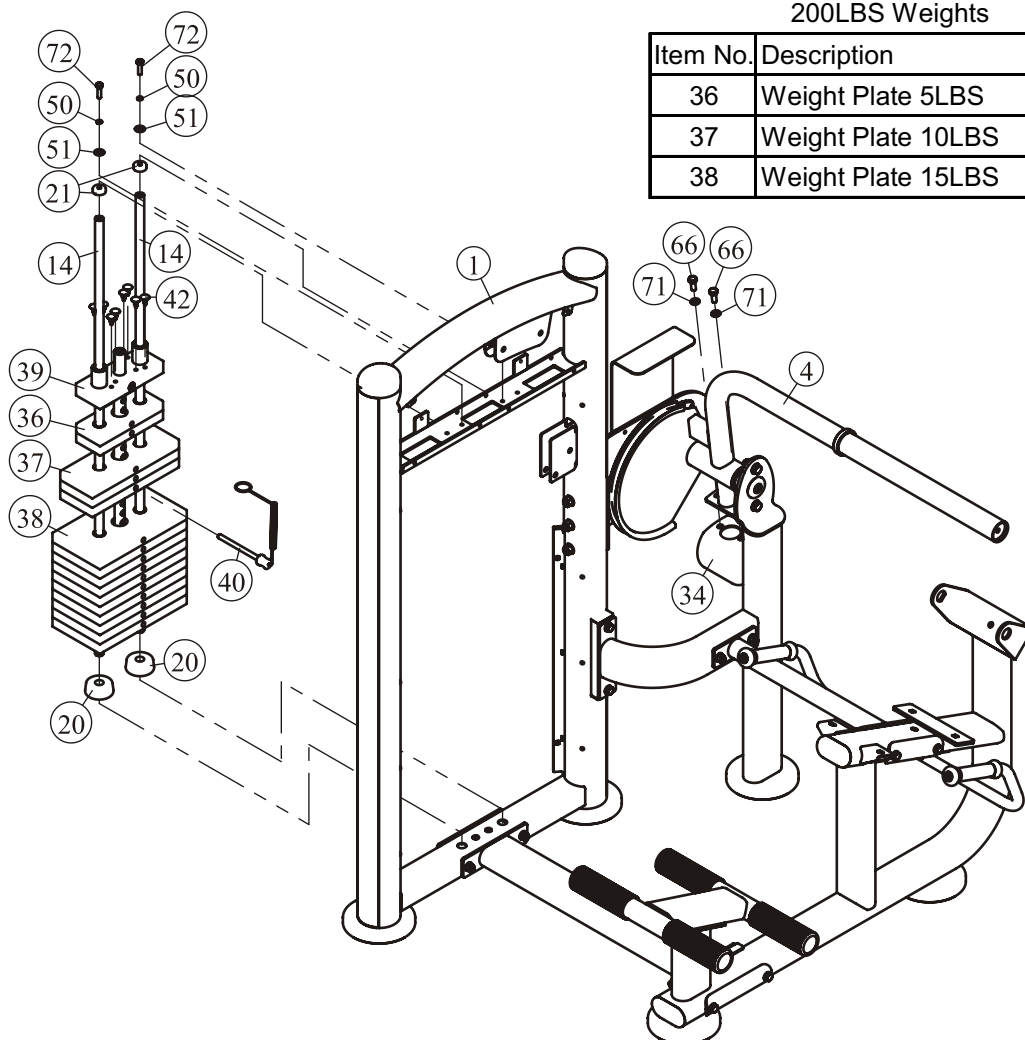
two M10\*25 HHB (#66)

two  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#71)

### 4. Attach eight Button (#42) to the Top Plate (#39).

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

Here is the assembly instruction for **200LBS Weights !**



200LBS Weights

Item No.	Description	Qty
36	Weight Plate 5LBS	2
37	Weight Plate 10LBS	3
38	Weight Plate 15LBS	10

# Assembly

## STEP 4

### 1. Attach:

two Guide Rod (#14)  
ten Weight Plate 20LBS (#38)  
two Weight Plate 10LBS (#36)  
two Rubber Plug (#21)

two  $\Phi 63.5 \times \Phi 19 \times 25.4$  Weight Rubber Bumper (#20)  
three Weight Plate 15LBS (#37)  
one Top Plate (#39)

to the Weight stack Frame (#1) using:

two M8\*30 HHB (#72)

two  $\Phi 8$  Spring Washer (#50)

two  $\Phi 9 \times \Phi 22 \times 1.6$  Flat Washer (#51)

### 2. Attach the Selector Pin W/Coil (#40) to the Top Plate (#39).

### 3. Attach the Counter Poise Block (#34) to the Pivot Arm (#4) using:

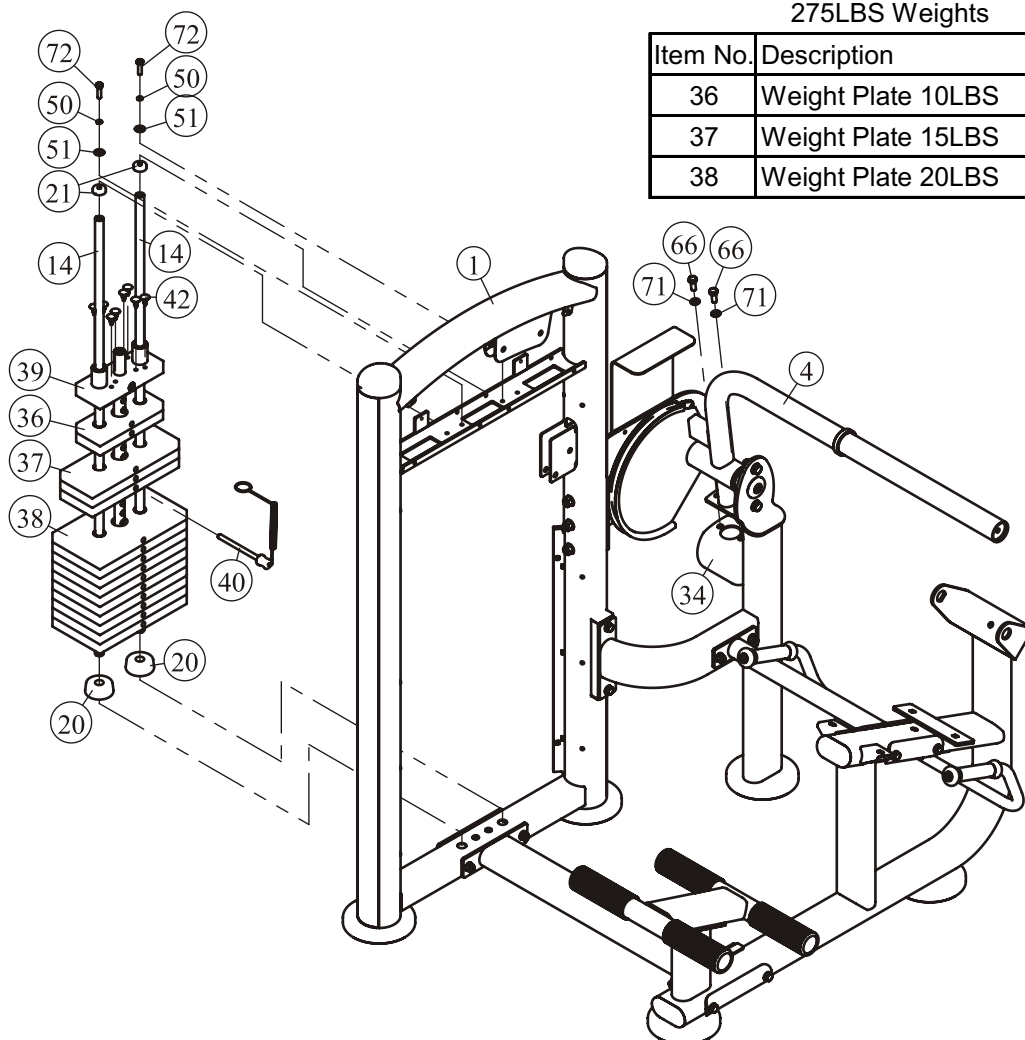
two M10\*25 HHB (#66)

two  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#71)

### 4. Attach eight Button (#42) to the Top Plate (#39).

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

Here is the assembly instruction for **275LBS Weights !**



275LBS Weights

Item No.	Description	Qty
36	Weight Plate 10LBS	2
37	Weight Plate 15LBS	3
38	Weight Plate 20LBS	10

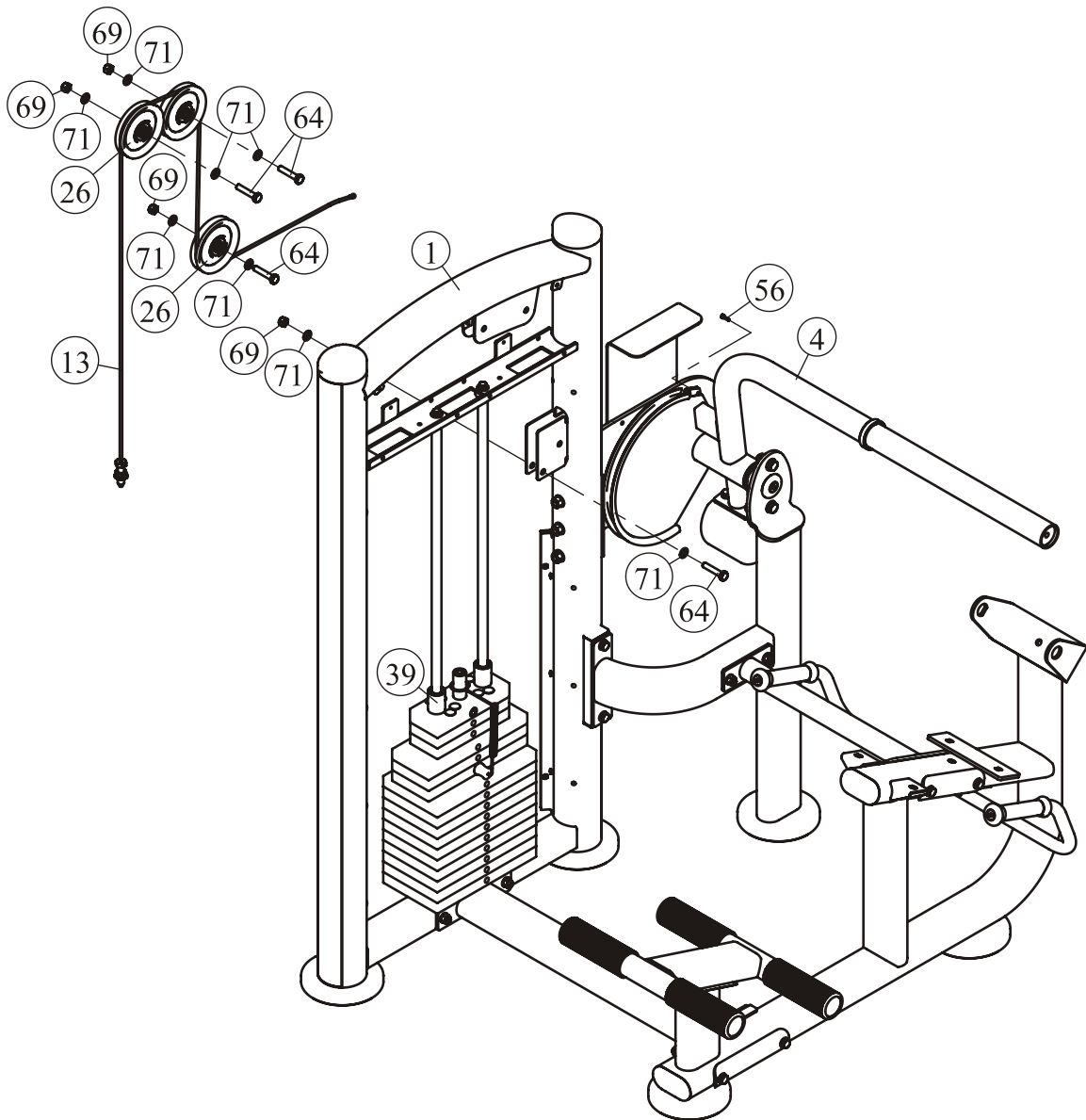


## Assembly

### STEP 5

1. Attach the Cable (#13) to the Top Plate (#39).
2. Attach three 4.5" Pulley (#26) to the Weight stack Frame (#1) using:  
four M10\*50 HHB (#64)                      eight  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#70)  
four M10 Nylon lock Nut (#69)
3. Attach the Cable (#13) to the Pivot Arm (#4) using:  
one M4\*15 SHCS (#56)

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

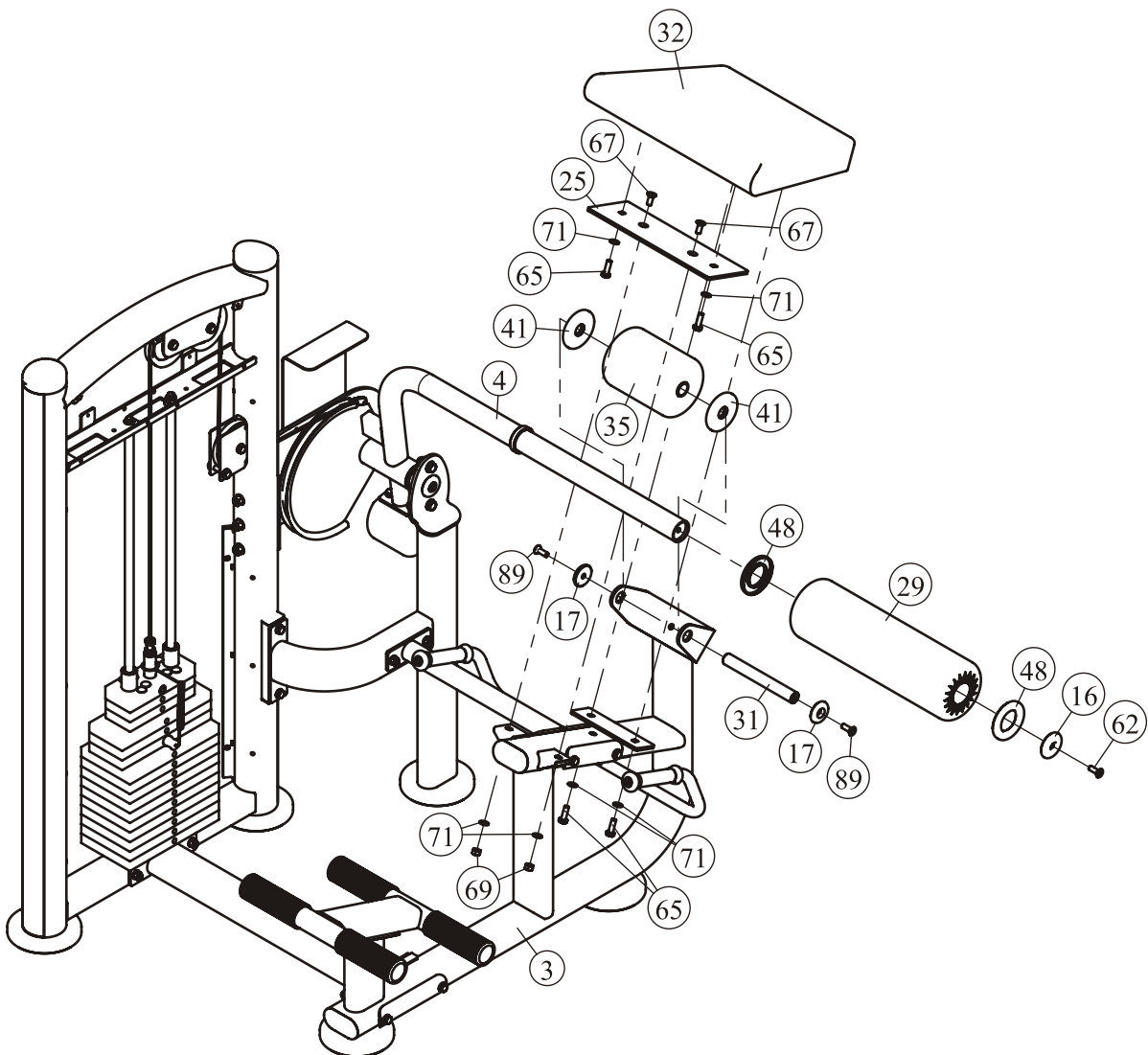


## Assembly

### STEP 6

1. Attach the Seat Pad Plate (#25) to the Seat Frame (#3) using:  
two M10\*25 Flat Head Cap Screw (#67)      two  $\Phi 11*\Phi 20*2$  Flat Washer (#71)  
two M10 Nylon lock Nut (#69)
2. Attach the Seat Pad (#32) to the Seat Pad Plate (#25) using:  
four M10\*30 HHB (#65)      four  $\Phi 11*\Phi 20*2$  Flat Washer (#71)
3. Attach Short Foam (#35) to the Pivot Arm (#4) using:  
one  $\Phi 25.4*210$  Foam Shaft (#31)      two  $\Phi 60*\Phi 10.5*10.9$  Aluminum Cap (#17)  
two M10\*25 Flat Head Cap Screw (#89)
4. Attach the Rollar (#29) to the Pivot Arm (#4) using:  
two  $\Phi 90*\Phi 51.2*8.5$  Big Collar (#48)      one  $\Phi 60*\Phi 10.5*10.9$  Aluminum Cap (#16)  
one M10\*30 Flat Head Cap Screw (#62)

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**



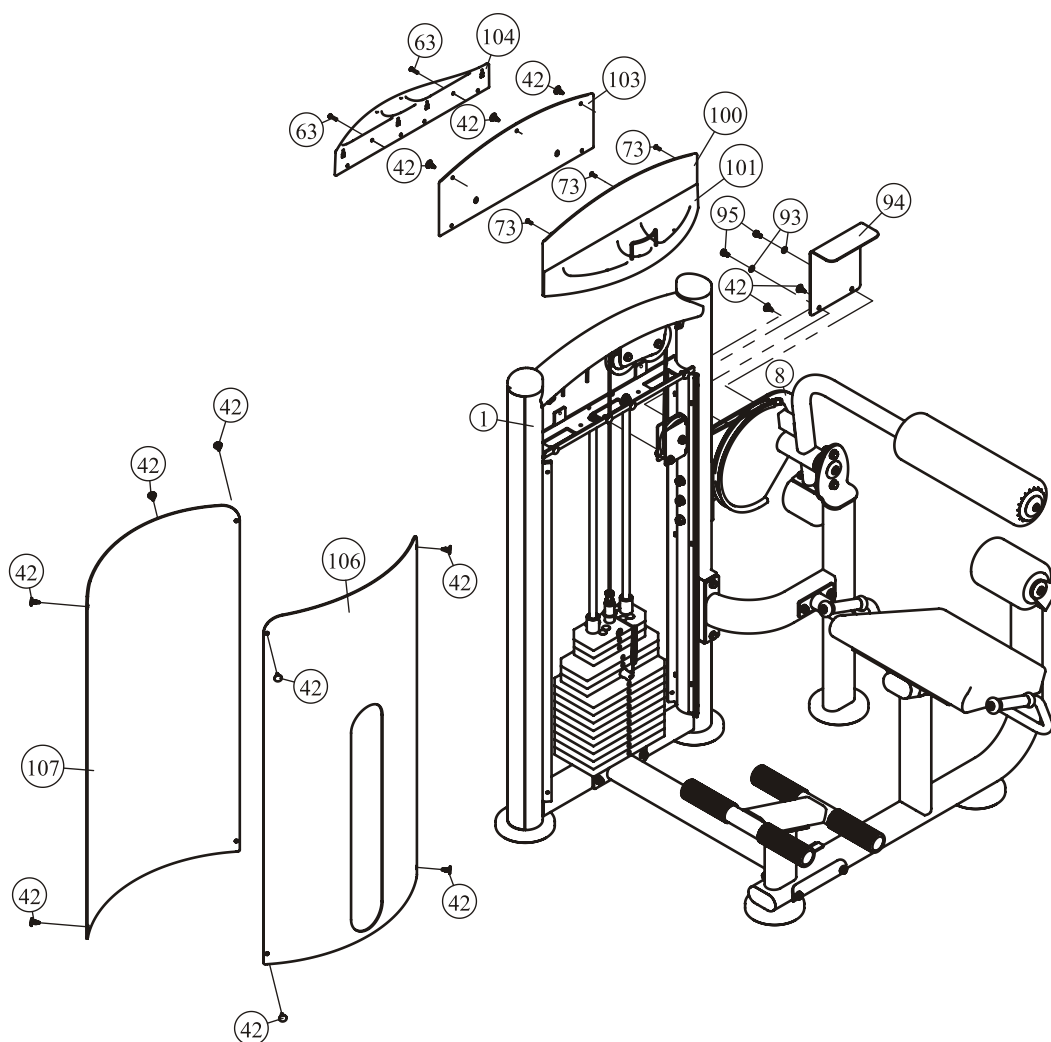
## Assembly

### STEP 7

1. Attach the Front Shroud (#106), Rear Shroud (#107) to the Weight stack Frame (#1) using:  
eight  $\Phi 8 \times \Phi 20 \times 23$  Button (#42)
2. Attach Top Front Shroud (#100), Support (#101) to the Weight stack Frame (#1) using:  
three M5\*16 Flat Philips Screw (#73)
3. Attach the Top Rear Shroud (#103), Rear Support (#104) to the Weight stack frame (#1) using:  
three  $\Phi 8 \times \Phi 20 \times 23$  Button (#42)                      two M5\*25 Flat Philips Screw (#63)
4. Attach the Baffle Plate (#94) to the main Bracket (#8) using:  
two M8\*15HHB (#95)                      two  $\Phi 9 \times \Phi 16 \times 1.6$  Flat Washer (#93)
5. Attach two Button (#42) to the main Bracket (#8).

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

Here is the assembly instruction for **Flat Shroud !**



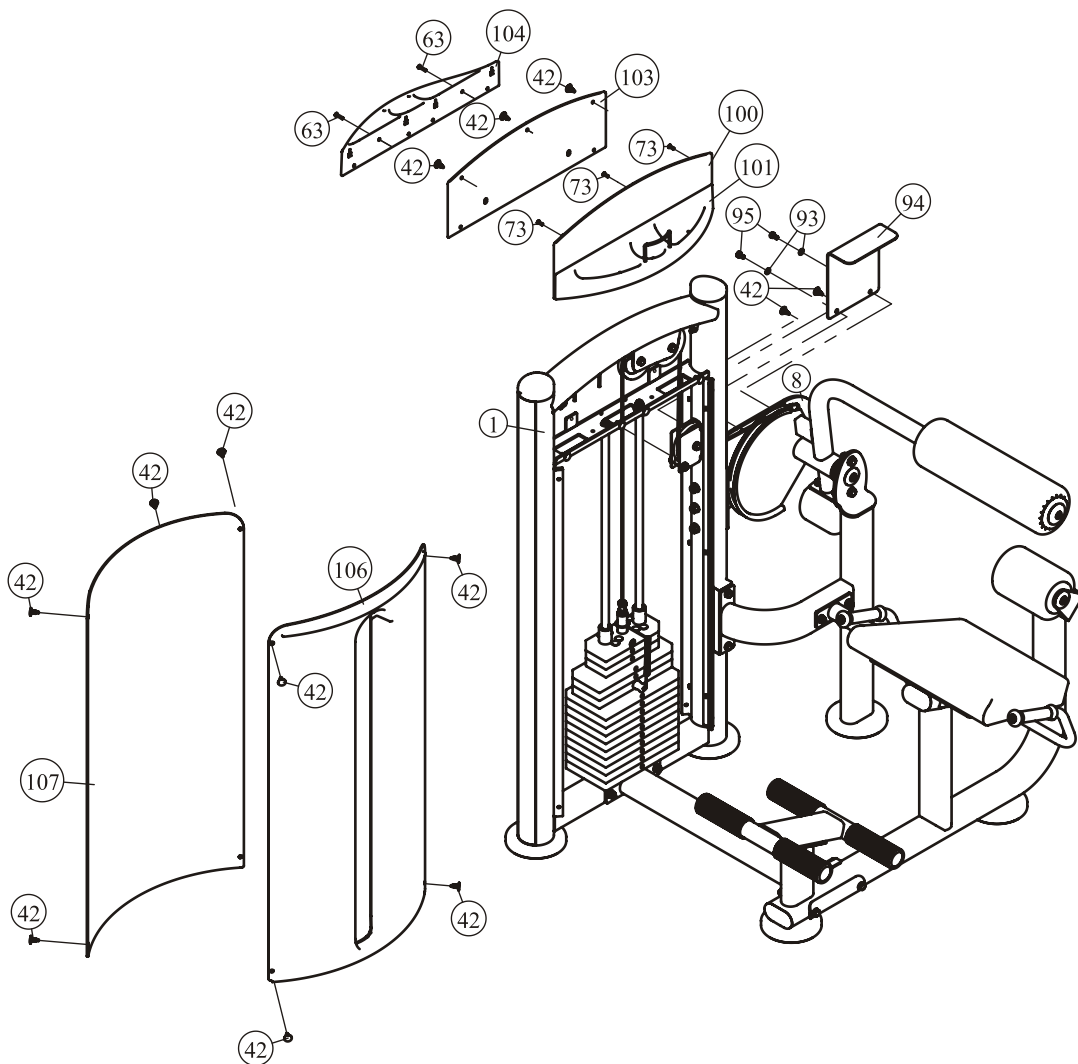
## Assembly

### STEP 7

1. Attach the Front Shroud (#106), Rear Shroud (#107) to the Weight stack Frame (#1) using:  
eight  $\Phi 8 \times \Phi 20 \times 23$  Button (#42)
2. Attach Top Front Shroud (#100), Support (#101) to the Weight stack Frame (#1) using:  
three M5\*16 Flat Philips Screw (#73)
3. Attach the Top Rear Shroud (#103), Rear Support (#104) to the Weight stack frame (#1) using:  
three  $\Phi 8 \times \Phi 20 \times 23$  Button (#42)                      two M5\*25 Flat Philips Screw (#63)
4. Attach the Baffle Plate (#94) to the main Bracket (#8) using:  
two M8\*15HHB (#95)                      two  $\Phi 9 \times \Phi 16 \times 1.6$  Flat Washer (#93)
5. Attach two Button (#42) to the main Bracket (#8).

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

Here is the assembly instruction for **Molding Shroud !**



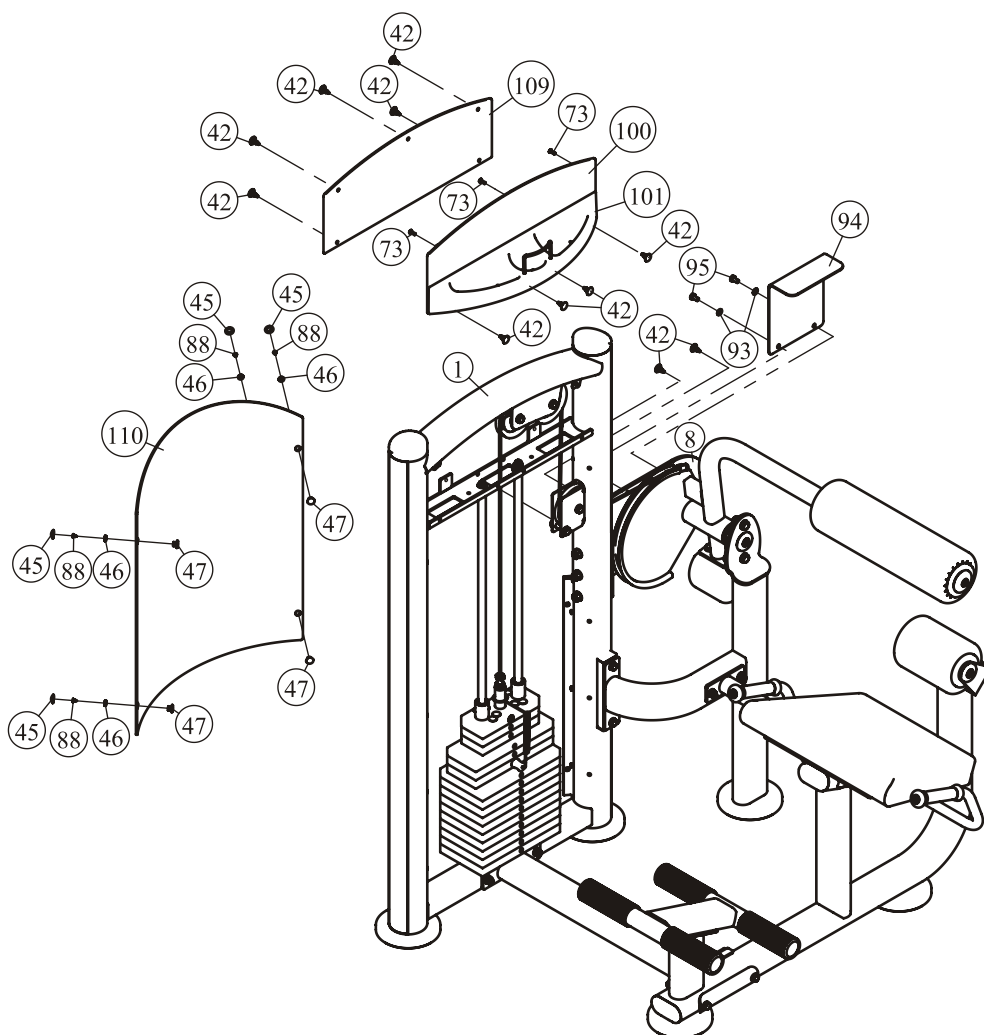
## Assembly

### STEP 7

1. Attach the Shroud (#110) to the Weight stack Frame (#1) using:  
 four  $\Phi 18 \times 12$  Connect Button (#47)      four  $\Phi 13 \times 3$  Plastic Washer (#46)  
 four ST4.2\*10 Self-Tapping Screw (#88)      four  $\Phi 21 \times 5.7$  Plastic Cover (#45)
2. Attach the Top Front Shroud (#100), Support (#101) to the Weight stack Frame (#1) using:  
 four  $\Phi 8 \times \Phi 20 \times 23$  Button (#42)      three M5\*16 Flat Philips Screw (#73)
3. Attach the Top Rear Shroud (#109) to the Weight stack Frame (#1) using:  
 five  $\Phi 8 \times \Phi 20 \times 23$  Button (#42)
4. Attach the Baffle Plate (#94) to the main Bracket (#8) using:  
 two M8\*15HHB (#95)      two  $\Phi 9 \times \Phi 16 \times 1.6$  Flat Washer (#93)
5. Attach two Button (#42) to the main Bracket (#8).

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

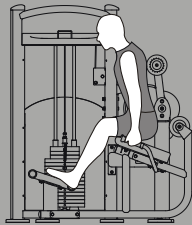
Here is the assembly instruction for **Short Shroud !**



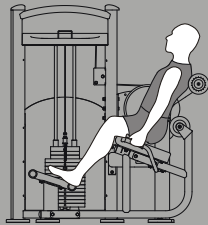
## Exercise Instructions

### **BACK EXTENSION**

Start

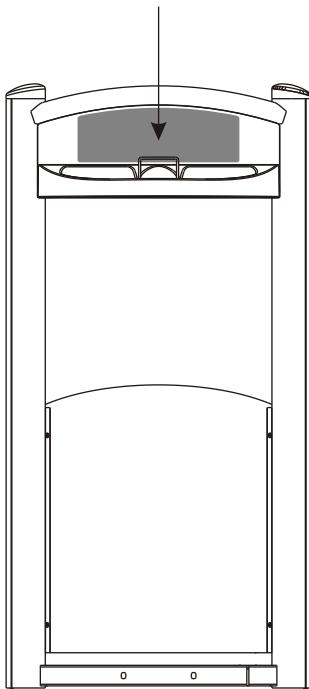
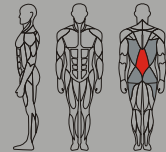


Finish



#### Exercise Instructions

1. Select an appropriate weight.
2. Put both feet on the foot plate and back against the roller. Then extend you back to the endpoint .
3. Slowly return to the starting position.



#### Exercise Instructions

1. Select an appropriate weight.
2. Put both feet on the foot plate and back against the roller. Then extend you back to the endpoint .
3. Slowly return to the starting position.  
(Adjust weight according to the select pin)

### **Specifications**

Class: S

Maximum Wt. Capacity: 125Kg/ 275lbs.

Maximum User Weight: 150Kg/ 330lbs.

## Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean; Upholstery	DAILY	WEEKLY						
Inspect; Cables or Belts and their tension	DAILY	WEEKLY						
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect; All Decals	WEEKLY	3 MONTHS						
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS						
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS						
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY						
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

*Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.*

## General Maintenance Information

### **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \*Check all pieces for signs of visible wear or damage.
- \*Check springs in snap hooks and pull-pins for proper tension and alignment.
- \*If the spring sticks or has lost its rigidity, replace it immediately.

### **Upholstery:**

- \*To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \*Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \*Replace ripped or worn upholstery immediately.
- \*Keep sharp or pointed objects clear of all upholstery.

### **Decals:**

- \*Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

### **Nuts and Bolts:**

- \*Inspect all nuts and bolts for any loosening and tighten if needed.
- \*Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

### **Anti-Skid Surfaces:**

- \*These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

### **Belts and Cables:**

- \*We use only high quality belt, and mil-spec cables.
- \*Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \*While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \*Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

### **Belt and Cable Tension:**

- \*Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- \*Check slack in cables and re-adjust cable tension if needed.

### **Seat Sleeves, Guide Rods:**

- \*Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \*Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

### **Linear Bearings:**

- \*Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**



## Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

