

1. Pulldown (back and biceps)

Major muscle groups used: Latissimus dorsi

Execution:

1. Adjust pulley arms to the upward vertical position. Grasp handles with palms facing forwards. Pull handles downward to shoulder level and touch your elbows to the side of your chest wall.
2. Pause, and then raise to original starting position. The pulldown should be done with both arms simultaneously, using a smooth motion. Remember to extend the arms fully in the starting position.

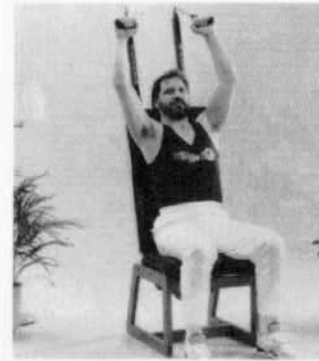
Number of sets performed: 2

Number of repetitions per set: 8-20

Recovery time between sets: 30 seconds to 1 minute

Benefits:

The pulldown strengthens the upper back, which is beneficial for many practical purposes, such as twisting, bending, or pulling. This will improve your muscle tone for recreational activities including canoeing, tennis, archery, batting, fencing, passing a football, handball, and most swimming strokes. It can also improve your performance on the golf course. And in your daily activities, the increased strength will be useful for moving furniture, and swinging that grandchild around.



2. Lateral Raise (shoulder)

Major muscle groups used: Deltoids

Execution:

1. Adjust pulley arms to the downward vertical position. Grasp handles with palms facing your body. Raise handles directly out to the side until they are just above the level of your shoulders, while keeping elbows slightly flexed.
2. Lower handles back to original starting position and repeat. The lateral raise should be done with both arms simultaneously, using a smooth motion.

Number of sets performed: 2

Number of repetitions per set: 8-20

Recovery time between sets: 30 seconds to 1 minute

Benefits:

The Lateral Raise strengthens the shoulders, which is beneficial for activities that involve repetitively raising your arms over your head. The Lateral Raise helps you enhance your performance in recreational activities such as canoeing, tennis, archery, batting, passing a football, doing the breast stroke, back stroke and crawl, golfing and handball.



3. Fly (chest)

Major muscle groups used: Pectoralis major and minor

Execution:

1. Adjust pulley arms to the horizontal position. While seated in the chair, grasp the handles with palms facing forward. Pull directly toward the midline of body, always maintaining the elbows slightly flexed, and palms inwards. Remember to keep the entire movement on the horizontal plane.
2. Return the handles to the original starting position and repeat. The Fly should be done simultaneously with both arms, using a smooth, controlled fashion.

Number of sets performed: 2

Number of repetitions per set: 8-20

Recovery time between sets: 30 seconds to 1 minute

Benefits:

The Fly works the chest muscles, helping you develop strength and endurance that's helpful in many recreational and daily activities. Enhanced recreational activities include: passing a football, doing the crawl and backstroke, throwing, punching, fencing and shooting a basketball.



4. Tricep Pushdown (triceps)

Major muscle groups used: Triceps brachii

Execution:

1. Adjust pulley arm to the upward vertical position. Grasp handles with palms facing forwards. Pull handles downward until elbows are tight to the side of the body and elbow is flexed. Now the Tricep Pushdown movement begins: Push the handles downward, extending arms entirely and keeping elbows stationary by the side of the body.
2. Raise to the original starting position and repeat. Exercise both arms together in a smooth, controlled motion.

Number of sets performed: 2
Number of repetitions per set: 8-20
Recovery time between sets: 30 seconds to 1 minute

Benefits:

The triceps are the prime movers in most pushing and extending movements, including the breast stroke, gymnastics bar work, batting, the fencing thrust, passing a football and basketball, and boxing. This exercise is especially beneficial for toning and shaping the back of the upper arms.



5. Bicep Curl (biceps)

Major muscle groups used: Biceps brachii and forearm flexors

Execution:

1. Adjust pulley arms to the downward vertical position. Grasp handles with palms facing forwards. While keeping elbows tight to your sides, lift the handles upwards towards the front of your shoulders.
2. Lower to the original starting position and repeat. The Bicep Curl should be done with both arms simultaneously in a smooth motion.

Number of sets performed: 2
Number of repetitions per set: 8-20
Recovery time between sets: 30 seconds to 1 minute

Benefits:

Daily practical uses of the biceps include carrying groceries, carrying a child, cleaning, moving furniture. Recreational activities where stronger biceps can be beneficial include swimming, archery, rowing.



6. Abdominal Crunch (abdominals)

Major muscle groups used: Rectus abdominis

Execution:

1. Adjust pulley arm to the upward vertical position grasping handles beside the head. Holding them firmly, draw your head to your knees, keeping your lower back rounded. Contract or tighten your abdominal muscles while performing the exercise.
2. Return to an erect position, but don't lean back into the chair cushion (maintain about three inches between your upper back and the chair cushion).

Number of sets performed: 2
Number of repetitions per set: 8-20
Recovery time between sets: 30 seconds to 1 minute

Benefits:

Of all muscles discussed, the abdominals most often need to be strengthened. Abdominal strength is crucial because it helps to control excessive lordosis or arching of the lower back. Clinical evidence shows that maintaining good abdominal muscle strength/endurance greatly reduces the risk of developing low back pain.

