Back Exercises
Lie on the machine with your chest against the chest pad. Raise or lower the foot platform as necessary so your shoulders are in line with the handlebars as shown. Place weights on the machine if desired. The unloaded bar weighs approximately 25 pounds. Lift the bar off of the safety rack. Straighten your arms to the starting position.

Exhale and pull the handlebars toward your torso. Squeeze your shoulder blades together at the peak of the contraction. Inhale and slowly release the weight back to the starting position.
Barbell Bent Over Row

Select barbell. Stand with your feet hip distance apart and use an overhand grip on the barbell. Bend your knees and hinge forward from your hips. Keep your back flat and neck in alignment with your spine. Dangle your arms toward the floor.

Exhale and pull the barbell toward your abdomen. Squeeze your shoulder blades together at the peak of the contraction. Inhale and slowly release the weight back to the starting position.
Dumbbell Double Arm Bent Over Row

Select dumbbells. Stand with your feet together. Bend your knees and hinge forward from your hips. Maintain a flat back. Keep your head in alignment with your spine. Dangle your arms toward the floor. Face your palms toward each other as shown. Alternatively, turn your palms facing upward or downward.

Exhale and pull the dumbbells toward your abdomen. Squeeze your shoulder blades together at the peak of the contraction. Inhale and slowly release the weights back to the starting position.
Dumbbell One Arm Row

Select a dumbbell. Place your left hand and left knee on a flat bench as shown. Keep your left elbow straight but not locked and your back flat. Dangle your right arm down toward the floor.

Exhale and pull the dumbbell toward your abdomen. Keep your elbow close to your side. Inhale and slowly release the weight back to the starting position.
**Cybex Lat Pull**

Select weight. Adjust the height of the pads on the thigh rest so they are resting on your legs as shown. Place your hands slightly wider than shoulder width apart on the bar. Extend your arms overhead and lean back slightly from your hips.

Exhale and pull the bar to touch the top of your chest. Pause briefly and squeeze your shoulder blades together at the peak of the contraction. Inhale and slowly release the weight back to the starting position.
Select weight. Sit on the seat and place your chest against the chest pad. Adjust the chest pad fore/aft position so your fingertips can barely touch the handlebars when your chest is against the pad. Grasp the handlebars as shown.

Exhale and pull the handlebars toward your torso. Pause briefly and squeeze your shoulder blades together at the peak of the contraction. Inhale and slowly return the weight back to the starting position.
MedX Lat Pull Torso

Select weight. Notice that there is a double weight stack that allows for smaller weight increments. Sit on the seat and place your back against the back rest. Adjust the seat height as needed so your arms can barely reach the handlebars. Use the seatbelt when using very heavy weights that may pull you upward.

Exhale and pull the handlebars downward. Pause briefly and squeeze your shoulder blades together at the peak of the contraction. Inhale and slowly release the weight back up to the starting position.
Trotter Pulldown

Select weight. Sit on the seat and place your back against the back rest. Adjust the seat height as needed so your arms can barely reach the handlebars. Adjust the height of the thigh pads so they are resting on top of your thighs.

Exhale and pull the handlebars downward. Pause briefly and squeeze your shoulder blades together at the peak of the contraction. Inhale and slowly release the weight back up to the starting position.
Trotter Low Row

Select weight. Sit on the machine and grasp the V-grip. Place the balls of your feet on the foot platform slide your hips back to the position shown. Sit up tall with a flat back. Hinge backward slightly from your hips.

Exhale and pull the handlebars toward your abdomen. Pause briefly and squeeze your shoulder blades together at the peak of the contraction. Inhale and slowly release the weight back to the starting position.
Assisted Pull-up

Select desired weight. Since this is an assisted pull-up machine choose more weight to make the exercise easier and less weight to make the exercise more difficult. Grasp the handlebars and place your knees on the knee pads as shown.

Exhale and pull your body upward. Pause briefly and squeeze your shoulder blades together at the peak of the contraction. Inhale and slowly release back to the starting position.
Select barbell. Stand with your feet hip distance apart and use an overhand grip. Place your hands shoulder width apart on the barbell. Draw your shoulder blades down and back to stabilize your shoulder blades. Keep your knees slightly bent to minimize the curve in your lower back.

Exhale and pull the barbell upward. Lead with your elbows and stop when your arms are parallel to the floor. Inhale and slowly release the weight back to the starting position.
**Nautilus Pullover**

**Latissimus Dorsi**

Select weight. Notice the double weight stack that allows for smaller weight increments. Choose a seat height that allows your shoulders to align with the red pivot point on the machine. Use the seatbelt when using heavier weights that may lift your upward.

**Pectoralis Major**

(Chest)

Place your hands on your lap. Step on the foot assist to bring the handlebar toward you. Place your elbows on the elbow pads and carefully release the foot assist. Exhale and bring the handlebar toward your abdomen. Inhale and slowly release back to the starting position. Be careful not to overstretch your shoulders.