

Employee Health & Well-Being Fitness Room Machine Exercises

Perform 2 sets of 10 repetitions for each exercise using a weight you can lift 10 but not 11 times. Begin with a light weight and add weight as necessary to increase intensity. Perform these exercises in any order. Begin by training 1-2 days per week and then move up to 2-3 days each week. In addition to resistance training, it is important to perform cardiovascular exercise and to stretch regularly. Always check with a doctor before performing any physical exercise.

Tips for Good Form

- Rest 30-60 seconds between sets to keep heart rate elevated.
- Rest at least 1 day between resistance training.
- Breathe out during the lifting part of the exercise; breathe in during the lowering part.
- Lower the weights with control, this is part of the exercise; in fact, lowering the weight can be more work for your muscles than lifting it.
- Lifting and lowering the weight should take about 1 second each.

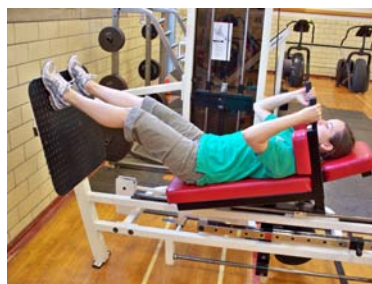


#46 Chest Press – Adjust the seat height so that the handles are slightly lower than your shoulders. Sit down, grasp the handles and press away from your body and slowly return weight. Focus on using your arms and chest, while keeping your body steady and feet planted.

#35 Lat Pull-Down – Adjust seat so that thighs are parallel to the ground, then adjust the thigh pad snugly against legs. Grab handle with a wide grip, sit down and place legs under pads securely. Lean slightly back and pull the bar to your chest. Do not sway backwards (with momentum) during the exercise or pull the bar behind your neck. When finished release legs from pad and slowly stand up to return the weight.



#04 Leg Press – Adjust weight. Set cart position (with pin under cart) so that thighs are parallel to the foot plate when at the bottom position. Place feet on plate so that toes are slightly higher than knees. Extend legs, stopping just before fully extended. Try to keep your knees centered above your feet. Return to starting position.

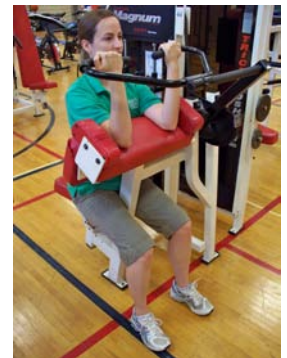


#30 Low Back – Set foot plate so that knees are slightly bent. Set back bar at middle/upper back height. Sit down, place feet under straps, lean backwards and then return to starting position. Keep back straight and head forward.



#48 Shoulder Press – Set seat height so that handles are just above shoulders. Sit down, grab handles and press overhead. Stop just before elbows lock out. Lower to starting position.

#44 Bicep Curl – Adjust seat height so that arms rest on pad. Hold handles with an underhand grip. Pull handles up by bending arms at elbows. Try not to let the shoulders round forward when lifting weight. Slowly lower to beginning position.



#49 Cable Rotation Resistance – Adjust the height of the cable so that it is even with your shoulder. Use a light weight to begin. Stand next to the cable and grasp the handle. Pull the handle to your body then push and hold it in front of you. Avoid using the muscles of the arm or shoulder and focus on using the muscles of the abdomen. Hold for 30-60 seconds on each side. This exercise can also be performed with the cable at a low or high angle.

