

PM-3200

exercise chart



BICEP CURL

MUSCLE EMPHASIS: BICEPS

1. Select the desired weight.
2. Attach the elbow bar and chain to the low pulley using a spring clip.
3. Grasp the elbow bar with both hands, bring your palms up.
4. With your elbows positioned near your sides, raise your palms up in an arched motion, pulling only from your elbows.
5. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



PREACHER CURL

MUSCLE EMPHASIS: BICEPS

1. Select the desired weight.
2. Attach the elbow bar and chain to the low pulley using a spring clip.
3. Adjust the preacher curl pad to chest level and position the back of your arms against the preacher curl pad.
4. Grasp the elbow bar with both hands, bring your palms up.
5. With your elbows placed on the preacher curl pad, raise your palms up in an arched motion, pulling only from your elbows.
6. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



TRICEP PUSH-DOWN

MUSCLE EMPHASIS: TRICEP

1. Select the desired weight.
2. Attach the bar or elbow bar and chain to the overhead pulley using a spring clip.
3. Stand, facing into the machine.
4. Grasp the bar with forefingers together.
5. Keep your elbows at your sides and push the bar down, raising only from the elbows and completing a full extension.
6. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



LAT PULL-DOWN

MUSCLE EMPHASIS: BACK

1. Select the desired weight.
2. Attach the bar and chain to the overhead pulley using a spring clip.
3. Sit, facing into the machine and position your thighs under the seat bar and the foot rest.
4. Grasp the bar in the exercise width.
5. Pull the bar down to your upper chest.
6. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



STANDARD BENCH PRESS

MUSCLE EMPHASIS: CHEST

1. Select the desired weight.
2. Push the arms bar away from your body in a full extension.
3. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



PECTORAL FLY

MUSCLE EMPHASIS: CHEST

1. Select the desired weight.
2. Reach out from your hands and position your forearms against the front pads of the bar by arms.
3. Rotate the pad by arms forward, maintaining from the chest, until the bar lies flat in front of your body.
4. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.

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Tobias Bleicker



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