



EXERCISE LIST

Calf Raise
Arm Curl
Bench Press
Bent Over Row
Close Grip Bench Press
Close Grip Pulldown

Decline Bench Press
Flat Bench Press
Front Lateral Raise
High to Low Woodchops
Incline Bench Press
Isolateral Bench Press

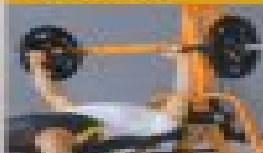
Isolateral Bent Over Row
Isolateral Shoulder Press
Low Cable Bicep Curl
Low to High Woodchops
Lunges
Overhead Pulldown

Seated Rows
Shoulder Press
Shrug
Single Arm Low Cable Row
Single Underhand Tricep Kickbacks
Squat

Tricep Pushdown
Underhand Pulldown
Underhand Tricep Pushdown
Upright Row
Wide Grip Pulldown
Wide Grip Row

EXERCISE MATRIX

Bench Press



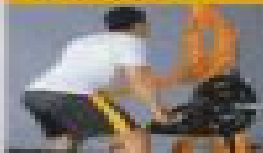
- Lock both Isolateral arms into place.
- Place Backrest Pad in desired setting position (i.e. from incline, decline to flat position).
- Adjust press arms into a desired starting position.
- Load desired weights on to press arms.
- Grip handles and press upwards into full lock position, return to starting point and repeat exercise routine.

Isolateral Shoulder Press



- Unlock Lockdown arms.
- Place Backrest Pad in desired setting position (i.e. from incline, decline to flat position).
- Adjust press arms into a desired starting position.
- Load desired weights on to press arms.
- Grip handles and press arms upwards individually into full lock position, return to starting point and repeat exercise routine with opposite arm.

Bent Over Row



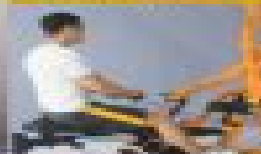
- Starting Position: Stand with feet hip shoulder width apart. Grip the low cable approximately shoulder width with thumbs to your hands facing down, and knees slightly bent. Bend at the waist so your shoulder blades are directly over the bar.
- Move upward slowly, keep your back straight and looking at the floor. At the bar to your chest, pause briefly then slowly return to the starting position (your arms should be extended and shoulders stretched downward).

Arm Curl



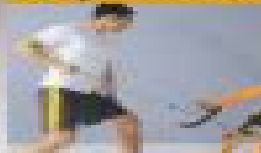
- With the Utility Workbench removed from the LevergyM.
- Load the desired amount of weight up in the rear weight frame.
- Connect the Short Lat Bar with the front 1 low cable end.
- Grab Short Lat Bar, pull up and curl into your upper chest area.
- Return to starting position and repeat exercise routine.

Seated Rows



- With the Utility Workbench connected to the LevergyM.
- Sit down making sure your legs are slightly bent and not locked.
- Lean over keeping a proper back alignment and grab the Short Lat Bar.
- Pull the Short Lat Bar towards your torso until you touch your abdomen.
- Hold the muscle contraction for a second and slowly go back to the original position, repeat exercise routine.

Single Arm Low Cable Row



- With the Utility Workbench connected to the LevergyM.
- Attach the D Handle to the front 1 low cable end.
- Stand with back slightly bent and hand on your hip on at your side.
- Single exercise by pulling D Handle with your right arm toward your right side as you rotate your torso to the right. Pause then slowly return movement back to starting position. Repeat exercise routine, then switch sides.

Tricep Pushdown



- Attach the front 1 low cable to the front 1 high cable end.
- Place Short Lat Bar with an underhand grip (thumbs facing down) at chest level.
- Stand upright with the torso straight and a very small lean forward, bring the upper arms close to your body using your elbows along the bar, push with your triceps. At the end of your stroke, your arms are kept extended perpendicular to the floor. The upper arms should always remain stationary near to your torso and only the forearms should move.
- Push so you perform the movement.
- After a second hold in the contracted position, bring the bar slowly up to the starting point.
- Repeat as you perform this exercise.
- Repeat for the recommended amount of repetitions.

*Always consult with a physician prior to starting any exercise program!

**Always use proper form! Proper technique, posture, body movement, and weight capacity before any physical activity.

Powertec Levergym Manual

Xiaolong Qi



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