



## 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

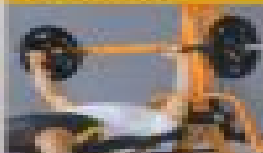
Isolateral Bent Over Row  
Isolateral Shoulder Press  
Low Cable Bicep Curl  
Low to High Woodchops  
Lunges  
Overhead Pulldown

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



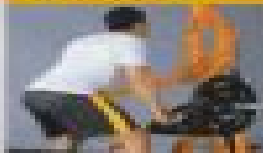
- Lock both Isolateral arms into place.
- Place Backrest Pad in desired setting position (i.e. from incline, decline to flat position).
- Adjust press arms into a desired starting position.
- Load desired weights on to press arms.
- Grip handles and press upwards into full lock position, return to starting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

### Isolateral Shoulder Press



- Unhook Isolateral 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



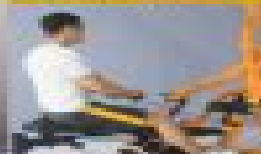
- Starting Position: Stand with feet hip shoulder width apart. Grip the low cable approximately shoulder width with thumbs to your hands facing down, and knees slightly bent. Bend at the waist so your shoulder blades are directly over the bar.
- Move upward slowly, keep your back straight and looking 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



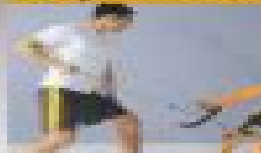
- With the Utility Workbench removed from the LevergyM.
- Load the desired amount of weight up in the rear weight frame.
- Connect the Short Lat Bar with the front 1 low cable end.
- Grab Short Lat Bar, pull up and curl into your upper chest area.
- Return to starting position and repeat exercise routine.

### 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 straight 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 with back straight and a very small lean over, keeping 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

**JL Elias**



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## **Table of Contents Powertec Levergym Manual**

1. Understanding the eBook Powertec Levergym Manual
  - The Rise of Digital Reading Powertec Levergym Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Powertec Levergym Manual
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Powertec Levergym Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Powertec Levergym Manual
  - Personalized Recommendations
  - Powertec Levergym Manual User Reviews and Ratings
  - Powertec Levergym Manual and Bestseller Lists
5. Accessing Powertec Levergym Manual Free and Paid eBooks
  - Powertec Levergym Manual Public Domain eBooks
  - Powertec Levergym Manual eBook Subscription Services
  - Powertec Levergym Manual Budget-Friendly Options
6. Navigating Powertec Levergym Manual eBook Formats

- ePub, PDF, MOBI, and More
- Powertec Levergym Manual Compatibility with Devices
- Powertec Levergym Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Powertec Levergym Manual
  - Highlighting and Note-Taking Powertec Levergym Manual
  - Interactive Elements Powertec Levergym Manual
- 8. Staying Engaged with Powertec Levergym Manual
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Powertec Levergym Manual
- 9. Balancing eBooks and Physical Books Powertec Levergym Manual
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Powertec Levergym Manual
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Powertec Levergym Manual
  - Setting Reading Goals Powertec Levergym Manual
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Powertec Levergym Manual
  - Fact-Checking eBook Content of Powertec Levergym Manual
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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