



Where to Start

- Consult with a doctor before starting any exercise program.
- Determine a set of realistic goals and objectives for yourself.
- Develop a suitable exercise program with a fitness professional.
- Review the **HOW TO USE THIS CHART** section below.
- Use the exercise information on this chart to help with correct technique and ideas.
- Get started using your GX Activity Trainer!

UPPER BODY

CHEST PRESS

Focus the contraction in the chest muscles.

Angle the press up or down 45° to target the upper & lower pectorals.

Pectorals,
Serratus Anterior, Anterior Deltoid,
Triceps

PEC FLY

Advanced: Complete single-arm (unilateral) flys for a better contraction.

Pectorals,
Serratus Anterior, Deltoids

INCLINE CHEST PRESS

Position the hands slightly wider than shoulder width.

Pectorals, Triceps
Deltoids, Serratus Anterior

SHOULDER PRESS

Minimize stress on the Deltoids by starting with less fixed weight and more Variable Resistance.

Advanced: Complete single-arm (unilateral) or alternating (asymmetrical).

Deltoids,
Triceps, Trapezius

UPRIGHT ROW

Pause and squeeze the traps at the top of the movement.

Advanced: Lower the bar slowly to add intensity.

Traps, Deltoids, Brachioradialis,
Biceps,

REAR DELTOID FLY

Encourages shoulder health and balanced development.

Crossing over the cables (right hand grips left handle) changes the area of focus on the muscle.

Posterior Deltoid,
Upper Back

LAT PULLDOWN

Try crossing the cables over at the start (right hand grips left handle) so the hands begin closer together and finish wider apart.

When using the bar, alternate between close and wide grips to target different areas of the upper back muscles.

Lattissimus Dorsi,
Upper Back

PULL UP

Assisted Pull Ups can be completed by attaching the Long Strap to the upper pulleys.

Change to a close underhand grip to complete Chin Ups that target more biceps.

Lattissimus Dorsi, Teres Muscles,
Biceps, Brachialis, Forearms

MID ROW

Keep your torso still throughout the exercise.

Alternate between single arm (Asymmetrical) that incorporates more core & dual arm (Symmetrical).

Teres Muscles, Lattissimus Dorsi,
Upper Back, Brachialis, Brachioradialis

BICEP CURL

Keep the elbows tucked.

Alternate between single-arm (asymmetrical) or dual-arm (symmetrical).

Biceps,
Brachialis

REVERSE BICEP CURL

Keep the elbows tucked.

Use the Handsets to incorporate more core.

Brachioradialis, Biceps,
Brachialis

TRICEP PUSHDOWN

Change it up by completing Tricep Pressdowns using a bar and wider grip

Completing overhead tricep extensions targets the long head of the triceps.

Triceps, Brachioradialis,
Brachialis

CORE

AB CRUNCH

Avoid pivoting at the hips. Crunch in and bring your head down towards your upper thighs.

Do the movement slowly and pause at the bottom of the exercise squeezing the abs. for extra intensity.

Abdominals,
Obliques

SIDE BEND

Advanced: Complete a Single-Arm Side Bend. Stand further away from the pulley (increasing the cable angle). This forces you to work harder to stay upright and maintain the position between reps, giving you more time under tension through the range of motion.

Obliques,
Abs, Lower Back

OBLIQUE TWIST

Helps develop flexibility and mobility in the trunk, hips and lower back.

Change to the upper pulley and angle the exercise down to target the upper & lower obliques.

Obliques,
Abs, Lower Back

STRAIGHT LEG RAISE

Bend the knee and twist to incorporate more obliques.

Advanced: Incorporate a hip raise at the end of the exercise.

Abdominals,
Obliques, Lower Back

LOWER BODY

SQUAT

Advanced: Use less weight and complete a Shoulder Press at the end.

Alternative: Complete a Goblet Squat off a single low pulley.

Upper Legs,
Adductors, Lower Back

REVERSE LUNGE

Reverse Lunges put less stress on the knees than a Front Lunge.

Avoid stepping directly behind the front foot.

Advanced: Incorporate a cable row at the end of the lunge.

Quadriceps, Glutes,
Hamstrings, Abductors, Adductors, Calves

PULL THROUGH

Let the weight pull the hands/arms back, while simultaneously leaning the torso forward.

Primarily move from the hips and avoid pushing the knees forward.

Glutes,
Hamstrings, Lower Back, Erector Spinae

CALF RAISE

Slowly raise your heels up as far as possible, squeezing your calves and hold for a count.

Use a step to increase the range of the exercise.

Calves

HIP ABDUCTION

Avoid bending forward at the torso during the movement.

Keep your chest up tall and move only through your hip.

Squeeze your glutes at the top of the movement.

Tensor Fasciae Latae,
Upper Outer Leg

HIP ADDUCTION

Work slowly and avoid momentum.

Hold for a count of two.

Adductor,
Upper Inner Leg

GLUTE KICK

Avoid heavy weight that forces using the body to get the leg up.

Keep the core tight and the back straight.

Lower under control.

Glutes,
Hamstrings

TOTAL BODY

DEAD LIFT

Take a shoulder wide stance with the heels under the lower back.

Focus on pulling with the hamstrings; the arms are only levers and should remain straight.

Lower Back, Glutes, Hamstrings,
Quadriceps, Abductors, Adductors,
Erector Spinae

BOXING

Increase the level of Variable Resistance as speed increases.

Great Cardio

MOUNTAIN CLIMBER

Run the knees in and out as far and as fast as you can with the toes skimming the ground.

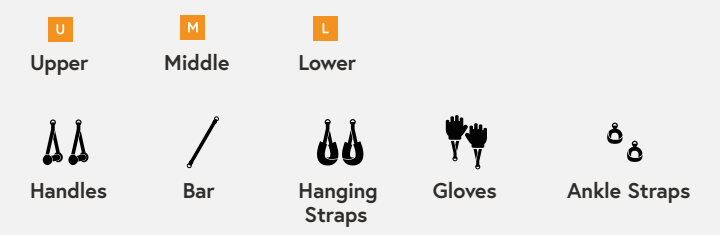
Great Cardio

HOW TO USE THIS CHART

Exercises are grouped per body area.

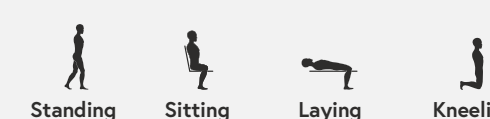
The main image displays the recommended way to perform the exercise for a beginner.

The recommended pulley height to use is listed next to the suggested cable path.



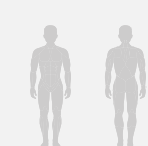
Alternative exercise positions are suggested below the main image.

The recommended accessory to use is underlined with any alternative accessories that could be used displayed next to it.



Exercise information and suggestions are offered below the exercise name.

Primary muscles used for the exercise are listed in bold with secondary muscles below.



Sample Workout Program

- Always warm up and stretch before working out.
 - Avoid working the same muscles on consecutive days.
 - Proper form in executing any exercise should be a priority.
- Monday: Upper Body
Tuesday: Lower Body & Core
Wednesday: Total Body & Cardio (HIIT)
Thursday: Upper Body
Friday: Lower Body & Core
Saturday: Total Body & Cardio (HIIT)
Sunday: Rest

EXERCISE REPS:

Toning: Complete 4 sets of 12 to 18 reps. Choose a weight that makes it difficult for you to complete the last 2-3 repetitions.

Strength: Complete 3 sets of 8 to 10 reps. The last few reps when training for this goal should feel very challenging.

• Don't forget to cool down and stretch when you are finished.

Variable Resistance Training

Variable Resistance Training maximizes muscular involvement throughout the exercise range. All exercises that incorporate the weight stack (fixed resistance) may also be completed as variable resistance exercises by applying an equal number of resistance bands to each side of the weight stack.

This is an excellent way to improve results, incorporate muscles in a different way and provide exercise variety.

Three variable resistance levels are available. Employ the lowest level for rehabilitation, youth and beginner training and the highest level for power.

Variable Resistance Training is excellent for Cardio (HIIT) exercises such as Boxing, Mountain Climbers, Cross-Country Skiing, Kayaking and Stand Up Paddle Boarding.

Variable Resistance Training is also critical to complete explosive sports specific actions such as a powerful golf, tennis or baseball swing, hockey slap shot or lacrosse throw.



Equipment Safety

Read the user manual carefully before attempting to use the equipment.

It is the responsibility of the owner and users of the equipment to understand all Danger, Warning and Caution labels affixed on the machine. **SERIOUS INJURY OR DEATH CAN OCCUR IF THESE SAFETY PRECAUTIONS ARE NOT OBSERVED.**

This equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.

Inspect the equipment for wear and tear, loose fittings, worn or frayed cables and frame welds.

DO NOT USE if it appears to be inoperable or damaged.

Allow only one person at a time to use the equipment.

Wipe down the equipment with a damp cloth and dry thoroughly after each use. Sweat is corrosive and if left on the frame or components can cause corrosion and rust.

Maintain a regular routine of preventative maintenance.