



# SM-4008 EXERCISE CHART



**EXERCISE: High Pulley Cable Crunch**  
MUSCLE EMPHASIS: Rectus Abdominus



**EXERCISE: Seated Crunch**  
MUSCLE EMPHASIS: Rectus Abdominus



**EXERCISE: Hanging Leg Raise**  
MUSCLE EMPHASIS: Psoas Group



**EXERCISE: High Pulley Side Crunch**  
MUSCLE EMPHASIS: Rectus Obliques



**EXERCISE: High Pulley Cable Row**  
MUSCLE EMPHASIS: Sacrospinalis, Deltoids, Biceps



**EXERCISE: Low Pulley Cable Row**  
MUSCLE EMPHASIS: Latissimus Dorsi, Biceps



**EXERCISE: Low Pulley Mid Row**  
MUSCLE EMPHASIS: Sacrospinalis



**EXERCISE: Wide Grip Pull Up**  
MUSCLE EMPHASIS: Latissimus Dorsi, Biceps



**EXERCISE: Low Pulley Bicep Curl**  
MUSCLE EMPHASIS: Biceps



**EXERCISE: High Pulley Tricep Push Down**  
MUSCLE EMPHASIS: Triceps



**EXERCISE: Tricep Rope Push Down**  
MUSCLE EMPHASIS: Triceps



**EXERCISE: High Pulley Tricep Extension**  
MUSCLE EMPHASIS: Triceps



**EXERCISE: Tricep Kick Back**  
MUSCLE EMPHASIS: Triceps



**EXERCISE: Incline Chest Press**  
MUSCLE EMPHASIS: Upper Pectoralis



**EXERCISE: Flat Chest Press**  
MUSCLE EMPHASIS: Middle Pectoralis



**EXERCISE: Decline Chest Press**  
MUSCLE EMPHASIS: Lower Pectoralis



**EXERCISE: Vertical Butterfly**  
MUSCLE EMPHASIS: Outer Pectoralis



**EXERCISE: High Pulley Chest Flys**  
MUSCLE EMPHASIS: Inner Pectoralis



**EXERCISE: Chest Cable Crossover**  
MUSCLE EMPHASIS: Inner Pectoralis



**EXERCISE: Leg Extension**  
MUSCLE EMPHASIS: Quadriceps



**EXERCISE: Leg Curl**  
MUSCLE EMPHASIS: Hamstrings



**EXERCISE: Squat**  
MUSCLE EMPHASIS: Gluteus Maximus, Quadriceps, Hamstrings



**EXERCISE: Lunge**  
MUSCLE EMPHASIS: Gluteus Maximus, Quadriceps, Hamstrings



**EXERCISE: Calf Raise**  
MUSCLE EMPHASIS: Gastrocnemius



**EXERCISE: Leg Kick Outer Thigh**  
MUSCLE EMPHASIS: Abductors



**EXERCISE: Leg Kick Inner Thigh**  
MUSCLE EMPHASIS: Adductors



**EXERCISE: Leg Kick Back**  
MUSCLE EMPHASIS: Gluteus Maximus



**EXERCISE: Shoulder Press**  
MUSCLE EMPHASIS: Deltoids



**EXERCISE: High Cable Rear Deltoid**  
MUSCLE EMPHASIS: Deltoids, Latissimus Dorsi



**EXERCISE: Upright Row**  
MUSCLE EMPHASIS: Deltoids, Trapezius



**EXERCISE: Front Shoulder Raise**  
MUSCLE EMPHASIS: Deltoids



**EXERCISE: Single Front Shoulder Raise**  
MUSCLE EMPHASIS: Deltoids

## WARNING! PLEASE READ BEFORE EXERCISING

**GETTING STARTED:**  
Always warm-up your muscles before exercising. Easy stretching (without bouncing) and light calisthenics, for several minutes, are recommended to prepare your body.  
A "repetition" is defined as one complete movement from the starting position, through the full range of motion, and back to the starting position.  
Start your exercise program conservatively. Select a weight for each exercise that is easily performed for the full range of motion. Learn to feel your body's responses and change your program accordingly. The number of repetitions for each set should range between eight and fifteen. As a general rule, the lower the number of repetitions performed (eight to ten), the heavier the resistance of weight used. While heavy resistance increases muscular strength, the full range of movement is necessary to achieve maximum muscle strength and development. Rest between each set of repetitions long enough to catch your breath. Work up to three or four sets for each isolated exercise. When you can perform the desired number of repetitions at a given weight, increase the resistance by five or ten pounds. There may be a number of exercises isolating the same muscle. These exercises should be grouped together and performed on the same day, followed by a day or two of rest for that particular muscle.

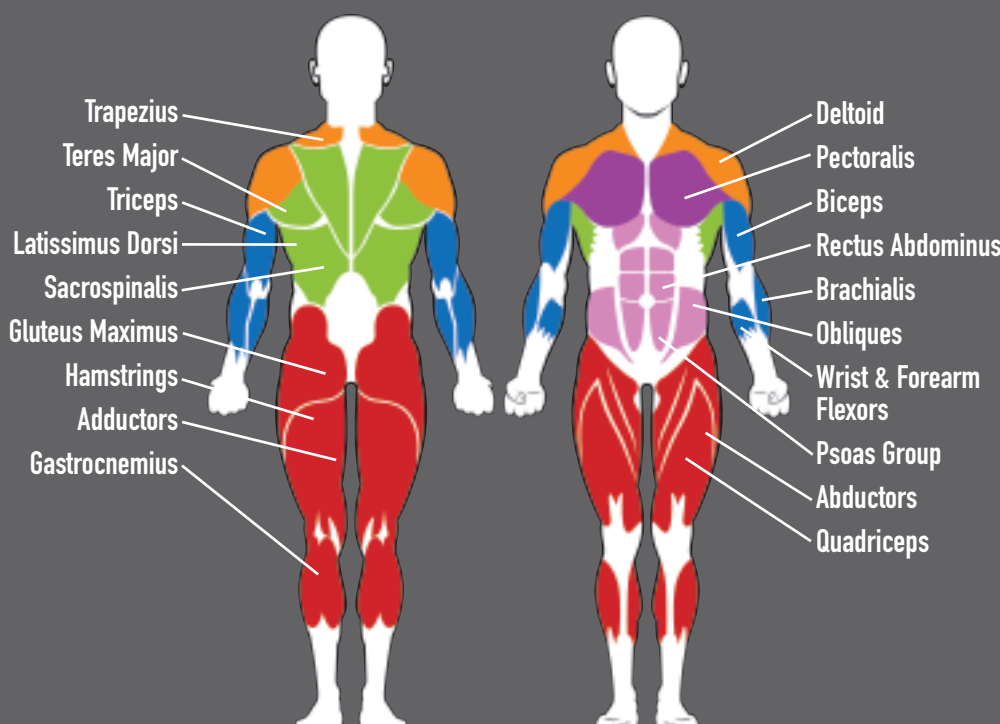
**BEFORE EXERCISING:**  
A. Prior to beginning this or any exercise program, it is suggested to have a complete physical examination and obtain your physician's approval of your exercise conditioning program.  
B. Read all manuals, caution and warning labels before using this machine.  
C. Prior to use, inspect this machine for loose, frayed or worn parts, including cables and cable connectors. Do not use this machine until original factory manufactured parts have been replaced by a certified technician. For a list of technicians in your area, please call 1 800 999-8899.

D. Select a reasonable weight that you can safely manage on your own.  
E. Remove all weight plates from the Smith or Olympic press bar before repositioning the bar.  
F. Exhale while lifting the weights, and inhale while returning to the starting position.  
G. If your machine is equipped with a weight stack, the pin must be completely inserted before using this machine.  
H. Should weights, pulleys, cables or other parts become jammed, do not attempt to free them yourself, seek assistance.  
I. Keep clear of weights and all moving parts.  
J. Children should not be permitted to use the machine.  
K. For consistent, smooth operation, the guide rods should be lubricated periodically with a synthetic lubricant.  
L. We recommend that you always exercise with a partner or someone who can offer assistance should the weights become too heavy for you to lift on your own.

**EXERCISE PROGRAM SUGGESTION #1**  
Exercise the complete body every other day, up to three times a week. The one day rest enables the body to recover from the previous workout.

**EXERCISE PROGRAM SUGGESTION #2**  
Alternating your daily workouts. One day isolate the upper body exercises, and the next day perform the lower body exercises. To reduce lactic acid build-up and consequently reduce muscle soreness, end each exercise with an increased number of repetitions at a lighter weight. Also, stretching the muscles is recommended upon completion of your weight resistance program.

## MUSCLE REFERENCE GUIDE



## VARIABLE EXERCISE PROGRAMS

What are your fitness goals?

Strength/Mass	Tone/Definition	General Health
3-4 sets	4-5 sets	3-5 sets
5-8 repetitions	12-15 repetitions	9-12 repetitions
70%-80% *(MW)	40%-60% *(MW)	60%-70% *(MW)

\*(MW)= Maximum Weight  
A percentage of the maximum weight you can lift by performing a single repetition  
Repetition  
A "repetition" is defined as a single movement performed during any given exercise while completing a full range of motion from beginning to end.  
Set  
A "set" is defined as a series of continuous repetitions.  
• Rest one minute between sets, two to three minutes for more advanced routines.  
• Maintain proper form and body positioning as you perform each exercise through the complete range of motion.