

BL1 EXERCISE CHART

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your INSPIRE™ BL1 BodyLift™, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will significantly contribute to your success. Use this exercise chart to guide you through the basic exercises you can perform on your INSPIRE™ BL1 BodyLift™. Choose the exercises listed vertically for one muscle group or combine the exercises listed horizontally for multiple muscle groups. Follow our training tips for a complete workout regimen. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program. Enjoy your INSPIRE™ BL1 BodyLift™!

CHEST

VERTICAL FIXED BENCH PRESS

1. Sit upright with your back supported by the back pad.
2. Hold the fixed handles at chest height; adjust the seat, if needed.
3. Press the handles forward until your arms are fully extended.
4. Slowly return to the starting position.



PECTORALS



PECTORALS

VERTICAL INWARD BENCH PRESS

1. Sit upright with your back supported by the back pad.
2. Unlock the revolving strap handles and hold at chest height; adjust the seat, if needed.
3. Press the handles forward and inward until your arms are fully extended.
4. Slowly return to the starting position.



PECTORALS



PECTORALS

INCLINE INWARD BENCH PRESS

1. Sit upright with your back supported by the back pad.
2. Unlock the revolving strap handles and hold at chest height; adjust the seat, if needed.
3. Press the handles forward and inward at an upward angle until your arms are fully extended.
4. Slowly return to the starting position.



PECTORALS



PECTORALS

PECTORAL FLY

1. Sit upright with your back supported by the back pad.
2. Grip the revolving strap handles in a neutral position. Keep your arms out, at chest level, with your elbows slightly bent.
3. Rotate your arms forward, pivoting from the shoulder. Finish by bringing your hands together in front of your chest.
4. Slowly return to the starting position.



PECTORALS



PECTORALS

BL1 FUNCTIONAL TRAINING

GOLF / BASEBALL SWING

1. Attach the OPTIONAL strap handle to the high pulley.
2. Stand to the side of the machine, grip the strap handles with both hands in a neutral position, palms facing each other. Assume your normal golf or baseball stance.
3. Hold the strap handles above your head, and follow through with your natural swing arc, as if you were holding a club. Keep your motion as you shift your weight.
4. Slowly return to the starting position.



DELTOIDS, BICEPS, EXTERNAL OBLIQUES

ARMS

TRICEPS PUSHDOWN

1. Attach the straight bar to the high pulley.
2. Stand facing towards the machine.
3. Grip the bar with your hands 4" to 6" apart, palms facing forward.
4. Bring the bar to chest height. Keep your arms tight against your body, and push the bar down slowly.
5. Slowly return to the starting position.



TRICEPS



TRICEPS

REVERSE TRICEPS EXTENSION

1. Attach one OPTIONAL strap handle to the high pulley.
2. Stand facing towards the machine.
3. Grip the strap handle with your palm facing up. Keep your elbow close to your side.
4. Bring the strap handle to chest height. Keep your arm tight against your body, and push the strap handle down slowly.
5. Slowly return to the starting position.



TRICEPS



TRICEPS

BICEPS CURL

1. Attach the straight bar to the lower pulley.
2. Stand on the machine platform as shown.
3. Curl your arms upwards.
4. Slowly return to the starting position.



BICEPS



BICEPS

PREACHER CURL

1. Attach the straight bar to the lower pulley.
2. Sit facing away from the machine with your elbow on the roller pad.
3. Grip the bar as shown.
4. Pull the handle towards you.
5. Slowly return to the starting position.



BICEPS



BICEPS

OPTIONAL ABDOMINAL BAR

ABDOMINAL CRUNCH

1. Attach the abdominal bar to the upper pulley.
2. Sit on the seat with your back supported by the back pad.
3. Place both arms over the abdominal bar with one hand on the upper handle and one hand on the lower handle.
4. Curl your body forward approximately half way towards your knees, pivoting from your upper abdominal area.
5. Slowly return to the starting position.



RECTUS ABDOMINUS, EXTERNAL OBLIQUES

SHOULDERS

SHOULDER PRESS

1. Sit leaning forward with your buttocks against the back pad.
2. Hold the fixed handles slightly above shoulder height.
3. Press the handles at an upward angle until your arms are fully extended.
4. Slowly return to the starting position.



ANTERIOR DELTOID, TRAPEZIUS



ANTERIOR DELTOID, TRAPEZIUS

INWARD SHOULDER PRESS

1. Sit leaning forward with your buttocks against the back pad.
2. Unlock the revolving strap handles and hold at shoulder height; adjust the seat, if needed.
3. Press the handles forward and inward above your head until your arms are fully extended.
4. Slowly return to the starting position.



DELTOID



DELTOID

LATERAL DELTOID

1. Attach one OPTIONAL strap handle to the high pulley.
2. Raise your arm laterally until it is approximately parallel with the floor. Keep a slight bend in your elbow.
3. Slowly return to the starting position.



MEDIAL DELTOID



MEDIAL DELTOID

UPRIGHT ROW

1. Attach the straight bar to the lower pulley.
3. Keeping your elbows above your hands, slowly pull upwards until your hands are above your chest.
4. Slowly return to the starting position.



TRAPEZIUS



TRAPEZIUS

SHOULDER RAISE

1. Attach the straight bar to the lower pulley.
2. Grip the bar with your hands in an overhead position. Keep your hands approximately 4" to 6" apart.
3. Keeping your elbows above your hands, slowly pull upwards until your hands are above your chest.
4. Slowly return to the starting position.



TRAPEZIUS

ABS & BACK

LAT PULLDOWN

1. Sit facing the machine with your knees locked under the rear roller pads.
2. Grip the bar with your hands slightly wider than shoulder width, with your palms facing forward.
3. Lean back slightly, and pull the bar down slowly until it touches your upper chest area.
4. Slowly return to the starting position.



LATISSIMUS DORSI, EXTERNAL OBLIQUES



LATISSIMUS DORSI, EXTERNAL OBLIQUES

SEATED MID ROW

1. Sit facing the machine.
2. Adjust the seat height and press arm, if needed, to grip the handles as shown.
3. Pull the handles towards you.
4. Slowly return to the starting position.



LATISSIMUS DORSI




LATISSIMUS DORSI

ABDOMINAL CRUNCH

1. Sit on the seat with your back supported by the back pad.
2. Grip the straight bar, from the high pulley.
3. Curl your body forward approximately half way towards your knees, pivoting from your upper abdominal area.
4. Slowly return to the starting position.



RECTUS ABDOMINUS



RECTUS ABDOMINUS

SIDE BEND

1. Attach the straight bar to the low pulley.
2. Stand as shown.
3. Grip the center of the bar with your hand at your side.
4. Bend your body away from the machine, then slowly return to starting position.



EXTERNAL OBLIQUES



EXTERNAL OBLIQUES

REVERSE LAT PULLDOWN

1. Sit facing the machine with your knees locked under the rear roller pads.
2. Grip the bar with your hands slightly wider than shoulder width, in an underhand grip.
3. Lean back slightly, and pull the bar down slowly until it touches your upper chest area.
4. Slowly return to the starting position.



LATISSIMUS DORSI, EXTERNAL OBLIQUES



LATISSIMUS DORSI, EXTERNAL OBLIQUES

LEGS

LEG EXTENSION

1. Adjust the seat so that the pivot of the leg extending curl arm lines up with the pivot point of your knees.
2. Adjust back pad angle, if needed.
3. Hook your feet over the upper roller pads and your legs under the lower roller pads.
4. Extend your legs forward, and hold your position momentarily.
5. Slowly return to the starting position.



QUADRICEPS



QUADRICEPS

LEG CURL

1. Stand facing the machine, and adjust the upper roller pads to hit just above your knees.
2. Hook one foot under the lower roller pad, and grip the press arm for balance.
3. Curl your leg upward, and hold your position momentarily.
4. Slowly return to the starting position.



HAMSTRINGS



HAMSTRINGS

INNER THIGH

1. Attach the padded cuff to the lower pulley.
2. Stand sideways to the machine.
3. Attach the cuff to the leg closest to the leg.
4. Slowly scissor your leg across your body while keeping your body straight.
5. Slowly return to the starting position.



INNER QUADRICEPS



INNER QUADRICEPS

OUTER THIGH

1. Attach the padded cuff to the lower pulley.
2. Stand sideways to the machine.
3. Attach the cuff to the leg furthest from the machine.
4. While keeping your leg straight and positioned slightly in front of your body, lift your leg outward and upward as far as possible. Keep your body straight, and lead with your heel.
5. Slowly return to the starting position.



OUTER QUADRICEPS



OUTER QUADRICEPS

GLUTE KICK

1. Attach the padded cuff to the lower pulley.
2. Attach the cuff to your ankle. Angle your upper body forward; use the press arm for balance.
3. Keep your hips stationary and your leg straight. Slowly raise your foot up, in a backwards direction, as far as possible. Keep your foot pointed straight down.
4. Contrast your buttock at the peak of the movement, and hold your position momentarily.
5. Slowly return to the starting position.



GLUTEALS



GLUTEALS

TRAINING TIPS

- ### TO INCREASE MUSCLE SIZE
- Do 8 to 10 repetitions of each exercise.
 - Increase weight after each set, provided you maintain proper body form and technique.
 - Complete 3 to 4 sets of each exercise.
 - Rest for 45 to 60 seconds between sets.
- ### TO INCREASE ENDURANCE OR TONE
- Do 12 to 15 repetitions of each exercise.
 - Complete 3 to 4 sets of each exercise.
 - Rest for 45 to 60 seconds between sets.
 - Limit rest between exercises to build cardiovascular endurance.
 - Ideally, you should perform 30 seconds of cardiovascular exercise between each strength training exercise.

SAMPLE PROGRAMS

- Weekly routine** - one body area per day:
Monday and Wednesday: Upper Body
Tuesday and Thursday: Lower Body
Friday: Rest
Alternate days for Abdominals
Never work the same muscle group on consecutive days.
- Three-Day Routine** - 3 days on, 1 day off:
Day 1: Chest, Arms and Abdominals
Day 2: Shoulders and Back
Day 3: Legs and Abdominals
Day 4: Rest
Never work the same muscle group on consecutive days.

EXERCISE SAFETY

- Consult your physician before beginning an exercise program. Always warm up before your workout with 5 to 10 minutes of cardiovascular exercise. Then stretch slowly, starting as you gently stretch each muscle. Without bouncing, hold each stretch for at least 10 to 30 seconds. Follow your strength training regimen, stretch again to complete your workout.
- Maintain proper spinal alignment and head positioning throughout your workout.
- For maximum results, follow a complete fitness program that includes proper nutrition, aerobic exercise and strength training.
- Your body will respond to weight training and conditioning only when you complete your workout on a regular basis. Your new INSPIRE™ BL1 Body Lift™ will help you reach your goals only with consistent use.
- To gain the most benefit out of your workout, it is necessary to use muscles that complement each other. When using a particular muscle you should use the supporting muscles as well.
- Do not attempt to lift more weight than you can comfortably handle. Avoid the risk of injury by remaining within your limits.
- Do not hold your breath. Exhale the pressing action, inhale upon returning to the start position.

EQUIPMENT SAFETY

- Make sure that you read and understand your Owner's Manual and all warning labels and decals on your machine. Please use all precautionary measures necessary for safety.
- Keep observers, especially children, at a safe distance from the equipment while in operation. Do not allow children to play on the machine at any time.
- Carefully inspect your machine before each use. You must inspect the cables, nuts, bolts, and belts on a daily basis. Replace or repair any frayed, loose, or otherwise damaged parts at the first sign of a problem.
- Always stay clear of all weights and moving parts. Obtain assistance to free any jammed parts. Never attempt to free a jammed part by yourself.
- Swivel is concave - make sure to wipe down the machines on a regular basis with a wetted down rag. Then, dry completely to avoid rust.
- Maintain a regular routine of preventive maintenance.

KNOW YOUR MACHINE



WEIGHT CHART

| weight selection position | 100 | 150 | 200 |
|---------------------------|---------|---------|---------|
| 1 | 10 lbs | 15 lbs | 20 lbs |
| 2 | 20 lbs | 30 lbs | 40 lbs |
| 3 | 30 lbs | 45 lbs | 60 lbs |
| 4 | 40 lbs | 60 lbs | 80 lbs |
| 5 | 50 lbs | 75 lbs | 100 lbs |
| 6 | 60 lbs | 90 lbs | 120 lbs |
| 7 | 70 lbs | 105 lbs | 140 lbs |
| 8 | 80 lbs | 120 lbs | 160 lbs |
| 9 | 90 lbs | 135 lbs | 180 lbs |
| 10 | 100 lbs | 150 lbs | 200 lbs |
| 11 | 110 lbs | 165 lbs | 220 lbs |
| 12 | 120 lbs | 180 lbs | 240 lbs |
| 13 | 130 lbs | 195 lbs | 260 lbs |
| 14 | 140 lbs | 210 lbs | 280 lbs |
| 15 | 150 lbs | 225 lbs | 300 lbs |

NOTE: These are approximate weights