**Cable Arm Exercise Guide**

- **Cable Bench Press**
  Adjust cable arms to chest height. Stand on center take a wide stance. With arms extended, pull lever down toward chest. Repeat for desired reps.

- **Cable Pec Fly**
  Adjust cable arms to chest level. Stand on center and take a wide stance. With arms extended, pull lever up toward chest. Repeat for desired reps.

- **Cable Incline Fly**
  Adjust cable arms to chest level. Stand on center and take a wide stance. With arms extended, pull lever up toward chest. Repeat for desired reps.

- **Cable Low Fly**
  Adjust cable arms to chest level. Stand on center and take a wide stance. With arms extended, pull lever down toward chest. Repeat for desired reps.

- **Self Stabilizing Chest Press**
  Adjust cable arms to chest height. Stand on center and take a wide stance. With arms extended, pull lever down toward chest. Repeat for desired reps.

- **Incline Press**
  Adjust cable arms to chest level. Stand on center and take a wide stance. With arms extended, pull lever up toward chest. Repeat for desired reps.

- **Cable Shoulder Press**
  Adjust cable arms to chest level. Stand on center and take a wide stance. With arms extended, pull lever up toward chest. Repeat for desired reps.

- **Front Raise**
  Adjust cable arms to chest height. Stand on center and take a wide stance. With arms extended, pull lever up toward chest. Repeat for desired reps.

- **Lateral Raise**
  Adjust cable arms to chest level. Stand on center and take a wide stance. With arms extended, pull lever out to side. Repeat for desired reps.

- **Rear Delt Fly**
  Adjust cable arms to shoulder level. Stand on center and take a wide stance. With arms extended, pull lever up toward back. Repeat for desired reps.

- **Internal Rotator**
  Adjust cable arms to shoulder level. Stand on center and take a wide stance. With arms extended, pull lever up toward back. Repeat for desired reps.

- **External Rotator**
  Adjust cable arms to shoulder level. Stand on center and take a wide stance. With arms extended, pull lever up toward back. Repeat for desired reps.

- **One Arm Row**
  Adjust cable arms to chest level. Stand on center and take a wide stance. With arms extended, pull lever down toward chest. Repeat for desired reps.

- **Triceps Kick Back**
  Adjust cable arms to shoulder level. Stand on center and take a wide stance. With arms extended, pull lever up toward back. Repeat for desired reps.

- **Cable Arm Curl**
  Adjust cable arms to chest level. Stand on center and take a wide stance. With arms extended, pull lever up toward chest. Repeat for desired reps.

- **Oblique Twist**
  Adjust cable arms to chest level. Stand on center and take a wide stance. With arms extended, pull lever up toward chest. Repeat for desired reps.

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**Muscle groups:**

- **ABS**
- **ARMS**
- **BACK**
- **CHEST**
- **LEGS**
- **SHOULDERs**
- **SPORTS SPECIFIC**

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**Machine Maintenance Tips**

1. Inspect all moving parts, cables and pulleys before every use. Do not use the machine if a defect is suspected. 2. Periodically relieve tension on cables and check for any twisted cables. 3. Thoroughly clean vinyl with mild soap solution.
Squat
- Stand on front plate. The exercise can be performed using one cable arm adjusted to the lowest position. Attach ankle strap to low cable and forward ankle. Using a full range of motion, extend and straighten knees. Be sure to inhale deeply before the exercise and exhale throughout. The muscles worked are the quadriceps, hamstrings, and gluteus maximus.

Leg Press
- Adjust seat back so that knees are as close as possible yet still comfortable. Place feet evenly on foot plate. Adjust seat and seat back so that knees are level with shoulders and feet are on foot plates. Reach forward and press in a smooth, continuous motion. The muscles worked are the quadriceps, hamstrings, and gluteus maximus.

Leg Extension
- Adjust seat and recline back so that knees are level with shoulders and feet are on foot plates. Place balls of feet on bottom edge of foot plate. While keeping upper torso upright and stationary, extend legs forward and press to full extension, knees slightly bent. Flex lower leg. The muscles worked are the quadriceps and hamstrings.

Leg Curl
- Stand facing machine. Adjust Press Seat so that top roller pads rest on front of legs above knees. Grab Press Bar with underhand grip. Keep elbows and upper arms stationary. Extend arms backward and press to full extension. The muscles worked are the quadriceps and hamstrings.

Ab Crunch
- Attach Ab Strap to cable located behind head. Hold Ab Strap handles in place and double-level line of abdominal muscles to crush forward and downward. Muscles worked are the rectus abdominus, superficial abdominals, and hip flexors.

Lat Pull Down
- Attach Lat Bar to high pulley. Attach strap handles to low cable and forward ankle. Using a full range of motion, extend and straighten legs. Be sure to inhale deeply before the exercise and exhale throughout. The muscles worked are the latissimus dorsi, teres major, rhomboids, and biceps.

Triceps Extension
- Attach Ab Strap to cable located behind head. Hold Ab Strap handles in place and extend arm backward. Use Ab Strap and premium pinch of resistance. Muscles worked are the triceps brachii.

Exercise Guide

Thank you for investing in the BodyCraft Family K2 Strength Training System. We hope you enjoy many healthy years of use. Learning to use and maintain your strength training system is very important for your personal safety and the proper functioning of the machine. Be sure to read all of the information carefully before using. This information in this guide is general in nature; for detailed information about exercises, consult your physician and your local fitness dealer. Your local fitness dealer can provide expert advice and information to personal features. WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35, or with previous health problems. Recreation Supply Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

GENERAL EXERCISE GUIDELINES: There are many theories as to the proper number of repetitions and sets of repetitions of any specific exercise. In fact, we are all unique individuals and what may be effective for one person may not be for the next. For your specific needs, we recommend consultations with your fitness dealer or a certified personal trainer for general guidelines. We recommend 6-12 repetitions per set for 2-3 sets per any given exercise. Intensity is a measure of the number of reps and sets. The amount of muscle group is stressed in direct proportion to the amount of increased strength/growth. Please remember to stay away and increase the total time and the number of repetitions gradually. Overloading it in the beginning can cause unnecessary muscle soreness. If at any time you feel excessive pain, stop immediately. Determine what is wrong before continuing. Rest is a very important part of the process. Begin each session with a 5-15 minute warm up period of light exercise and stretching. During the routine, be sure to maintain proper form and move through the full range of motion. Be sure to breathe naturally; do not hold your breath. End each session with 5-10 minutes of light stretching.

Stretching can help relieve soreness and increase flexibility. Plan to spend the first two weeks getting familiar with the machine and accustomed to the routines. Do not quit! Variety of exercises can be a motivating factor. Seek further information regarding different exercises. Maintain control and your exercise time will soon become a time you anticipate.

ABS
ARMS
BACK
CHEST
LEGS
SHOULDERS