

SERIES 7

Angled Smith Machine

Body-Solid

EXERCISE CHART



CHEST	Bench Press (Pectorals) <ol style="list-style-type: none"> Adjust Bench to the Flat position and place in center of gym. Position Safety Arms to a height slightly below your chest. Lock the Bar in at a height you can reach while lying on the bench and then load the desired amount of weight plates onto the Bar. Lie flat on the bench with your feet firmly planted. Grasp the Bar with your hands set shoulder width apart. Unlock the Bar and extend your arms fully so the Bar bisects the chest (pectoral) muscles. Bending your arms outward, slowly lower the Bar downward until it touches your chest. Pause for a moment without bouncing the Bar off your chest, then slowly return to the starting position. Repeat movement. Exhale on exertion, inhale on return motion. 	Incline Press (Pectorals) <ol style="list-style-type: none"> Adjust Bench to the Incline position and place in center of gym. Position Safety Arms to a height slightly below your chest. Lock the Bar in at a height you can reach while lying on the bench and then load the desired amount of weight plates onto the Bar. Sit on the bench with your feet firmly planted. Grasp the Bar with your hands set shoulder width apart. Unlock the Bar and extend your arms so the Bar bisects your upper chest (pectoral) muscles. Bending your arms outward, slowly lower the Bar downward until it touches your chest. Pause for a moment without bouncing the Bar off your chest, then slowly return to the starting position. Repeat movement. Exhale on exertion, inhale on return motion. 	Decline Press (Pectorals) <ol style="list-style-type: none"> Adjust bench to the Decline position and place in center of gym. Position Safety Arms to a height slightly below your chest. Lock the Bar in at a height you can reach while lying on the bench and then load the desired amount of weight plates onto the Bar. Sit on the bench facing away from the machine with your back straight against back pad. Place elbows firmly against the pec arm rollers with your forearms running vertically up the pec arms. Use chest muscles to bring your arms forward and inward until the pec arms touch. Pause for a moment, then slowly return to the starting position. Repeat movement. Exhale on exertion, inhale on return motion. 	Pec Fly (Pectorals) <ol style="list-style-type: none"> Move bench away from machine and position Safety Arms to approximately thigh height. Lock Smith Bar to waist height and load desired amount of weight plates onto Bar. Stand erect with your feet shoulder width apart and grasp the Bar with your hands set 6 inches apart and your palms facing down. Unlock the Bar and allow the weight to pull your arms straight down. Keeping your elbows above your hands at all times, slowly curl the Bar upward until the Bar comes close to your chin. Pause for a moment, then slowly return to the starting position. Repeat movement. Exhale on exertion, inhale on return motion. <p><small>Pictured is FreeWeight Upright Row.</small></p>
	SHOULDERS	Shoulder Press (Deltoids) <ol style="list-style-type: none"> Adjust bench to a 90° to 95° angle and place it in the center of the gym. Position Safety Arms to a height slightly below your shoulders. Lock the Bar in at a level you can comfortably reach while seated on the bench. Take an overhead grasp of the Curf Bar. Sit on bench facing away from the machine with the weight Bar located slightly in front of your face. Grasp the Bar approximately 4 to 5 inches wider than your shoulders on each side. Keeping your elbows pointed down, use shoulder muscle strength to press the Bar upward until your arms are fully extended. Pause for a moment, then slowly return to the starting position. Repeat movement. Exhale on exertion, inhale on return motion. <p><small>Pictured is FreeWeight Shoulder Press.</small></p>	Front Deltoid Raise (Frontal Deltoids) <ol style="list-style-type: none"> Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate post. Attach a Utility Strap to the low pulley. Stand facing away from the machine with the low pulley just to your left. Grasp the Strap in your left hand with an overhead grip. Keep your elbow locked. Using shoulder muscle strength, slowly raise the Strap forward and upward in a semicircular arc until it is in a position slightly above shoulder level. Pause for a moment, then slowly return along the same arc to the starting position and repeat movement. Exhale on exertion, inhale on return motion. Switch sides of the low pulley and repeat with right arm. 	Side Deltoid Raise (Side Deltoids) <ol style="list-style-type: none"> Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate post. Attach a Utility Strap to the low pulley. Stand with your left side facing the machine with the low pulley in front of you and just to your left. Grasp the Strap in your right hand with an overhead grip. Keep your elbow locked. Using shoulder muscle strength, slowly raise the Strap forward and outward in a semicircular arc until it is in a position slightly above shoulder level. Pause for a moment, then slowly return along the same arc to the starting position and repeat movement. Exhale on exertion, inhale on return motion. Switch sides of the low pulley and repeat with left arm.
BACK		Lat Pulldown (Latissimus Dorsi) <ol style="list-style-type: none"> Adjust bench to flat position and place in center of gym. You can lock your legs in place using the Smith Bar. Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate post. Attach Lat Bar to high pulley cable. Sit on bench facing into the machine with your thighs under Smith Bar. Grasp Lat Bar to 3 to 6 inches wider than your shoulders, on each side. Keeping your elbows back during movement, slowly pull the Bar down until it lightly touches the upper part of your chest. Pause for a moment, then slowly return to the starting position. Repeat movement. Exhale on exertion, inhale on return motion. 	Seated Row (Latissimus Dorsi / Lower Back) <ol style="list-style-type: none"> Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate post. Attach Straight Bar to low pulley cable. Sit on the floor with your knees slightly bent and your feet placed firmly against the foot brace. Grasp the Bar in both hands with an overhead grip and lean towards the pulley to completely stretch your Lats. Simultaneously pull the Bar toward you and sit erect, being sure to keep your elbows close to your sides. Continue to pull the Bar until it touches your midsection. Pause for a moment then slowly return to the starting position. Repeat movement. Exhale on exertion, inhale on return motion. 	Shrug (Trapezius) <ol style="list-style-type: none"> Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate post. Attach Straight Bar to low pulley. Stand facing the machine with your feet shoulder width apart. Grasp Bar and stand erect with your arms extended straight down in front of you using an overhead grip. Allow the weight to pull your shoulders forward and downward. Use Trapezius strength to "shrug" your shoulders upward and backward as far as possible. Pause for a moment, then slowly return to the starting position and repeat movement. Exhale on exertion, inhale on return motion.
	ARMS	Preacher Curl (Biceps) <ol style="list-style-type: none"> Attach Preacher Curl Attachment to the front of bench and load desired amount of weight plates onto the Curf Bar (optional). Sitting on the bench, take an overhead grasp of the Curf Bar with your hands in a comfortable curling position. Lean over the preacher pad with your upper arms against the surface of the pad. The upper edge of the pad should be set under your armpits. Use Bicep strength to curl the Bar upward and toward you, in a semi-circular arc, to a point just below your chin. Pause for a moment, then slowly return the Bar back along the same arc, to the starting position. Repeat movement. Exhale on exertion, inhale on return motion. <p><small>Pictured is FreeWeight Preacher Curl. This exercise can also be done off the Low Pulley.</small></p>	Triceps Pressdown (Triceps) <ol style="list-style-type: none"> Insert pin into weight stack at desired resistance level or load desired amount of weight plates onto weight plate post. Attach Straight Bar to high pulley cable. Stand erect with your feet set at shoulder width. Take an overhead grasp of the Straight Bar with your hands set 3 to 5 inches apart. Lock your upper arms against the sides of your torso where they remain throughout the exercise movement. Lean slightly forward at the waist. Moving only your forearms, use Tricep strength to press the Bar downward in a semicircular arc to a position below your waist. Pause for a moment, then slowly return the Bar back along the same arc, to the starting position. Repeat movement. Exhale on exertion, inhale on return motion. 	Lying Triceps Extension (Triceps) <ol style="list-style-type: none"> Lock the Smith Bar securely in the highest position on the rack, clear of your exercise area and attach the Straight Bar to the low pulley cable. Select the desired amount of weight. Adjust Bench to the Flat position and place in center of the gym. Lie flat on the bench with your feet firmly planted. Grasp the Straight Bar with an overhead grip approximately shoulder width apart. Position the weight toward your elbows are pointing upward where they will remain throughout the exercise movement. Moving only your forearms, use Tricep strength to press the Bar upward in a semicircular arc until your arms are straight. Pause for a moment, then slowly return to the starting position. Repeat movement. Exhale on exertion, inhale on return motion.
LEGS		Angled Smith Squat (Quadriceps / Glutes) <ol style="list-style-type: none"> Move bench away from machine and securely position Safeties to a height approximately level with your hips. Lock Bar at approximately shoulder height and load desired weight onto Bar. Do not load the Bar with more weight than you handle safely. Sitting on the machine, as pictured, position your body under the Bar with the center of the Bar behind your head resting on your upper back muscles. Take an overhead grip on the Bar and keep your hands level with your shoulders. With the Bar still locked into the rack, move both feet forward one full step. Securely plant your feet shoulder width apart and keep your feet flat on the floor throughout the movement. Pressing up slightly with your legs, unlock the Bar and let the weight rest comfortably on your shoulders and upper back muscles. Keeping your back perpendicular to the floor, use leg strength to slowly bend at the knees and lower the Bar into a squat position. At the deepest point of the squat your thighs should be parallel to the floor - do not go beyond this point and do not bounce at the bottom of the motion. Pause for a moment, then use leg strength to slowly press the Bar upward to the starting position. Repeat movement. Exhale on exertion, inhale on return motion. 	Lunge (Quadriceps / Glutes / Lower Back) <ol style="list-style-type: none"> Move bench away from machine and securely position Safeties to a height approximately level with your hips. Lock Bar at approximately shoulder height and load desired weight onto Bar. Do not load the Bar with more weight than you handle safely. Facing into the machine, as pictured, position your body under the Bar with the center of the Bar behind your head resting on your upper back muscles. Take an overhead grip on the Bar and keep your hands level with your shoulders. Keeping your feet shoulder width apart, With the Bar still locked into the rack, move your left foot forward one step and your right foot back one step. Pressing up slightly with your legs, unlock the Bar and let the weight rest comfortably on your shoulders and upper back muscles. Keeping your back perpendicular to the floor, use leg strength to slowly bend at the knees and lower the Bar until your left thigh is parallel to the floor and, at the same time, your right thigh is perpendicular to the floor. Pause for a moment, then use leg strength to slowly press the Bar upward to the starting position. Repeat movement. Exhale on exertion, inhale on return motion. Switch leg positions and repeat with right leg forward and left leg back. <p><small>NOTE: Do not allow your left knee to go beyond the toes of your left foot. You may need to adjust your forward and backward steps to achieve the proper form.</small></p>	Leg Extension (Quadriceps) <ol style="list-style-type: none"> Attach Leg Developer Attachment to the front of the bench with the pivot point directly in line with your knee joints. Load the desired amount of weight plates onto weight plate post. Adjust bench into Upright position. Adjust seat pad height so that when seated the front of your ankles fit under the bottom foam rollers and your knee joints are aligned with the pivot point. Sit comfortably on seat pad. Place knees over the top roller pads and hook your feet under the bottom roller pads. Using Quadricep strength, extend your feet outward and downward as far as comfortably possible. Do not fully extend your legs or lock out your knee joints. Pause for a moment, then slowly return your feet back along the same arc, to the starting position. Repeat movement. Exhale on exertion, inhale on return motion.

WARNING
Safety and Maintenance of Cables

IMPORTANT: Cables are wear items. It is your responsibility to prevent unexpected breakage. Cable inspection should be performed daily. Inspect all cables, the nylon coating on all cables, and the area near the fitting of each cable. Replace any damaged or worn cable immediately. Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury.

The Body-Solid Customer Service Call 1-800-556-3113



THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

- Inspect equipment daily. Check that all nuts, bolts and screws are fully tightened and replace worn parts immediately.
- Before use, always check cables for signs of wear. Replace immediately. Never use machine if cable is damaged. Failure to do so may result in serious injury.
- Keep clear of the cables and all moving parts when the machine is in use.
- Always make sure all Snap Links are closed when doing any cable / pulley exercise.
- Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
- It is recommended that you should workout with a training partner.
- Do not allow children or minors on or around this equipment.
- Warning: Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

"The new angle on muscle development"

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