

BAND *flex* **GYM** LT-2000

Workout Manual



* Actual product may vary
from product pictured.

This Product is Manufactured Exclusively
by



Please read this manual thoroughly before using your BandFlex Gym.

Retain this manual for future reference.

Patent Nos. 6,585,626 B2 & 6,595,905 B2 with other patents pending

CAUTION: Before starting any exercise program, it is recommended that you consult your physician.

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**Hi! Our friendly customer service staff
is here to help you with questions you may have
concerning parts,
assembly and warranty.**

**1-800-375-7520
customerservice@staminaproducts.com**

Monday through Friday from:
9:00 A.M. to 5:00 P.M. Central Standard Time.

Often just one call can clear up any assembly and parts problems you may have. Please don't return the item to where you purchased it. Call us **FIRST** if you are having problems. We kindly ask that you have the following information ready prior to calling:

- Name and address
- Telephone number
- Model number
- Parts Order number

WARNING

Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant or suffer from any illness. Please read and follow the safety instructions included in this manual. **FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

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Disclaimer of Liability

This guide is for informational purposes only. The information contained herein is based on various published sources and represents training methods, health and nutritional practices.

The manufacturer disclaims any liability, loss, injury or damage incurred as a consequence either directly or indirectly, of the use and application of the product or contents herein.



Important Safety Instructions

WARNING: To reduce risk of serious injury, read and follow the Safety Instructions before using your **BAND FLEX GYM**.

NOTICE: Attempt all exercises slowly and carefully. Omit any movement that causes pain. Until you become stronger, perform all exercises with small, smooth and precise movements. Work to your own level of ability.

Use the **BAND FLEX GYM** on a level surface.

Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the **BAND FLEX GYM**. Always make sure your hair is tied back.

Keep small children and pets away from the **BAND FLEX GYM** at all times including while in use, folding, unfolding or assembling the **BAND FLEX GYM**.

The **BAND FLEX GYM** should not be used by persons weighing more than 250 lbs.

Use the **BAND FLEX GYM** only as described in the manual.

The **BAND FLEX GYM** should be used by only one person at a time.

Be careful to maintain your balance while using, mounting, dismounting, folding, unfolding or assembling the **BAND FLEX GYM**. Loss of balance may result in a fall and serious bodily injury.

When folding or unfolding the **BAND FLEX GYM**, keep all children away from the **BAND FLEX GYM** and make sure your hands are clear of any folding or pinch points.



Please Read Prior to Starting Any Exercise Program

All exercise carries some element of risk. To reduce risk please consult with your personal physician to see if you require a complete physical exam. This is especially important if you're a male over 40 years of age, a female over 50, have never exercised before, are pregnant, have a chronic illness, a history of high blood pressure, heart disease, diabetes, prior chest discomfort, under the care of a physician and taking prescription medications, smoke or have problems with your back, joints or muscles.

In no way is this workout guide intended to be used as a substitute for medical counseling. If you are healthy, begin by gradually increasing your activity level. Always use care when exercising and stop at the first sign of pain. See a doctor prior to restarting your exercise program. Even with medical clearance, the risk associated with exercise can never be reduced to zero.

Things to Remember

Always consult with your physician before you begin any exercise program!

Remember these simple rules before starting the **BAND FLEX GYM** exercise program.

- Attempt the exercises marked Intermediate and Advanced with caution.
- Begin by slowly working up to a 20-minute workout, every other day.
- Avoid high-risk moves like quick starts and stops.
- Do not twist inappropriately nor bend incorrectly.
- Add at least 15 minutes of low-impact cardiovascular exercise to your daily regimen like swimming, cycling, bouncing or skiing.
- Keep your hips square, with your shoulders, neck and spine in a straight line.
- Begin with small movements and increase as you get stronger.



Training Tips

- 1 Always warm up for a minimum of 15 minutes before doing resistance training.
- 2 On your first set of exercises keep the resistance light.
- 3 Stretching is recommended after the warm up or at the end of the workout.
- 4 Repetitions for training effects:
 - Muscular Endurance - 12 to 25 repetitions with light resistance.
 - Strength and Endurance - 8 to 12 repetitions
 - Strength - 1 to 8 repetitions
- 5 A minimum of 2 sets of each exercise is recommended, 2 to 3 sets is most common.
- 6 In addition to the basic exercises covered in this manual, there are also alternate exercises starting on page 18 of this manual. **NOTE:** The pictures are for illustrating the correct movement of the exercises. The machine pictured may vary from your unit.

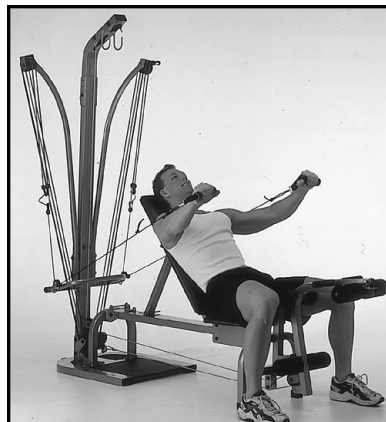
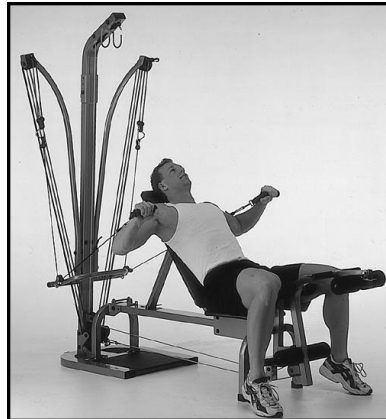
These exercises are for working your muscles in different positions. This allows you to go through a full range of movement. You can get information on these alternate exercises and how to perform them by going to your public library or looking them up online with any search engine.



Bench Press

- 1 Adjust the bench to where the seat back is at an incline.
- 2 Handles should be attached to inner loop.
- 3 Sit down with feet flat on the floor, back flat against the pad.
- 4 Grasp handles at shoulder level, elbows should be aligned directly under wrists.
- 5 Press the handles out at a slight angle directly over your eyes.
- 6 As you extend your arms, exhale with the handles coming slightly together.
- 7 Remember to keep your feet flat, butt down, and back flat against the pad.

Primary area being exercised is the chest, secondary - triceps and shoulders.



Chest Fly

1 Adjust bench to where seat back is at an incline.

2 Handles should be attached to inner loop.

3 Sit down with feet flat on floor, back flat against the pad.

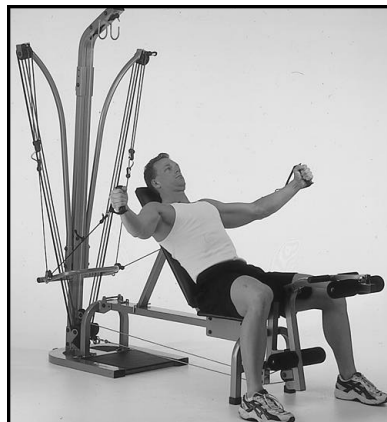
4 Grasp the handles and turn your palms inward.

5 Slowly lower the handles keeping your elbows slightly bent.

6 Lower the handles to eye level, then return to starting position.

7 Remember to maintain a slight bend in your elbows and keep palms turned in.

8 Inhale while going down, exhale coming up.



Muscles being used are the chest and shoulders.



Shoulder Press

1 Adjust bench to where seat back is lying flat.

2 Handles should be adjusted to outer loop.

3 Sit down with feet flat, stomach tight, back straight.

4 Grasp handles at shoulder level.

5 While keeping stomach tight and back straight, press handles straight overhead.

6 Your arms should be directly aligned with your ears as you extend upward, bringing handles together.

7 Return to starting position with handles just outside your shoulders.

8 Exhale upon exertion.

Muscles used, shoulders and triceps.



Abdominal Crunch

1 Adjust bench to where seat back is at an incline.

2 Handles should be adjusted to outer loop.

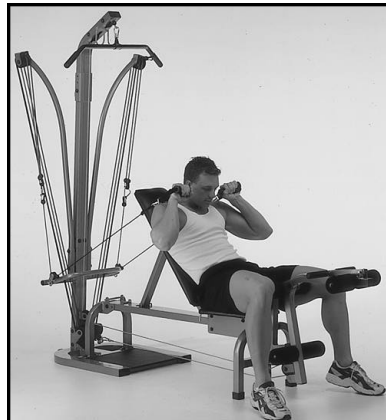
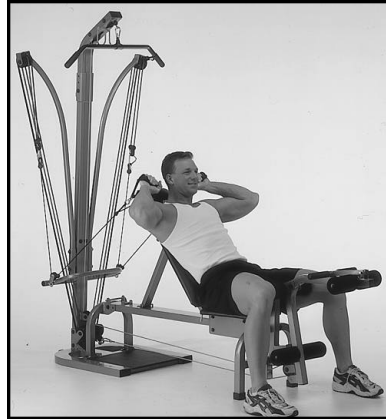
3 Sit down with feet flat, grasp handles at shoulders with palms facing forward.

4 Slowly flex your trunk forward until your elbows touch your thighs, keeping hands at the shoulder.

5 Return to start position maintaining constant tension on your abs.

6 Exhale upon exertion.

Muscles used, abdominals.



Lat Pulldown

1 Attach long handle to upper cable latch.

2 Adjust seat back to the flat position.

3 Sit down facing the back of the machine.

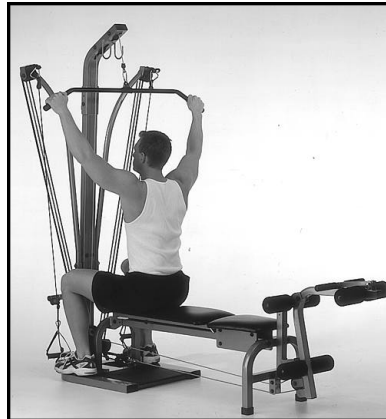
4 The front of your chest should be directly under the bar.

5 Grasp the bar with a wide grip.

6 Lean back slightly, pull the bar down to the top of the chest, keeping your back straight.

7 Return to start position in a slow controlled manner.

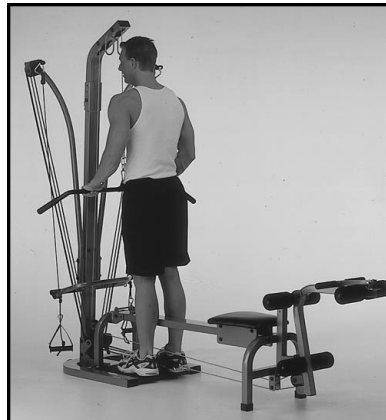
Muscles being used, mid back.



Tricep Pushdown

- 1 Attach chain and handle to upper cable latch.
- 2 Stand erect and grasp handle at shoulder width.
- 3 While keeping elbows at your side, push the bar straight down to your thighs.
- 4 Keep your stomach tight and a slight body tilt forward.
- 5 Return to the starting position under control.
- 6 Do not let elbows come away from your side.

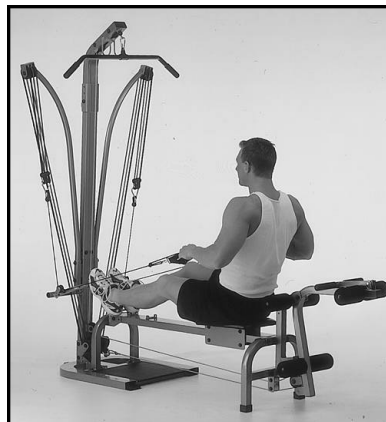
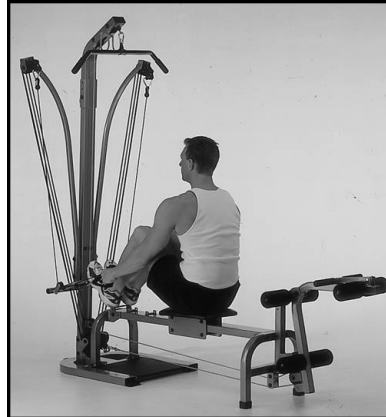
Muscles used, triceps.



Aerobic Rowing

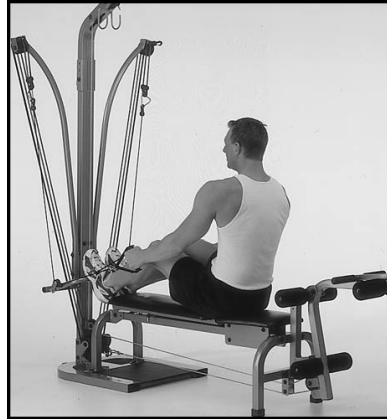
- 1 Remove flat bench seat back.
- 2 Adjust handles to inner loop.
- 3 Sit on small gliding seat. (Pull seat knob 1/4 turn for glide.)
- 4 Face the machine, grasp handles, place feet on front bar, sit up straight.
- 5 Begin with knees bent, arms fully extended.
- 6 As you extend your legs pull handles in to your side.
- 7 Repeat motion continuously maintaining erect posture.

Muscles used, legs and back.



Seated Row

- 1 Adjust seat back to flat.
- 2 Adjust handles to inner loop.
- 3 Sit up straight maintaining erect posture.
- 4 Grasp handles and pull to your side keeping palms down or in.
- 5 Return to starting position fully extending arms but keeping back straight.



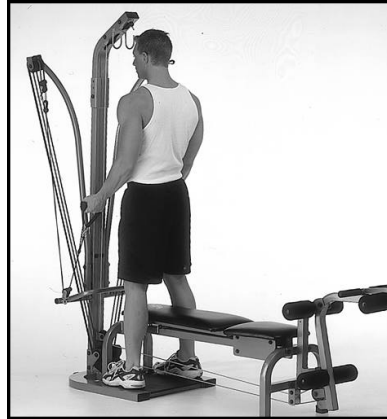
Muscles used, mid back.



Standing Bicep Curl

- 1 Assume a standing position in front of the back of the machine.
- 2 Adjust handles to inner loop.
- 3 Grasp the handles with palms facing forward.
- 4 Slowly flex your elbow bringing your wrist toward your shoulder.
- 5 Do not let your elbows come forward. Maintain erect posture keeping stomach tight.
- 6 Return to start position with a slow controlled manner.

Muscles used, biceps.



Leg Curl

1 Remove long seat back from machine.

2 Adjust gliding seat by turning knob 1/4 turn.

3 Sit facing the front of machine with the back of your ankles over the top pad.

4 Wrap the waist strap around your waist attaching to inner loop.

5 By using the back of your ankles, pull your body toward your feet.

6 Return in a slow controlled manner, maintaining erect posture.

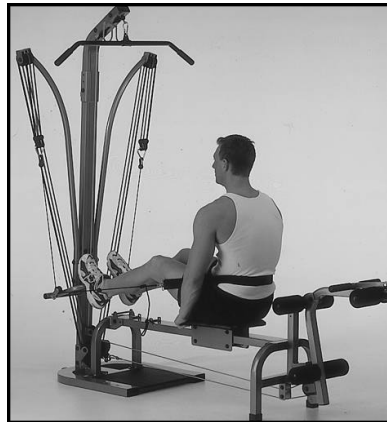
Muscles used, hamstrings.



Leg Press

- 1 Remove the long flat bench.
- 2 Adjust gliding seat by turning knob 1/4 turn.
- 3 Sit on seat facing back of the machine.
- 4 Wrap the waist strap around your waist using inner loop.
- 5 Place your feet on the bar in front of you.
- 6 Fully straighten your legs while maintaining a straight back.
- 7 Return to the start position under control.

Muscles used, thighs, hamstrings and hips.



Preacher Curl

- 1 Attach preacher bench and adjust height.
- 2 While sitting on bench place arms over the preacher bench and grasp handle as shown.
- 3 Slowly curl arms upward.
- 4 Return to starting position.
- 5 Exhale while raising arms.



Muscles used, biceps and fore - arms.



Leg Extension

1 Adjust bench to where the seat back is at an incline.

2 Sit down on bench and place thighs on top of the foam pads resting on the back of the knee.

3 Place feet underneath the lower foam pads.

4 Hold onto the sides of the bench seat.

5 Raise legs as high as it is comfortable.

6 Return slowly to starting position.

7 Exhale upon raising legs.

Muscles used, quadriceps.



Alternate Leg Exercises



Start

Ankle Eversion



Finish



Start

Ankle Inversion



Finish



Start

Back Leg Extension



Finish



Start

Calf Raise



Finish



Alternate Leg Exercises



Start

Hip Extension



Finish



Start

Modified Hip Extension



Finish



Start

Hip Flexor



Finish



Start

Lying Leg Curl



Finish



Alternate Leg Exercises



Start

Lying Leg
Extension



Finish



Start

Standing Leg
Abductor



Finish



Start

Standing Leg
Adductor



Finish



Alternate Back Exercises



Start

Close-grip
Pulldown



Finish



Start

Lat Fly



Finish



Start

Modified Lat
Pulldown



Finish



Start

Lower Back
Extension



Finish



Alternate Back Exercises



Start

Lying Lat Pulldown



Finish



Start

One arm Row



Finish



Start

Reverse-grip Lat Pulldown



Finish



Start

Scapular Retraction



Finish



Alternate Back Exercises



Start

Stiff-arm Pulldown



Finish

Alternate Chest Exercises



Start

Close-grip Press



Finish



Start

Decline Press



Finish



Alternate Chest Exercises



Start

Incline Press



Finish



Start

One arm Fly



Finish



Start

Resisted Punch



Finish



Start

Shoulder Pullover



Finish



Alternate Shoulder Exercises



Start

Front Shoulder
Raise



Finish



Start

Inner Fly Rotation



Finish



Start

Lateral Raise



Finish



Start

Lying Shoulder
Raise



Finish



Alternate Shoulder Exercises



Start

Outer Fly Rotation



Finish



Start

Rear Delt Row



Finish



Start

Reverse Fly



Finish



Start

Scapular Protraction



Finish



Alternate Shoulder Exercises



Start

Shoulder Extension



Finish



Start

Shoulder Shrug



Finish

Alternate Arm Exercises



Start

Concentration Curl



Finish



Alternate Arm Exercises



Start

Lying Bicep Curl



Finish



Start

Lying Tricep
Pushdown



Finish

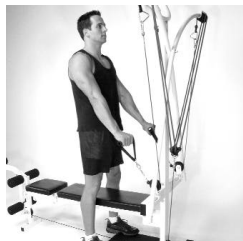


Start

Overhead Tricep
Extension

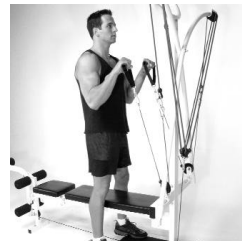


Finish



Start

Reverse Bicep Curl



Finish



Alternate Arm Exercises



Start

Seated Bicep Curl



Finish



Start

Seated Wrist Curl



Finish



Start

Seated Wrist Extension



Finish



Start

Single arm Tricep Pushdown



Finish



Alternate Arm Exercises



Start

Tricep Cross Press



Finish



Start

Tricep Kickback



Finish



Start

Tricep Press



Finish



Start

Wrist Curl



Finish



Alternate Arm Exercises



Start

Wrist Extension



Finish

Alternate Ab Exercises



Start

Abdominal Crunch



Finish



Start

Oblique Crunch



Finish



Alternate Ab Exercises



Start

Oblique Twist



Finish



Start

Resisted Reverse
Crunch



Finish



Start

Reverse Crunch



Finish



Notes



Patent Nos. 6,585,626 B2 & 6,595,905 B2 with other patents pending

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