

THANE *Fitness*  
**POWER GYM™**

INSTRUCTION  
MANUAL



TOTAL  
BODY  
EXERCISE  
&  
WORKOUT

THANE *Fitness*  
**POWER GYM™**

A Quality Thane Fitness Product

Thane Fitness is a subsidiary of



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[www.thane.com](http://www.thane.com)

Includes 30 exercises using the Power Gym

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## The Power Gym Cross Training System

Congratulations on your purchase of The Power Gym. You are about to discover that this is the best total home gym you can buy. The main reason for The Power Gym's popularity is its convenience. No where else, except in a gym, can you get a total body workout in one compact piece of equipment. For many people who have little time to spend at a gym, The Power Gym delivers an easy and quick upper and lower body workout that balances the three essential components of exercise while incorporating a full range of movement:

- Stretching for flexibility
- Muscle toning for strength
- Aerobic conditioning for stamina and endurance

Keep in mind that for any fitness program to be successful, it must be done on a regular, sustained basis and must involve endurance, strength, and flexibility training. Clearly, when these fitness components are addressed, the quality - if not the length - of one's life can be increased.

## The Power Gym Balance Fitness Concept

Balance fitness can do more to ensure a longer, healthier life than just about anything else known to the medical community today.

It is never too late to start a fitness program. But, if you have been inactive for several years or you are new to an exercise program, be sure to consult with your family physician, especially if you are over 35, have health problems, have a history of heart disease in your family or if you are overweight.

## The Power Gym Components of Balance Fitness

The American College of Sports Medicine's (ACSM) new guidelines now recommend that you add resistance training, aerobic activity, and flexibility to your exercise program to achieve ultimate fitness. The Power Gym is the only piece of equipment suited to comply with all of these recommendations.

- Resistance training promotes an increase in lean body mass and a decrease in your body fat level, burning more calories 24 hours a day even when sleeping.
- Aerobic training increases the functional capacity of the heart and lungs. It also gives you more energy, reduces the risk for cardiovascular disease, and increases muscle endurance.
- Flexibility training is important to the total balance of your body. In addition to stretching

your muscles these exercises improve mobility and performance, while decreasing the risk of muscular or skeletal injury - especially good for preventing lower back pain.

The recommended amount of time to spend in your exercise routine is 20 to 60 minutes per day, 3 to 5 days per week. Of course the key to a successful routine is to relax and listen to your body.

## How to Establish Your Training Duration and Intensity on The Power Gym

The length of your workout depends on the intensity of the activity. Those who like to work at a lower intensity should work out for a longer duration. Low-to-Moderate intensity cross-training workouts are best for most adults since higher intensity workouts can lead to increased risk of injury. Plus you are more likely to stick to an exercise routine that leaves you with a sense of accomplishment

Beginners can achieve a significant training effect from lower-intensity workouts. If you're already fit and want to improve, gradually increase your intensity.

After several weeks of aerobic conditioning, certain changes become apparent. What was once a fairly attainable level of exercise now become quite easy.

See Exercise Guidelines Chart. (page 5)

## The Power Gym Fat-Burning Zone

The following chart will help you establish your "Target Heart Zone". The primary Power Gym heart rate training zone is referred to as the "Fat-burning Zone" because the intensity is sufficient to require your body to use fat as the primary fuel source for the exercises. You should exercise at 70 to 80 percent of your maximum heart rate to achieve this level of intensity. To achieve weight loss, concentrate in maintaining your heart rate in this fat-burning zone for 20-30 minutes per day, 3 to 5 days per week.

Regardless of your maximum average heart rate or your target heart rate, consult with your physician or with a sports medicine expert to establish the rates that are right for you. This is especially important if you are over 35, have been sedentary for several years, are overweight, or have a history of heart disease in your family.

## Predicted Target Heart Rate Zone for Different Ages

Age	Maximum Predicted Heart Rate Per Minute	Aerobic Target Zone 70%-80%
20	200	140-160
25	195	137-156
30	190	133-152
35	185	130-148
40	180	126-144
45	175	123-140
50	170	119-136
55	165	116-132
60	160	112-128

To accurately determine your own heart rate, simply record your heart rate several times while working on The Power Gym at maximum effort such as when you are doing the stepper on your highest possible setting.

Caution: Only attempt this if you are healthy and have not experienced undue discomfort or lightheadedness while exercising.

Note: You can take your pulse for 15 seconds and multiply by 4 to obtain your heart rate per minute.

## The Power Gym Fitness Exercise Guidelines

Frequency:	3 to 5 sessions/week
Intensity:	8-12 repetitions or until fatigued at 60-70 percent maximum heart rate
Time:	20-60 minutes/session
Type:	8-10 resistance exercises combined with cardiovascular workout
Level:	Adjust the dial on the hydraulic cylinders and resistance bands to be suitable with your fitness level and then increase accordingly.

## The Power Gym Body Fat & Weight Loss Concept

The Power Gym offers the best way to accomplish weight loss, especially a reduction in body fat, by combining resistance training with cardiovascular exercise because metabolic rate is sustained for longer periods of time and energy.

Body composition is an important component of health-related fitness. Good body composition results from aerobic activity, strength training, and proper diet. Your every day calorie balance will determine whether you will gain or lose weight from day to day.

Calorie balance refers to the difference between the calories you take in from food and your calorie expenditure, or the amount of energy you put out in daily activities, work or exercise.

It is important to begin a weight loss program that incorporates diet and exercise. Body weight is lost when calorie expenditure exceeds intake from food or when calorie intake is less than calorie expenditure during work or exercise. It is a known physiological fact that one pound of fat is equal to 3,500 calories of energy. Although a shift in calorie balance will be accompanied by changes in body weight, how your body loses weight varies depending on the type of weight loss program you undertake.

For example, low calorie diets without proper exercise can cause a substantial loss of water and lean body tissue such as muscle. In contrast, a Power Gym exercise routine, including a balanced diet, results in a weight loss of the fat stores you would like to get rid of. Resistance training, helps you add muscle mass, and since muscle cells are more active than fat cells you burn more calories per day even when you are sleeping. The cross-training Power Gym workout sustains aerobic activities that use large muscle groups and will cause the greatest energy expenditure to maximize weight loss.

## The Power Gym Workout Tips

### The ABC's of a Balanced Workout

To achieve balance, all of your home workouts should include these phases:

- A. Warm-up
- B. Aerobic, resistance, and flexibility routine
- C. Cool-down

The secret is to know when you are pushing too much or too little. Monitoring your heart rate tells you how much to exercise and when to rest.

#### A. Warm-up

A good warm-up will help you perform better and will decrease the aches and pains most people experience. The warm-up prepares your muscles for exercise and allows your oxygen to ready itself for what is to come. This usually takes about 5 to 10 minutes, or until

your heart rate reaches about 50 to 60 percent of maximum. You can accomplish this by using The Power Gym in the stepping mode with the dual resistance cylinder adjusted to a lower number setting.

#### B. Aerobic, Resistance and Flexibility Exercise

Vigorous aerobic exercise is the core of your workout program. Exercise must be intense enough to raise your heart rate into your target zone, usually between 70 and 80 percent of maximum. You should be periodically checking your heart rate to guarantee maximum results. Exercising with a heart rate monitor provides constant visible feedback as to your heart rate while exercising and allows you to stay within your selected target heart rate zone. To reach your target heart rate raise your adjustable dial to a higher number while stepping.

In addition to aerobic exercise, perform a minimum of 8 to 10 resistance exercises with the resistance bands. Be sure to vary your exercise selection so that all the main muscle groups are worked. At least 8 to 12 repetitions should be completed during each session. You can choose from a variety of over 30 different Power Gym exercises that can be done as cross-training aerobic and resistance workout.

Flexibility is the process of loosening up muscles, tendons, and ligaments. Done properly, stretching can dramatically reduce your risk of injury, as your body structures become loose, mobile, and flexible. Be sure to hold each stretch for at least 30-60 seconds - it's the holding that accomplishes the stretching and loosening of the muscles and joints thereby increasing your range of motion.

#### C. Cool-down

The cool-down enables your body's cardiovascular system to gradually return to normal, preferably over a 5 to 10 minute period. During each cool down period don't perform any resistance exercises and lower the setting on the stepping routine.

Bringing your workout to an abrupt halt can cause lightheadedness because blood will pool in your legs if you stop working abruptly. When your heart rate has returned to below 60 percent of maximum, you can stop exercising.

Always keep in mind that warm-up, cool-down, and flexibility are as important as the activity phase. All can prevent common injuries.

## LOW INTENSITY WORKOUT

### POWER GYM ADJUSTMENT

- Back cushion upright position.
- One resistance band.
- Adjustable dial hydraulic exercise levels (1-4).

### STRETCHING

- While seated on the Power Gym stretch all body parts to be worked out to full extended position.

### WARM-UP

- 5 minutes easy stepping levels (1-4).

### BEGIN WORK-OUT

- Increase stepping pace to desired heart rate (see chart on page 5).
- Begin arms warm up.
- Extend arms outward, small circles clockwise and counterclockwise - 10 reps each direction.
- Cross arms front and back -10 reps each direction.
- Stretch arms over head - 10 reps each arm, alternating.
- Repeat sequence 3 times with 1 minute rest between each sequence.

### SPRINT

- 10 second sprints and 30 seconds regular pace.  
(3 sets - return to regular stepping.)

### UPPER BODY EXERCISES

(To be performed while continuing to step.)

#### CHEST

- Chest flies in the upright position (Photo 13).
- 3 sets of 15 reps.
- 1 minute active rest between sets

Note: Active rest constitutes continuing to step while resting the fatigued body part.

### SHOULDERS

- Shoulder press 3 sets of 15 reps (Photo 14).
- 1 minute active rest between sets.

### BICEPS

- Seated arm curl 3 sets of 15 reps (Photo 3).
- 1 minute active rest between sets.

### TRICEPS

- Seated triceps extension 3 sets of 15 reps (Photo 5).
- 1 minute active rest between sets.

### LOWER BODY EXERCISES

#### QUADS - HAMS - GLUTES

- Leg press 3 sets of 15 reps (Photo 22).
- 1 minute active rest between sets.
- Crank up resistance for this movement.

#### SPRINT SEQUENCE

- 10 seconds sprint - 30 seconds regular pace.  
(3 sets - return to regular stepping.)

### COOL DOWN

- 5 minutes cool down. Slow motion stepping low intensity.

### ABDOMINAL

- Abdominal crunch (Photo 26) 3 sets of 15 reps.
- 30 seconds between sets.

### STRETCHING

- While seated on Power Gym stretch all worked out body parts to full extended position.

## INTERMEDIATE WORKOUT

### POWER GYM ADJUSTMENT

- Back cushion upright position.
- Two resistance bands.
- Adjustable dial hydraulic exercise levels (3-6).

### STRETCHING

- While seated on Power Gym stretch all body parts to be worked out to full extended position.

### WARM-UP

- 5 minutes easy stepping levels (3-6).

### BEGIN WORK-OUT

- Punching motion boxing style with or without cables in hand. 10 reps left and right, simultaneously.
- Bent arm flies with or without cables in hand. 10 reps left and right (Photo 13).
- Walking motion with cables in hand. 10 seconds.
- Increase stepping pace to desired heart rate (see chart on page 5).
- Begin arms warm up.
  - Extend arms outward, small circles clockwise and counterclockwise - 10 reps each direction.
  - Cross arms front and back - 10 reps each direction.
  - Stretch arms over head - 10 reps each arm, alternating.
  - Repeat sequence 3 times with 1 minute rest between each sequence.

### SPRINT

- 20-30 second sprint and 30 seconds regular pace.  
(3 sets - return to regular stepping.)

### UPPER BODY EXERCISES

(To be performed while continuing to step.)

#### CHEST

- Chest flies in the upright position (Photo 13).
- 3 sets of 15 reps.

- 1 minute active rest between sets (active rest, regular pace stepping.)  
(Active rest constitutes continuing stepping while resting the fatigued body part.)

### SHOULDERS

- Shoulder press 3 sets of 15 reps (Photo 14).
- 1 minute active rest between sets.

### SPRINT

- 20-30 second sprints and 30 seconds regular pace.  
(3 sets - return to regular stepping.)

### BICEPS

- Seated arm curl 3 sets of 15 reps (Photo 3).
- 1 minute active rest between sets.

### TRICEPS

- Seated triceps extension 3 sets of 15 reps (Photo 5).
- 1 minute active rest between sets.

### SPRINT

- 20-30 second sprints and 30 seconds regular pace.  
(3 sets - return to regular stepping.)

### QUADS - HAMS - GLUTES

- Leg press 3 sets of 15 reps (Photo 22).
- 1 minute active rest between sets.
- Crank up resistance for this movement.

### SPRINT

- 20-30 second sprints and 30 seconds regular pace.  
(3 sets - return to regular stepping.)

### COOL DOWN

- 5 minutes cool down. Easy stepping, low intensity.

### ABDOMINAL

- Abdominal crunch 3 sets of 20 reps (Photo 26).
- 30 seconds between sets.

## EXERCISES PERFORMED AFTER COOL DOWN

Choose from list and rotate every other work-out

Please do 2-3 sets of 15-25 reps with a 30 second rest between sets.

- Standing curl (Photo 2).
- Concentration curl (Photo 4).
- Tricep extensions (Photo 6).
- Lateral pull (Photo 7).
- Seated rows (Photo 8).
- One arm row (Photo 9).
- Standing raises (Photo 16).
- Shrugs (Photo 18).
- Leg extensions (Photo 20).
- Leg curls (Photo 21).
- Inner thighs (Photo 23).
- Outer thighs (Photo 24).
- Hip extensions (Photo 25).

## STRETCHING

While seated on Power Gym stretch all worked out body parts to full extended position.

## ADVANCED WORKOUT

### POWER GYM ADJUSTMENT

- Back cushion upright position.
- One resistance band during the warm-up phase.
- Three resistance bands after the warm-up.
- Adjustable dial hydraulic exercise levels (4-8).

### STRETCHING

- While seated on Power Gym stretch all body parts to be worked out to full extended position.

### WARM-UP

- 5 minutes easy stepping levels (4-8).

### BEGIN WORK-OUT

Use one cable at low resistance and high repetition to warm up each exercise to be performed during workout. 1 set, 25-50 reps, upper body exercises.

- Chest (Photo 13).
- Shoulders (Photo 14).
- Biceps (Photo 2).
- Triceps (Photo 5).

### SPRINT

- 45-60 seconds sprint and 30 seconds regular pace.  
(3 sets - return to regular stepping. All upper body exercises to be done while continuing stepping.)

### UPPER BODY EXERCISES

#### CHEST

- Chest press in the upright position (Photo 11).
- Chest flies in the upright position (Photo 13).
- 3 cables 5 sets of 8-15 reps with one set of sprint between each set.

## SHOULDERS

- Forward raises (Photo 19).
- Seated raises (Photo 15).
- Shoulder press (Photo 14).
- 3 cables, 5 sets of 8-15 reps with one set of sprint between each set.

## BICEPS

- Seated arm curl (Photo 3).
- 3 cables, 5 sets of 8-15 reps with one set of sprint between each set.

## TRICEPS

- Seated triceps extension (Photo 5).
- 3 cables, 5 sets of 8-15 reps with one set of sprint between each set.

## QUADS - HAMS - GLUTES

- Leg press (Photo 22) 5 sets of 25 reps on level 11-12.

## SPRINT

- 45-60 second sprint - 30 seconds regular pace. (3 sets - return to regular stepping.)

## COOL DOWN

- 5 minutes cool down. Easy stepping, low intensity.

## ABDOMINAL

- Abdominal crunch (Photo 26) 3 sets of 50 reps.
- 30 seconds between sets.

## EXERCISES PERFORMED AFTER COOL DOWN

- 3 cables, 5 sets of 8-15 reps, 30 seconds rest between sets.
- Standing biceps curls (Photo 2).
- Concentration curls (Photo 4).
- Kick back tricep extension (Photo 6).
- Lateral pulls (Photo 7).
- Seated rows (Photo 8).
- One arm rows (Photo 9).

- Lateral standing raises (Photo 16).
- Shrugs (Photo 18).
- Leg extension (Photo 20).
- Leg curls (Photo 21).
- Adductions (Photo 23).
- Abductions (Photo 24).
- Hip extensions (Photo 25).
- Abdominal obliques (Photo 27).

## STRETCHES

Seated position; stretch all body parts to be worked out to full extended position while seated on the machine.

## The Power Gym Exercises

### CARDIOVASCULAR

#### Adjustable Dial Hydraulic Exerciser - Attachment (1)

Starting position: Seated with both feet strapped in the pedals, grab the handle bars on either side of the machine.

Movement #1: Fully extend the right leg while keeping the left leg in the starting position. Slowly return the right leg to the starting position while fully extending the left leg. Repeat.

Movement #2: Fully extend both legs at the same time. Slowly return them to the starting position. Repeat.  
Muscles Emphasized: Quadriceps, hamstrings, 3 Gluteals; Maximus - Medius - Minimus.

NOTE: The following upper body exercises may be performed while doing this exercise: Seated Curls, Seated Tricep Press,



photo 1



photo 2

### ARMS

#### Standing Biceps Curls (2)

Starting position: Standing behind the Power Gym with toes on the base and heels on the floor, hold the resistance bands with an underhand grip.

Movement: Keeping upper arms and elbows close to the body bend elbows and raise resistance bands to chin level, moving only the forearm up.

Muscle Emphasized: Bicep muscles.



photo 3

#### Seated Curls (3)

Starting position: Seated on the Power Gym with feet in the stepping position (see photo 1) or with feet locked under the stabilizing bar, grab the resistance bars with an underhand grip.

Movement: Keeping the elbows close to the body, lift your forearms up to the shoulder in a repetitive movement.

Muscles Emphasized: Bicep muscles.

#### Concentration Curls (4)

Starting position: Sit sideways on the Power Gym with legs apart and feet firmly on the floor. Grab the resistance bar with the hand closest to the back of the machine using an underhand grip and rest the arm being worked on the corresponding leg. The resistance bar cable will be under your leg. Reverse sitting position to work the other arm.

Movement: Starting with the arm straight, bring it up to the shoulder and lower to starting position. Keep the elbow resting on the inner thigh for better isolation of the bicep muscles.

Muscles Emphasized: Bicep muscles.



photo 4



photo 5

#### Seated Tricep Press (5)

Starting position: Sit on the Power Gym and grab the resistance bars with an underhand grip. Lock feet under the stabilizer bar.

Movement: Holding elbows close to the head extend arms straight over head. Bend arm at elbow and return to extended position. Do not move arms at the shoulders.

Muscles Emphasized: Triceps muscles; Long head, Lateral head, Medial head.

#### Kick Back Tricep Extensions (6)

Starting Position: Holding the resistance band in the left hand, place right knee on the bench seat and right hand on the seat back. Bend at the waist, keep the bent left elbow tucked and close to the thigh with the resistance band pointed towards the floor.

Movement: Slowly extend and straighten the lower arm in a back and forth motion. Switch sides and repeat.

Muscles Emphasized: Tricep muscles.



photo 6

## BACK

### Lateral Pulls (7)

Starting position: Grab resistance bars with underhand grip. Sit on the floor, facing the Power Gym. Place both feet on the base, and bend knees slightly. Bend body forward from the waist. Raise arms parallel to the floor at shoulder level.

Movement: Keeping arms parallel to floor and palms facing down, pull bands toward shoulders. Body should remain stationary and only the arms should move. Contract the leg and abdominal muscles for stabilization. Breath out when pulling the handles toward your shoulders and breath in when returning to the starting position.

Muscles Emphasized: Bicep muscles and the large muscles of the upper back.



photo 7

### Seated Rows (8)

Starting position: Grab resistance bars with underhand grip. Sit on the floor, facing the Power Gym. Place both feet on the base, and bend knees slightly. Bend body forward from the waist. Position hands so that palms are facing each other.

Movement: Pull the resistance bands straight back toward the waist area in a smooth motion. Pull only with the arms, keeping the body rigid.

Muscles Emphasized: Bicep muscles and the large muscles of the upper back.



photo 8

### One Arm Rows (9)

Starting position: Grab left resistance band with left hand. Place right hand on bench seat and right toes on base of machine with heel on floor. Left foot should be flat on floor with toes turned slightly to the left.

Movement: With left palm turned to the right, pull the resistance bands toward the chest and return to the starting position. Reverse position for the right arm.

Muscles Emphasized: Bicep muscles and the large muscles of the upper back.



photo 9

## CHEST

### Flat Chest Press (10)

Starting position: Adjust the seat back to the flat position. Sit on the Power Gym and grab the resistance bars with an underhand motion. Hook feet under the stabilizer bar and position hips and head flat on the bench. Extend arms straight into the air.

Movement: Slowly lower arms by bringing them down close to the body.

Muscles Emphasized: Pectoral chest muscles, Deltoid (shoulders) muscles and Tricep muscles.



photo 10

### Incline Chest Press (11)



photo 11

Starting position: Adjust the seat back to the incline position. Sit on the Power Gym and grab the resistance bars with an underhand motion. Hook feet under the stabilizer bar and position hips and head flat on the bench. Extend arms straight into the air.

Movement: Slowly lower arms by bringing them down close to the body.

Muscles Emphasized: Lower pectoral chest muscles, Deltoid (shoulders) muscles and Tricep muscles.

Note: The difference between Flat Chest Press and Incline Chest Press is that the bench is slightly elevated in an incline position.

### Flat Chest Flies (12)

Starting position: Adjust seat back to the flat position. Sit on the Power Gym and grab the resistance bands with an underhand motion. Hook feet under the stabilizer bar and position hips and head flat on bench. Extend arms straight into the air with palms facing each other.

Movement: Slowly pressing up the resistance band and slowly returning to the lower position by moving arms on either side of the body.

Muscles Emphasized: Pectoral major.



photo 12

### Incline Chest Flies (13)

Starting position: Adjust seat back to the incline position. Sit on the Power Gym with feet resting on the foot pegs and back against the back pad with hip and head flat on the bench. Arms should be parallel to the floor. Hold up resistance bands with palms facing up.

Movement: Slowly raise arms above head and slowly return to the lower position.

Muscles Emphasized: Pectoral minor.



photo 13



photo 14

### SHOULDERS

#### Shoulder Press (14)

Starting position: Adjust seat back to full upright position. Sit on the Power Gym with back straight against the pad, and feet hooked under the stabilizer bar. Extend arms above head with palms facing forward.

Movement: Slowly lower upper arms against side of body. Keeping hands at shoulder level. Extend arms above head with palms facing forward.

Muscles Emphasized: Deltoid (shoulders) muscles, tricep muscles and back of the arms.



photo 15

### Lateral Seated Raises (15)

Starting position: Adjust seat back to full upright position. Sit on the Power Gym with back straight against the pad, and feet hooked under the stabilizer bar. Arms lowered against the body and palms facing inward.

Movement: Slowly raise arms away from the body to shoulder level. Slowly lower to starting position.

Muscles Emphasized: Deltoids especially the lateral head.

### Lateral Standing Raises (16)

Starting position: Stand behind the Power Gym facing towards the stepper with toes resting on the base and heels on the floor, arms lowered against the body and palms facing inward.

Movement: Slowly raise arms away from the body to shoulder level. Slowly lower to starting position.

Muscles Emphasized: Deltoids especially the lateral head.



photo 16



photo 17

### Upright Rows (17)

Starting position: Sit with back straight against the pad, facing the stepper, feet hooked under the stabilizer bar with resistance bands under the handle bars, palms facing down.

Movement: Raising both resistance bands simultaneously up towards the shoulders, keeping the elbows, at all time, parallel to the ground, and the palms as close to the body as possible facing down.

Muscles Emphasized: Shoulders, shoulder trapezius and all heads of the deltoid.

### Shrugs (18)

Starting position: Facing the back of the Power Gym, stand with legs on either side of the seat. Position the resistance bands under the handle bars. Grab the resistance bands with palms facing back.

Movement: Keeping arms straight and out a little from the sides of the body lift up with the shoulders, hold, and return to a lower position.

Muscles Emphasized: Trapezius shoulder muscles.



photo 18



photo 19

### Foward Raises (19)

Starting position: Sit on the Power Gym with feet hooked under the stabilizer bar. Grab the resistance bands with palms facing down. Arms should be lowered against the side of your body.

Movement: Raise both arms to shoulder level keeping them straight out in front. Slowly lower to the starting position.

Muscles Emphasized: Shoulder muscles, isolated on the interior deltoids.

## LEGS

### Leg Extensions (20)

Starting position: Remove the front stabilizer bar. Sit on the Power Gym with lower back resting against back pad. Attach resistance bands with the foot strap removed from the pedal, wrap the resistance bands around ankle.

Movement: Extend the leg straight in front of the body and return to the initial position. Reverse legs and repeat.

Muscles Emphasized: Quadriceps muscles and muscles that surround the knee.



photo 20



photo 21

### Leg Curls (21)

Starting position: Stand at the left front side of the Power Gym with both hands on the back pad. Rest the heel of the right foot against the base and toes on the floor. With the foot strap removed from pedal, wrap the resistance bands around left ankle.

Movement: Moving only at the knee, bend the knee and bring the heel as close to the buttocks as possible, in a smooth controlled matter. Extend the leg as straight as possible when returning to the starting position, breath out when curling the leg up and breath in when returning to the starting position. Reverse legs and repeat.

Muscles Emphasized: Hamstring muscles. These are the primary muscles involved in propelling the body forward when walking or running.

### Leg Press (22)

Starting position: Sit on the Power Gym with feet strapped in the pedals as if stepping, grab the handle bars on either side of the machine.

Movement: Pressing out unilaterally both legs together or separate, breathing out when pushing away from the body, inhaling when returning to the starting position.

Muscles Emphasized: Quadriceps muscles, hamstring muscles, gluteus maximus (butt) muscles. This movement greatly strengthens the lower body.



photo 22

## THIGHS

### Adductions (23)

Starting position: Sit with feet hooked under the stabilizer bar with knees on the outside of the thigh bar resistance bands positioned to the back undermount.

Movement: Squeeze the knees together and slowly return to the starting position.

Muscles Emphasized: Inner thighs.



photo 23



photo 24

### Abductions (24)

Starting position: Sit with feet hooked under the stabilizer bar with knees on the outside of the thigh bar resistance bands positioned to the back undermount.

Movement: Press the knees out and away from the Power Gym, breathing out while pushing and breathing in while slowly returning to the starting position.

Muscles Emphasized: Outer thighs.



photo 25

## HIPS

### Hip Extensions (25)

Starting position: Adjust the seat back to the incline position. Place the right foot flat on the floor to the right of the Power Gym. Grab the top of the back pad with both hands. Rest the left foot on the stepper.

Movement: Extend the left leg away from the body in a straight position and return to the starting position. Reverse legs and repeat.

Muscles Emphasized: Gluteus maximus muscles which is also referred as the butt, hamstring muscles, quad muscles, isolating on the gluteus muscles.

## ABS

### Abdominal Crunch (26)

Starting position: Remove the back pad and attach the roller attachment. Sit on the Power Gym and hook feet under the stabilizer bar. Adjust the height of the handle bars so that you are seated in the upright position. Use the seatbelt for support, stability and isolation of the abdominal muscles.

Movement: Grab the handle bars and pull forward with the abs and push back to the starting position with the back. Breath out while moving forward and breath in while returning to the starting position. The back rollers have to be in constant contact with the back.

Muscles Emphasized: Abdominal muscles and lower back muscles.



photo 26

### Abdominal Obliques (27)

Starting position: Remove the back pad and replace it with the back roller attachment. Sit on the Power Gym facing diagonally with feet together on the same side. Use the seatbelt for more support, stability and isolation of the abdominal muscles.

Movement: Grab the handle bars and pull forward with abs and push back to the starting position using your back. The upper body moves towards the stepper at an angle. Breath out while moving forward and breath in while returning to the starting position. The back rollers have to be in constant contact with the back.

Muscles Emphasized: Lateral flexor muscles and the oblique muscles.



photo 27

## BACK

### Back Extension (28)

Performed simultaneously with the abdominal crunch.

Muscles Emphasized: Lower back muscle.



photo 28



photo 29

### Back Lateral Flexion (29)

Performed simultaneously with the abdominal obliques.

Muscles Emphasized: Lateral flexor muscle and lower back muscle.

### Back Massage (30)

Starting position: Laying flat, facing down, resting on the back pad with both arms on either side of the body.

Muscles Emphasized: Full body massage.



photo 30

# Accelerated Weight Loss Plan

## Why is There Fat?

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Believe it or not, fat is important. It is not nature's mistake, but rather, essential to life. The ability to store energy in the form of fat is a critical survival mechanism for any living organism subject to an uncertain and intermittently inadequate food supply. A normal human can survive up to two months with no food whatsoever - in total starvation, with only water - only because of the presence of stored energy in the body, mostly as fat. And body fat also provides shielding from cold.

Today, however, many of the survival advantages nature intended fat to provide are unneeded. Food is typically not scarce, but abundant and in constant supply. Most people do not require an "energy reservoir", as they too often lead quite sedentary lives.

These days, most people's biggest problem is how to avoid building an "energy reservoir" that is too large, i.e., how to avoid getting fat! This becomes more and more true as we grow older, since our rate of calorie burning - also known as the metabolic rate - diminishes with age along with our activity level, while our food consumption typically goes up, not down.

And so it is that 40% to 50% of the adult population needs to lose weight. But how? Should you simply "go on a diet"? Will that work permanently? As you will see, the answer to that question is quite definitely "NO".

## What Happens When You Diet?

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Severely restrictive diets, such as the "liquid protein" schemes, or some of the popular "crash" diet programs — or any diet that recommends severe, temporary reduction of caloric intake — will cause weight loss that is often due in large part to lean body weight loss, which is loss of important body muscle tissue. This kind of weight loss is the worst possible way to achieve your goals because it leads to weakness, ill health, and a decreased metabolic rate, which in turn makes it ever harder to lose fat. This sets up the never-ending cycle of defeat and futility so familiar to the chronic dieter. Dieting will, in the long run, make you fatter!

You're reading this because what you want to lose is fat. And you don't want to suffer too much in the process. The simple, powerful solution: Follow the system outlined below, and watch what happens!

## Food and How to Control It

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### Don'ts

- 1) Avoid going on repeated diets, each of which usually sets you up to regain everything you lose, and then some, just as soon as you "go off" your diet. Instead, follow the simple guidelines below.
- 2) Don't add any fat or oil to anything you eat... ever! This is by far the most important rule to remember, and it cannot be overemphasized. The words "added fats and oils" have a very specific and special meaning here, referring to all those unnatural fats and oils that humans manufacture, process, and add to the food you eat. There are no such things as added fats and oils in nature. They just don't exist. NATURE makes corn... HUMANS make corn oil, margarine and deep-fried food. NATURE creates soybeans and peanuts... HUMANS manufacture soy oil, mayonnaise, and peanut oil.

It is very important to avoid ALL added fats and oils, not just because they'll make you fat, but because they'll also make you sick, linked as they are to such disorders as breast and colon cancers, heart disease, and other serious illnesses.

Eliminating added fats and oils means avoiding:

- Margarine,
- Mayonnaise,
- Olive Oil,
- Butter,
- Oily salad dressings,
- Chips of all kinds (unless they're baked),
- Fried foods,
- French fries,
- Cream cheese,
- Ice cream,
- Lard,
- and any other manufactured fat or oil.

Note that if you don't like salads without dressing — try lemon juice and seasoning salt. It's delicious! Or... try any of the oil-free salad dressings now widely available.

All the above-listed items are horrible for you. But the hydrogenated products such as margarine, mayonnaise, and all heated fats and oils are the worst, as they are high in trans fats, substances that form when fat or oil is heated or heavily processed. Trans fats are directly implicated in the onset and/or exacerbation of obesity, cardiovascular disease and cancer. Avoid these "foods" at all costs.

- 3) Try to avoid processed foods high in sugar and white flour. Check your labels and do not eat anything that has too much of these items in the ingredient list, as they too contribute to obesity and ill health.

## DOs

- 1) ALWAYS BALANCE YOUR FOOD INTAKE -- so that your intake of carbohydrates (all flour products such as bread, pasta, etc., and all sweet foods) approximately matches your intake of protein (e.g., meat, fish, fowl, egg, milk products, soy products). You may do this by simply eyeballing the foods your are eating. Example: if you have a dish full of pasta in front of you (high carbs) then you need to balance it with what you approximate to be an equal amount (by volume or better, by weight) of high protein food. The best high protein foods are those fat-free turkey or chicken breast deli slices found in the deli section of your supermarket. They are inexpensive, and they are pure protein, with NO fat, NO carbs. Note that egg whites are also pure protein, and may be eaten in just about any (reasonable) quantity.
- 2) DRINK PLENTY OF WATER! Try to drink eight 8 ounce glasses of water each day, or more. It is usually best to use bottled spring or distilled water, since the water in most areas today is heavily treated with chlorine and other unhealthful chemicals.
- 3) The BEST possible foods to eat are green vegetables: eat all you want of them (within reason, of course). And remember not to ruin things for yourself by adding oily salad dressings!

There are several vegetables that actually use up more energy getting digested than they bring to your body. The digestion of any food requires an expenditure of energy by the body. Once the food is digested, it releases its own stored energy in the form of calories, which are then either used ("burned") or stored, mostly as fat. Sometimes, the number of calories in a food is lower than the number of calories it takes to chew and digest it. The act of eating, for example, celery or cucumber, can be a weight losing proposition all by itself — without exercise or anything! Now isn't that interesting...?

Vegetables whose digestion can use more calories than they contain include:

- Alfalfa sprouts
- Beet greens
- Broccoli - (a close call)
- Cabbage
- Cauliflower - (a close call)
- Celery
- Chard, Swiss
- Chives
- Cucumber
- Eggplant - (a close call)
- Endive
- Garlic
- Lettuce
- Mushrooms
- Peppers - (a close call)
- Radishes
- Seaweeds of all kinds
- Spinach
- Tomato - (a close call)
- Turnip greens
- Water chestnuts
- Watercress

## Food Preparation

This subject could fill a book all by itself. The essential point to remember is, once again, to avoid added fats and oils! Do not fry with oil. Use non-stick pans and fry with water. A little experimentation and you'll see how easy this is. Also remember that any menu that contains oil, butter or margarine can easily be made as well or nearly as well without those ingredients. You must experiment to apply this concept to every one of your favorite recipes, but the reward for doing so is very high. It will mean better and better health as well as greater and greater success.

## Food Timing

The best way to arrange your food day is to spread out your daily intake into several meals, as opposed to eating, say, one large meal per day. Studies have shown that when two comparable groups of people eat the same number of calories but on different schedules, the group that eats one large meal per day gains weight and feels worse, while the group that spreads its calories out during the day feels better and gains no weight.

Other studies indicate that when food is eaten late in the day, closer to bedtime, weight is gained as compared to no weight gain when the same food is eaten earlier in the day.

Therefore, LARGEST MEAL=Lunch, SMALLEST MEAL=Dinner, MODERATE MEAL=Breakfast.

This is the optimal way to arrange your days. The typical large dinner with which most people are familiar is problematic because the natural daily rhythms of the body are such that evening is when it is preparing for rest, not a large meal. More importantly, food eaten late in the day is much more likely to be converted to stored body fat. So eat a very light meal for dinner — salad, perhaps soup and a small side dish. Not much more. Remember: food eaten this late will almost certainly be converted to body fat; and body fat, once accumulated, comes off much slower, and with much greater difficulty, than it goes on - a fact with which many people are already familiar.

Breakfast can go either way. If you're hungry in the morning, by all means, eat away. If not, eat lightly. Follow your body's signals.

Lunch is the perfect time to eat your largest meal of the day, if you have one. There's plenty of time left to burn it off, and the satiety will probably last well into dinnertime, thereby helping to keep dinner small.

## When to Eat, When to Stop

Naturally thin people typically follow both of these two simple patterns:

- 1) Eat only when hungry; and
- 2) Stop eating when no longer hungry.

This is how primitive man ate, a good indication that it is the way nature intended. Most of us have been conditioned to eat when it's time to eat: lunchtime, dinnertime, breakfast. But the truth is that it is far more natural to eat when you're hungry. That means truly hungry, not just craving food. As much as possible, try to follow this simple but powerful principle of eating.

The second timing principle - to stop eating when you're no longer hungry - is also very powerful, but may contradict some childhood training. Remember "Eat! Children are starving in India/ Somalia/wher ever...?"

That may be true, but it is certainly no reason to stuff yourself. Childhood lessons are not always good ones. The most natural time to stop eating is when you're full, which is, surprisingly, not what most of us do. This principle means that you should stop even if 95% of the food is still left on your plate or if only 5% is left. It doesn't matter. The amount of food on the plate is of no importance; it is completely arbitrary and irrelevant to your body's needs. What is important is only how you feel. If you're satisfied... if the hunger is gone... STOP.

If you can master these two basic eating concepts, you will, to a large extent, master your nutritional and weight situation forever.

## Restaurant Eating

This is a particularly troublesome area. Restaurants, for some unknown reason, love oil. Even simple salads are drowned in truly ridiculous amounts of oil. This abuse of oil is the single biggest problem with eating in restaurants.

Food freshness is also an area of concern. Fish, poultry and meat, in descending order, are most likely to be problematic. Be careful. Ask plenty of questions, particularly about freshness. If there is any reason to believe your food is not fresh, order something else, or leave.

When ordering in a restaurant follow these simple rules:

- Always ask how much oil is in the dish(es) you wish to order.
- Insist that the dish(es) you want be made with no oil, or at worst, a very small amount.
- Refuse any offer of sprinkled cheese to go over your food.
- Order salads with vinegar dressing only, or lemon wedges that you can squeeze onto the salad. If you must order dressing from the house, get one that separates, like vinaigrette, so that you can pour off the oil that floats on top, using only the tasty part below the oil. Or bring your own, healthful salad dressing.
- Never order anything that is deep fried! Remember to ask about this, because there are many more foods that are deep fried than is obvious from most menus. For example, Italian restaurants often deep fry their "eggplant parmigiana". You must ask, and avoid all foods that are so prepared.

- Avoid creamy foods. Many dishes that are normally prepared with cream are just as tasty without it. Ask the kitchen to prepare it the way you want it.
- Order a salad first, the larger the better, and ask that it be brought out immediately. Avoid the oily/cream dressings, and eat the salad as soon as it comes out. This will help "take the edge off" your hunger, help you resist the temptation to eat those unhealthy white flour rolls and butter, and get you started in the right direction.
- Try to resist the temptation to order dessert. If you must do so, get one that is as close to "real recognizable food" as you can get. A cup of fruit, or a fruit tart may do. In any event, avoid the creamy cakes and pies.
- In general, do not be afraid to ask for what you want. If they say "no", say "good-bye". There are plenty of restaurants that will be only too happy to accommodate you, so don't put up with anything less than what you know is right for your body.

## Cheating (Indulging)

OK, we all know you're going to do it. Nobody's perfect.

That's why we use that well-worn euphemism... "indulging", instead of "cheating".

The secrets of success are:

- (a) Use the tips outlined below to help STOP your cravings, and thereby your cheating!
- (b) Don't "indulge" too often, and
- (c) If you do cheat, choose ways that are not so bad for you; i.e., minimize the damage.

There is no quota for "cheating". We urge you to strive for perfection. If you find yourself succumbing once in a while, consider it cheating, not your "quota of bad stuff for the week". You should always strive to reject your old, bad ways — to renew your dedication to yourself and to the new body and health you are determined to achieve.

But if you are going to cheat, at least don't eat all of whatever you're cheating with. Leave some to throw out. That way you'll get in the habit, and someday you may find yourself throwing it out before you eat it!

## How to Prevent and Stop Cravings

### 1) BREAK THE CYCLE!

- Food quality: This is the most important factor you can change in the area of negative food cycles. Avoid all junk food. Avoid all foods that trigger cravings. Avoid all added highly processed foods. Eat real, recognizable food.

- Avoid all added fats: The most important diet principle of all added fats and oils (a) make you fatter faster than anything else you can do or eat, (b) increase your risk of heart disease and cancer, and shorten your life, and (c) can cause you to crave sweets, which in turn further damage your health and increase fat levels.
- Avoid sugar: Refined white sugar (table sugar) is damaging to your health in many ways, and will (a) directly cause weight gain, and (b) cause cravings for fats that will further cause weight gain.
- Drink plenty of water: This is an easy, healthful way to help avoid cravings. Often, a perceived craving for food, particularly fatty food, may be satisfied with a cup or two of water! Drinking plenty of water also helps to naturally control appetite through a direct effect on the stomach. Always drink pure, fresh water; avoid tap water laden with chlorine and other chemicals. Aim for at least 6-8 cups of water per day.
- Try brushing your teeth instead of eating! Often, a craving for a particular food, especially high-fat, high-sugar food, is caused by something no more complicated than a bad taste in the mouth. A quick, refreshing tooth brushing or mouthwash rinse will often get rid of cravings immediately and painlessly.
- Food timing: Do not skip breakfast; this only leads to hypoglycemia and severe cravings sometime around mid-morning, which may, in turn, cause you to eat cookies or doughnuts with coffee and sugar, which in turn can set you up for a rollercoaster blood sugar ride for the rest of the day. Not a good idea.
- Avoid eating anytime within three hours of bedtime. Not eating anything near bedtime can lower your fat levels and can change your eating patterns so that you are hungrier in the morning, leading you to indeed eat a small-to-moderate breakfast. This in turn helps control your mid-morning cravings.  
If you need to snack between meals, eat some fresh vegetables, or fat-free turkey deli slices, or a whole grain (not white flour) product, or some fruit.
- Meal size: A pattern of smaller, more frequent meals throughout the day is much more conducive to craving control than a pattern of starvation or mild snacking during most of the day combined with one large (often very large) daily meal. Studies have also shown that spreading food intake throughout the day helps in the weight loss effort, while concentrating calories all in one large meal sabotages it.
- Avoid overly salted foods, if they lead to sugar cravings or if you suffer from kidney disease or high blood pressure.
- Eat slowly: This will help minimize the effect of cravings, because you will find that you are satisfied sooner than you would be if you were wolfing your food down.
- Vary your diet: Useful when food allergies are suspected. Try to avoid eating any single food, such as milk or milk products, bread or other wheat products, eggs, meat, corn, soy, and any other potentially allergenic food too often. Rotating your diet, so that you do not consume

any single allergenic food more often than once every three to four days is the easiest way to accomplish this.

- Try the following trick: Carry with you a small pad of paper on which to write down every thing you decide to eat before you actually eat it. This will introduce an important time delay during which you are writing down what you're about to do. There is a good chance you will often find yourself changing your mind.

## Nutritional Supplementation

It is often thought that a good, balanced diet should contain all the nutrients your body needs. But in today's world, with mass food production and soil depletion, it usually doesn't. And besides, how many of us really eat a "good, balanced diet"?

For these reasons, and because optimal nutrition is especially important during a period of active fat metabolism and breakdown, we recommend that a good multi-vitamin-mineral be taken regularly.

### TIPS:

- One-pill-a-day multi-vitamin preparations are usually poor in quality and not very helpful. Better quality formulas require at least 3 tabs/caps per day. Multi-nutrient formulas should usually always be taken with at least some food. This helps improve absorption, prevent abdominal discomfort, and prevent the "niacin flush" that sometimes otherwise occurs.
- Look for a formula that contains a full range of B vitamins, vitamins A, C, E and D, and a full complement of minerals. Vitamin B6, magnesium and chromium are particularly important, yet often deficient in typical diets.
- Many people benefit additionally from taking extra Essential Fatty Acids, vitamin C, and sometimes, a digestive enzyme called bromelain.
- The best place to find high-quality, complete nutritional supplementation is usually your local health store.
- Finally, don't forget to drink plenty of clear, pure water to help flush out all those toxins your body stores along with its fat.

## Good Judgement

In general, use your good judgment. Do not overdo anything. Keep all nutritional supplementation to levels consistent with what nature intended for the human body.

And look at the ingredient list of any packaged item you put in your mouth. Look at the source. The maker of a food or food supplement should be a reputable company, with qualified experts doing the formulations.

