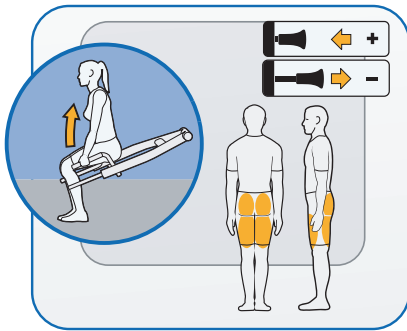


Life Fitness Circuit Series

Machine Use Instructions



Circuit Series Squat

- **Muscles Worked:** Quadriceps, Hamstrings, Gluteus
- **Functionality:** Sitting, Standing, Jumping, Lifting
- **Cue Words:** Tight core, stable hips, break at the hips first and let knees follow

Setup

Stand in machine facing out. Engage proper resistance. Grip upper or lower handles based on height and comfort. Position feet slightly wider than shoulder width apart.

Performing the Exercise

Bend at the knees while keeping head and upper body stable and upright. Squat down until the top of the thigh is parallel with the ground. Stand up pushing through the heels and extending the knees and hips. repeat the motion while maintaining proper body position throughout the range of motion.

Exercise Tip

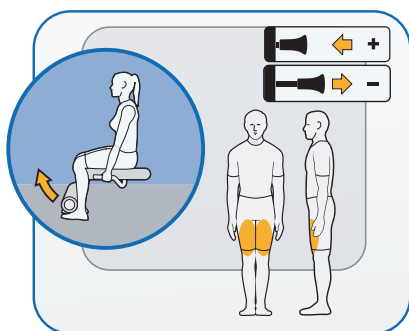
The user should only squat as deep as they can maintain proper form and comfort.

Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs of Resistance	46	52	58	64	70	80	90	100	110	120	130	140	150
Kg of Resistance	21	24	26	29	32	36	41	45	50	54	59	64	68

Life Fitness Circuit Series

Machine Use Instructions



Circuit Series Leg Extension

- **Muscles Worked:** Quadriceps
- **Functionality:** Walking, Kicking, Running
- **Cue Words:** Tight core, maintain upright posture, retract shoulders

Setup

Sit down on seat. The user should be positioned so that the knee lines up with the axis of rotation (pivot point). Engage appropriate resistance. Grip the handles located on the sides of the seat, leaning back slightly so that upper body is at about 90-degrees to seat. Body is positioned with chest up and shoulders back.

Performing the Exercise

Rotate the thighs so the knees are pointing upwards and with a controlled motion, extend the legs to near full extension. Return the legs to the start position, without letting the resistance rest. Repeat the motion, while maintaining proper body positioning.

Exercise Tip

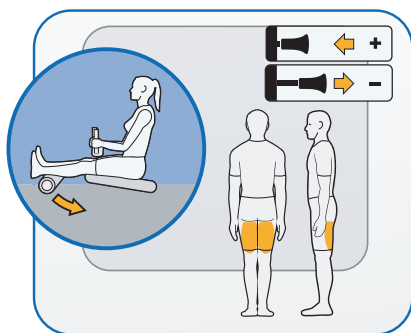
Position the thighs with the knees pointing upwards and maintain this while performing the exercise. This position is safer for the knee joint and more effective for the Quadriceps muscles.

Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs of Resistance	18	25	32	39	46	57	68	79	90	101	112	123	134
Kg of Resistance	8	11	15	18	21	26	31	36	41	46	51	56	61

Life Fitness Circuit Series

Machine Use Instructions



Circuit Series Seated Leg Curl

- **Muscles Worked:** Hamstrings
- **Functionality:** Walking, Sitting, Standing, Lifting
- **Cue Words:** Tight core, use handles to stabilize not as leverage

Setup

Sit down on seat. Release the thigh pad and ensure that it is in a comfortable position on the lower thigh (slightly behind the knee). The user should be positioned so that the knee lines up with the axis of rotation (pivot point). Engage appropriate resistance. Lean back slightly so that upper body is at about 90-degrees to seat, causing downward pressure on the thigh pad. Keep back straight and head up

Performing the Exercise

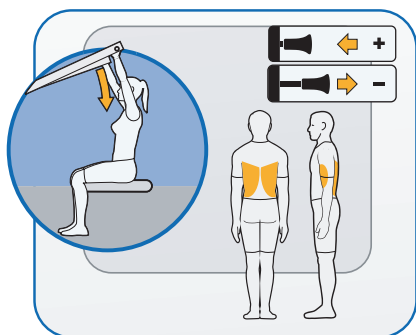
Hold the thigh pad handles and pull back slightly to hold legs in place. Curl the pad down and back slowly. Hold the pad at the back position for a moment. Slowly let the pad out and repeat the motion. Raise the thigh pad to locked position and exit the machine.

Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs of Resistance	20	25	30	35	40	49	58	67	76	85	94	103	112
Kg of Resistance	9	11	14	16	18	22	26	30	34	39	43	47	51

Life Fitness Circuit Series

Machine Use Instructions



Circuit Series Lat Pulldown

- **Muscles Worked:** Latissimus dorsi, rhomboids, biceps
- **Functionality:** Reaching, lifting, holding, posture
- **Cue Words:** Tight core, retract shoulder blades, handles to ears

Setup

Engage appropriate resistance. Stand and grip bar in desired position, then pull down and sit with thighs under roller pads. Upper body is positioned leaning slightly forward from the hips, pulling directly over shoulders. TIP: Attempt to stabilize the body without the use of the thigh pads until necessary. TIP: The ideal grip position on the handle positions the hands as far out as possible, but still allows the elbows to contact the sides of the body in the down position during the exercise. This ensures a full range of motion.

Performing the Exercise

With a controlled motion, draw down the handles directly over the shoulders until hands reach shoulder height, then extend the handles up until arms are fully extended. Return the handles to the start position and repeat the motion without letting the resistance rest. Maintain proper body positioning throughout exercise.

Exercise Tip

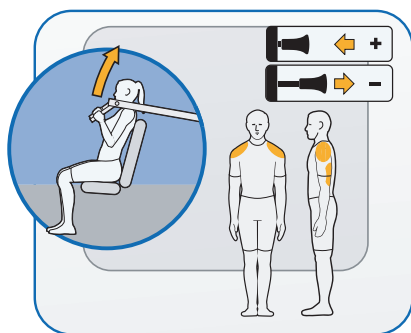
While performing the exercise think about lifting the chest to the handles as opposed to pulling the bar down. This will reinforce the correct exercise position and increases the mental concentration on the Latissimus Dorsi.

Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs of Resistance	28	35	42	49	56	68	80	92	104	116	128	140	152
Kg of Resistance	13	16	19	22	25	31	36	42	47	53	58	64	69

Life Fitness Circuit Series

Machine Use Instructions



Circuit Series Shoulder Press

- **Muscles Worked:** Deltoids, triceps
- **Functionality:** Overhead reaching and pressing
- **Cue Words:** Tight core, retract shoulder blades, soft 180 degrees at top

Setup

Sit in seat with feet flat on the floor and back against the back pad. Engage appropriate resistance and grip handles.

Performing the Exercise

With a controlled motion, extend the handles up to full extension. Return the handles to the start position without letting the resistance rest. Repeat the motion while maintaining proper body positioning.

Exercise Tip

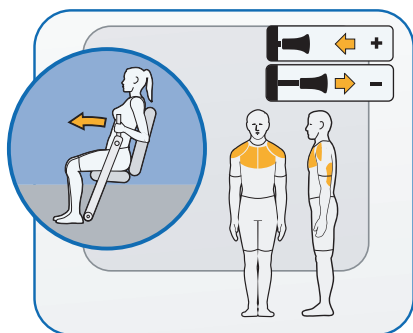
Focus on extending your elbows as opposed to pressing the arm up, as this increases the mental concentration on the Deltoid muscles.

Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs of Resistance	15	19	23	27	31	38	45	52	59	66	73	80	87
Kg of Resistance	7	9	10	12	14	17	20	24	27	30	33	36	39

Life Fitness Circuit Series

Machine Use Instructions



Circuit Series Chest Press

- **Muscles Worked:** Pectoralis major, anterior deltoid, triceps
- **Functionality:** Pushing doors, posture
- **Cue Words:** Tight core, back stays on pad, shoulders retracted, soft 180 degrees at elbow extension

Setup

Sit in seat with feet flat on the floor and back against the back pad. Engage appropriate resistance. Grip the handles and position elbows slightly below shoulders. Body is positioned with chest up; shoulders and head back against back pad.

Performing the Exercise

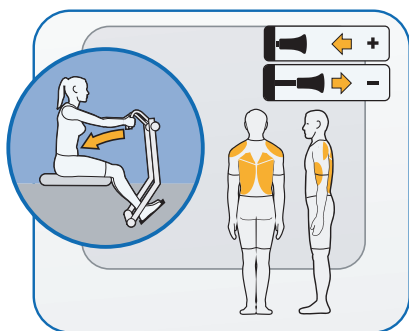
With a controlled motion, extend the handles out to full extension. Return the handles to the start position without letting the resistance rest. Repeat the motion while maintaining proper body positioning.

Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs of Resistance	24	30	36	42	48	58	68	78	88	98	108	118	128
Kg of Resistance	11	14	16	19	22	26	31	35	40	44	49	54	58

Life Fitness Circuit Series

Machine Use Instructions



Circuit Series Seated Row

- **Muscles Worked:** Latissimus dorsi, trapezius, rhomboids, teres major and minor — rotator cuff, posterior deltoids, biceps
- **Functionality:** Pulling, opening doors
- **Cue Words:** Retract shoulders, flat back, knees at soft 180 degrees so that you can just grasp the handles

Setup

Engage appropriate resistance. Position body so knees are slightly extended keeping feet firmly on the footplates. Grip the handles and position body with head and chest up; back straight.

Performing the Exercise

Stabilize the body in position, pressing feet firmly into the footplates. With a controlled motion, draw back the arms as far as can be controlled. Return the handles to the start position without letting the resistance rest. Repeat the motion while maintaining proper body positioning.

Exercise Tip

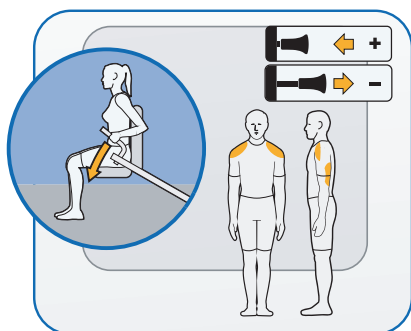
While performing the exercise, think about drawing the elbows back, beyond the body, as this increases the mental concentration on the muscles being trained.

Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs of Resistance	28	35	42	49	56	67	78	89	100	111	122	133	144
Kg of Resistance	13	16	19	22	25	30	35	40	45	50	55	60	65

Life Fitness Circuit Series

Machine Use Instructions



Circuit Series Triceps Press

- **Muscles Worked:** Triceps
- **Functionality:** Pushing, lifting self out of chair
- **Cue Words:** Retract shoulder blades, tight core, keep back on pad, no movement in hips

Setup

Sit in seat with feet flat on the floor and back against the back pad. Engage appropriate resistance. Grip the handles, keeping back slightly arched with head up.

Performing the Exercise

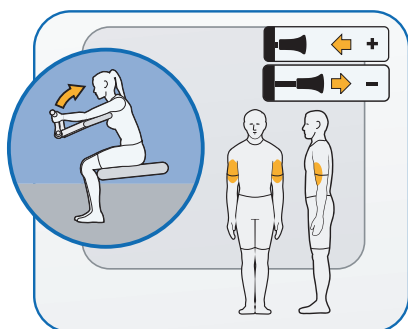
With back on the pad and elbows close to your sides, slowly press the handles down. Do not lock elbows at the bottom of the pressing motion. Slowly return handles to start position and repeat the motion.

Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs of Resistance	20	26	32	38	44	54	64	74	84	94	104	114	124
Kg of Resistance	9	12	15	17	20	24	29	34	38	43	47	52	56

Life Fitness Circuit Series

Machine Use Instructions



Circuit Series Biceps Curl

- **Muscles Worked:** Biceps
- **Functionality:** Lifting smaller items
- **Cue Words:** Tight core, flat back

Setup

Align elbows with the axis of rotation. Engage appropriate resistance. Rotate handle forward and grip firmly. Body is positioned with chest up and shoulders back, leaning forward slightly if necessary to increase stability.

Performing the Exercise

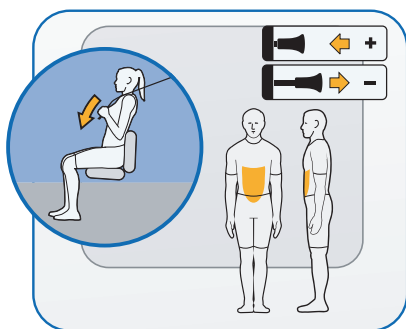
With a controlled motion, curl the handles up to full flexion. Return the handles to the start position without letting the resistance rest. Repeat the motion while maintaining proper body positioning.

Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs of Resistance	9	12	15	18	21	26	31	36	41	46	51	56	61
Kg of Resistance	4	5	7	8	10	12	14	16	19	21	23	25	28

Life Fitness Circuit Series

Machine Use Instructions



Circuit Series Ab Crunch

- **Muscles Worked:** Abdominals
- **Functionality:** Reduce lower back injury, core integrity, posture
- **Cue Words:** Tuck chin to chest, try to reduce distance between sternum and belly button (not out over barrel)

Setup

Sit in the machine with your feet placed on the floor. Engage appropriate resistance. Grip handles over shoulders.

Performing the Exercise

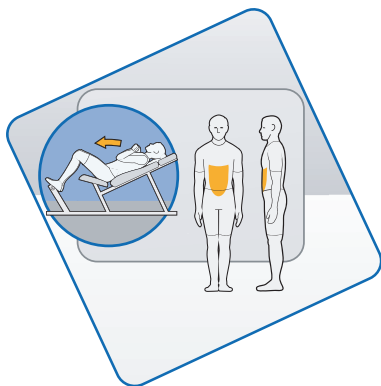
With a controlled motion, crunch torso, emphasizing the use of your abdominal muscles. Avoid using your arms to power through the motion. Concentrate on squeezing your abdominal muscles throughout the exercise. Maintaining control, return to the start position and repeat the motion.

Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs of Resistance	9	13	17	21	25	31	37	43	49	55	61	67	73
Kg of Resistance	4	6	8	10	11	14	17	20	22	25	28	30	33

Life Fitness Circuit Series

Machine Use Instructions



Circuit Series Ab Curl Bench

- **Muscles Worked:** Abdominals
- **Functionality:** Reduce lower back injury, core integrity, posture
- **Cue Words:** keep lower back on bench, chin towards ceiling, breathe normally

Setup

Sit in the machine with your feet placed on the foot pegs. Lie back against the back pad.

Performing the Exercise

Place hands across chest or behind head and, with a controlled motion, crunch torso emphasizing the use of your abdominal muscles. Avoid using your arms to pull on the head. Concentrate on squeezing your abdominal muscles throughout the exercise. Maintaining control, return to the start position and repeat the motion.

Exercise Tip

For increased difficulty, hold legs in the air while performing the exercise.