



Functional Strength Exercise Guide

Fast, convenient weight training that helps you look better,
feel better and perform better during everyday activities.



Welcome to Functional Strength Training from Horizon Fitness



For extraordinary living on ordinary days

Whether your daily routine involves putting away dishes and groceries, playing a round of golf, or spending time outdoors with your garden or grandkids, functional strength training can help you increase your range of motion, prevent injury, and simply enjoy your favorite activities more. Regardless of your age or fitness level.

Functional strength training builds the muscles that increase your overall quality of life. Giving you the power and confidence you need to make the most out of even the most ordinary day.

Horizon Fitness Functional Strength Home Gym Features

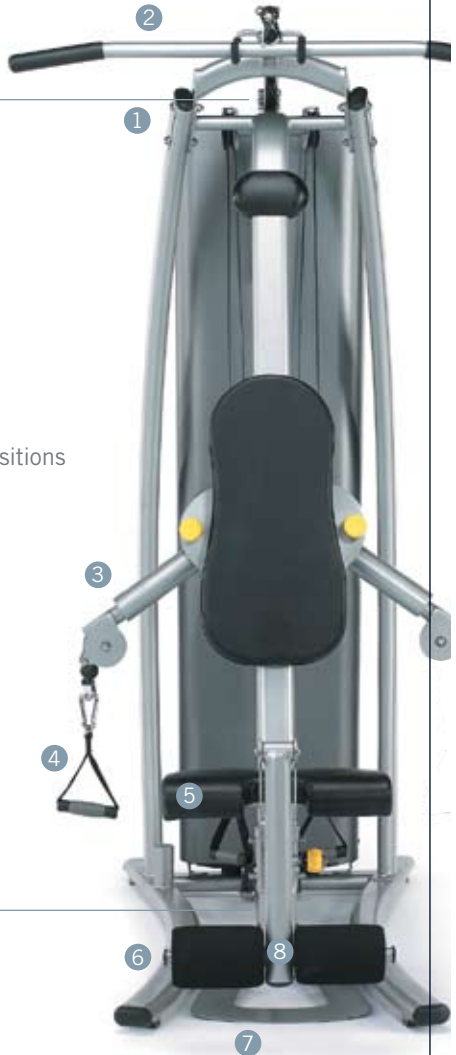


1 Top pulley

- 2 Bar
- 3 Radial arms with 5 positions
- 4 Handles / leg cuffs
- 5 Removable seat
- 6 Leg roller
- 7 Adjustable foot plate



8 Low pulley



Product photo is for illustrative purposes only, your actual product may vary.



How to Use this Guide

Your functional strength exercise guide includes:

1 EXERCISE BOOKLET

- **Warm-up stretches** to prepare your muscles for a functional strength workout.
- **Cool-down stretches** to be performed after your workout to reduce muscle soreness and speed recovery time.
- **42 unique exercises** organized by key muscle groups.
- **Training tips**, including getting started and progressing your workout.

3 TRAINING CARDS

- **1 time-based total body training card** with instruction on 20-, 30-, and 45-minute exercise routines.
- **1 targeted body training card** with exercise routines that isolate the upper and lower body.
- **1 sport/activity training card** with exercise routines designed to help improve your performance at one of 12 sports or activities.

To start a workout, simply choose one of the training cards, read the instructions, find the listed exercises in your exercise booklet, and begin!

Training Tips

Before you begin

You are strongly encouraged to consult with a physician before starting any nutrition or exercise program.

To avoid injury during or after any physical activity, always perform adequate warm-up and cool-down stretches included in this guide. Each stretch should be held for at least 60 seconds.

During the workout

Give yourself adequate rest periods between sets and exercises. In many instances, this guide includes recommended rest periods.

Concentrate on proper breathing throughout your workout (deep breaths, in through nose and out through mouth).

Maintain correct spine alignment to reduce risk of injury.

Concentrate on engaging your core muscles during the entire exercise.

After the workout

Take one full day of rest after working a specific muscle group to give it time to recover.

Proper cool down stretching is recommended.

Don't forget the cardio

Any functional strength training program should include cardiovascular exercise, such as walking, running, or bicycling, to help improve your metabolism and overall health as you strengthen your heart and lungs.

Horizon Fitness offers a full line of cardio equipment to complement our functional strength training home gyms. To find the Horizon treadmill, elliptical or exercise bike that helps you enjoy a total body workout at home, **visit horizonfitness.com**.



Progressing Your Routine

Changing your functional strength program every 4 to 6 weeks helps ensure that you will continue to see results from your program, and avoid boredom with your routine.

Variations include:

- Number of sets, repetitions, and rest intervals.
- Amount of weight lifted.
- Increased demands on stability and balance.

Each variation will lead you to a different result.

Progression 1:

Visible Muscle Toning/Development

As you increase the weight, decrease the number of repetitions within each set.

- 6 to 12 repetitions in each set (decrease weight as you increase reps)
- 3 to 5 sets per exercise
- Rest period between sets: less than 60 seconds

Progression 2:

Maximize Strength Gains

To fully develop the strength of your muscles, increase your weight to a level that allows you to complete 1 to 5 repetitions.

- 1 to 5 repetitions in each set (based on weight)
- 4 to 6 sets per exercise
- Rest period between sets: 3 to 5 minutes

Progression 3:

Increase Stability & Balance

Try standing rather than sitting, standing on one leg rather than two, isolating one arm or leg before working on the opposite side, or adding rotation to your movement.

You can introduce stability training equipment by replacing your home gym's seat with a fitness ball, or standing on a half foam roll, while performing your movements. Or you can mimic the demands of a specific sport or daily activity.

- 12 to 20 repetitions
- 1 to 3 sets per exercise
- Rest period between sets: less than 90 seconds



Warm-Up

Floor warm-up stretches



Spinal Roll

- Get on all fours, knees directly below your hips and hands beneath your shoulders.
- Slowly alternate arching your back toward the ceiling, then dropping the spine.
- Repeat five times in each direction.



Heel Drops

- Lie on your back and press your lower back to the floor, with both feet elevated, shins parallel to the ground, and knees aligned over the hips.
- Place your hands on your lower abdomen and feel the muscles of your abdomen draw away from your hands in order to press the lower back downward.
- Keeping your lower back on the floor and using the muscles of your lower abdomen, slowly drop one foot to the floor.
- Slowly return your foot to the starting position and repeat with the opposite leg.
- Repeat five times on each side.



Spinal Twist

- Lie on your back and press your lower back to the floor, with both feet elevated, shins parallel to the ground, and knees aligned over the hips.
- Place your hands on your lower abdomen and feel the muscles of your abdomen draw away from your hands, then place your hands at your side.
- Drop your knees slowly to one side of your body.
- Return to center then drop to the opposite side. Your head should turn in the direction opposite of your knees.
- Repeat five times in each direction.

Standing warm-up stretches



Roll Up

- Stand with feet facing directly forward and hip distance apart.
- Bend your knees slightly.
- Bend forward from the hips and release your spine toward the floor.
- Tightening the stomach muscles, slowly draw your body into a standing position, rolling up through your spine.
- Repeat five times.



Bodyweight Squat

- Stand with feet parallel and directly below the hips.
- Slowly lower your hips as though you're about to sit in a chair behind you.
- Concentrate on tightening your stomach muscles. Avoid arching your lower back.
- Keep your knees hip-distance apart, above your feet, so the movement is concentrated in your thighs and buttocks.
- The movement should be only as deep as you feel you can control.
- Repeat five times.



Standing Twist

- Stand with feet parallel and directly below the hips, and tighten your stomach muscles.
- Keeping your stomach muscles tightened and twisting from the waist, slowly rotate in one direction and then the other.
- Repeat five times.



Touch Downs

- Stand with feet parallel and directly below the hips, and tighten your stomach muscles.
- Keeping the stomach muscles tightened and twisting from the waist, bend forward, lifting your left foot behind you and parallel to the ceiling while reaching to (or toward) the ground on your right side with your left hand.
- Switch sides, lifting your right foot and reaching down with your right hand toward the left side of your body.
- Repeat five times.

Post-Workout Stretches

Cool-down stretches

Gluteal Stretch



- Lying on your back, bend both knees and place the right foot on the floor.
- Cross the left ankle on top of the right thigh and gently press the left knee away from your body with your left hand.
- Pull the right thigh up and in with your right hand.
- Repeat on the other side.

Hamstring Stretch



- Lie on your back, with your legs on the floor and knees slightly bent.
- Keeping a slight bend in your right knee, raise your right foot toward the ceiling.
- Place your hands on the back of your thigh and gently pull the right leg toward your body.
- Repeat on the other side.

Calf Stretch



- Stand with feet parallel and directly below the hips.
- Step your left foot straight back behind your body. (A long step will increase the stretch, a short step will make it easier.) Your right foot should remain in line with your hip.
- Gently press your left heel down towards the floor.
- Repeat on the other side.



Quadricep Stretch

- Stand with feet parallel and directly below the hips.
- Bend your left knee and take hold of your left foot with your left hand. If you have difficulty reaching your foot, you may find it helpful to loop a strap or towel around your foot. Raise your right hand for balance.
- Straighten the front of your left leg so that the knee is pressing toward the floor and you feel the stretch on the front of your left thigh.
- Repeat on the other side.



Tricep Stretch

- Raise your left arm overhead and bend the elbow.
- Take hold of that elbow with your right hand and gently pull the arm toward the right side of your body.
- Repeat on the other side.



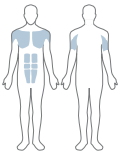
Shoulder Stretch

- Straighten your left arm and raise it the level of your shoulder.
- Using the right hand, reach beneath your arm to the left elbow and gently pull the arm across the front of your body.
- Repeat on the other side.



Bicep Stretch

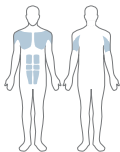
- Turning your thumbs toward the ceiling, reach both arms behind your body and lift them up, keeping the arms straight.



Chest Press

Radial arms in Position **3**

- Sit facing away from the machine with a handle in each hand.
- Keeping your hands parallel to the floor, push the handles forward directly in front of your body.
- Return slowly to starting position.
- Complete repetitions.

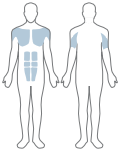


Core Fly

Radial arms in Position **3**

Seat removed, replaced with fitness ball (if available)

- Sit (on fitness ball or seat) facing away from the machine and grasping one handle in each hand.
- With your arms bent, raise your hands upward, bringing your upper arms parallel to the floor and in line with your shoulders.
- Keeping your arms bent, bring your elbows forward toward the center of your chest, using the muscles in the front of your chest.
- Return slowly to starting position.
- Engage your abdominal muscles throughout the movement to maintain proper alignment. Avoid arching your lower back.
- Complete repetitions.

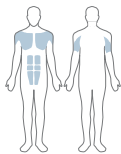


Cross Crawl

Radial arms in Position **1**

Seat removed | Foot plate up

- Stand facing away from the machine with the left handle in your left hand.
- With your left arm bent, raise your left hand and bring your upper arm parallel to the floor and in line with your shoulders.
- In one movement, bring your elbow forward toward the center of your chest while straightening your left arm, using the muscles in the front of your chest and turning from the waist.
- Return slowly to starting position.
- Engage your abdominal muscles throughout the movement to maintain proper alignment. Avoid arching your lower back.
- Complete repetitions and repeat on opposite side.

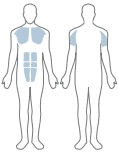


Power Fly

Radial arms in Position 2

Seat removed | Foot plate up

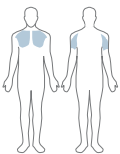
- Stand facing away from the machine with the left handle in your left hand.
- Extend your left arm to the side and raise it to the level of your left shoulder.
- Sweep the weight overhead and toward the right side of your body, while rotating from the waist.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.



Revolved Shoulder Press

Radial arms in Position **4**

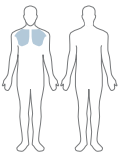
- Sit facing away from the machine with the left handle in your left hand.
- While tightening your abdominal muscles, use your left hand to press the weight upward and to the right, rotating from your waist and shoulders.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.



Shoulder Press

Radial arms in Position **5**

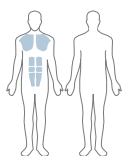
- Sit facing away from the machine with a handle in each hand.
- Start with your arms bent and elbows at your rib cage.
- Press the weight up above shoulder height in front of your body.
- Return slowly to starting position.
- Complete repetitions.



Seated Inner Shoulder

Radial arms in Position 4

- Sit facing away from the machine with the left handle in your left hand.
- Bend your left elbow to bring your upper arm close to your rib cage and your forearm parallel to the floor.
- Hold this position as you rotate from your shoulder joint, bringing the weight across the front of your body.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.

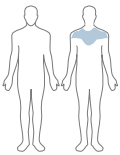


Standing Inner Shoulder

Radial arms in Position **2**

Seat removed | Foot plate up

- Stand with your left side toward the machine, and the left handle in your left hand.
- Bend your left elbow to bring your upper arm close to your rib cage and your forearm parallel to the floor.
- Hold this position as you rotate from your shoulder joint, bringing the weight across the front of your body.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.
- As a progression, you may stand on one leg while working the opposite arm.

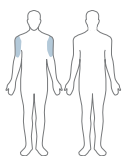


Standing Outer Shoulder

Radial arms in Position **2**

Seat removed | Foot plate up

- Stand facing the machine with the left handle in your left hand.
- Bend your left elbow to bring your upper arm close to your rib cage and your forearm parallel to the floor.
- Hold this position as you rotate from your shoulder joint, drawing the weight away from the front of your body.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.

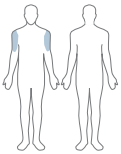


Standing Arm Curls

Radial arms in position **5**

Seat removed | Foot plate down

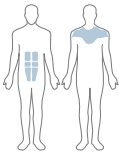
- Stand facing the machine with a handle in each hand, and standing on the foot plate.
- With your hands in a comfortable position, wider than shoulder width, use an underhand grip to hold the handles comfortably, with your arms extended downward.
- Without moving your elbows from their position at the side of your rib cage, bend your arms to raise the handles to the height of your upper arms.
- Return slowly to starting position.
- Complete repetitions.



Seated Arm Curl

Radial arms in Position **5**

- Sit facing away from the machine with a handle in each hand and your elbows next to your body, near your lower rib cage.
- Starting with arms extended down, slowly bend your elbows without moving them forward or backward, bringing your hands toward your chest.
- Return slowly to starting position.
- Complete repetitions.

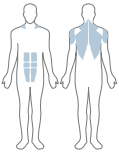


Butterfly Sweep

Radial arms in Position **2**

Seat removed | Foot plate up

- Stand facing the machine with the right handle in your right hand.
- With your right arm bent, raise your right hand and bring your upper arm parallel to the floor and in front of your shoulder, at the midline of your chest.
- In one movement, move your elbow backward, away from your chest, while rotating from the waist in the direction of the movement.
- Return slowly to starting position.
- Engage your abdominal muscles throughout the movement to maintain proper alignment. Avoid arching your lower back.
- Complete repetitions and repeat on opposite side.

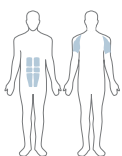


Backhand Extension

Radial arms in Position 1

Seat removed | Foot plate up

- Stand facing the machine with the left handle in your right hand.
- Straighten your right arm and sweep the cable across your body to extend the arm behind the right side of your body.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.

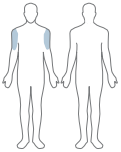


Tricep Pressdowns

Bar attached to top pulley

Seat removed | Foot plate down

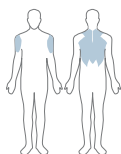
- Stand facing the machine with your hands at shoulder width on the bar, and standing on the foot plate.
- Use an overhand grip to bring the bar down to the height of your lower rib cage.
- Placing your elbows at the side of your rib cage, lower your hands toward your thighs, pressing the bar down.
- Return slowly to starting position.
- Complete repetitions.



Seated Arm Flexion

Bar attached to top pulley

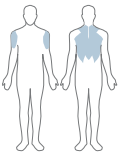
- Sit facing away from the machine with your hands close together on the bar, and your arms extended directly overhead. Lean forward slightly.
- Bending your arms, slowly pull the weight down behind your head.
- Return slowly to starting position.
- Complete repetitions.



Bent Row

Radial arms in Position **5** (or bar attached to low pulley)
Seat removed | Foot plate up

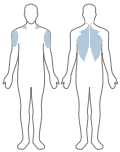
- Stand facing the machine with a handle in each hand.
- With your elbows bent at approximately the level of your lower rib cage, bend forward slightly from your waist, while tightening your abdominal muscles and keeping your knees slightly bent.
- Using the muscles of your middle back, draw the handles in toward your abdomen, keeping the elbows bent.
- Return slowly to starting position.
- Complete repetitions.



Seated Floor Row

Two handles attached to low pulley
Seat removed | Foot plate up

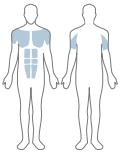
- Sit on the floor, facing the machine, with a handle in each hand and your feet pressed against the foot plate.
- Your elbows should remain low and near your rib cage in the starting position.
- Pull the handles in toward your rib cage, moving your elbows directly behind your body in a rowing motion.
- Return slowly to starting position.
- Use the muscles of your middle back and shoulders to create the movement by bringing the shoulder blades closer together at the end of the movement.
- Complete repetitions.



Pulldown

Bar attached to high pulley

- Sit facing the machine with your hands on the bar grips.
- Pull the bar down toward your body in front of the chest.
- Return slowly to starting position.
- Complete repetitions.

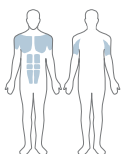


Overhand Sweep

Radial arms in Position **1**

Seat removed | Foot plate up

- Stand facing away from the machine with the left handle in both hands (or left hand).
- Standing as though you are about to swing a racquet, sweep both hands downward from above your shoulder, toward the opposite hip, while rotating through the waist and rib cage.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side (if using one hand, switch to the right hand).

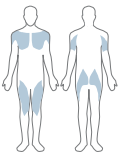


Underhand Sweep

Radial arms in Position **5**

Seat removed | Foot plate up

- Stand facing away from the machine with the left handle in both hands (or left hand).
- Standing as though you are about to swing a racquet, sweep both hands up toward the right shoulder while rotating through the waist and rib cage.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side (if using one hand, switch to the right hand).

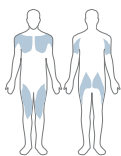


Crosscourt Smash

Radial arms in Position ①

Seat removed | Foot plate up

- Stand facing away from the machine with the left handle in your left hand.
- Squat down as though moving to sit into a chair.
- As you lift into the standing position, press your left hand forward, away from your chest, rotating from the waist and reaching the arm toward the opposite side of your body.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.

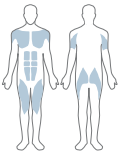


Lunge to Push

Radial arms in Position 2

Seat removed | Foot plate up

- Stand facing away from the machine with the left handle in your left hand, and your feet hip-distance apart.
- To find your foot position for the lunge, take one large step forward with your right foot. This is your starting position.
- Squat down on your right leg, keeping your right knee over the center of your right foot and bend your left knee toward the floor, raising the heel of your left foot to the ceiling.
- Maintaining the distance of your legs, return slowly to starting position while pressing your left hand forward in the chest press movement.
- Complete repetitions and repeat on opposite side.

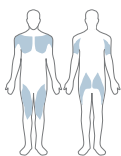


Power Swing

Radial arms in Position **3**

Seat removed | Foot plate up

- Stand facing away from the machine with the left handle in both hands.
- Squat down as though you are moving to sit in a chair.
- As you lift into the standing position, sweep both hands forward and across your body, while turning from the waist as though you were swinging a bat.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.

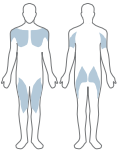


Catch to Throw

Radial arms in Position **3**

Seat removed | Foot plate up

- Stand facing away from the machine with the left handle in your left hand, and your feet hip-distance apart.
- To find your foot position for the side lunge, take one large step to the left with your right foot, while keeping your left foot on the ground. This is your starting position.
- Press forward with your left hand and turn from the waist toward the right side of your body as you bend your right knee over your right foot, keeping your left leg straight.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.

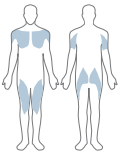


Set Block

Radial arms in Position ①

Seat removed | Foot plate up

- Stand facing away from the machine with a handle in each hand.
- Squat down as though you are moving to sit in a chair.
- As you lift into the standing position, press both hands up and forward, away from your body, as though you were blocking a volleyball.
- Return slowly to starting position.
- Complete repetitions.
- If your product does not allow enough clearance to perform this exercise, try it one arm at a time.

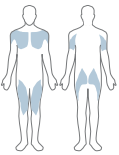


Power Pass

Radial arms in Position ①

Seat removed | Foot plate up

- Stand facing away from the machine with a handle in each hand.
- Squat down as though you are moving to sit in a chair.
- As you lift into the standing position, press both hands forward, away from your chest, as though you are passing a basketball.
- Return slowly to starting position.
- Complete repetitions.

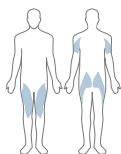


Agility Pass

Radial arms in Position **3**

Seat removed | Foot plate up

- Stand to the left side of the machine, facing away from it, with the left handle in your left hand, and your feet hip-distance apart.
- To find your foot position for the side lunge, take one large step to the right with your right foot while keeping your left foot on the ground. This is your starting position.
- Press forward with your left hand as you bend your right knee over your right foot, keeping your left leg straight.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.

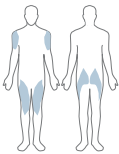


Downhill Sweep

Radial arms in Position ①

Seat removed | Foot plate up

- Stand facing the machine with a handle in each hand, and your feet hip-distance apart (Advanced option: with the right handle in your right hand, and standing on your right leg).
- Squat down as though you are moving to sit in a chair.
- Return slowly to standing position, pressing both arms downward and behind you as you do.
- Complete repetitions (Advanced option: repeat on opposite side).

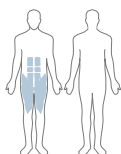


Mogul Soar

Radial arms in Position 5

Seat removed | Foot plate up

- Stand facing the machine with a handle in each hand, and your feet hip-distance apart (Advanced option: with the right handle in your right hand, and standing on your right leg).
- Squat down as though you are moving to sit in a chair.
- As you return to standing position, curl both arms up, performing a bicep curl.
- Return slowly to starting position.
- Complete repetitions (Advanced option: repeat on opposite side).

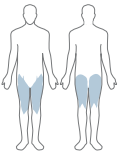


Quick Turn

Leg cuff attached to low pulley

Seat removed | Foot plate down

- Stand facing away from the machine with leg cuff attached to your left leg.
- With your right knee slightly bent, bend your left knee and raise it, bringing your left thigh parallel to the floor.
- While keeping your left leg in the raised position, rotate your waist, shoulders and torso towards the left side of the body.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.

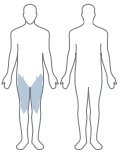


Power Cycle

Leg cuff attached to low pulley

Seat removed | Foot plate down

- Stand facing the machine with leg cuff attached to your right leg.
- With your left knee slightly bent, bend your right knee and raise it, bringing your right thigh parallel to the floor.
- Continue through the starting position as though you are on a bike, keeping your right knee bent and raising your right heel upward behind your right thigh.
- Complete repetitions and repeat on opposite side.

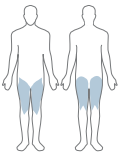
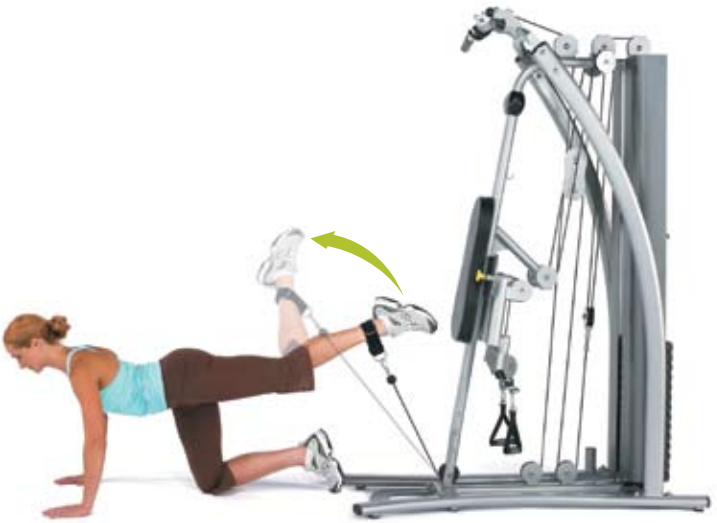


Knee Lift

Leg cuff attached to low pulley

Seat removed | Foot plate down

- Stand facing away from the machine with leg cuff attached to your left leg.
- With your right knee slightly bent, bend your left knee and raise it, bringing your left thigh parallel to the floor.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.

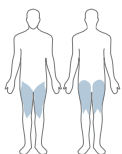


Kneeling Leg Curl

Leg cuff attached to low pulley

Seat removed | Foot plate down

- Attach the leg cuff to your left ankle and then come into position on all fours on the floor, facing away from the machine.
- Keeping one knee on the floor, raise your left leg so that the thigh is parallel to the ground and the leg is extended straight.
- Slowly bend, then straighten, the left leg, keeping the thigh extended, parallel to the ground.
- Complete repetitions and repeat on opposite side.

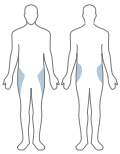


Knee Curl

Leg cuff attached to low pulley

Seat removed | Foot plate down

- Stand facing away from the machine with the leg cuff attached to your left leg.
- With your right knee slightly bent, raise your left heel up behind your left thigh.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.

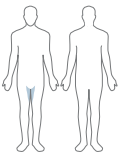


Outer Thigh

Leg cuff attached to low pulley

Seat removed | Foot plate down

- Stand with your left side toward the machine, and a leg cuff on your right leg.
- Standing on your left leg, with the knee slightly bent, extend your right leg sideways, away from your left leg, while keeping your right knee straight.
- Keep your left knee aligned over your left foot and avoid bringing the right leg forward or backward.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.

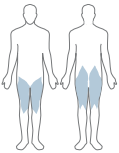


Inner Thigh

Leg cuff attached to low pulley

Seat removed | Foot plate down

- Stand with your left side toward the machine, and a leg cuff on your left leg.
- Attach the leg cuff to your left leg.
- Standing on your right leg with the knee slightly bent, extend your left leg sideways in front of your right leg.
- Keep your right knee aligned over your right foot and avoid thrusting your right hip out to the side.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.

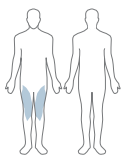


Reverse Leg Lift

Leg cuff attached to low pulley

Seat removed | Foot plate down

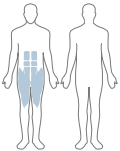
- Stand facing the machine with a leg cuff on your right leg.
- Keeping your left knee very slightly bent, extend your right leg behind your body without bending the knee, and keeping the toes pointed straight down toward the floor.
- Place your hands on the seat back for stability, if necessary.
- Avoid arching your lower back to increase the movement.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.



Leg Extension

Leg roller attached to low pulley

- Sit facing away from the machine.
- Place the front of your shins behind the leg roller at the bottom of the machine.
- With your back against the pad, extend your legs forward, straightening, but not locking, your knees.
- Return slowly to starting position.
- Complete repetitions.

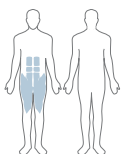


Standing Leg Extension

Leg cuff attached to low pulley

Seat removed | Foot plate down

- Stand facing away from the machine with a leg cuff on your left leg.
- Standing on your right leg, engage your abdominal muscles and raise your left knee to hip height for your starting position.
- Extend your left foot forward, straightening your left leg in front of your left hip.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.

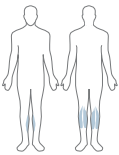


Core Quad Extension

Leg cuff attached to radial arm position **4**

Seat removed, replaced with fitness ball (if available)

- Sit (on fitness ball or seat) facing away from the machine with a leg cuff on your left leg, and your right foot on the floor.
- Keeping your right knee bent and aligned over your right foot, straighten your left leg, using the muscles on the front of your thigh.
- Keep your abdominal muscles engaged throughout the movement to maintain proper body alignment and avoid arching your lower back.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.

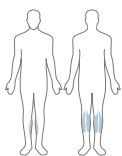


Heel Lift

Bar attached to low pulley

Seat removed | Foot plate down

- Stand facing the machine with your hands at shoulder width on the bar, and your arms extended down.
- With your feet hip-distance apart and facing directly forward, slowly rise up onto your toes.
- Return slowly to starting position.
- Complete repetitions.



Single Leg Heel Lift

Bar attached to low pulley

Seat removed | Foot plate down

- Stand facing the machine with your hands at shoulder width on the bar, and your arms extended down.
- With one foot raised from the ground, slowly rise onto the toes of your opposite foot.
- Return slowly to starting position.
- Complete repetitions and repeat on opposite side.