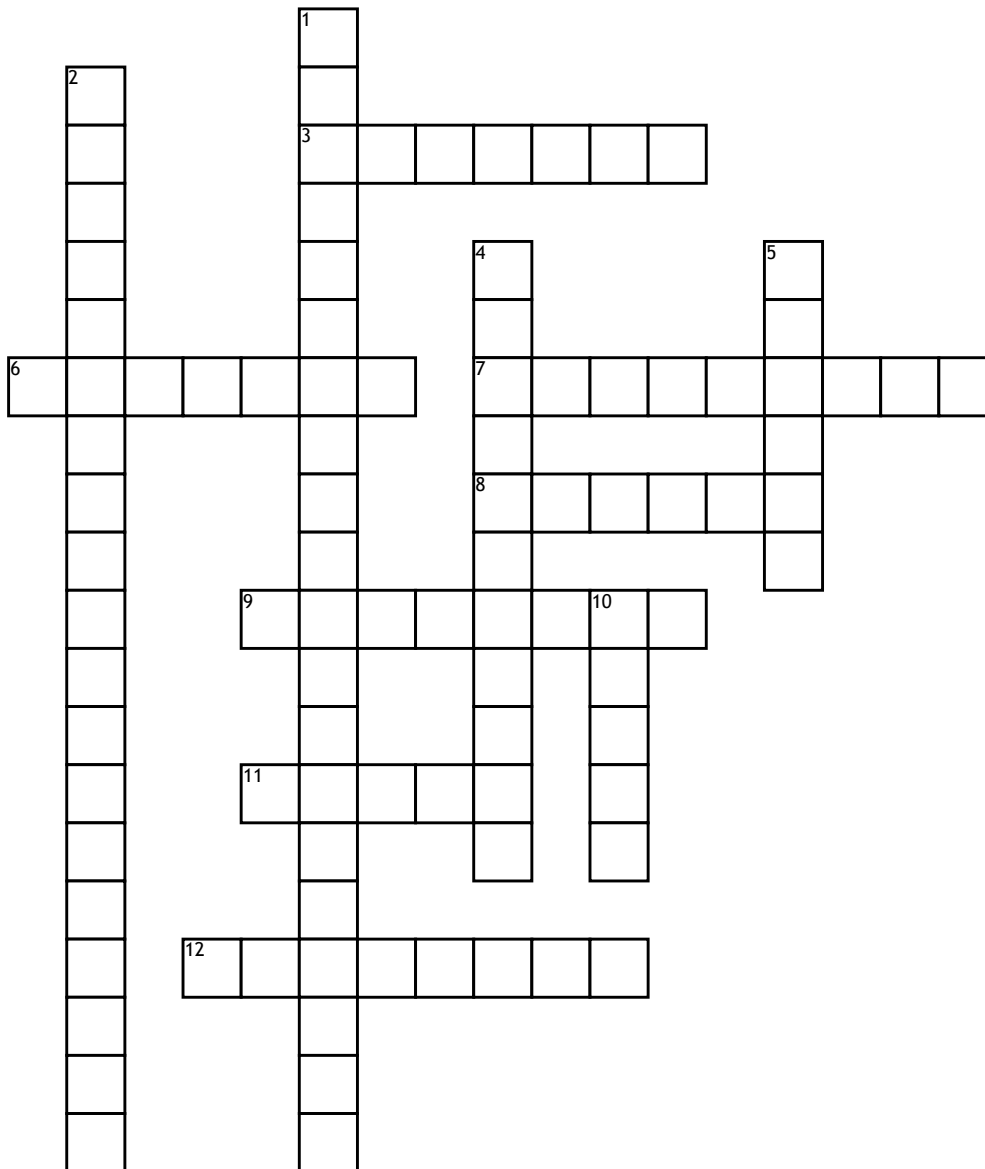


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# MACHINE NAMES



## Across

3. Named after the main muscles strengthened, it's the only machine where you cross your wrists AND cross your ankles.

6. This machine is not meant to overload any muscles and is intended for recovery and to check your heart rate during your workout.

7. Will strengthen the rhomboids, latissimus dorsi and pectoral muscles. Remember to keep your elbows aligned with your fists!

8. This machine strengthens pectorals, rhomboids, latissimus dorsi and trapezius muscles. Use your pectorals to pull your arms together as fast as you can, immediately push back to starting position fast.

9. You utilize your quadriceps, hamstrings, glutes, iliopsoas, tensor fasciae latae and adductors when using this machine. Getting into it is the most difficult part and because it's a single positive machine, it's important to pull back slowly, then push out quickly in order to get the best results.

11. We have two of these on the SMART circuit. Once you are in proper position, extend the foot pad backwards as fast as you can, then move forward S-L-O-W-L-Y.

12. Keep your spine aligned during every repetition. Pull the handle bar up to the middle of your chest as fast as you can, then immediately push down to the starting position fast.

## Down

1. Utilizing upper body muscles (deltoids, latissimus dorsi and trapezius), you must sit firmly in the seat, grasp the handles firmly and bring them up to shoulder height, keeping your elbows close to your body. Push up fast until your arms are almost straight and pull down hard without bumping in either direction.

2. On this machine, extend your legs quickly until they are almost straight, then immediately pull the machine back down using your hamstrings.

4. This machine works the upper arm muscles, and is named after both of those muscles

5. Grasp the handles, keeping your arms straight through the entire movement. Engage your abdominals as you push the machine down as fast as you can. Immediately pull back up with your erector spinae as fast as you can.

10. This machine will strengthen your quadriceps, hamstrings, glutes, iliopsoas, tensor fasciae latae and adductors. Grasp the handles lightly (don't press down hard), align your spine thru the entire motion, extend your bottom back as you slowly lower. Power up quickly (remember, don't let your knees extend past your toes on this one!)