

Exercise Chart



Push ups: Handle placement is based on level of difficulty (adjust higher for first time use and progress lower as strength increases). Start with body straight and hands facing each other. Rotate arms and hands so palms face feet as push-up is performed (*internal rotation*).



Pull-ups: Attach handles at the appropriate height on the chains or wrap them under and over the frame. Start in the extended position with palms facing each other and rotate arms so your palms face you as you pull up (*external rotation*). You may use your feet to assist you in the beginning stages.



Dips: Attach handles at a comfortable height. Start with arms to your side palms facing each other. As you push your body up, rotate your arms so your palms face behind you as you push (*internal rotation*). You may use your feet to assist you in the beginning stages of this exercise.



Rows: Handle placement is based on difficulty level (adjust higher for first time use and progress lower as strength increases). Start exercise with palms facing each other. As you pull yourself up, rotate your arms so palms face you (*external rotation*).