

# PM-3200

## exercise chart



### BICEP CURL

#### MUSCLE EMPHASIS: BICEPS

1. Select the desired weight.
2. Attach the elbow bar and chain to the low pulley using a spring clip.
3. Grasp the elbow bar with both hands, bring your palms up.
4. With your elbows positioned near your sides, raise your palms up to an arched position, pointing only from your elbows.
5. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



### PREACHER CURL

#### MUSCLE EMPHASIS: BICEPS

1. Select the desired weight.
2. Attach the elbow bar and chain to the low pulley using a spring clip.
3. Adjust the preacher curl pad to chest level and position the back of your arms against the preacher curl pad.
4. Grasp the elbow bar with both hands, bring your palms up.
5. With your elbows placed on the preacher curl pad, raise your palms up to an arched position, pointing only from your elbows.
6. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



### TRICEP PUSH-DOWN

#### MUSCLE EMPHASIS: TRICEP

1. Select the desired weight.
2. Attach the bar or elbow bar and chain to the overhead pulley using a spring clip.
3. Stand, facing into the machine.
4. Grasp the bar with both hands close together.
5. Keep your elbows in your sides and push the bar down, raising only from the elbows and completing a full extension.
6. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



### LAT PULL-DOWN

#### MUSCLE EMPHASIS: BACK

1. Select the desired weight.
2. Attach the bar and chain to the overhead pulley using a spring clip.
3. Sit, facing into the machine and pull from your thighs under the seat belt and bar resting.
4. Grip the bar with an overhand grip.
5. Pull the bar down to your upper chest.
6. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



### STANDARD BENCH PRESS

#### MUSCLE EMPHASIS: CHEST

1. Select the desired weight.
2. Push the arms bar away from your body to a full extension.
3. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



### PECTORAL FLY

#### MUSCLE EMPHASIS: CHEST

1. Select the desired weight.
2. Reach back from your hands and push your forearms against the front pads of the pec fly arms.
3. Spread the pec fly arms forward, lowering from the clips, until the bar lies flat in front of your body.
4. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.

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**A Loxley**



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announcing a new work based on paula jean welden a young woman who recently disappeared from bennington s campus  
stanley is controlling and obsessive over shirley s writing believing her to be a genius but forcing her

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