

# Multi Fitness Station

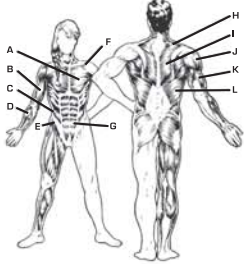
MAX-SP3064

## Exercise Guide

**MAXX**  
Fitness

Multi Fitness Station provides professional training at home. Aside from vertical knee raise and dip, it can also be used for classic push-up and pull-up exercises. Training Possibilities includes:

### MUSCLE CHART:



- A. Pectoralis Major (Chest)
- B. Biceps (Front of arm)
- C. Obliques (Waist)
- D. Brachioradialis (Forearm)
- E. Hip Flexors (Upper thigh)
- F. Anterior Deltoid (Shoulder)
- G. Rectus Abdominus (Stomach)
- H. Trapezius (Upper back)
- I. Rhomboids (Upper back)
- J. Posterior Deltoid (Shoulder)
- K. Triceps (Back of arm)
- L. Latissimus Dorsi (Mid back)



### WIDE GRIP PULL-UP

Hold the pull-up bar with an overhead grip. Tighten your abdominal muscles and pull yourself up until your chin is above the bar. Squeeze your shoulder blades together at the top of the movement. Lower yourself slowly; do not swing your legs. Repeat.

#### Muscles affected:

*Biceps, brachioradialis, trapezius, rhomboids, latissimus dorsi*

### CLOSE GRIP PULL-UP

Hold the pull-up bar with an underhand grip. Tighten your abdominal muscles and pull yourself up until your chin is above the bar. Squeeze your shoulder blades together at the top of the movement. Lower yourself slowly; do not swing your legs. Repeat.

#### Muscles affected:

*Biceps, brachioradialis, trapezius, rhomboids, latissimus dorsi*



### DIP

Grasp the dip handles with your arms straight. Tighten your abdominal muscles. Slowly lower your body by bending at the elbows past 90° close to your body. Return to the starting position. Do not swing your legs. Repeat.

#### Muscles affected:

*Pectoralis major, trapezius, triceps, anterior deltoid, posterior deltoid, rhomboids*



### PUSH-UP

Grasp the handles at the push up station. With back straight, support your body weight with elbows straight and on your toes. Tighten your abdominal muscles and with arms close to your body, slowly lower the body until your chest is below your elbows. Return to the starting position. Repeat.

#### Muscles affected:

*Pectoralis major, triceps, anterior deltoid*



### HANGING LEG LIFT

Hold the pull up bar with an overhand grip. With bent knees, raise your legs until it makes a right angle 90° at the hips. Do not swing your legs. Straighten your legs for advance exercise. Repeat.

#### Muscles affected:

*Obliques, hip flexors, rectus abdominus*



### HANGING SIDE LEG LIFT

Starting position is like the hanging leg lift. With face and upper torso facing forward, twist at the waist to either side to work on the transverse and oblique muscles. Do not swing your legs. Repeat.

#### Muscles affected:

*Obliques, hip flexors, rectus abdominus*



### LEG LIFT/VKR

Mount the bench with back against the backrest and elbows well supported on the pads. With legs straight slowly lift the bending legs to your hips level until at right angle. Tighten your abdominal muscles but do not swing your legs while lifting. Lower your legs to the starting position and repeat. Straighten your legs for advance exercise. Repeat. (You can shift/twist your legs to either side for the oblique and transverse muscles)

#### Muscles affected:

*Obliques, hip flexors, rectus abdominus*



### STIFF-ARM LEG LIFT/VKR

Mount the bench to position like the leg lift exercise. With legs straight and toes pointing forward, lift both legs simultaneously to the hips. Do not swing the legs. Lower the legs to the starting position. Repeat.

#### Muscles affected:

*Obliques, hip flexors, rectus abdominus, triceps*



### ALTERNATE LEG LIFT

Mount the bench to position like the leg lift exercise. Slowly raise one leg while the other leg remains hanging. Return the leg to the original position. Alternate this action for the other leg. Do not swing the legs. Repeat.

#### Muscles affected:

*Obliques, hip flexors, rectus abdominus*



### WARNING:

Before beginning an exercise program, kindly consult your physician first. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Our company assumes no responsibility for personal injury or property damage sustained by or through the use of the Multi Fitness Station.