FT2

EXERCISE MANUAL



INSPIRE™

FT2

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EXERCISE PROGRAMS

EXERCISE PROGRAM SUGGESTION #1

Exercise the complete body every other day, up to three times per week.

The one day of rest enables the body to recover from the previous workout.

EXERCISE PROGRAM SUGGESTION #2

Alternating your daily workouts.

One day isolate the upper body exercises, and the next day perform the lower body exercises.

To reduce lactic acid build-up and consequently reduce muscle soreness, end each exercise with an increased number of repetitions at a lighter weight.

Also, stretching the muscle is recommended upon completion of your weight resistance program.

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BEFORE YOU BEGIN

WARNING! PLEASE READ BEFORE EXERCISING

When working out, do the following for each exercise:

1. Read all caution and warning labels before using this machine.

2. Before exercising, inspect this machine for loose, frayed or worn parts, including cables and connectors. If in doubt, do not use machine until the parts have been replaced.

3. Should weights, pulleys, or other parts become jammed, do not attempt to free them yourself, obtain assistance from a certified technician.

4. Keep clear of weights and all moving parts.

5. Children should not be permitted to use the machine.

6. For consistent, smooth operation, the guide rods should be lubricated periodically with synthetic lubricant.

7. Prior to beginning any exercise program it is suggested to have a complete physical examination and a physician's approval of your conditioning program.

8.We recommend that you always exercise with a partner or someone who can assist you should the weights become too heavy for you to lift on your own.

GETTING STARTED

Always warm up your muscles before exercising. Easy stretching (without bouncing) and light calisthenics, for 20 minutes, are recommended to prepare your body.

Always refer to the photographs for proper machine settings and body positioning. Select a starting weight that is comfortable for you.

Exhale while lifting the weights, and inhale while returning them to the starting position in a slow and controlled manner.

A "repetition" is defined as one complete movement from the starting position, through the full range of motion, and back to the starting position. A "set" is defined as a series of continuous repetitions.

Start your exercise program conservatively. Select a weight for each exercise that is easily performed for a full range of motion. The number of repetitions for each set should range between eight and fifteen.

While heavy resistance increases muscular strength, the full range of movement is necessary to achieve maximum muscle strength and development. Rest between each set of repetitions long enough to catch your breath.

Work up to three or four sets for each isolated exercise. When you can perform the desired number of repetitions at a given weight, increase the resistance by five or ten pounds.

There may be a number of exercises isolating the same muscle. These exercises should be grouped together and performed on the same day, followed by a day of rest for that particular muscle.

LYING CHEST PRESS



1. Begin by selecting a manageable weight from the weight stacks.
2. Lay on the bench and plant both feet on the ground.
3. Take a medium to wide grip on the bar and rotate until both carriages disengage.
4. Lower bar to chest level and rotate bar to engage the carriages.
5. Press the bar upward until elbows are locked.
6. Slowly return weight to starting position.

INCLINED CHEST PRESS



1. Incline the bench to a desired angle. Adjust angle to 45 degrees to maximize upper chest involvement.
2. Select a manageable weight from the weight stacks.
3. Lay on the bench and plant both feet on the ground.
4. Take a medium to wide grip on the bar and rotate until both carriages disengage.
5. Lower bar to chest level and rotate bar to engage the carriages.
6. Press the bar upward until elbows are locked.
7. Slowly return weight to starting position.

chest

DECLINED CHEST PRESS



1. Decline the bench to a desired angle.
2. Select a manageable weight from the weight stacks.
3. Lay on the bench and plant both feet on the ground.
4. Take a medium to wide grip on the bar and rotate until both carriages disengage.
5. Lower bar to chest level and rotate bar to engage the carriages.
6. Press the bar upward until elbows are locked.
7. Slowly return weight to starting position.

CLOSE GRIP CHEST PRESS



1. Begin by selecting a manageable weight from the weight stacks.
2. Lay on the bench and plant both feet on the ground.
3. Take a medium to wide grip on the bar and rotate until both carriages disengage.
4. Lower bar to chest level and rotate bar to engage the carriages.
5. Press the bar upward until elbows are locked.
6. Slowly return weight to starting position.

chest

CABLE CROSSOVER



1. Set the left and right pulley carriages to the highest position and attach the D handles.
2. Facing away from the machine, grab the handles with arms extended at chest level, as shown.
3. Keeping your arms extended, slowly bring your hands together in front of your chest.
4. Slowly return to the starting position.

STANDING INCLINED CHEST FLY



1. Set the left and right pulley carriages to the lowest position and attach the D handles.
2. Facing away from the machine, grab the handles with arms extended at chest level, as shown.
3. Keeping your arms extended, slowly bring your hands together in front of your chest.
4. Slowly return to the starting position.

chest

LYING CHEST FLY



1. Set the left and right pulley carriages to the lowest position and attach the D handles.
2. Select a manageable weight.
3. Lay on flat bench and grab D handles.
4. With elbows slightly bent, slowly bring your hands together in front of your chest.
5. Slowly return to the starting position.

LYING INCLINE FLY



1. Set the left and right pulley carriages to position 5 and attach the D handles.
2. Select a manageable weight.
3. Incline the bench to 30 degrees.
4. Lay down and grab D handles.
5. With elbows slightly bent, slowly bring your hands together in front of your chest.
6. Slowly return to the starting position.

SEATED MILITARY PRESS (BAR)



DELTOIDS
TRICEPS

1. Set bench to the highest incline position.
2. Select a manageable weight.
3. Sit on bench and rotate bar until both carriages disengage.
4. Lower bar to chin level.
5. Rotate bar opposite direction until carriages engage.
6. Slowly press bar overhead until arms are extended.
7. Slowly return to starting position.

SEATED SHOULDER PRESS (CABLES)



DELTOIDS
TRICEPS

1. Disconnect cables from each end of the bar and store bar in top position.
2. Set bench to the highest incline position.
3. Select a manageable weight.
4. Adjust both carriages to bottom position.
5. Sit on bench and grab both D handles.
6. Sit back against back pad and bring hands up to shoulder level.
7. Slowly press hands over head until completely extended.
8. Slowly return to starting position.

shoulders

UPRIGHT ROW



DELTOIDS
TRAPEZIUS

1. Stand facing the machine.
2. Grab the bar and rotate until both carriages are disengaged.
3. Lower bar to knee level.
4. Rotate bar opposite direction and engage both carriages.
5. Using an overhand grip, slowly pull the bar upward towards your chin. Be sure to keep elbows high.
6. Slowly return weight to starting position.

LATERAL RAISE



DELTOIDS

1. Set the left and right pulley carriages to the lowest position and attach the D handles.
2. Select a manageable weight.
3. Stand facing sideways and away from the machine.
4. Grab D handle with hand that is farthest from the machine, as shown.
5. Pull the D handle by extending your arm upwards and away from your torso
6. Slowly return to the starting position.
7. Once you have completed the desired number of repetitions, repeat process with opposite arm.

FRONT DELTOID



DELTOIDS

1. Set the pulley carriages to a low position and attach D handles.
2. Facing away from the machine, grasp the D handle with the arm closest to the sliding bar, as shown.
3. Keeping your torso upright and your arm extended, pull the D handle upwards and forward.
4. Slowly return to the starting position.
5. Once you have completed the desired number of repetitions, repeat process with opposite arm.

REAR DELTOID (HIGH PULLEY)



DELTOIDS, TRAPEZIUS, RHOMBOIDS

1. Set the left and right pulley carriages to the highest position and attach the D handles.
2. Facing the machine, grab the left D handle with right hand and right D handle with left hand, as shown.
3. Maintain a slight bend in your elbows and slowly swing hands out and back until even with shoulders.
4. Slowly return to the starting position.

LAT PULLDOWN (WIDE)



LATISSIMUS DORSI
TRAPEZIUS
BICEPS

1. Set the left and right pulley carriages to the highest position and attach the D handles.
2. Set bench in declined position and place directly under high pulleys.
3. Sitting on bench, reach up and grab D handles, as shown.
4. Pull hands down and in, towards shoulders.
5. Slowly return to the starting position.

LAT PULLDOWN (NARROW)



LATISSIMUS DORSI
BICEPS

1. Attach D handles to narrow high pulleys.
2. Set bench in declined position and place directly under high pulleys.
3. Sitting on bench, reach up and grab D handles, as shown.
4. Pull hands straight down towards shoulders.
5. Slowly return to the starting position.

back

SEATED ROW



LATISSIMUS DORSI
RHOMBOIDS
LOWER BACK
BICEPS

1. Attach D handles to wide groove pulleys at back of machine.
2. Slide the T shaped foot brace into position.
3. Sit on floor with feet against foot brace.
4. Grab both D handles.
5. Pull both D handles toward mid-section, keeping elbows as close to your sides as possible.
6. While performing this exercise, keep your shoulders back and maintain good posture.

CHEST SUPPORTED ROW



LATISSIMUS DORSI
RHOMBOIDS
BICEPS

1. Place bench inside machine and incline to top position.
2. Attach D handles to wide groove pulleys at back of machine.
3. Sit on bench with chest against back pad.
4. Lean to the right, reach forward and grab D handle.
5. Repeat step 4 for the left side.
6. Pull both D handles toward mid-section, keeping elbows as close to your sides as possible.
7. Slowly return to starting position.

back

PULL-UPS



1. Grasp the pull-up bar with an overhand grip, as shown.
2. Lift your feel off the floor crossing your ankles and hang.
3. Pull yourself upward until your head is at hand level.
4. Slowly return to the starting position.

CHIN-UPS



1. Grasp the pull-up bar with an underhand grip, as shown.
2. Lift your feel off the floor crossing your ankles and hang.
3. Pull yourself upward until your head is at hand level.
4. Slowly return to the starting position.

back

BENT OVER ROW



LATISSIMUS DORSI
BICEPS

1. Lower bar and both carriages to bottom position.
2. Choose an appropriate weight for yourself.
3. With a shoulder width stance, bend forward at the waist and grab the bar with a wide, overhand grip.
4. Keeping knees slightly bent, and torso straight, slowly pull the bar up toward your chest.
5. Slowly return to starting position.

BENT OVER ROW (REVERSE GRIP)



LATISSIMUS DORSI
BICEPS

1. Lower bar and both carriages to bottom position.
2. Choose an appropriate weight for yourself.
3. With a shoulder width stance, bend forward at the waist and grab the bar with a wide, underhand grip.
4. Keeping knees slightly bent, and torso straight, slowly pull the bar up toward your chest.
5. Slowly return to starting position.

back

TRICEP PUSHDOWN (ROPE)



TRICEPS

1. Adjust one carriage to top position.
2. Attach tricep rope to pulley.
3. Choose appropriate weight from stack.
4. Grab tricep rope with both hands, as shown.
5 Keeping elbows fixed at sides, press hands straight down until elbows are locked.
6. Slowly return to starting position.

TRICEP PUSHDOWN (SINGLE HAND)



TRICEPS

1. Adjust one carriage to top position.
2. Attach D handle to pulley.
3. Choose appropriate weight from stack.
4. Grab D handle with one hand, as shown.
5. Keeping elbow fixed at side, press straight down until elbow is locked.
6. Slowly return to starting position.

OVERHEAD TRICEP EXTENSION (ROPE)



1. Adjust one carriage to top position.
2. Attach tricep rope to pulley.
3. Choose appropriate weight from stack.
4. Facing away from machine, grab tricep rope with both hands, as shown.
5 Keeping elbows fixed at ear level, press hands overhead until elbows are locked.
6. Slowly return to starting position.

TRICEP KICKBACK



1. Adjust one carriage to top position.
2. Attach D handle to pulley.
3. Choose appropriate weight from stack.
4. Facing machine, grab D handle and bend forward to 45 degrees, as shown.
5. Keeping elbow fixed at side, kick hand back until arm is straight.
6. Slowly return to starting position.

ALTERNATING BICEP CURL



BICEPS

1. Set the pulley carriages to a low position and attach D handles.
2. Facing away from the machine, grasp the D handles with your arms extended by your sides.
3. Keeping your torso upright, pull one D handle upward to your chest, as shown.
4. Slowly return to the starting position, then repeat movement with your other arm.

STANDING BICEP CURL (EZ CURL BAR)



BICEPS

1. Set the pulley carriages to a low position.
2. Attach the EZ curl bar to the two low pulleys.
3. Facing the machine, grasp the bar with both hands and stand upright.
4. Keeping elbows at your sides, pull the bar upwards towards your chest.
5. Slowly return to starting position.

PREACHER CURL



BICEPS

1. Attach the Preacher Curl option to the FT-2 Bench.
2. Set the pulley carriages to a low position.
3. Attach the EZ curl bar to the two low pulleys.
4. Rest the EZ curl bar on the Preacher Curl holder.
5. Hang arms over EZ curl pad and grab EZ curl bar.
6. Slowly pull bar up towards chin.
7. Slowly return to starting position.

SQUAT



QUADRICEPS
GLUTEUS MAXIMUS
HAMSTRINGS

1. Adjust bar to shoulder level.
2. Facing away from machine, position yourself under the bar, resting it on your shoulder, as shown.
3. Rotate bar until both carriages are disengaged.
4. Squat down until upper legs are parallel to the ground.
5. Rotate bar the opposite direction until carriages engage.
6. Slowly press straight up until legs are straight.
7. Slowly return to starting position.

LEG EXTENSION



QUADRICEPS

1. Attach leg developer to bench.
2. Slide bench brace into position.
3. Position bench up against brace and attach both cables to leg developer.
4. Adjust back pad to 45 degree angle and seat pad to highest position.
5. Select a manageable weight from weight stacks.
6. Sit on seat and hook ankles around rollers, as shown.
7. Kick upward until legs are straight.
8. Slowly return to starting position.

LEG CURL



HAMSTRINGS

1. Attach leg developer to bench.
2. Slide bench brace into position.
3. Position bench up against brace and attach both cables to leg developer.
4. Adjust back pad to declined position and seat pad to flat position.
5. Select a manageable weight from weight stacks.
6. Lay face down on the bench and hook back of ankles under roller pads, as shown.
7. Curl legs towards glutes.
8. Slowly return to starting position.

INNER THIGH



ADDUCTORS

1. Set one of the pulley carriages to the lowest position.
2. Attach ankle strap to your ankle and hook to low pulley.
3. Take one step away from gym and brace yourself with one arm, as shown.
4. Swing strapped leg over your supported leg.
5. Slowly return to the starting position.

OUTER THIGH



ABDUCTORS

1. Set one of the pulley carriages to the lowest position.
2. Attach ankle strap to your ankle and hook to low pulley.
3. Take one step away from gym and brace yourself with one arm, as shown.
4. Swing strapped leg over your supported leg.
5. Slowly return to the starting position.

GLUTE KICK



HAMSTRINGS
GLUTEUS MAXIMUS

1. Set both carriages to a low position.
2. Attach multi-purpose belt to both carriages.
3. Facing machine, brace yourself with hands, place one heel on belt and kick straight back, as shown.
4. Slowly return to starting position.

STANDING CALF RAISE



GASTROCNEMIUS

1. Adjust bar to shoulder level.
2. Facing away from machine, position yourself under the bar, resting it on your shoulder, as shown.
3. Select a manageable weight.
4. Slowly raise your heels until you are on the balls of your feel.
5. Slowly return to starting position.

KNEELING ABDOMINAL CRUNCH



1. Attach the long D handles to the dual high pulleys.
2. Kneeling on the floor, grab the D handles with elbows bent as shown.
3. Bring your head down towards the ground, contracting your midsection.
4. Slowly return to starting position.

VERTICAL KNEE RAISE



1. Hang from the pull-up bar, facing away from machine.
2. Bend your knees and lift them up toward your mid-section.
3. Slowly return to starting position.

CORE ROTATION



ABDOMINALS
EXTERNAL OBLIQUES

1. Set one carriage to shoulder height and attach a D handle.
2. Facing away from the machine, reach back and grab the D handle with both hands.
3. Keeping your hips locked in position, slowly twist your torso and extend your arms away from machine.
4. Slowly return to the starting position.

NOTES