

ABS

Core Twist



Adjust the pulleys to your mid section. Hold one handle with both hands. Keeping arms straight, rotate torso to opposite side until cable makes contact with shoulder. Return to original position and repeat.

Wood Chop



Adjust the pulleys to a high position and grasp one handle with both hands. Pull the handle down and across your body to your opposite side. Allow your hips and torso to rotate, and keep a slight bend in your knees.

Reverse Crunch



Adjust the pulleys to a low position. Connect an ankle strap attachment. Lie Down on the bench, elevate your legs and bend your knees at a 90-degree angle. Bring your knees inward to your torso and elevate your hips off the bench.

Ab Crunch



Adjust the pulleys to a high position. Attach both handles to one side and grasp a handle in each hand. Kneel down facing away from the CFT and crunch your chest toward your hips and pull with your arms until your head is between your knees.

ARMS

Bicep Curl



Adjust the pulleys to a low position. Grab both handles with an underhand grip at shoulder width. Without moving your upper arms, bend your elbows and curl the handles as close to your shoulders as you can.

Tricep Kickback



Position the bench in front of the CFT, then adjust the pulleys to a low position. Grab the handle with one hand. Using a neutral grip, extend your arm down through the elbow keeping the upper arm stationary.

Shoulder Press



Adjust the pulleys to a mid position. Standing shoulder width apart, grab each handle and carefully raise them to shoulder level. Press your arms straight over head, then lower back to starting position.

Upright Row



Adjust the pulleys to a low position. Attach both handles to one pulley and grasp a handle in each hand. Facing the machine, the handle should be at arm's length. Pull the handle upward to shoulder level then lower slowly.

BACK

One Arm Row



Adjust the pulleys to a low position. Position the bench in the center of the CFT and grab one handle. Use the bench to stabilize yourself. Using a neutral grip, pull back toward your mid section.

High Row



Adjust the pulleys to a high position. Attach both handles to one of the pulleys and kneel a couple of feet away. Retract your shoulders, pulling the handles toward your upper chest with your elbows out.

Rear Delt



Adjust the pulleys to head height while seated. Position the bench a step away from the CFT. Using an overhand grip, keep your elbows high while pulling the handles back and outwards toward your ears.

Reverse Fly



Adjust the pulleys to chest height. Grab the left handle with your right hand and the right handle with your left hand, crossing them in front of you. Move your arms back and outward, keeping your arms straight.

CHEST

Incline Press



Adjust the pulleys to a low position. Place the bench in the center of the CFT. Incline the bench to your desired angle. Laying down, grab each handle and press upward, perpendicular to the floor.

Pec Fly



Adjust the pulleys to chest height. Facing away from the CFT, grab the handles and take a step forward. Using a neutral grip, bring your arms together in front of you, keeping your arms straight.

Chest Press



Adjust the pulleys to chest height. Stand in front of the handles, holding one in each hand. Extend through the elbows to press the handles forward, drawing them together in front of you.

Low Fly



Adjust the pulleys to a low position and grasp a handle in each hand. Palms forward and below waist, draw your hands toward the midline of your body. Your hands should be in front of your chest, palms facing up.

LEGS

Glute Kick



Adjust the pulleys to a low position and attach ankle cuff to ankle. Face the CFT and grab the steel frame for balance. Contract your glutes to slowly kick the working leg back in an arc as high as it will comfortably go.

Lunge



Adjust the pulleys to waist height. Stand in the middle of the CFT and hold both handles at waist level. Step forward with one leg and squat until your rear knee almost touches the ground. Then push back up to standing position.

Hip Abduction



Adjust the pulleys to a low position and attach ankle cuff to far ankle. Step out away from the CFT for balance. Stand on near foot and allow far leg to cross in front. Extend leg outwards away from machine.

Squat



Adjust the pulleys to a low position. Stand in the middle of the CFT and grab both handles, raising them to shoulder height. Carefully squat down until your thighs are parallel to the floor. Slowly stand up tall keeping a flat back.

FULL BODY

Lunge To Press



Adjust the pulleys to shoulder height. Stand in front of the CFT. Lunge forward and squat down until your rear knee almost touches the floor. Simultaneously press forward, extending the arms.

Lunge To Row



Adjust the pulleys to a low position. Starting in a lunge position, grab both handles. Pulling backward, stand up tall. Pull the handles back so your arms are at a 90 degree position. Lunge forward with the opposite leg to return to starting position.

Press To Twist



Adjust the pulleys to chest height. Stand one step in front of the CFT facing away. Grab each handle and slowly press one arm out and across your body while twisting your torso to a full range of motion.

Squat To Press



Adjust the pulleys to a low position. Stand in the middle of the CFT. Grab both handles and raise them to shoulder height. Squat down until your thighs are parallel to the floor. As you stand up, raise the handles over head.

The BodyCraft CFT has been designed to provide exercises for your entire body. This poster illustrates only a sample of available exercises. We hope you enjoy many healthy years of use. Learning to use and maintain your functional trainer is very important for your personal safety and the proper function of the machine. Be sure to read all of the information carefully before using. The information in this guide is general in nature; for detailed information about exercise, consult your physician and your local fitness dealer. Your local fitness dealer can provide reputable books and referrals to personal trainers. **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 55, or with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for injury or property damage sustained by or through the use of this product. **GENERAL EXERCISE GUIDELINES:** There are many theories as to the proper number of repetitions and sets of repetitions of any specific exercise. In fact, we are all unique individuals and what may be effective for one person may not be for the next. For your specific needs, we recommend consultations with your fitness dealer or a certified personal trainer. For general guidelines, we recommend 4-12 repetitions per set and 2-3 sets per any given exercise. Intensity is more important than the number of reps and sets. The amount a muscle group is stressed (its failure) is directly proportional to the amount of increased strength/growth. Please remember to start easy and increase the total time and the number of repetitions gradually. Overdoing it in the beginning can cause unnecessary muscle soreness. If at any time you feel excessive pain, stop immediately. Determine what is wrong before continuing. Rest is a very important part of the process. Begin each session with a 5-15 minute warm up period of light exercise and stretching. During the routine, be sure to maintain proper form and move through the full range of motion. Be sure to breathe naturally, do not hold your breath. End each session with a 5-10 minutes of light stretching. Stretching can help relieve soreness and increase flexibility. Plan to spend the first two weeks getting familiar with the machine and accustomed to the routines. Do not quit! Variety of exercises can be a motivating factor. Remain committed and your exercise time will soon become a time you anticipate.