

# mini-Xpress

## WORKOUT CHART



### Chest



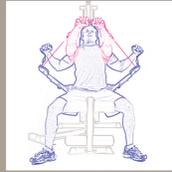
**Bench Press**  
Adjust seat back to fit your range of motion. Adjust Cable Arms to chest height. Grab handles with overhead grip and press arms away from chest. **Variation:** Grab handles with neutral grip. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Triceps



**Converging Bench Press**  
Adjust seat back to fit your range of motion. Adjust Cable Arms to chest height. Grab handles with overhead grip and press arms away from chest and together. **Variation:** Grab handles with neutral grip. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Triceps



**Incline Bench Press**  
Adjust seat back to fit your range of motion. Adjust Cable Arms to chest height. Grab handles with overhead grip and press arms away from chest at an upward 45 degree angle. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Triceps



**Converging Incline Bench Press**  
Adjust seat back to fit your range of motion. Adjust Cable Arms to chest height. Grab handles with overhead grip and press arms away from chest and together at an upward 45 degree angle. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Triceps



**Decline Bench Press**  
Adjust seat back to incline (feet) position. Adjust Cable Arms to chest height. Sit forward on the seat and lean back into the machine. Grab handles with overhead grip and press arms away from chest and level with floor. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Triceps



**Converging Decline Bench Press**  
Adjust seat back to incline (feet) position. Adjust Cable Arms to chest height. Sit forward on the seat and lean back into the machine. Grab handles with overhead grip and press arms away from chest and together level with floor. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Triceps



**Incline Pec Fly**  
Adjust seat back to vertical position. Adjust cable arms to widest position. Grab handles and bring arms together at a 90 degree angle. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Forearms



**Self Stabilizing Bench**  
Adjust seat back to vertical position. Sit forward on seat, without back support. Grab handles with overhead grip and press arms away from chest. **Variation:** Grab handles with neutral grip. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Triceps



**Pec Fly**  
Adjust seat back to vertical position. Adjust cable arms to widest position. Sit forward on the seat and lean back into the machine. Grab handles with neutral grip and bring arms together in a circular motion. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Forearms



**Cable Low Fly**  
Adjust seat back to vertical position. Adjust Cable Arms to position 4, 5, 6, 8. Sit upright in machine. Grab handles and bring arms up and together. **Muscles worked:** Pectorals Major and Minor, Anterior Deltoids, Forearms

Thank you for investing in the BodyCraft Mini Xpress Strength Training System. We hope you enjoy many healthy years of use. Learning to use and maintain your strength training system 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 35, or with preexisting health problems. Recreation Supply Inc. assumes no responsibility for personal injury or property damage sustained by or through 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 different 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 8-12 repetitions per set and 2-3 sets per any given exercise. Intensity is more important than the number of reps and sets. The amount of weight or a constant personal trainer. **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35, or with preexisting health problems. Recreation Supply Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

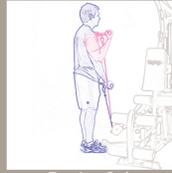
### Arms



**Arm Curl**  
Adjust Cable Arms to lowest position. Sit on seat and grasp handles with an underhand grip. While trying to keep your elbows stationary curl the handles upward, using biceps muscles. **Muscles worked:** Biceps, Forearms



**Alternating Curls**  
Adjust Cable Arms to lowest position. Sit on seat and grasp handles with an underhand grip. While trying to keep your elbows stationary curl the handles upward, one arm at a time, using biceps muscles. **Muscles worked:** Biceps, Forearms



**Two Arm Curl**  
Adjust one Cable Arm to lowest position. Attach Straight Bar to chain and chain to low pulley, positioned at full arm extension. Stand facing machine. Grasp Cable Arm with underhand grip. While trying to keep your elbows stationary curl the handles upward, using biceps muscles. **Muscles worked:** Biceps, Forearms



**Triceps Push Down**  
Attach chain and Straight Bar to high pulley, positioned about chin height. Face machine and grab Straight Bar with overhead grip. Keep elbows and upper arms stationary. Extend arms at elbows. **Variation:** Grab bar with underhand grip. Use Ab Strap and spread arms at bottom of movement. **Muscles worked:** Triceps, Forearms



**French Curl / Triceps Extension**  
Attach Straight Bar to mid pulley. Adjust seat back to red position. Grab handles with overhead grip and extend arms at elbow joint. Keep elbows at head height and stationary. **Muscles worked:** Triceps, Forearms



**Triceps Kick Back**  
Adjust Cable Arm to blue position. Stand aside from machine, holding on to padding for support. Some prefer to place feet on seat for added support. Extend arm backward at elbow. **Muscles worked:** Triceps, Forearms

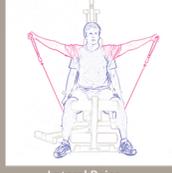
### Shoulders



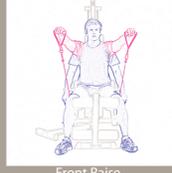
**Shoulder Press**  
Adjust seat back and Cable Arms upright (green) position. Adjust seat so that Cable Handles are at shoulder level. Grab handles with overhead grip and press arms overhead. **Muscles worked:** Deltoids, Triceps



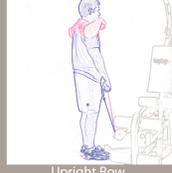
**Shoulder Press Converging**  
Adjust seat back and Cable Arms upright (green) position. Adjust seat so that Cable Handles are at shoulder level. Grab handles with overhead grip and press arms overhead and together. **Muscles worked:** Deltoids, Triceps



**Lateral Raise**  
Adjust Cable Arm to blue position. Grab handles with overhead grip. Keeping arms straight raise arms out to the side. **Variation:** Can be performed one arm at a time. **Muscles worked:** Deltoids



**Front Raise**  
Adjust Cable Arm to blue position. Grab handles with overhead grip. Keeping arms straight raise arms toward front. **Variation:** Can be performed one arm at a time. **Muscles worked:** Deltoids



**Upright Row**  
Adjust one Cable Arm to bottom position. Attach chain and Straight Bar to the Cable Arm. Hold bar with underhand grip. Pull upward to shoulder level. **Muscles worked:** Triceps, Forearms



**Rear Delt One Arm**  
Adjust Cable Arm to red position. Grab handle with outside hand. Extend arm across and away from body. **Muscles worked:** Rear Deltoids, Forearm



**Internal Rotator**  
Adjust Cable Arm to neutral position. Place a rolled towel between upper arm and torso. Grasp handle with inside arm and neutral grip. Rotate arm, bringing handle toward midline. **Muscles worked:** Deltoids



**External Rotator**  
Adjust Cable Arm to elbow height. Place a rolled towel between upper arm and torso. Grasp handle with outside arm, neutral grip. Rotate arm, bringing handle away from midline. **Muscles worked:** Deltoids

### Abs



**Ab Crunch**  
Attach Ab Strap to cable located behind head. Hold Ab Strap handles in gloves at shoulder level. Use abdominal muscles to crunch forward and downward. **Muscles worked:** Pectorals Abdominus, Upper Abdominal, Hip Flexors



**Oblique Twist**  
Adjust Cable Arm to green position and stand beside machine. Grasp Single Handle with both hands. Twist away from machine. **Muscles worked:** Obliques

### Legs



**Leg Extension**  
Adjust seat and seat back so that knees are level with a slightly forward seat position. Sit and heels ankles behind lower roller pads. Extend legs forward and upward. **Muscles worked:** Quadriceps



**Leg Curl**  
Stand facing machine. Adjust seat so that top roller pad rests on front of legs above knees. Grab Seat Back for stability. Wrap ankles behind lower roller pads. Keeping upper torso upright and stationary, pull bar to mid-thigh. **Variation:** Grab bar with underhand grip. Use Ab Strap and spread handles while pulling. **Muscles worked:** Latissimus Dorsi, Triceps, Rhomboids, Biceps



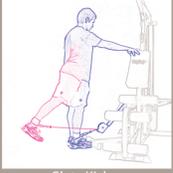
**Squat**  
Attach Single Handle to pulley and grab from a squatting position. Be sure to keep back in flat position and slowly raise the standing position. Proper form and slow controlled movements are very important. **Muscles worked:** Quadriceps, Hamstrings, Gluteus Maximus, Rectus Abdominus, Spinal Erectors



**Hip Adduction**  
Adjust Cable Arm to lowest position and attach ankle strap to back ends. Stand next to machine, grabbing Seat Back for support. Using a full range of motion, extend leg across and away from body. **Muscles worked:** Adductor, Gluteus Medius



**Hip Abduction**  
Stand next to machine, grabbing Seat Back for support. Adjust Cable Arm to lowest position and attach Ankle Strap to forward ankle. Using a full range of motion, extend leg outward away from body. **Muscles worked:** Abductor, Gluteus Medius

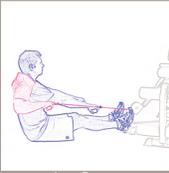


**Glute Kick**  
Stand next to machine, facing to rear. Adjust Cable Arm to machine, being to rear. Attach Ankle Strap to inside ankle. Using a full range of motion, extend leg backward. **Muscles worked:** Gluteus Maximus

### Back



**Lat Pull Down**  
Attach Lat Bar to high pulley. Sit facing machine, knees under roller pads. Grab Lat Bar with overhead grip and pull straight down to upper chest. **Variation:** Grab bar with underhand grip. Use Ab Strap and spread handles while pulling. **Muscles worked:** Latissimus Dorsi, Triceps, Rhomboids, Biceps



**Low Row**  
Adjust the Cable Arm adjacent to Foot Plate to lowest position. Attach Straight Bar to the Cable Arm. Sit on floor, bracing feet against foot plate. While keeping upper torso upright and stationary, pull bar to mid-thigh. **Variation:** Grab bar with underhand grip. Use Ab Strap and spread handles while pulling. **Muscles worked:** Latissimus Dorsi, Triceps, Rhomboids, Deltoids, Biceps, Forearms



**One Arm Row**  
Adjust Cable Arm to lowest position. Stand aside machine with one foot on seat, inside knee resting on seat, and holding on to back pad for support. Grasp Single Handle and pull to mid-thigh. **Muscles worked:** Latissimus Dorsi, Triceps, Rhomboids, Deltoids, Biceps

### Sports



**Golf Swing**  
Assume your golf stance next to the Cable Arm. Grip handles and swing as if you were swinging a golf club. Position the Cable Arms at different heights to emphasize different areas of the swing.



**Tennis Swing**  
Assume your tennis backhand or forehand stance next to the Cable Arm. Adjust cable arm to natural height. Practice tennis swing.