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Distributed by:

Thane Canada Inc.
Mississauga ON L4W 5M6, Canada
www.thane.ca

Thane USA, Inc.
Canton OH 44718, U.S.A.
www.thane.com

Thane Direct UK Limited
+44 (0)20 3455 8520
www.thane.tv

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MADE IN CHINA

PILATES POWER GYM™ PLUS

OWNER’S MANUAL



.....
For maximum effectiveness and safety, please review this Owner’s Manual, view the Video, and for healthy eating tips, please refer to the Jump Start section.
.....

ADDITIONAL PROGRESS CHART

Date	Weight	Waist	Abdomen	Hips	Thighs	Calves

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IMPORTANT SAFETY INFORMATION

! WARNING

YOU AND OTHERS CAN BE SERIOUSLY INJURED OR KILLED IF WARNINGS ON THE EQUIPMENT, IN THIS OWNER'S MANUAL AND VIDEO ARE NOT FOLLOWED.



- 1) **Before starting this or any other exercise program, consult your physician.** Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments. **If you are taking medication which may affect your heart rate**, a physician's advice is absolutely essential.
- 2) **Start out slowly and progress sensibly.** Even if you are an experienced exerciser, start with the beginner workout and become familiar with all of the exercises before moving on to more advanced workouts or exercises. For best results, perform all of the exercises at the tempo described in this Owner's Manual and demonstrated in the DVD workouts.
- 3) **Do not overexert yourself with this or any other exercise program.** Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. **If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.**
- 4) **Warm up** before any exercise program by doing 5 to 10 minutes of gentle aerobic exercise, such as walking, followed by stretching or follow the warm-ups demonstrated on the Pilates Power Gym™ Plus DVD.
- 5) **Before each use, inspect the equipment and all parts**, including cables, tension cords, rollers, pulleys, handle assemblies and foot strap assemblies to ensure that they are in proper working condition. **Never use the equipment if it is not working properly or if there are signs of wear such as frayed or worn cables, tension cords, pulleys, rollers, handle or foot strap assemblies.** Failure to follow these instructions could result in serious injury or death.
- 6) **USE CARE** when getting on and off the equipment.
- 7) **Use this equipment ONLY for the intended use** as described in this manual. **Do not** modify the equipment or use attachments not recommended by the manufacturer.
- 8) **Have plenty of clearance space on all sides of your equipment.** It is important to keep children, pets, furniture and other objects out of the way when using your equipment. You should have a minimum of 3 feet of clearance space on all sides of your equipment.
- 9) **Wear appropriate clothing when exercising.** Workout clothing should be comfortable and lightweight, and should allow freedom of movement. The Pilates Workout may be performed with bare feet, or you may wear flexible athletic

shoes if you find that more comfortable. It is not recommended that you exercise with socks or stockings only on the feet. Wearing socks or stockings only may cause slippage of the feet when using the Foot Rest Bar or Push Up Bar.

10) THIS EQUIPMENT IS NOT FOR USE BY CHILDREN. To prevent injuries, keep this and all fitness equipment out of the reach of children. Follow these simple rules:

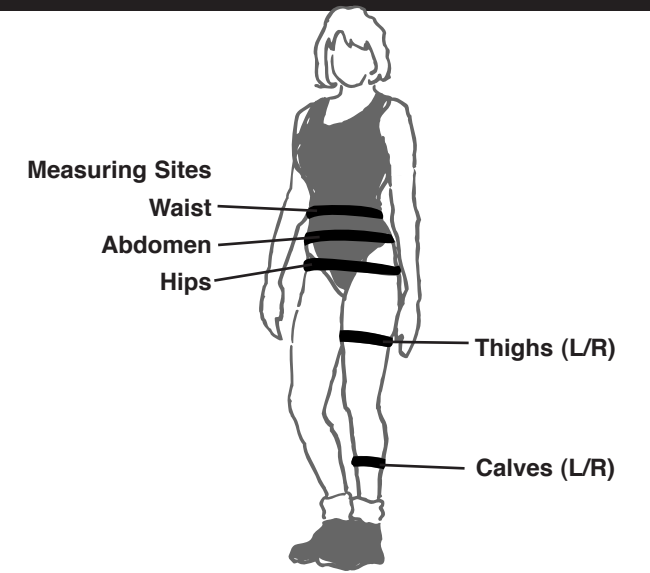
- Keep children out of rooms where you have your exercise equipment.
- Store exercise equipment in a room that can be locked.
- Know exactly where your children are when you work out.
- If you have small children at home, don't wear headphones while you work out.
- Talk to your kids about the dangers of exercise equipment.

- 11) **Breathe naturally**, never holding your breath during an exercise. Avoid over training, you should be able to carry on a conversation while exercising.
- 12) **Cool down after an exercise session**, with 5 to 10 minutes of gentle exercise, such as walking, followed by stretching or follow the cool down stretches demonstrated in the Pilates Power Gym™ Plus DVD.
- 13) **Handicapped or disabled people must have medical approval** before using this equipment and should be under close supervision when using any exercise equipment.
- 14) **Only one person at a time should use this equipment.**
- 15) **DO NOT put hands, feet, or any foreign objects on or near this equipment when in use by others.** Use caution not to pinch fingers or hands in moving parts when folding, setting up, or using the equipment.
- 16) **To prevent the Pilates Power Gym™ Plus from tipping and causing an injury**, set up and use the equipment on a solid, level surface and follow the exercise instructions demonstrated in the DVD and the exercise instructions described on pages 19 through 34 of this manual. Failure to follow these instructions could result in serious injury or death.

*Go to www.fitnessquest.com
or call 1-800-497-5831 for
replacement labels, manuals or video(s).*

PROGRESS CHART

Every two weeks, measure yourself and use the chart below and on the following page to record your progress. Before writing on them, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done. This data will help you chart future fitness goals as you continue to improve.



Date	Weight	Waist	Abdomen	Hips	Thighs	Calves

JUMP START DIET

EVENING SNACK

(ChooSE JUST oNE oPTIoN)

RULES for eating your evening snack:

Have it in a relaxed setting where you can enjoy them as a child would.
Do nothing while having your snack, do not read, write or watch TV.
Make your snack last 20 minutes.
DO NOT go back for seconds.

1/2 cup chocolate or vanilla pudding
made with skim milk

hot chocolate made with skim milk

8 oz. water
5 ginger snaps or vanilla wafers

8 oz. water
3 small mint patties or
3 Hershey's Miniatures®

3 cups light microwave popcorn

2 small cookies (about 50 calories each)
8 oz. water

1 oz. pretzels
1 cup skim milk

8 oz. water
2 tsp. peanut butter
6 crackers
1 cup skim milk

1/2 cup cereal
1/2 cup skim milk
8 oz. water



EQUIPMENT WARNING/CAUTION LABELS

IMPORTANT: See below for placement of the following Warning/Caution Labels on your equipment.

WARNING LABEL 1

WARNING

Failure to read and follow the safety instructions stated in the Owner's Manual and Video may result in POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. Maximum user weight 300 lbs. Replace this label if damaged, illegible or removed. Class HC. Go to our website WWW.PILATESPOWERGYM.COM or call Customer Service: 888-574-5283 for eplacement label, manual, video or questions.

WARNING LABEL 4

WARNING

Before each use, INSPECT the equipment and all parts, including cables, tension cords, rollers, pulleys, handle assemblies and foot strap assemblies to ensure that they are in proper working condition. NEVER use the equipment if it is not working properly or if there are signs of wear such as frayed or worn cables, tension cords, pulleys, rollers, handle or foot strap assemblies. Failure to follow these instructions could result in serious injury or death.

WARNING LABEL 5 (Located on Push Up Bar)

WARNING

Make sure that both Hitch Pins are locked in place before beginning to exercise. Failure to do so may cause the Push Up Bar to unexpectedly detach, resulting in SERIOUS INJURY OR DEATH.

WARNING LABEL 2 (2 locations)



WARNING
CRUSH HAZARD.
Keep hands clear when
lowering Glideboard.

WARNING LABEL 3 (2 locations)



WARNING
Keep hands away from
pulleys and moving
parts.

CAUTION LABEL 1

CAUTION

Keep hair, fingers, loose clothing, pets, and children away from hinges and other moving parts to avoid serious injury. Also, be sure to have all pins locked in place before getting on your UNIT to avoid severe injury.

CAUTION LABEL 2 (4 locations)

CAUTION

When attaching Tension Cords, hold firmly until the Cords are properly positioned. DO NOT LET GO of the Tension Cords until they are locked in or back in the start position.

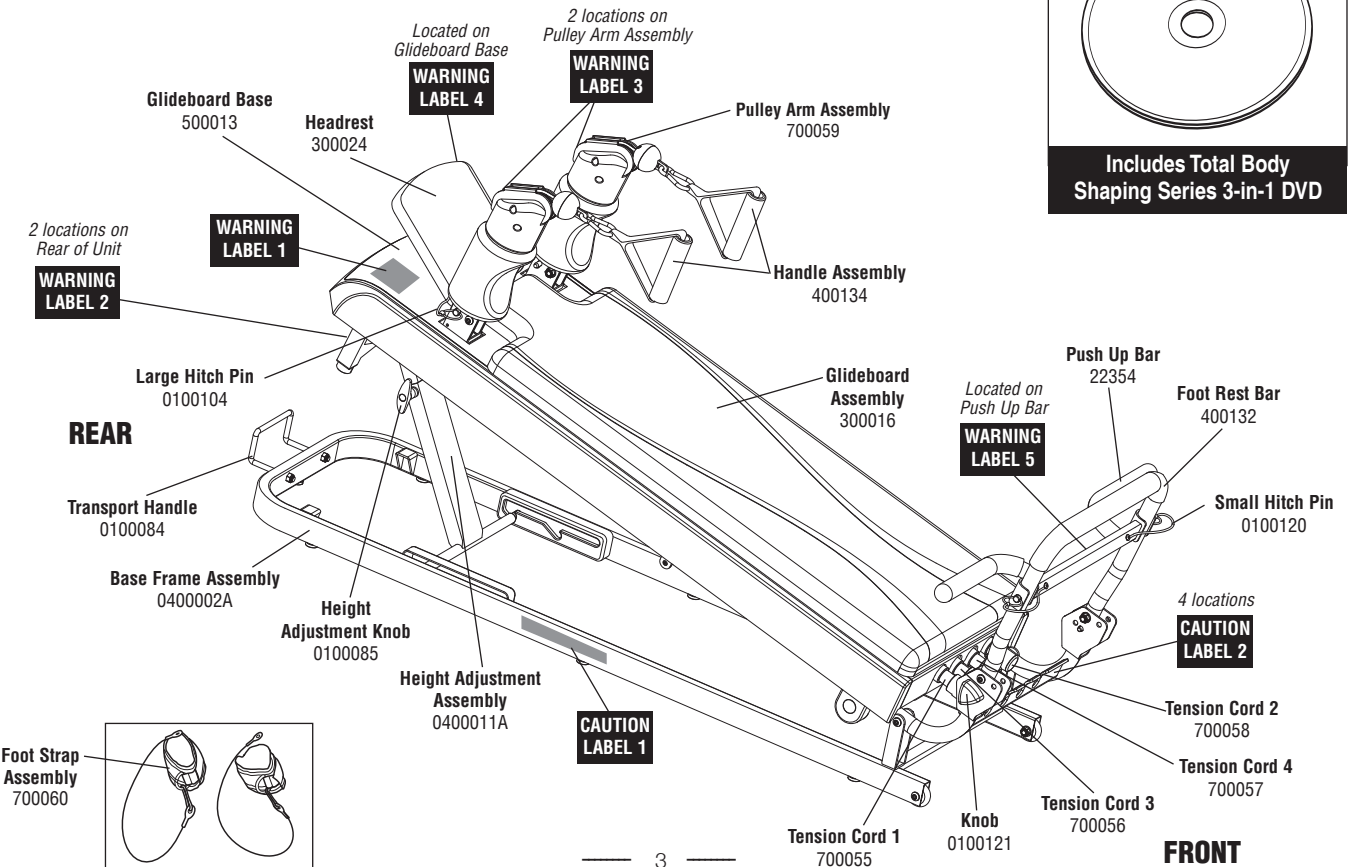
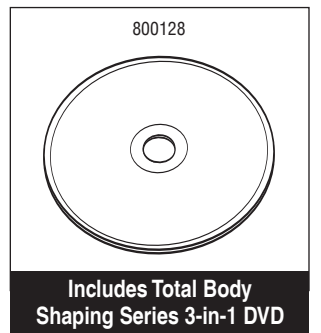
SPECIFICATIONS & PARTS

Assembled Approximate Specifications: Dimensions are based on unit set up for use.

Length: 54"
Width: 17"

Height Lowered: 26"
Height Raised: 36"

Product Weight: Approx. 62 lbs.
Maximum User Weight: 300 lbs.



Congratulations on your purchase of the Pilates Power Gym™ Plus! You've just taken an important step toward your fitness goals. Whether that means strengthening the muscles of your upper body, lower body and core, or improving your flexibility while toning your entire body, the Pilates Power Gym™ Plus can help you get the results you want.

Working out on comfortable, efficient equipment that allows you to start and progress at the level that's appropriate for you is a vital element in sticking with a program of regular exercise. With your Pilates Power Gym™ Plus, you'll use almost every muscle in your body in smooth natural motions. You'll be able to choose the Pilates Power Gym™ Plus workout that's perfect for your fitness level and begin your workouts right away – just what you need to improve your fitness the healthy, easy way!

Just a few minutes a day is all it takes to begin experiencing the strengthening, toning and flexibility benefits of your Pilates Power Gym™ Plus. Additional aerobic workouts are required to round out your program. With regular use of your Pilates Power Gym™ Plus, you may soon notice some important changes in yourself, such as:

- More endurance and stamina
- Less body fat and excess weight (if you do not increase your calorie intake)
- Improved upper body, lower body and abdominal muscle tone
- Increased energy for daily tasks
- Less stress and a more positive outlook

With a minimal time commitment, you'll receive an impressive return on your investment!

We're so sure that you will be completely satisfied with your Pilates Power Gym™ Plus that we encourage you to write or call our Customer Service Specialists at the address or phone number listed below, or contact us on our website. As always, you have our personal assurance that we want your complete satisfaction. After all, your success is our success too!

Sincerely,
Jonathan Anthony, Customer Service

Pilates Power Gym™ Plus, Customer Service Department
325 Fitness Quest Plaza, Canton, OH 44750-1001

Call Toll Free: 1-800-321-9236 • Monday – Friday, 8:30am to 6:00pm, Eastern Standard Time.
Email: customersupport@fitnessquest.com • www.fitnessquest.com

Please do not call the above number for Parts. See ordering Replacement Parts section below.

IMPoRTANT: This owner's manual is the authoritative source of information about your Pilates Power Gym™ Plus exerciser. Please read it carefully and follow all the instructions.

Ordering Replacement Parts

When ordering parts, please contact our Parts Department, toll free at 1-800-497-5831, Monday through Friday, 8:30am to 6:00pm, Eastern Standard Time.

IMPORTANT: You must have your serial number, date of purchase and this manual ready when calling for parts.

Serial #: _____ Date _____

DINNER CoNTINUED

8 oz. water
3 oz. pork chop, lean only, baked, broiled or grilled
1 small baked potato
1 tsp. butter
1 cup green beans
1 large salad made with mixed greens
1 tsp. olive oil with flavored vinegar (no need to measure vinegar) or 1 tbsp. regular dressing

8 oz. water
1 piece (3 oz.) turkey baked, broiled or grilled. Brush lightly with olive oil and favorite seasonings before cooking.
1 small baked potato with 1 tsp. butter
1 cup broccoli

8 oz. water
1 cup vegetable soup
6 crackers
2 oz. lean ham
1/2 large whole grain pita with mustard
2 sliced carrots

8 oz. water
3 oz. lean hamburger, grilled or broiled
1 tbsp. ketchup
1 hamburger bun, tomato, lettuce, pickle and onion if desired

8 oz. water
2 slices cheese pizza from a medium pie, baked in pizza oven not in pan
1 large mixed green salad
1 tbsp. reduced fat salad dressing

8 oz. water
1 cup angel hair pasta with 1/2 tbsp. olive oil with garlic on pasta and topped with 1 tsp. grated cheese
3 oz. grilled chicken with Italian seasonings
1 large salad with mixed greens
1/2 tbsp. olive oil and vinegar or
1 tbsp. salad dressing
1/2 cup cooked green beans

8 oz. water
3 oz. pork chop, lean only, broiled or grilled without added fat
1/2 cup rice with 1 tsp. butter
1/2 cup applesauce
1 large mixed green salad
1/2 tbsp. olive oil and vinegar (no need to measure vinegar) or 1 tbsp. reduced fat dressing

8 oz. water
3 oz. white fish such as flounder, baked and brushed with olive oil and favorite seasonings
1 small baked potato
1 tbsp. sour cream and chives
1 cup broccoli or cauliflower

8 oz. water
3 oz. chicken breast, no skin, baked, broiled or grilled
3 to 4 new boiled potatoes tossed with 1 tbsp. butter and sprinkled with garlic and parsley
1 cup beets or other vegetable
1 large salad made with mixed greens
1 tbsp. olive oil with flavored vinegar (no need to measure vinegar)

8 oz. water
1 cup angel hair pasta
3 oz. boiled shrimp, tossed
1/2 tbsp. olive oil and garlic
1 tsp. grated cheese
1 mixed green salad
1/2 tbsp. salad dressing

8 oz. water
3 oz. lean pork chop, baked with reduced fat cream of mushroom soup
1/2 cup noodles with 2 tbsp. gravy from pork chop
1 cup green beans
1 large salad made with mixed greens
2 tsp. olive oil with flavored vinegar (no need to measure vinegar)

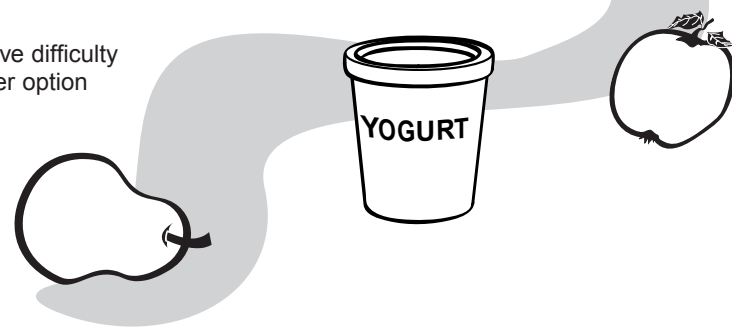
8 oz. water
4 oz. fish, baked, broiled or grilled, brushed lightly with olive oil and favorite seasonings
1/2 cup corn
1 tsp. butter
1 cup broccoli
1 small dinner roll



JUMP START DIET

LUNCH

Choose a Lean Cuisine® meal of your choice! (If you have difficulty finding Lean Cuisine® meals at your local grocer, another option is meals from Healthy Choice® or Weight Watchers®.)



AFTERNooN SNACK

(ChooSE JUST oNE oPTIoN)

8 oz. water
1 cup strawberries

8 oz. water
1 oz. low fat cheese
6 saltine crackers

8 oz. water
1 banana

8 oz. water
1 cup low fat, flavored yogurt with
1 tbsp. low fat granola cereal on top

8 oz. water
1 tsp. peanut butter
6 saltine crackers
1 apple

8 oz. water
1 cup low fat chocolate milk

8 oz. water
1 cup vegetable soup
6 crackers

8 oz. water
3 cups light popcorn

8 oz. water
15 grapes

8 oz. water
1 cereal bar (about 140 calories)

DINNER

(ChooSE JUST oNE oPTIoN)

8 oz. water
3 oz. sirloin steak, lean only, broiled or grilled
without added fat
1/2 cup rice with 1 tsp. butter
1/2 cup cooked carrots
1 large mixed green salad with
1 tbsp. reduced fat dressing

8 oz. water
3 oz. baked ham
1 cup noodles
1 tsp. butter
1/2 cup applesauce
1 cup mixed vegetables

8 oz. water
3 oz. steak, (lean only) broiled or baked
1 cup noodles with 1 tsp. butter
1/2 cup applesauce
1 cup mixed vegetables

8 oz. water
salad with romaine lettuce
1/4 cup mandarin oranges
1/4 cup sliced strawberries
2 tbsp. chopped walnuts
1 tbsp. raspberry vinaigrette dressing
3 oz. white meat chicken
1 oz. crumbled feta cheese

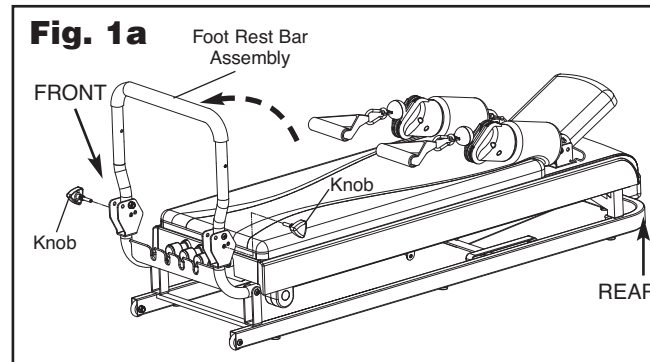
8 oz. water
1 cup cooked pasta
1/2 cup spaghetti sauce
1 tsp. grated cheese
3 oz. lean ground beef in sauce

8 oz. water
1 cup angel hair pasta
1 clove garlic topped with green and red peppers
sautéed with 1 tbsp. olive oil
3 oz. grilled shrimp
1 tsp. grated cheese

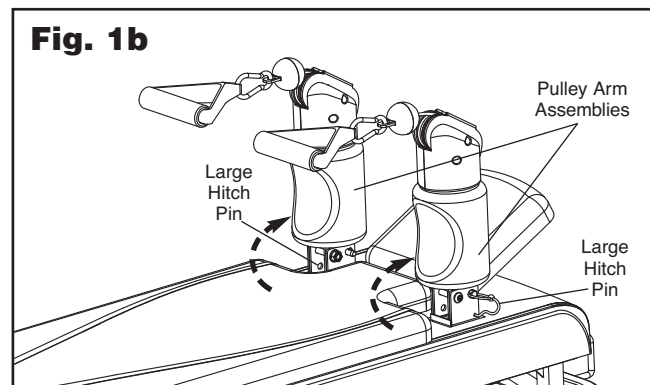
SET-UP INSTRUCTIONS

Occasionally our products contain components that are pre-lubricated at the factory. We recommend that you protect flooring, or anything else the parts may contact, with newspaper or cloth.

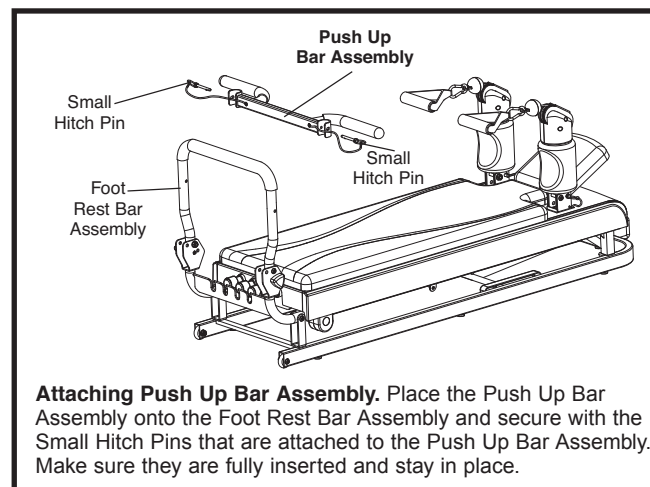
NOTE: All location references, such as front, rear, left or right, made in these instructions are from the user standing behind the Headrest and facing the Foot Rest Bar Assembly.



1a. Remove the Knobs from Poly Bag. Lift the Foot Rest Bar Assembly to the upright position, as shown in Fig 1a. Then secure it with the Knobs. Make sure they are fully inserted and tightened. See page 12 for Foot Rest Bar Settings.



1b. Remove the Pins from the Pulley Arm Assemblies. Lift the Pulley Arm Assembly to an upright position as shown in Fig 1b. Replace the Large Hitch Pins. Make sure Large Hitch Pins are fully inserted and stay in place.



Attaching Push Up Bar Assembly. Place the Push Up Bar Assembly onto the Foot Rest Bar Assembly and secure with the Small Hitch Pins that are attached to the Push Up Bar Assembly. Make sure they are fully inserted and stay in place.

SET-UP IS NOW COMPLETE.

IMPORTANT: Please read this owner's manual before beginning your workout for important instructions on how to use your Pilates Power Gym™ Plus exerciser.

CARE, STORAGE & MAINTENANCE

Your Pilates Power Gym™ Plus exerciser has been carefully designed to require minimum maintenance. To ensure this, we recommend that you do the following:

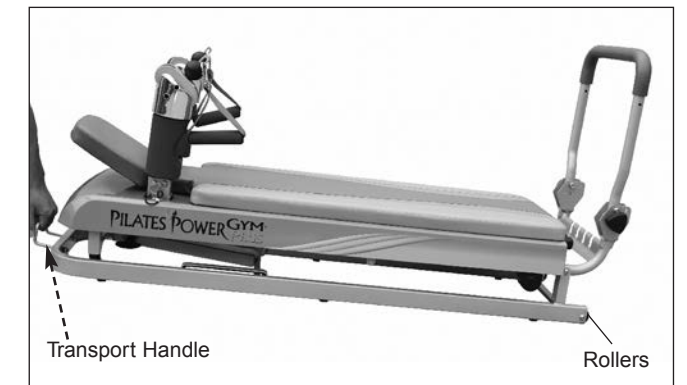
CARING FoR yoUR UNIT

- **Keep your unit clean.** Wipe sweat, dust or other residue off the Frame, Glideboard, Foot Rest and Handles with a soft, clean cloth after each use.

MoVING & SToRAGE of yoUR UNIT

Store your unit after use. It's a good idea to store your equipment in a space away from children and high traffic areas. The Pilates Power Gym™ Plus is light and easy to store. To store your exerciser, simply return it to the same state as you first received it. First, lower the Glideboard to its flat position. Remove Push Up Bar Assembly (if attached) by removing the Small Hitch Pins from both sides of the Push Up Bar Assembly. Remove the Large Hitch Pins from Pulley Arm Assembly and lower (Fig. 1b). Replace Large Hitch Pins. Remove Knobs from Foot Rest Bar Assembly and lower it toward the Glideboard. Replace Knobs.

Your Pilates Power Gym™ Plus exerciser can now be rolled away for storage by lifting. It is recommended that you store your exerciser in a horizontal position only. **DO NOT** store your equipment vertically. To move, use slow controlled movements. Lift the rear of the Base Frame Assembly by grasping the Transport Handle and lifting until Rollers engage with the floor and roll to desired location.



MAINTENANCE

- **Before each use, inspect the equipment and all parts,** including cables, tension cords, rollers, pulleys, handle assemblies and foot strap assemblies to ensure that they are in proper working condition. **Never use the equipment if it is not working properly or if there are signs of wear such as frayed or worn cables, tension cords, pulleys, rollers, handle or foot strap assemblies.** Call our Parts Department to order replacement parts. Refer to page 4, Ordering Replacement Parts.

PARTS LIST

ITEM	PART#	DESCRIPTION	QTY.	ITEM	PART#	DESCRIPTION	QTY.
3A	0400011A	Height Adjustment Assembly	1	55	0100065	Clip	2
6A	700059	Pulley Arm Assembly	2	56	0100044	M8 x 35mm Allen Bolt	4
7	22354	Push Up Bar w/Grips & Hitch Pins	1	58	0100120	Small Hitch Pin w/Lanyard (M6 x 50mm)	2
8	400132	Foot Rest Bar w/Grip & End Caps	1	59	0100104	Large Hitch Pin w/Lanyard (M8 x 55mm)	2
9	0100113	Small Pulley Bracket	2	60	0100094A	Pulley Guide	2
10	0700018	Headrest Bracket	1	61	0600004	Short Cable (3.5 x 549)	1
13	0100081A	Pad	7	62	0600005	Medium Cable (3.5 x 895)	1
14	0100121	Knob	2	64	0600007	Foot Strap Cable	2
15	0100093	Large Pulley w/Bearing & Small Pulley Spacer	5	65	0100098	Frame Guide	2
16	0100092	Medium Pulley	2	66	0100097	M4 x 16mm Phillips Screw	2
17	0100090	Wheel w/Bearing & Large Spacer	6	67	100410	M4 x 8mm Phillips Bolt w/Loctite	8
18	0100095	Small Pulley w/Bearing & Large Pulley Spacer	4	68	0100118	ST4.2 x 10mm Phillips Screw (small head)	8
19	0100112	Wheel w/Bearing & Large Spacer (white)	2	69	0100088	M6 x 8mm Set Screw	2
22L	0100114	Left Small Pulley Bracket Cover	2	72	0100101	ST4.2 x 10mm Phillips Screw	2
22R	0100115	Right Small Pulley Bracket Cover	2	73	0100084	Transport Handle	1
24	0100111A	Pulley Guide	1	74	400134	Handle Assembly	2
27	0700011	Outer Roller Cover	2	75	300024	Headrest	1
28	0700010	Inner Roller Cover	2	76	300019	Glideboard	1
29	0100085	Height Adjustment Knob	1	77	700061	Foot Strap	2
30	0100082	Roller	2	78	700055	Tension Cord 1	1
31	0100004	M8 Nylon Nut	24	79	700056	Tension Cord 3	1
32	0100025	M8.5 x 16mm x 1.5t Washer	22	80	700057	Tension Cord 4	1
33	0100083	M8 x 30mm Allen Bolt	2	81	700058	Tension Cord 2	1
34	0100045	M8 x 45mm Allen Bolt	9	82	0100105A	Stopper	6
35	0100091	M8 x 65mm Allen Bolt	1	22351	Literature Pack	1	
36	0100031	M8 x 40mm Allen Bolt	4	22352	Owner's Manual	1	
37	0100099	M8 x 50mm Allen Bolt	2	300016A	Glideboard Assembly	1	
38	0100049	M8 x 20mm Allen Bolt	4	800010	Resistance Chart	1	
40	0100119	End Cap	2	800029	Push Up Bar Exercise/Instruction Guide	1	
45	0100116	M5 x 10mm Phillips Bolt	8	800128	Total Body Shaping Series DVD	1	
46	0100117	M5 Nylon Nu	8	0800009	Exercise/Nutrition Guide	1	
47	0100103	Small Locking Clip	4	0100322	Ball Cover Kit	1	
49	0100102	M6 x 35mm Allen Bolt	1	0400002A	Base Frame Assembly	1	
50	0100007	M6.5 x 12mm x 1t Washer	3	600052	Cable Kit	1	
51	0100071	M6 Nylon Nut	1	700060	Foot Strap Assembly	1	
52	0100047	M8 x 15mm Allen Bolt	6				

JUMP START DIET

BREAKFAST Choices

(ChooSE JUST oNE oPTIoN)

8 oz. water
1/2 cup oatmeal, cooked
1 cup skim milk

1/2 banana
8 oz. water
2 pancakes (4 inches across)
1 tbsp. maple syrup
1/2 cup orange juice

8 oz. water
1 slice french toast
1/2 cup fresh blueberries
1 cup skim milk

8 oz. water
1/2 english muffin
1 egg poached
1/2 cup fruit juice

8 oz. water
1 slice whole grain bread
1 egg scrambled
1 cup cubed melon

8 oz. water
1 cup fat free yogurt
1/3 cup low fat granola cereal
1 cup sliced strawberries

8 oz. water
3/4 cup cereal
1 cup skim milk
1/2 cup sliced strawberries

8 oz. water
3/4 cup cereal and 2 tbsp.
crushed walnuts
1/2 cup skim milk
4 oz. orange juice

8 oz. water
1 slice whole grain bread
1 egg scrambled or poached
4 oz. orange juice

8 oz. water
1 slice cinnamon bread
1 tsp. butter
4 oz. orange juice



MoRNING SNACK

(ChooSE JUST oNE oPTIoN)

8 oz. water
1 cup fat free yogurt

8 oz. water
1 cup sugar free hot chocolate
made with skim milk

8 oz. water
1 pear

8 oz. water
1 orange

8 oz. water
1 apple

8 oz. water
1 cereal bar (about 140 calories)

8 oz. water
1 kiwi



Introduction

This program is designed to "jump start" you on your way to better health and fitness. In just 2 weeks, just 14 short days, you will begin to form habits to help you reach your fitness goals faster and easier than ever before.

The Jump Start Diet

This 2-week menu plan is based on 1200 to 1300 calories. We have consciously used real food and have even put in some foods often thought of as "off limits" when trying to lose weight. The plan is nutritionally sound and offers a variety of foods from all food categories. You may substitute one food within a food group for another, such as a pear for an apple or 3 oz. of chicken for 3 oz. lean beef. The most important thing to remember is to pay attention to portion sizes. When it says 1 cup, you need to measure out 1 cup, etc.

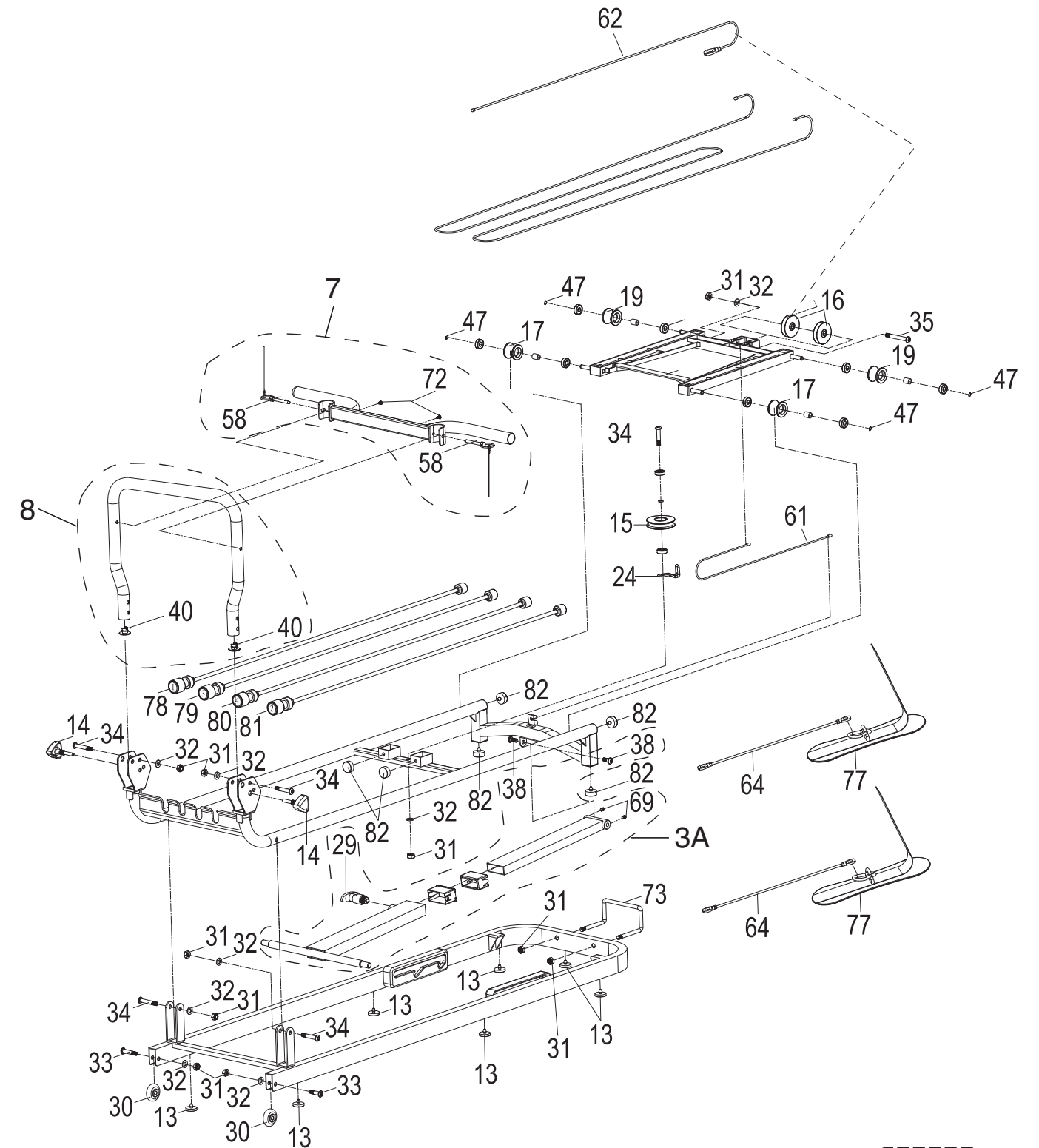
The plan is extremely simple to follow. Simply pick one selection for each meal as your day goes along. Note that your lunch will consist of a Lean Cuisine® meal. This is done so that you have a realistic option to eat at work or on the go. (If you don't find Lean Cuisine® meals at your local grocer, other options are Healthy Choice® and Weight Watchers® lunches.)

We have also built in a special treat at the end of most days. This is because people have the biggest success when they are allowed to have some of their favorite foods. They do not feel deprived and are not tempted to binge. Success comes because they are able to stick with the plan, lose weight and meet their goals without feeling like they were "on a diet". The important thing to remember is to use only the portion size given, do not go back for more or guess on your portion size.

If you do not wish to eat the snack after your evening meal, or feel that you cannot limit your portion size, it can be omitted.

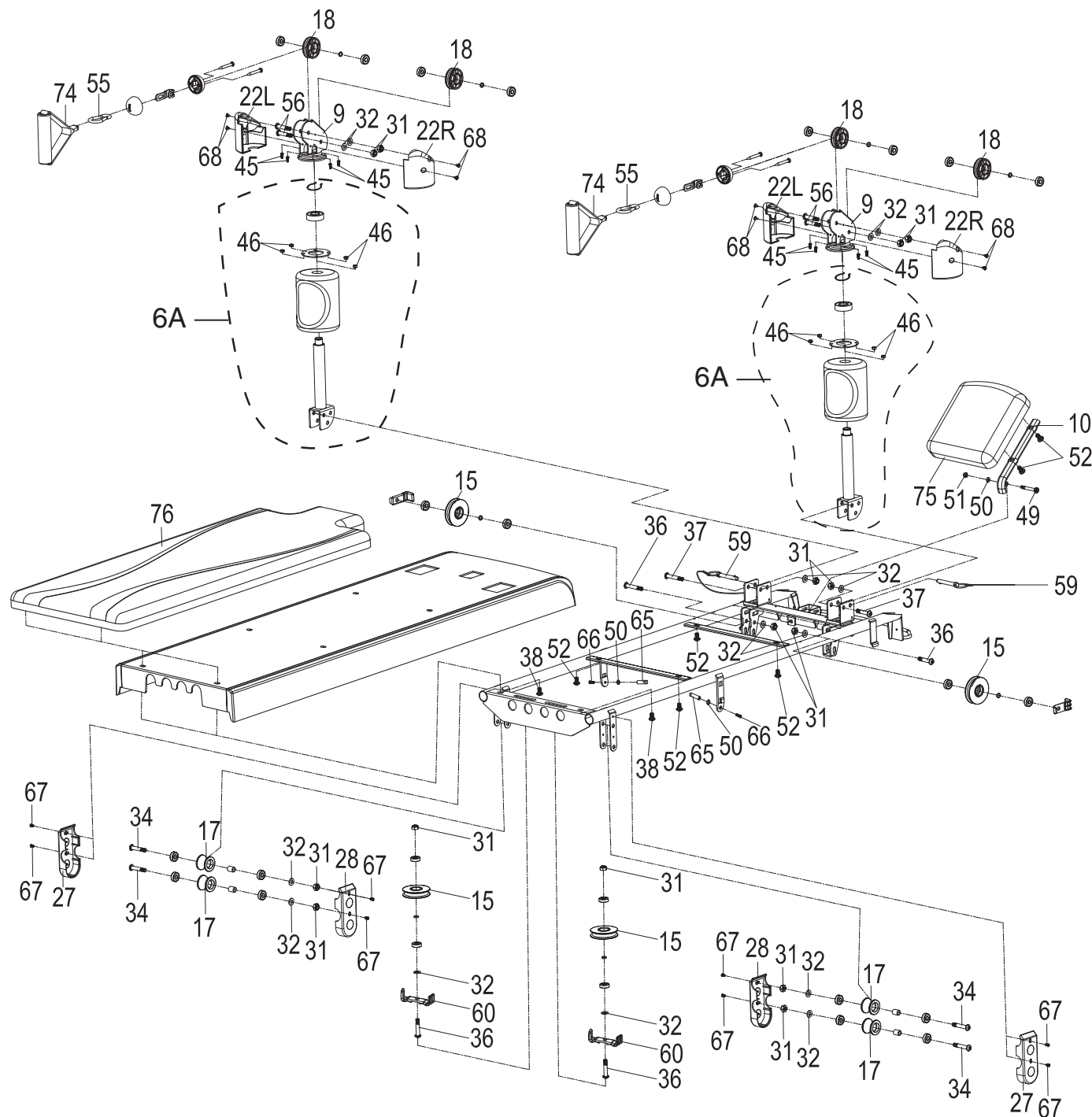
Foods and condiments that can be used without adding significant calories include:

- Non-caloric beverages, this includes diet carbonated drinks
- Fat free condiments such as mustard, ketchup and vinegar
- Seasonings such as onion, garlic and herbs
- Artificial sweeteners
- Coffee, tea and herbal teas



continued on next page →

EXPLODED VIEW



**JUMP
START
DIET**

Using healthy Eating Choices

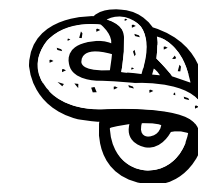


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ASSEMBLIES

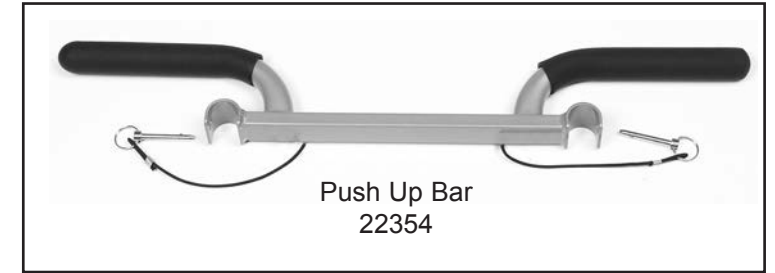
ACTIVITY	DATE	HOW LONG (minutes)	HEART RATE	HOW HARD (RPE)*

ACTIVITY	DATE	HOW LONG (minutes)	HEART RATE	HOW HARD (RPE)*

*RPE = rating of perceived exertion; this means you match up a numerical rating (RPE) of 1-10, with how you feel (RPE descriptive rating in chart above). A rating of 2-3 is equal to a warm-up or recovery level of effort; 4-5 equates to moderate to somewhat challenging; 6-10 represents effort that is somewhat hard, to very hard.



Height Adjustment Assembly
0400011A



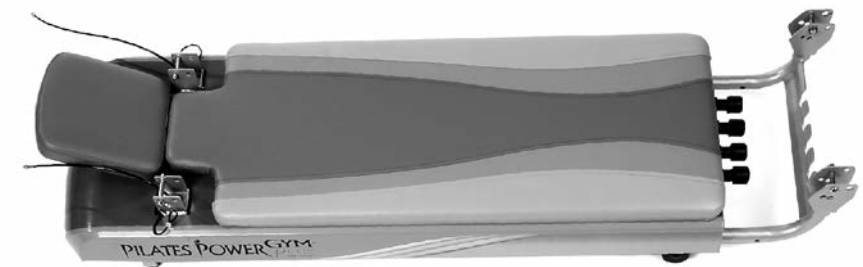
Push Up Bar
22354



Foot Rest Bar
400132



Base Frame Assembly
0400002A



Glideboard Assembly
300016

GETTING STARTED

Glideboard Adjustments

The Glideboard allows you to vary the intensity of your workout by using several different height adjustments to move the Glideboard from a flat position to more challenging inclines. There are a total of 11 different Glideboard positions that will allow you to customize the resistance on your Pilates Power Gym™ Plus exerciser to your exact fitness level. The flat position is perfect for much of the Pilates Workout, as well as for beginners getting in shape with the Strength Workout. The 2 low incline positions and 8 high incline positions allow you to progress the resistance as you get more fit.

The flat position of the Glideboard will be referred to as Position A. To raise the Glideboard from the flat Position A to either of the two low incline positions, place one hand under the rear of the Glideboard, under the Headrest Base, and slowly lift. (See FIG. A.) The Height Adjustment Assembly will slide into the Position B notch on the bottom of the Frame, or when lifted higher, into the Position C notch on the bottom of the Frame. (See FIG. B.) Make sure that the Height Adjustment Assembly is securely settled in the notches on both sides of the Frame before beginning to exercise.

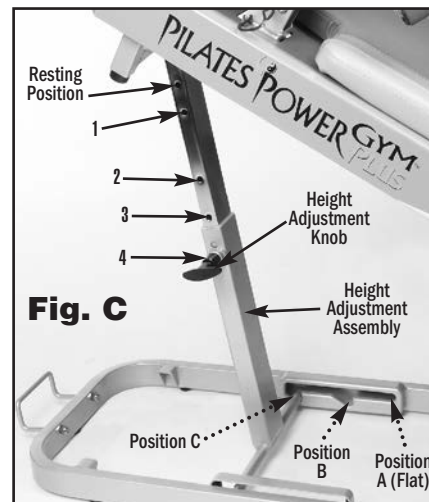
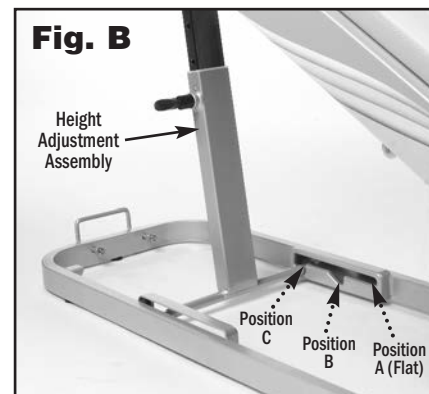
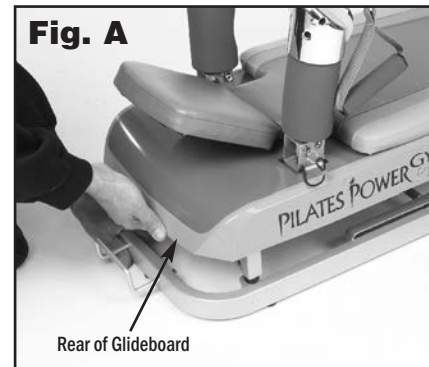
To raise the Glideboard to any of the high incline positions for more advanced exercises, make sure that the Height Adjustment Assembly is securely settled into Position C. To release the Height Adjustment Knob on the Height Adjustment Assembly, unscrew the Height Adjustment Knob and pull outward. With one hand holding the Height Adjustment Knob in the released position, lift the Glideboard with the other hand, letting the Height Adjustment Assembly slide upward. Release the Height Adjustment Knob into the **second** hole in the Base Frame Assembly for Incline Position 1, or into the third, fourth or fifth holes for Incline Positions 2, 3 and 4. (See FIG. C.) Place the Height Adjustment Knob into the desired hole. Make sure that the Height Adjustment Knob pops securely into the hole, then tighten the Height Adjustment Knob.

***With each of the Height Adjustment Knob settings, you have the option to make a micro-adjustment by moving the Height Adjustment Assembly from Position C to Position B on the bottom of the Frame. Moving the Height Adjustment Assembly to Position B will decrease the resistance slightly.**

Always make sure that the Height Adjustment Knob is locked in place and the Height Adjustment Assembly is securely settled in the notches on both sides of the Base Frame Assembly before beginning to exercise.

Each time you raise or lower the Height Adjustment Assembly be sure you hold it to keep it from dropping to the floor.

To lower the Glideboard from the high incline settings, hold the rear of the Glideboard firmly with one hand and unscrew the Height Adjustment Knob on the Height Adjustment Assembly with the other hand. Lift the Glideboard slightly while pulling the Height Adjustment Knob outward. When the Height Adjustment Knob releases from the hole, slowly lower the Glideboard until the Height Adjustment Knob is lined up with the Resting Position Hole in the Height Adjustment Assembly (See Fig. C). Place the Height Adjustment Knob into that hole, make sure it pops securely into place, and tighten the Height Adjustment Knob. To lower the Glideboard to its (Flat) Position A, place one hand on the rear of the Glideboard and the other hand on the Height Adjustment Assembly. Lift the Glideboard slightly to release the Height Adjustment Assembly from the notches in the Base Frame Assembly, and raise the Height Adjustment Assembly upward until the Height Adjustment Assembly slides forward easily. Release the hand from the Height Adjustment Assembly and slowly lower the Glideboard to the Flat Position.



* Shown in Position C. For less resistance, move Height Adjustment Assembly to Position B.

CARDIO WORKOUT TRACKING SHEETS

Use these charts to keep track of your progress over time. Before writing on them, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done. This data will help you chart future fitness goals as you continue to improve.

ACTIVITY	DATE	HOW LONG (minutes)	HEART RATE	HOW HARD (RPE)*

ACTIVITY	DATE	HOW LONG (minutes)	HEART RATE	HOW HARD (RPE)*

*RPE = rating of perceived exertion; this means you match up a numerical rating (RPE) of 1-10, with how you feel (RPE descriptive rating in chart above). A rating of 2-3 is equal to a warm-up or recovery level of effort; 4-5 equates to moderate to somewhat challenging; 6-10 represents effort that is somewhat hard, to very hard.

PROGRESSIVE CARDIOVASCULAR TRAINING PROGRAM

The training program that follows is a progressive training program for cardiovascular conditioning. It can be used for any aerobic activity you choose. But remember, these are only guidelines. People with medical conditions should discuss this training program with their physician.

CONDITIONING BASE	WEEK	HOW OFTEN (times per week)	HOW LONG (minutes)	HOW HARD (% heart rate)	HOW HARD (RPE)*	RPE DESCRIPTIVE RATING
	1	2 - 3	5 - 15	40 - 50	2 - 4	Somewhat easy to somewhat hard
	2	2 - 3	5 - 15	40 - 50	2 - 4	Somewhat easy to somewhat hard
	3	2 - 3	10 - 17	40 - 50	2 - 4	Somewhat easy to somewhat hard
	4	2 - 3	10 - 17	50 - 60	2 - 4	Somewhat easy to somewhat hard
	5	3	15 - 20	50 - 60	2 - 4	Somewhat easy to somewhat hard
	6	3 - 4	15 - 20	50 - 60	2 - 4	Somewhat easy to somewhat hard

MOVING BEYOND BASE-LEVEL FITNESS	WEEK	HOW OFTEN (times per week)	HOW LONG (minutes)	HOW HARD (% heart rate)	HOW HARD (RPE)*	RPE DESCRIPTIVE RATING
	7 - 9	3 - 4	20 - 25	60 - 65	3 - 4	Moderate to somewhat hard
	10 - 13	3 - 4	21 - 25	65 - 70	4 - 5	Somewhat hard to hard
	14 - 16	3 - 4	26 - 30	65 - 70	4 - 5	Somewhat hard to hard
	17 - 19	3 - 5	26 - 30	70 - 75	4 - 5	Somewhat hard to hard
	20 - 23	3 - 5	31 - 35	70 - 75	4 - 5	Somewhat hard to hard
	24 - 27	3 - 6	31 - 35	70 - 75	4 - 5	Somewhat hard to hard

MAINTENANCE	WEEK	HOW OFTEN (times per week)	HOW LONG (minutes)	HOW HARD (% heart rate)	HOW HARD (RPE)*	RPE DESCRIPTIVE RATING
	After 4-6 months	3 - 6	30 - 60	40 - 85	3 - 6	Easy - Moderate to somewhat hard

*RPE = rating of perceived exertion; this means you match up a numerical rating (RPE) of 1-10, with how you feel (RPE descriptive rating in chart above). A rating of 2-3 is equal to a warm-up or recovery level of effort; 4-5 equates to moderate to somewhat challenging; 6-10 represents effort that is somewhat hard, to very hard.

Smart Progression

In regard to progressing to a higher intensity level, longer duration, or more frequent sessions, it makes good sense to change only one of these elements at a time. You run a higher risk of overuse injury if you simultaneously increase more than one of these elements. A conservative yet effective guideline is to increase intensity or duration by no more than about 5 percent. You should adapt to this increase over a period of a week or two, and then consider changing one of the other variables (frequency, duration or intensity) or further progressing the one you've adapted to.

Top Aerobic Exercise

No one cardiovascular activity is better than another! Manipulating how hard (intensity), how often (duration), and how long (frequency) you participate in a particular aerobic activity determines its effectiveness or lack thereof. And of course, you have to like what you're doing. Choose the type of aerobic activity that is right for you by identifying one or more types of cardio exercise that you can see yourself sticking to, and enjoying, for the rest of your life. Often, the best aerobic exercise will be not one, but several activities that are fun and feel good to your body. Excellent cardiovascular activities include, but are not limited to, walking, swimming, water fitness, jogging, running, cross-country skiing, in-line skating, lateral movement training (slide), cycling, mountain biking, and step training.

NOTE: Do not change the Glideboard adjustment while seated or lying on the Glideboard of the Pilates Power Gym™ Plus exerciser. All adjustments must be made while standing or kneeling on the floor. Always make sure that the Height Adjustment Knob is locked in place and tightened, and the Height Adjustment Assembly is securely settled in the notches on both sides of the Base Frame Assembly before beginning or continuing to exercise.

Tension Cord Adjustments

The Tension Cords allow you to vary the intensity of your workout by inserting or removing any combination of the four Tension Cords. There are 16 possible Tension Cord tension combinations that can be used to customize the resistance to your individual fitness level. When used with the 11 Glideboard settings, you have over 175 possible resistance settings. This will allow you to start at and progress to your optimal fitness level with the Pilates Power Gym™ Plus exerciser!

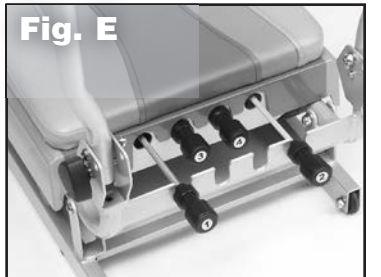
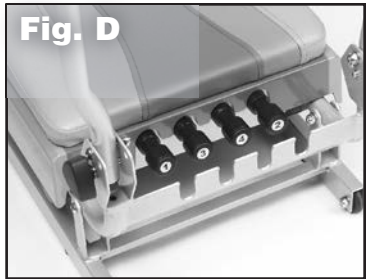
The Tension Cords are numbered to progressively increase resistance. Tension Cords #1 and #2 are lower resistance cords, and are situated in the two outside positions. Tension Cords #3 and #4 are heavier resistance cords, and are situated in the two middle positions. (See FIG. D). With each exercise, Tension Cord settings will be suggested for both beginner and more advanced exercises.

To adjust the Tension Cords, firmly grasp the Handle at the end of one Tension Cord. Pull the Tension Cord away from the Glideboard and lift it slightly so that the Handle clears the Base Frame Assembly. Lower the Handle into the corresponding notch on the Base Frame Assembly. Make sure that the Handle is secure in the notch before releasing your hand from the Handle. (See FIG. E). To release a Tension Cord from its notch, firmly grasp the Handle and pull the Tension Cord away from the Base Frame Assembly until the Handle is clear of the notch. Lift the Tension Cord slightly until it clears the Base Frame Assembly and slowly bring the Handle toward the Glideboard. Place the end of the Handle back into the hole in the Glideboard. Make sure that the end of the Handle is secure in the hole before releasing your hand from the Handle.

CAUTION LABEL 2

CAUTION

When attaching Tension Cords, hold firmly until the Cords are properly positioned. DO NOT LET GO of the Tension Cords until they are locked in or back in the start position.



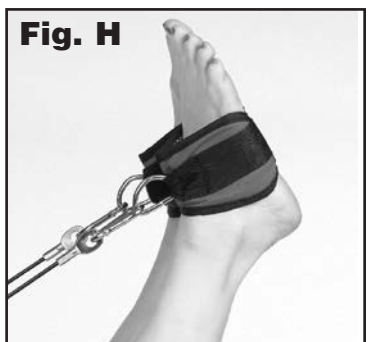
Handle and Foot Strap Assembly Attachments

Either the Handles or the Foot Strap Assemblies can be attached to the Cables in the Pulley Arm Assembly on either side of the Headrest, depending on the exercise.

Attach the Handles by clipping one to the end of each Cable, through the Clip at the end of the Position Ball. Make sure that the Clip at the end of each Cable is closed before using the Handles (See FIG. F). To release the Handles, open the Clip by pressing one side and slide the Handle off of the Clip.

Attach the Foot Strap Assembly by clipping the Ring on the end of each Foot Strap Assembly to the Clip at the end of each Cable. Make sure that the Clip at the end of each Cable is closed before attaching the Foot Strap Assemblies to the feet (See FIG. G).

Attach one Foot Strap Assembly to each foot by wrapping the Foot Strap around the middle of the foot, near the arch, and securing the hook and loop strap firmly (See FIG. H). Check to make sure that the Foot Strap Assemblies are secure before beginning to exercise.



Headrest Adjustment

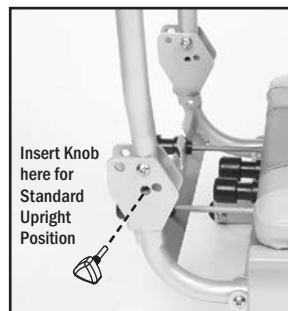
There are two positions for the Headrest, flat and raised. The Headrest is in the flat position when unit is first received. To move Headrest to raised position stand at the rear of the unit, lift the Headrest and push Headrest away from you letting the bracket slide into place. To move the Headrest from a raised position, lift Headrest, pull it towards you then set down the Headrest so it lies flat.



Foot Rest Bar Settings – The Foot Rest Bar has 2 position settings.

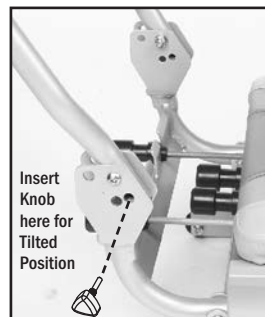
Standard Upright Position

This is a recommended position for users up to approximately 5' 8" tall. Position the Foot Rest Bar Assembly upright and fully insert Knob and tighten.



Tilted Position

This position is recommended for users approximately 5' 8" or taller. Position the Foot Rest Bar Assembly away from the Glideboard and fully insert and tighten the Knob.



EXERCISE GUIDELINES

IMPORTANT – Please review this section before you begin exercising.

WARNING:

If you are over 35 and have been inactive for several years, you should consult your physician, who may or may not recommend a graded exercise test. Your physician can also assist you in determining the Target Heart Rate Zone appropriate for your age and physical condition.

You should also consult your physician if you have the following:

- High blood pressure
- High cholesterol
- Asthma
- Heart trouble
- Family history of early stroke or heart attack deaths
- Frequent dizzy spells
- Extreme breathlessness after mild exertion
- Arthritis or other bone problems
- Severe muscular, ligament or tendon problems
- Other known or suspected disease
- If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing.
- Pregnant
- Balance impairment
- Taking medications that affect heart rate

Workout Phases

Every workout should consist of the following three phases:

Warm-Up

To prevent injury and maximize performance, we recommend that each workout period should start with a warm-up. Your warm-up should gently prepare your muscles for the coming exertion. Start by doing 5 to 10 minutes of gentle exercise, such as walking, that gradually increases your heart rate and loosens up your muscles. Your warm-up exercise should be aerobic in nature and only require an easy, unforced range of motion. This may be followed by 5 to 10 minutes of stretching. Refer to the stretches found on pages 14 and 15 of this manual. Never push yourself beyond a point of gentle tension on the muscles being stretched. Keep your movements gentle, rhythmic and controlled.

Muscle Toning or Cardio Workout

Your warm-up should be followed by the Pilates Power Gym™ Plus workout or a cardio workout, depending on your workout plan for that day. Regardless of which type of workout you are doing, build up as your current fitness level allows and progress at a rate that is comfortable to you.

For the first week or so, you may feel some muscle soreness. This is quite normal and should disappear in a matter of days. If you experience major discomfort, you may be on a regimen that is too advanced for you or you may have increased your program too rapidly.

Benefits of Aerobic Training

Health benefits of aerobic exercise include the following:

1. A stronger and healthier heart.
2. Increased HDL. This "good" cholesterol helps keep your arteries unplugged and healthy.
3. Decreased total cholesterol. This is the debris in your blood that can clog your arteries.
4. Reduced blood pressure. Even moderate exercise can help.
5. Reduced risk for heart attack and stroke.
6. Decreased body fat and an ability to help you reach your desirable weight. You'll become a better fat-burner and burn a lot of calories every session.
7. Decreased risk for diabetes.
8. Reduced feelings of anxiety, tension, and depression.
9. Improved sleep.
10. Higher levels of energy. Efficient delivery and use of blood and oxygen is the key to increased vigor and performance.

Warming Up And Cooling Down

Warming up and cooling down are essential to a balanced and safe exercise program. A proper warm-up and cool-down can:

- Make your workouts safe and easier to do,
- Limit the risk of unnecessary stress on your heart,
- Get you ready for your activity,
- Improve your stamina and endurance (you won't tire as quickly),
- Decrease your risk for injury,
- Increase enjoyment of your workouts, and
- Help you stick with your health and fitness program.

Warm-Up

To prevent injury and maximize performance, we recommend that each workout period should start with a warm-up. Your warm-up should gently prepare your muscles for the coming exertion. Start by doing 5 to 10 minutes of gentle exercise that gradually increases your heart rate and loosens up your muscles. Your warm-up exercise should be aerobic in nature and only require an easy, unforced range of motion. This should be followed by 5 to 10 minutes of stretching. Refer to the stretches found on pages 14 and 15 of this manual. Never push yourself beyond a point of gentle tension or strain. Keep your movements gentle, rhythmic and controlled.

Cool Down and Stretching

Your workout should be followed by a cool down. The cool down should consist of 5 to 10 minutes of slow walking followed by stretching. Refer to the stretches found on pages 14 and 15 of this manual. Never push yourself beyond a point of gentle tension or strain. Keep your movements gentle, rhythmic and controlled.

how often, how Long, and how hard

The choices you make about the frequency (how often), duration (how long), and intensity (how hard) at which you will train, will directly influence your training results.

How often. If you want to see serious improvements in your fitness, lose weight and develop a good training base, you need to do cardio workouts three to six times per week.

If you are just starting a program or out of shape, don't let these recommendations discourage or mislead you. Realize that doing cardio training two to three times per week will still result in significant fitness improvement and health benefits. Your long-term goal is to build up to exercising your heart on most days of the week.

How long. How long you work out depends on your current level of fitness. Again, if you're just starting a program or out of shape, don't follow strict textbook recommendations. Instead, start with 5 to 10 minutes once or twice per day. You will see significant fitness improvement. Your long-term goal is to build to a duration of 30 to 60 minutes of cardiovascular activity on most days of the week.

How hard. Aerobic intensity guidelines for healthy adults are generally set at 60 to 85 percent of heart rate. But, if you're out of shape, remember that moderate to low level and consistent cardiovascular training – well below the standard recommendations set forth – can result in substantial and beneficial effects to your health and can greatly improve cardiovascular endurance.

You can use the following calculation to determine what percentage of your heart rate you are working at:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this calculation, a 70% heart rate for a 40 year old would be $(220 - 40) \times 70\%$ or 126. Thus, this individual would need to reach 126 beats per minute to equal a 70% heart rate.

The above are guidelines, people with any medical limitations should discuss this formula with their physician.

	Date	Repetitions	Sets	Date	Repetitions	Sets
<i>Biceps Curls</i>						
<i>Press Down</i>						
<i>Seated High Row</i>						
<i>Leg Circles</i>						
<i>Frog</i>						
<i>Leg Press</i>						
<i>Bridge</i>						
<i>Serving Bread</i>						
<i>Hug A Tree</i>						
<i>Triceps Press</i>						
<i>Stomach Massage/Coordination</i>						
<i>Mermaid</i>						
<i>Layout</i>						

CARDIOVASCULAR CONDITIONING

Exercise that challenges the heart is a simple part of an exercise program – almost anyone can walk, run, treadmill, climb steps, or bike. But, creating a progressive, time efficient and results oriented cardio program takes a little planning. A properly designed and consistently performed cardiovascular training program is an essential part of your program if you want to improve your health and lose weight, or maintain a healthy lifestyle.

Training Aerobically

Aerobic exercise is the key to building a stronger heart and can reduce your chances of heart disease, as well as burn lots of fat and calories. Aerobic exercise is any activity that you can keep at for several minutes or longer and increases your heart rate. Activities that have the potential to condition the heart typically involve the large muscles of the hips, thighs, and buttocks. Examples include walking, hiking, jogging, running, cycling, in-line skating, swimming, cross-country skiing, and stair stepping.

Cool Down and Stretching

Every workout should be followed by a cool down. The cool down should consist of 5 to 10 minutes of easy exercise, followed by stretching. Refer to the stretches found on pages 14 and 15 of this manual. Never push yourself beyond a point of gentle tension on the muscle being stretched. Keep your movements relaxed, rhythmic and controlled.

When to Exercise

The hour just before the evening meal is a popular time for exercise. The late afternoon workout provides a welcome change of pace at the end of the work day and helps dissolve the day's worries and tensions.

Another popular time to work out is early morning, before the work day begins. Advocates of the early start say it makes them more alert and energetic on the job.

Among the factors you should consider in developing your workout schedule are personal preference, job and family responsibilities, availability of exercise facilities and weather. It's important to schedule your workouts for a time when there is little chance that you will have to cancel or interrupt them because of other demands on your time.

You should not exercise strenuously during extremely hot, humid weather or within two hours after eating. Heat and/or digestion both make heavy demands on the circulatory system, and in combination with exercise can be an over-taxing double load.

Measuring your heart Rate

When checking Heart Rate during a workout, take your pulse within five seconds after interrupting exercise because it starts to go down once you stop moving. Count pulse for 10 seconds and multiply by six to get the per-minute rate.

Target heart Rate

Aerobic intensity guidelines for healthy adults are generally set at 60 to 85 percent of heart rate. But, if you're out of shape, remember that moderate to low level and consistent cardiovascular training – well below the standard recommendations set forth – can result in substantial and beneficial effects to your health and can greatly improve cardiovascular endurance.

You can use the following calculation to determine what percentage of your heart rate you are working at:

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The above are guidelines, people with any medical limitations should discuss this formula with their physician.

Clothing

All exercise clothing should be loose-fitting to permit freedom of movement, and should make the wearer feel comfortable and self-assured.

Never wear rubberized or plastic clothing, garments like this can interfere with the evaporation of perspiration and can cause body temperature to rise to dangerous levels.

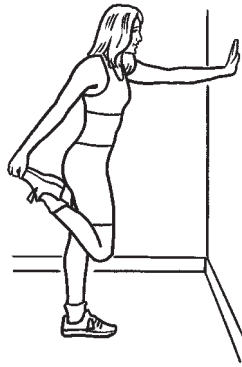
The Pilates Workout may be performed with bare feet, or you may wear flexible athletic shoes if you find that more comfortable. It is not recommended that you exercise with socks or stockings only on the feet, wearing socks or stockings only may cause slippage of the feet when using the Foot Rest Bar Assembly or the Push Up Bar Assembly.

Tips to Keep you Going

1. Adopt a specific plan and write it down.
2. Keep setting realistic goals as you go along, and remind yourself of them often.
3. Keep a log to record your progress and make sure to keep it up-to-date. See charts in this booklet.
4. Include weight and/or percent body fat measures in your log. Extra pounds can easily creep back.
5. Enlist the support and company of your family and friends.
6. Update others on your successes.
7. Avoid injuries by pacing yourself and including a warm-up and cool down period as part of every workout.
8. Reward yourself periodically for a job well done!

WARM-UP & COOL DOWN STRETCHES

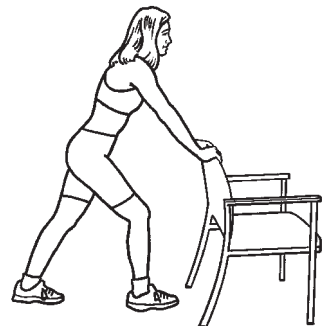
When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.



1. Quadriceps Stretch

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together. (Do not let the lifted knee swing outward.)

Hold for 20 to 30 seconds. Repeat for the other leg.



2. Calf and Achilles Stretch

Stand approximately one arms length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



3. overhead/Triceps Stretch

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow.

Hold for 20 to 30 seconds. Repeat for the opposite arm.

PILATES POWER GYM™ WORKOUT TRACKING SHEETS

Use the chart below and the chart on the following page to keep track of your progress over time. Before writing on them, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done. This data will help you chart future fitness goals as you continue to improve.

	Date	Repetitions	Sets	Date	Repetitions	Sets
<i>Second Position Plie</i>						
<i>Narrow Squat</i>						
<i>Heel Drop</i>						
<i>Prance</i>						
<i>First Position Plie</i>						
<i>Arm Circles</i>						
<i>The Hundreds</i>						
<i>Arm Pullover</i>						
<i>Triceps Overhead Press</i>						
<i>Front Press</i>						
<i>Torso Rotation</i>						
<i>Zorro</i>						
<i>Side Leg Press</i>						
<i>Press Away</i>						
<i>Scooter</i>						
<i>Seated Low Row</i>						

(continued on next page)

Layout

Sit facing sideways on the Glideboard with the left side of your body next to the Foot Rest Bar Assembly. Bend your left knee and pull your left heel in towards the groin. Your right leg is bent in a hurdler position. See FIG. 29a. Rotate your torso and grasp the bar with both hands. Stretch your entire torso, shoulders and arms, holding the stretch so the front of your torso faces the Glideboard. Hold for 20 to 30 seconds without bouncing. See FIG. 29b. Inhale then exhale to move deeper into the stretch. Then, change sides so that the right side of your body is next to the bar and repeat the stretch on other side.

Stretches the back, shoulders, arms and sides of torso.

Fig 29a



Fig 29b



	Glideboard Incline Position	Tension Cords
Beginner	A	#1 and/or #2
Advanced	A	#1 and/or #2



4. Back Stretch

Stand with your legs shoulder width apart and your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go.

Hold for 20 to 30 seconds. Straighten up and repeat.



5. Standing hamstrings Stretch

Stand with your legs hip-width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



6. Buttocks and hips Stretch

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominals and lower back.

Hold for 20 to 30 seconds and release. Repeat for opposite side.



7. Inner Thigh Stretch

Sit on the floor and bend your legs so that the soles of your feet are together. Place your elbows on your knees. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh.

Hold for 20 to 30 seconds and release.



8. Arm Pullback

Stand with your feet shoulder width apart and toes pointing forward and with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest and pull your shoulders back. Bend your elbows slightly and clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder and chest region.

Hold for 20 to 30 seconds. Lower your arms to their original position and bend your elbows. Release your hands and return them to your sides.

PILATES POWER GYM™ PLUS SYSTEM

The Pilates Power Gym™ Plus is more than just a piece of exercise equipment, it is an 8 week total body exercise and nutrition system. It is a “fitness for life” plan that goes hand in hand with an overall healthy lifestyle. This includes regular check-ups, healthy eating habits and exercise for the rest of your life.

Today, all fitness research recommends both cardiovascular exercise and strength conditioning to achieve balanced fitness. By improving your cardiovascular fitness you will strengthen your heart and lungs, increase your stamina and endurance, and help with weight loss. Strength conditioning adds lean muscle to your body, which increases your body’s metabolism. Remember that a healthy eating plan is an important part of any balanced fitness program.

The Pilates Power Gym™ Plus system is designed to help you achieve a balanced fitness program. The system consists of three parts:

1. Strength Conditioning and Muscle Toning. The Pilates Power Gym™ Plus exerciser was designed to help you tone and strengthen your upper body, lower body and core. We recommend that you do the Pilates Power Gym™ Plus Total Body Shaping Series workouts 3 times a week, and perform the exercises in the order that they are shown in the DVD workouts. If you do not have access to a DVD or if you would

like to add variety to your workout, you can also follow the written exercise routine detailed in this Owner’s Manual. However, the frequency and duration of your workouts will depend on your current fitness level and goals. Please refer to the Pilates Power Gym™ workout section below and on the following page to determine the workout that is appropriate for you.

- 2. Cardiovascular Exercise.** The Pilates Power Gym™ Plus system includes a cardio workout program. You can achieve an effective cardio workout from a variety of activities, such as walking, hiking, swimming and jogging. We recommend that you do a cardio workout for at least 30 minutes, 3 times a week. You can easily alternate days for your Pilates Power Gym™ Plus and cardio workouts. Again, the frequency and duration of your workouts will depend on your current fitness level and goals. Please refer to the Cardiovascular Workout section on pages 36 through 40 to determine the workout that is appropriate for you.
- 3. Nutrition.** The Pilates Power Gym™ Plus system also includes both the Jump Start and the Exercise & Nutrition Guide to provide you with healthy eating choices.

PILATES POWER GYM™ PLUS EXERCISE & SAFETY TIPS

- Once your equipment is set up, make sure it is on a solid, level surface with a minimum of 3 feet of clearance space on all sides of the equipment.
- Review this Owner’s Manual and the DVD completely before you begin your exercise program. Remember to follow the instructions exactly – they have been developed with your health and safety in mind.
- Perform the exercises at a slow and controlled speed. For best results, perform all of the exercises at the tempo demonstrated in the DVD. Working at a fast pace is not recommended, and may compromise your safety and results.
- You may not be able to complete all of the repetitions suggested at first. When you feel your muscles fatiguing, or are unable to work with good form and technique, take a short break and rest.
You should begin to feel results within one to two weeks of working out with your equipment. Look for better endurance and the feeling of more strength and efficiency in your muscles.
- Keep track of how many repetitions you are able to do at first. You will be surprised at how quickly you progress. In just a few weeks you’ll probably be able to complete all of the repetitions demonstrated in the workout DVD.
- Progress slowly. If you are very sore and tired after your workout you are working at a level that is too hard. Great results can be obtained by working out at a level that challenges you, but doesn’t create soreness or excessive fatigue.
- It is important that you know how to work out safely and properly. These safety steps are for your benefit and you should follow them closely to maximize the effectiveness of your workout routine.
- When laying your head on the Headrest, use caution and slowly lower your head between the 2 Pulley Arm Assemblies. Also use caution not to get hair tangled or caught in unit.

Stomach Massage/Coordination

Lie on your back with your head on the Headrest. Bend your knees and align them over your hips with your lower legs parallel to the Glideboard, legs together and toes pointing up. Grasp one handle in each hand with your palms facing forward and the forearms vertical to the Glideboard. See FIG. 27a. Exhale and simultaneously press your arms down toward your sides while raising the head and shoulders off the Glideboard in a “crunch” motion and straighten your legs to a 45-degree position. See FIG. 27b. Inhale and open your legs to a “V” position. Exhale and cross your arms in the center between your thighs, keeping your head and shoulders lifted. See FIG. 27c. Inhale, return your arms to your sides and bring your legs together. Lower your head onto the Headrest and bend your knees.

Perform 8 to 16 repetitions

Works the abs, arms, inner thighs and hips.

Fig 27a

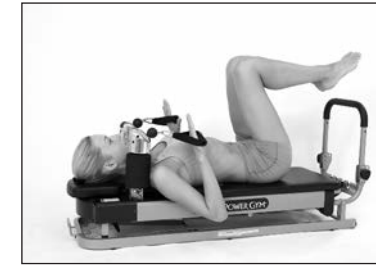


Fig 27b

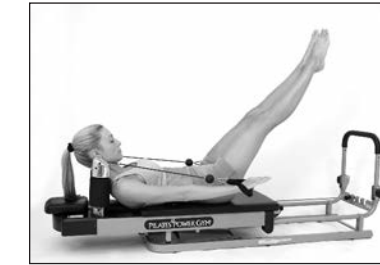


Fig 27c



Glideboard Incline Position

Tension Cords

Beginner	A	#2 and #3
Advanced	B	#1, #2, #3 and/or #4

Mermaid

Sit facing sideways on the Glideboard with the left side of your body next to the Foot Rest Bar Assembly. Bend your left knee and pull your left heel in towards the groin. Your right leg is bent in a hurdler position. Place your left hand in the center of the bar and raise your right arm overhead close to your ear. See FIG. 28a. Keeping your spine lengthened, bend laterally toward the bar, bringing your right hand towards the bar. Simultaneously push the Glideboard away using your abs and right arm. See FIG. 28b. Pause at the end of the motion. Then, slowly slide the Glideboard back as you raise your torso back to the starting position.

Perform 6 to 8 repetitions. Then, change sides so that the right side of your body is next to the Foot Rest Bar Assembly and repeat on the other side.

Works the abs, back, arms, shoulders and hips.

Fig 28a



Fig 28b



Glideboard Incline Position

Tension Cords

Beginner	A	#1 and/or #2
Advanced	A	#1, #2 and/or #3

hug A Tree

Sit in a cross-legged position on the Glideboard, or sit with your legs extended and the ankles crossed, facing the Foot Rest Bar Assembly with the handles behind you. Grasp a handle in each hand and extend your arms out to the sides at chest height, with the elbows curved in a soft arc. See FIG. 25a. Contract your chest muscles and bring the handles together in front of you. Maintain the soft arc in your elbows in order to smoothly move the Glideboard. See FIG. 25b. Pause, then slowly return to the start position.

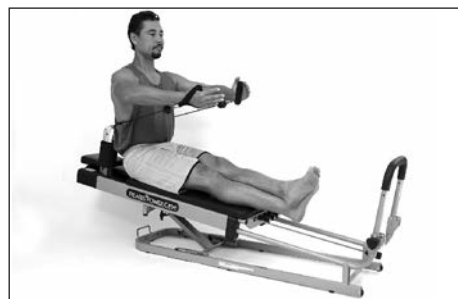
Perform 8 to 16 repetitions

Works the chest and front shoulders.

Fig 25a



Fig 25b



	Glideboard Incline Position	Tension Cords
Beginner	B	#1 or #2
Advanced	B or C	#1, #2 and/or #3

Accessory: Handles

Triceps Press

Lie on your back with your head on the Headrest. Bend your knees with the ankles crossed in a relaxed position or align your knees over your hips with your calves parallel to the Glideboard, legs together and toes pointing up. Grasp one handle in each hand with your palms facing upward. Bend your elbows, placing them on the Glideboard and pull the upper arms in tightly to your sides so your forearms are vertical and your palms face forward. See FIG. 26a. Holding your upper arms stationary, slowly extend the elbows, bringing your palms down toward the outside of your thighs. See FIG. 26b. Do not lock the elbows. Pause at the end of the motion. Then, slowly bend the elbows and release back to the starting position.

Perform 8 to 16 repetitions

Works the back of the upper arms and forearms.

VARIATION: Perform the same movement with your elbows lifted off the Glideboard.

Fig 26a

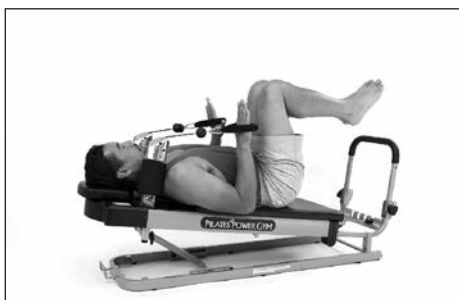


Fig 26b



	Glideboard Incline Position	Tension Cords
Beginner	A	#1 and/or #2
Advanced	B or C	#1, #2, #3 and/or #4

Accessory: Handles

Developing your Workout Using The Pilates Power Gym™ Plus Workout DVD

The choices you make about the frequency (how often), the duration (how long), and intensity (how hard) at which you workout, will directly influence your results.

Before beginning any workouts on the Pilates Power Gym™ Plus exerciser, you should first determine your current fitness level. The following are guidelines that you can use to determine your fitness level, but remember these are just guidelines. You must always listen to your body. Start out at a level that is comfortable to you and progress sensibly.

Beginner – No previous exercise experience, or have not exercised in a long time.

Intermediate – Have been exercising regularly for three months or more.

Advanced – Have been exercising regularly for six months or more.

how often, how Long, how hard

Beginners should start out slowly and perform only as many exercises as you are able to do with good form and technique. Your Pilates Power Gym™ Plus system includes the Pilates Power Gym™ Plus Total Body Shaping Series workout DVD. The DVD includes three complete workouts appropriate for a beginning exerciser. Start by doing one workout (or as much of a workout as you can comfortably perform) three times a week. Alternate between the three different workouts in the series. Your goal is to complete one workout, three times a week, with good form.

Intermediates should strive to complete one Pilates Power Gym™ Plus workout every other day. Alternate between the three different workouts in the Total Body Shaping Series. Once you can comfortably complete this workout with good form and technique, you may increase intensity by adding Tension Cords or increasing the incline of the Glideboard.

Advanced should strive for a long term goal of completing a Pilates Power Gym™ Plus workout most days of the week. Alternate between the three different workouts in the Total Body Shaping Series. To increase the challenge of your workout, you may add Tension Cords and/or increase the incline of the Glideboard. Remember, always work out and progress at a pace that is comfortable to you, and make sure you can complete all of the repetitions of each exercise with good form and technique.

(continued on next page)

Developing your Workout Using The Written Program

Use the chart below to help you progress your 8 week workout progression in a safe and effective manner. We recommend that your workout routine include all of the exercises shown in this Owner's Manual (perform the exercises in the order listed in this Owner's Manual).

In weeks 1 - 2 Start, at the Beginner Level and focus on good form and technique, even if you are an experienced exerciser.

In weeks 3 - 5
Progress to the Intermediate Level as your fitness improves.

In weeks 6 - 8
Progress to the Advanced Level as you feel ready.

These recommendations will vary depending on your fitness level. If you feel comfortable, move up one level, or if you prefer to stay at the same level for an additional week(s) listen to your body and do so. The Pilates Power Gym™ Plus Workout can be followed beyond the 8 week workout progression by continuing with the Advanced Level recommendations and varying the Tension Cord and Glideboard Adjustment settings in your workouts.

Pilates Power Gym™ Plus - 8 Week Workout Progression Chart

Fitness Level	Glideboard Adjustment Setting	Tension Cords Adjustment Setting	Number of Repetitions
Beginner <i>Weeks 1 - 2</i>	Position A (flat) or Position B (low incline)	No Tension Cords or Cord #1, #2 and/or #3	8 to 12 repetitions with rest between exercises if needed
Intermediate <i>Weeks 3 - 5</i>	Position B or C (low inclines) *Flat Position A will be used for some Pilates exercises regardless of fitness level	Tension Cords #1, #2, #3 and/or #4	12 to 16 repetitions with good technique
Advanced <i>Weeks 6 - 8</i>	Position B or C (low incline) Position C-1, C-2, C-3 or C-4 (high inclines) *Flat Position A will be used for some Pilates exercises regardless of fitness level	Tension Cords #1, #2, #3 and/or #4	12 to 16 repetitions with good technique. Perform 2 sets of each exercise for more challenge and a longer workout.

Bridge

Lie on your back with your head on the Headrest and your arms resting at your sides. Place the balls of your feet on the Foot Rest Bar Assembly, separated hip-width apart, with the knees bent. See FIG. 23a. Keep the Glideboard from moving as you lift your hips up off the Glideboard until your torso forms a straight line from your shoulders to your knees. See FIG. 23b. Slowly exhale as you lower your hips back onto the Glideboard.

Perform 8 to 16 repetitions

Works the hips, inner thighs, front and back thighs and buttocks.

Fig 23a



Fig 23b



Glideboard Incline Position

Beginner
Advanced

A
A or B

Tension Cords

#1, #2, #3 and #4
#1 and/or #2

Serving Bread

Sit in a cross-legged position on the Glideboard, or sit with your legs extended and the ankles crossed, facing the Foot Rest Bar Assembly with the handles behind you. Grasp a handle in each hand and bend your elbows, keeping them close to your sides with the palms up. See FIG. 24a. Keep your back straight and press your arms forward until they are almost straight. See FIG. 24b. Pause for a moment then return slowly to the start position.

Perform 8 to 16 repetitions

Works the chest, front shoulders and abs.

Fig 24a

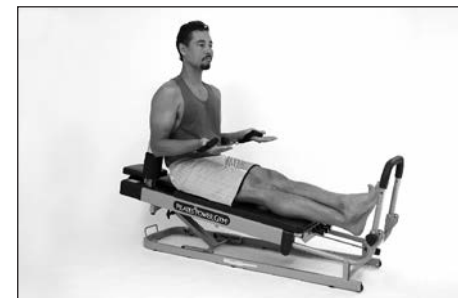


Fig 24b



Glideboard Incline Position

Beginner
Advanced

B
B or C

Tension Cords

#1 or #2
#1, #2 and/or #3

Accessory: Handles

Frog

Lie on your back with your head on the Headrest. Attach a Foot Strap securely to each foot. Extend your legs to a 45-degree position and rest your arms at your sides. Keep your legs straight, heels together with feet flexed, and turn your toes out comfortably so your knees are open. See FIG. 21a. Maintaining the 45-degree leg position, bend your knees in toward your shoulders. Keep your heels together and your back in contact with the Glideboard. See FIG. 21b. Pause for a moment. Then, slowly straighten your legs fully to the starting position.

Perform 8 to 16 repetitions

Works the hips, inner thighs, front and back thighs and buttocks.

Fig 21a

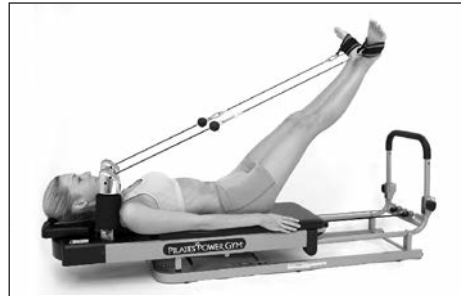


Fig 21b



Glideboard Incline Position		Tension Cords
Beginner	A	#2 and/or #3
Advanced	B or C	#1, #2, #3 and/or #4

Accessory: Foot Straps

Leg Press

Lie on your back with your head on the Headrest and your arms resting at your sides. Place the balls of your feet centered on the Foot Rest Bar Assembly, separated hip-width apart with the knees bent. See FIG. 22a. Press your feet against the bar and slowly extend your knees and hips until the legs are straight. See FIG. 22b. Do not lock your knees. Squeeze your buttocks and thighs as you perform the exercise. Pause for a moment. Then, return to the start position.

Perform 8 to 16 repetitions

Works the front and back of thighs, buttocks and calves.

VARIATION – Single Leg Press: Place the ball of one foot on the Foot Rest Bar Assembly in line with your hip. Bend the other knee so that the lower leg is parallel to the Glideboard. Perform a leg press, maintaining the lifted leg position. Complete the reps on one side, then change sides and repeat on the other leg.

Fig 22a



Fig 22b



Variation



Glideboard Incline Position		Tension Cords
Beginner	A	#2 and #3
Advanced	B or C	#1, #2, #3 and/or #4

PILATES POWER GYM™ PLUS EXERCISE INTRODUCTION

The Pilates Power Gym™ Plus Workout was designed to strengthen and tone your entire body with a special focus on the “core,” your abs, lower back and hips. The added resistance allows you to further firm and define your thighs, buttocks, legs, shoulders and arms. With each exercise in this Owner’s Manual and in the DVD, there are suggestions for the Glideboard and Tension Cord settings for beginner and advanced exercisers. These are only suggestions. You can increase or decrease the intensity as your fitness level dictates. Proper technique is important for good results, so make sure the settings you choose allow you to perform each exercise with good form.

With 11 possible Glideboard settings and 16 possible Tension Cord resistance combinations, you have over 175 possible levels of resistance for each exercise. Remember that the Tension Cords are numbered from lightest (#1) to heaviest (#4). To make an exercise easier, remove one or more Tension Cords in sequence. To make an exercise harder, add one or more Tension Cords in sequence. The Glideboard incline settings are also in sequence and are referred to as flat position (A), low incline positions (B and C), and high incline positions (C-1, C-2, C-3 and C-4). To decrease the intensity of an exercise, lower the Glideboard to an easier setting, or to the flat position. To increase the intensity of an exercise, raise the Glideboard to a higher setting. Remember that with Glideboard Positions C-1 through C-4, micro-adjustments may be made in each position by lowering the Height Adjustment Assembly from Position C into Position B. This micro-adjustment will make the position slightly easier. Any combination of Tension

Cords and Glideboard settings may be used to customize each exercise to your individual fitness level. Breathing is important while performing strengthening and toning exercises. Inhale deeply through your nose and exhale through your mouth. Many exercisers find that exhaling on the exertion and inhaling on the release facilitates good form and technique.

The Pilates Power Gym™ Plus workout may be performed with bare feet, or you may wear flexible athletic shoes if you find that more comfortable. It is not recommended that you exercise with socks or stockings only on the feet, as this can cause slippage of the feet on the Foot Rest Bar Assembly or on the Push Up Bar Assembly.

When laying your head on the headrest, use caution and slowly lower your head between the 2 Pulley Arm Assemblies. Also use caution not to get hair tangled or caught in unit.

Always have control of the Glideboard before getting on and off the exerciser.

Keep your feet on the floor when getting on and off the exerciser. Only remove them from the floor for the duration of the exercise.

CAUTION LABEL 2

CAUTION

When attaching Tension Cords, hold firmly until the Cords are properly positioned. DO NOT LET GO of the Tension Cords until they are locked in or back in the start position.

WRITTEN WORKOUT PROGRAM

Second Position Plie

Lie on your back with your head on the Headrest and your arms resting at your sides. Place the heels of your feet on the outside corners of the Foot Rest Bar Assembly. Bend your knees and rotate your legs outward from the hips so that the toes and knees open slightly to the sides. See FIG. 1a. Push your feet against the bar and straighten your knees, squeezing your inner thighs together. See FIG. 1b. Pause at the end of the movement, then slowly return to the starting position.

Perform 8 to 16 repetitions

Works the hips, inner thighs, front and back thighs and calves.

VARIATION: Place your toes instead of your heels on the outside corners of the Foot Rest Bar Assembly and execute in the same manner.

Fig. 1a

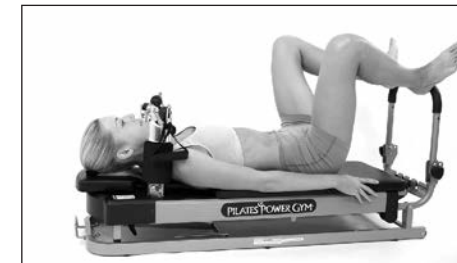
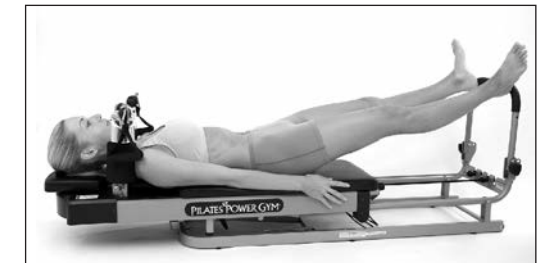


Fig. 1b



Glideboard Incline Position		Tension Cords
Beginner	A	#2 and/or #3
Advanced	B or C	#1, #2, #3 and/or #4

Narrow Squat

Lie on your back with your head on the Headrest and your arms resting at your sides. Place the heels of your feet centered on the Foot Rest Bar Assembly with your legs together, knees bent and feet flexed so the toes are pointing up. See FIG. 2a. Keeping your legs together, push your heels against the bar and slowly extend your knees and hips until the legs are straight. See FIG. 2b. Do not lock your knees. Squeeze your buttocks and thighs as you perform the exercise. Pause at the end of the movement, then slowly return to the starting position.

Perform 8 to 16 repetitions

Works the hips, front and back thighs and calves.

VARIATION: Place your heels hip width apart on the Foot Rest Bar Assembly instead of together.

Fig 2a

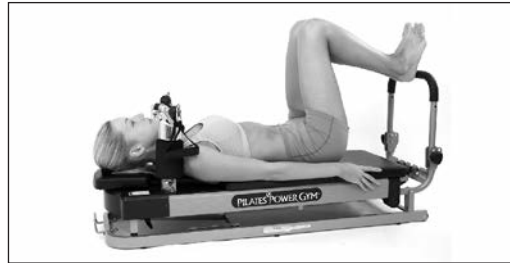
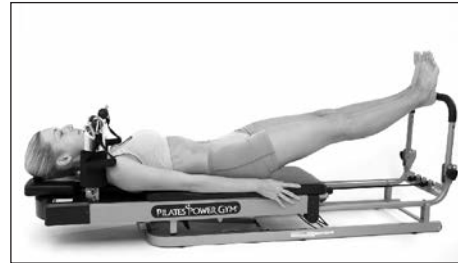


Fig 2b



	Glideboard Incline Position	Tension Cords
Beginner	A	#2 and/or #3
Advanced	B or C	#1, #2, #3 and/or #4

heel Drop

Lie on your back with your head on the Headrest and your arms resting at your sides. Place the toes of your feet centered on the Foot Rest Bar Assembly with your legs together, knees bent. See FIG. 3a. Keeping your legs together, push your feet against the bar and slowly extend your knees and hips until the legs are straight, then drop your heels below the level of the Foot Rest Bar Assembly, feeling a stretch in your calves. See FIG. 3b. Do not lock your knees. Squeeze your buttocks and thighs as you perform the exercise. Pause at the end of the movement, then slowly return to the starting position.

Perform 8 to 16 repetitions

Works the hips, front and back thighs and calves.

Fig 3a

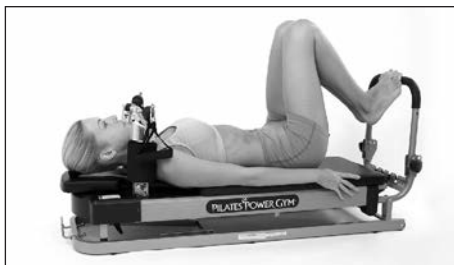


Fig 3b



	Glideboard Incline Position	Tension Cords
Beginner	A	#2 and/or #3
Advanced	B or C	#1, #2, #3 and #4

Seated high Row

Sit on the Glideboard with your back near the Foot Rest Bar Assembly, facing the handles. Place your legs in a straddle position with your feet on the floor, or extend your legs and place your feet by the Headrest. Grasp one handle in each hand with your arms straight and your palms facing downward. See FIG. 19a. With your back straight, bend your elbows and pull the handles up and back toward your chest in a rowing motion. See FIG. 19b. Keep your elbows lifted out to the sides as you pull. Pause at the end of the motion. Then straighten the arms and slowly release back to the starting position.

Perform 8 to 16 repetitions

Works the back, rear shoulders and abs.

Fig 19a

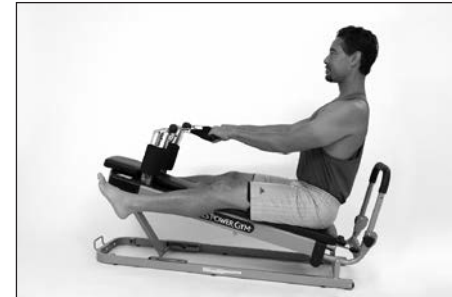


Fig 19b



	Glideboard Incline Position	Tension Cords
Beginner	A	#1 and/or #2
Advanced	B, C, C-1, C-2, C-3 or C-4	#1, #2, #3 and/or #4

Accessory: Handles

Leg Circles

Lie on your back with your head on the Headrest. Attach a Foot Strap securely to each foot. Bring your legs as vertical as possible and in line with your hips. Keep your legs straight and rest your arms at your sides. See FIG. 20a. Circle your legs clockwise, pressing them down, See FIG. 20b., out, See FIG. 20c, and back together to the vertical position, keeping your legs as straight as possible. Complete the recommended reps, then repeat, circling counterclockwise. Inhale to begin circle, exhale to complete circle.

Perform 6 to 8 repetitions in each direction.

Works the hips, inner thighs, front and back thigh.

Fig 20a



Fig 20b

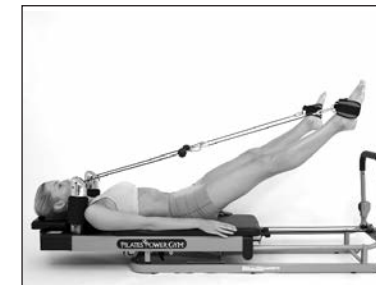
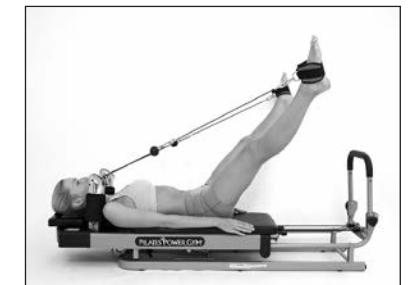


Fig 20c



	Glideboard Incline Position	Tension Cords
Beginner	A	#2 and/or #3
Advanced	B or C	#1, #2, #3 and/or #4

Accessory: Foot Straps

Press Down

Lie on your back with your head on the Headrest. Attach a Foot Strap to each foot. Bring your legs as vertical as possible and in line with your hips. Keep your legs straight and rest your arms at your sides. See FIG. 18a. Keeping the legs and feet together, press your legs straight down, using your rear thigh muscles, until your legs are parallel to the Glideboard. See FIG. 18b. Pause, then slowly release back to the starting position.

Perform 8 to 16 repetitions

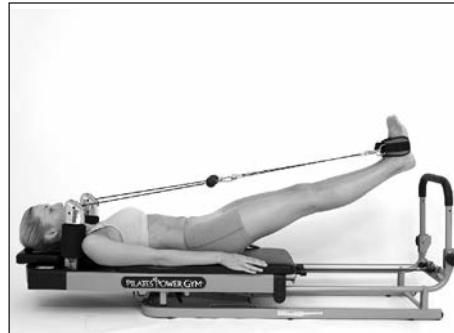
Works the back thigh and buttocks.

VARIATION – V Press Down: Bring your legs as vertical as possible. Separate your legs, hip-width apart, and rotate them outward. Press your legs straight down, bringing the heels together in a V at the bottom of the press. Lift your legs back up to the start position.

Fig 18a



Fig 18b



Variation a



Variation b



Glideboard Incline Position

Tension Cords

Beginner	A	#2 and/or #3
Advanced	B or C	#1, #2, #3 and/or #4

Accessory: Foot Straps

Prance

Lie on your back with your head on the Headrest and your arms resting at your sides. Place your toes on the Foot Rest Bar Assembly with your legs together. See FIG. 4a. Press your right foot against the bar and straighten that leg with the left foot lightly resting on the bar and your knee slightly bent. See FIG. 4b. Bend the right leg and slowly release, straightening left leg. See FIG. 4c. Continue alternating legs in a smooth motion.

Perform 8 to 16 repetitions with one press right, one press left counting as a single repetition.

Works the hips, front and back thighs and calves.

Fig 4a



Fig 4b

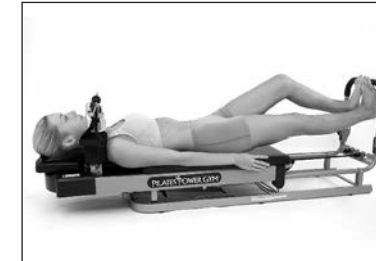
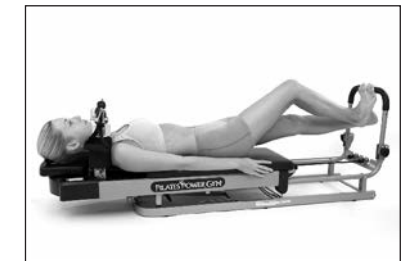


Fig 4c



Glideboard Incline Position

Tension Cords

Beginner	A	#2 and/or #3
Advanced	B or C	#1, #2 and/or #3

First Position Plie

Lie on your back with your head on the Headrest and your arms resting at your sides. Place the balls of your feet toward the outside edge of the Foot Rest Bar Assembly with your toes curled over the bar. Make a "V" shape so your heels touch and lift your heels slightly. Keep your heels together, bend your knees and rotate your legs outward from the hips so that your knees open slightly to the sides. See FIG. 5a. Push your feet against the bar and straighten your knees, squeezing your inner thighs together. See FIG. 5b. Pause at the end of the movement, then slowly return to the starting position.

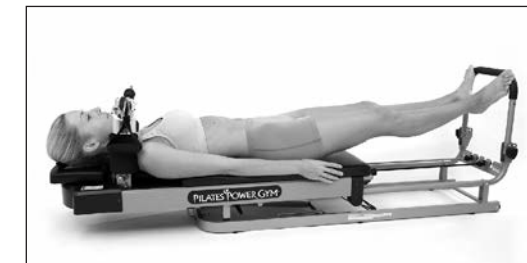
Perform 8 to 16 repetitions

Works the hips, inner thighs, front and back thighs and calves.

Fig 5a



Fig 5b



Glideboard Incline Position

Tension Cords

Beginner	A	#2 and/or #3
Advanced	B or C	#1, #2, #3 and #4

Arm Circles

Lie on your back with your head on the Headrest. Bend your knees with ankles crossed in a relaxed position or align your knees over your hips with calves parallel to the Glideboard, legs together and toes pointing up. Grasp one handle in each hand. Press the arms straight up over your shoulders with the palms facing the Foot Rest Bar Assembly. See FIG. 6a. Make large circles with your arms, moving them down to your sides, See FIG. 6b., away from your body and over your head, See FIG. 6c., and back to the starting position.

Perform 6 to 8 repetitions in one direction then reverse the direction of the circles for 6 to 8 repetitions.

Works the arms, shoulders, upper back and abs.

Fig 6a



Fig 6b



Fig 6c



Glideboard Incline Position

Beginner	A	Tension Cords
Advanced	B or C	#1 and/or #2
		#1, #2 and/or #3

Accessory: Handles

The hundreds

Lie on your back with your head on the Headrest and place your toes on the Foot Rest Bar Assembly. Grasp one handle in each hand with your palms facing forward and the forearms vertical to the Glideboard. See FIG. 7a. Exhale and simultaneously press your arms down toward your sides while raising the head and shoulder blades off the Glideboard in a “crunch” motion. The Glideboard will slide back and the feet will lift off the bar during this motion. Hold this position and align your knees over your hips with calves parallel to the Glideboard, legs together and toes pointing up. See FIG. 7b. Keep your arms straight and head lifted and pump your arms in an “up and down” motion as you inhale for 5 counts and exhale for 5 counts to complete 1 set. Pump once for each count. After completing all sets, simultaneously raise your arms, lower your head and lower your feet back to the bar. The Glideboard will slowly slide back to the starting position.

Perform 10 sets

Works the arms, upper and middle back and abs.

VARIATION: *Extend legs to a 45-degree position and perform the same exercise.*

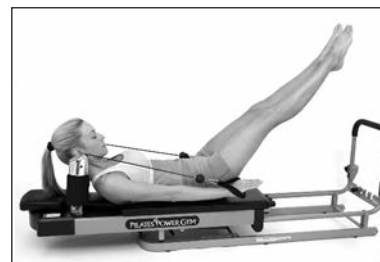
Fig 7a



Fig 7b



Variation



Glideboard Incline Position

Beginner	A	Tension Cords
Advanced	A or B	#1 and/or #2
		#1, #2, #3 and/or #4

Accessory: Handles

Seated Low Row

Sit on the Glideboard with your back near the Foot Rest Bar Assembly, facing the handles. Place your legs in a straddle position with your feet on the floor, or extend your legs and place your feet by the Headrest. Grasp one handle in each hand, with your arms extended and the palms facing inward. See FIG. 16a. With your back straight, bend your elbows and pull the handles toward your waist. See FIG. 16b. Keep your hands shoulder width apart and the arms close to your body as you pull. Pause at the end of the motion. Then straighten your arms and slowly release back to the starting position.

Perform 8 to 16 repetitions

Works the upper back, rear shoulders and front of the upper arm.

Fig 16a

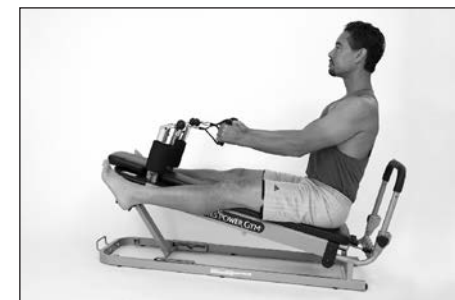


Fig 16b



Glideboard Incline Position

Beginner	A	Tension Cords
Advanced	B, C, C-1, C-2, C-3 or C-4	#1 and/or #2
		#1, #2, #3 and/or #4

Accessory: Handles

Biceps Curls

Sit on the Glideboard with your back near the Foot Rest Bar Assembly, facing the handles. Place your legs in a straddle position with your feet on the floor, or extend your legs and place your feet by the Headrest. Grasp one handle in each hand with the palms facing upward and your arms extended with the elbows close to your sides. See FIG. 17a. With your back straight, bend your elbows and pull the handles up toward your shoulders without moving your elbows forward or backward. See FIG. 17b. Pause at the top of the movement. Then, slowly straighten the elbows and release back to the starting position.

Perform 8 to 16 repetitions

Works the front of the upper arm, forearm and abs.

Fig 17a

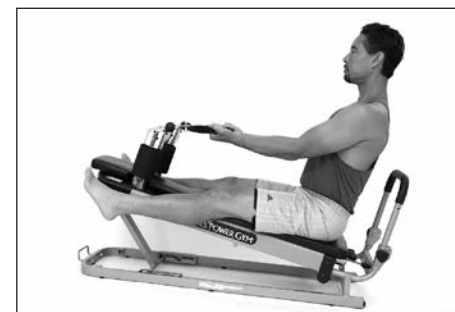


Fig 17b



Glideboard Incline Position

Beginner	A	Tension Cords
Advanced	B or C, C-1, C-2, C-3 or C-4	#1 and/or #2
		#1, #2, and/or #3

Accessory: Handles

Press Away

Place your hands firmly on the Foot Rest Bar Assembly, shoulder width apart and carefully kneel on the Glideboard with your feet resting against the pulley arms. Contract your abs so your back is straight and your knees are just behind your hips. Keep your arms straight and shoulders relaxed. See FIG. 14a. Maintain this position and use your legs and abs to press the Glideboard back without altering your alignment. See FIG. 14b. Pause for a moment. Then exhale and use your abs to pull the Glideboard forward to the starting position.

Perform 8 to 16 repetitions

Works the front and back thighs, abs and lower back.

Fig 14a



Fig 14b



	Glideboard Incline Position	Tension Cords
Beginner	A	#2 and/or #3
Advanced	A	#2, #3 and/or #4

Scooter

Place your hands firmly on the Foot Rest Bar Assembly, shoulder width apart, and carefully kneel on the Glideboard. Place the inside foot against the pulley arm on the same side with your knee still bent on the Glideboard. Place your opposite foot flat on the floor close to the bar, knee bent and aligned over your ankle in a lunge position. Keep your arms and back straight, abs contracted and shoulders relaxed. See FIG. 15a. Maintain this position and press the Glideboard back using your buttocks muscles. See FIG. 15b. Pause, then slowly return the Glideboard forward to the starting position. Complete all the reps on one side, then switch position and repeat with the other leg.

Perform 8 to 16 repetitions

Works the buttocks and hamstrings.

Fig 15a



Fig 15b



	Glideboard Incline Position	Tension Cords
Beginner	A	#1 and #3
Advanced	A or B	#2 and #3 and/or #4

Arm Pullover

Lie on your back with your head on the Headrest. Bend your knees with ankles crossed in a relaxed position or align your knees over your hips with calves parallel to the Glideboard, legs together and toes pointing up. Grasp one handle in each hand with your palms facing upward and the arms extended overhead. See FIG. 8a. Keeping your arms straight without locking your elbows, slowly pull your arms in an arc-like motion down toward the Glideboard. Your palms will now be facing downward. See FIG. 8b. Pause, then lift your arms back to the starting position.

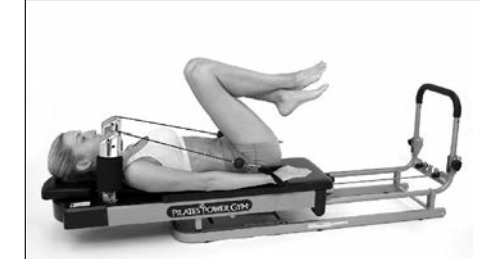
Perform 8 to 16 repetitions

Works the shoulders, back, chest and back of the upper arm.

Fig 8a



Fig 8b



	Glideboard Incline Position	Tension Cords
Beginner	A or B	#2 or #1 and #2
Advanced	B, C, C-1, C-2 or C-3	#1, #2, #3 and/or #4

Accessory: Handles

Triceps overhead Press

Lie on your back with your head on the Headrest. Bend your knees with ankles crossed in a relaxed position or align your knees over your hips with calves parallel to the Glideboard, legs together and toes pointing up. Grasp one handle in each hand and straighten your arms so they are aligned with your shoulders and your palms facing forward. Bend the elbows to about 90 degrees so that the elbows point forward and slightly upward and your palms now face upward. See FIG. 9a. Holding the upper arms stationary, slowly extend the elbows, so your palms now face toward your knees. See FIG. 9b. Do not lock the elbows. Pause at the end of the motion. Then, slowly bend the elbows and release back to the starting position.

Perform 8 to 16 repetitions

Works the back of the upper arm and forearm.

Fig 9a



Fig 9b



	Glideboard Incline Position	Tension Cords
Beginner	A or B	#1 and/or #2
Advanced	C, C-1, C-2, C-3 or C-4	#1, #2, #3 and/or #4

Accessory: Handles

SPECIAL INSTRUCTIONS: Do the following four exercises: Front Press, Torso Rotation, Zorro and Side Leg Press all on one side, then change position and repeat all four exercises on the other side.

Front Press

Sit centered and sideways on the Glideboard in a cross-legged position. Grasp the front handle with the hand closest to it. Bend your elbow and keep your entire arm lifted at rib cage height with your palm facing your body. See FIG. 10a. Extend your elbow, pressing your arm forward and across your body on a diagonal. See FIG. 10b. Do not lock your elbow or rotate your torso. Pause at the end of the motion. Then, slowly bend your elbows and release back to starting position.

Perform 8 to 16 repetitions

Works the chest, front shoulders and abs.

Fig 10a



Fig 10b



Glideboard Incline Position		Tension Cords
Beginner	A	#1 and/or #2
Advanced	A	#1, #2, #3 and/or #4

Accessory: Handles

Torso Rotation

Sit centered and sideways on the Glideboard in a cross-legged position. Grasp the front handle with the hand closest to it. Place your opposite hand over the hand with the handle. Bend your elbows until the arms form a circle, and keep arms lifted at rib cage height with your palms facing your body. See FIG. 11a. Maintain the position of the arms and use your torso muscles to rotate your body in the opposite direction toward the Foot Rest Bar Assembly. See FIG. 11b. Then, slowly rotate back to center and slightly on a diagonal to face the pulley arms.

Perform 8 to 16 repetitions

Works the abs, especially the obliques.

Fig 11a



Fig 11b



Glideboard Incline Position		Tension Cords
Beginner	A	#1 and/or #2
Advanced	A	#1, #2, #3 and/or #4

Accessory: Handles

Zorro

Sit centered and sideways on the Glideboard in a cross-legged position. Grasp the front handle with the hand farthest from the handle, palm facing your chest. Bend your elbow with your arm lifted to chest height as if you were holding a bow and arrow. See FIG. 12a. Extend your arm directly sideways fully straightening your elbow without locking it, keep wrist straight and torso stationary. See FIG. 12b. Pause, then slowly bend your elbow without lowering your arm and release back to the starting position.

Perform 8 to 16 repetitions

Works the rear shoulders, upper back and back of upper arm.

Fig 12a



Fig 12b



Glideboard Incline Position		Tension Cords
Beginner	A	#1 and/or #2
Advanced	A	#1, #2, #3 and/or #4

Accessory: Handles

Side Leg Press

Lie on your side facing the same direction as the previous exercise. Prop your torso up by placing your bottom elbow and forearm on the Glideboard, or on the Headrest in the flat position. Bend your bottom knee and relax it on the Glideboard. Place your top foot flat and sideways on the outside edge of the Foot Rest Bar Assembly with your leg straight. See FIG. 13a. Bend your top knee in toward your chest, keeping the foot pointed directly sideways. See FIG. 13b. Keep your hips stacked and contract your abs to avoid rolling forward or backward. Pause for a moment. Then, release back to the starting position, exhaling while straightening the leg.

Perform 8 to 16 repetitions

Works the hips, front and back thighs.

Fig 13a



Fig 13b



Glideboard Incline Position		Tension Cords
Beginner	A	#2 and #3
Advanced	A, B or C	#1, #2, #3 and/or #4