

PILATES ABS ROWER PLUS WORKOUT GUIDE

WARNINGS & GUIDELINES Carefully read and follow these important warnings and guidelines prior to exercising. These warnings, combined with a common sense approach to a fitness program designed in conjunction with your doctor, should reduce the likelihood of injury and increase your chances of success. Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper use of this product is essential. Please keep all children away from the equipment during use and when equipment is unattended. Always wear appropriate clothing, including athletic shoes when exercising. Do not wear loose clothing that could become caught during exercise. Periodic maintenance is required on all exercise equipment in order to keep it in good condition. Inspect equipment for cuts, tears or abrasions prior to each use. Maintain proper form and perform all exercises in a slow, controlled manner. Elbows, knees and shoulders should be unlocked and relaxed. Injury may result if proper form is not used for each exercise. Consult a certified personal trainer if unsure of how to perform any exercise. You should gradually increase the difficulty of your fitness routine, especially if you were not following a fitness regime prior to using this equipment. If you find that you are unable to complete a set of repetitions without feeling overly fatigued or without maintaining proper form, reduce the difficulty of your regimen.

Warning: This equipment is for home use only. Do not use in institutional or commercial applications. Failure to follow this warning could result in death or serious injury.

Perform each exercise 10–15 times based on your fitness level.

THE ROW

SHOULDERS, BACK

- Sit up straight, abs tight, legs extended in front of you, and feet in straps.
- Hold handles with palms down and arms extended.
- Squeeze muscles in back as you pull your hands just below chest.
- Keep elbows close to body and pointing behind you (think of wrapping shoulder blades around spine).
- Slowly extend arms back to starting position.
- Perform desired number of reps.



THE SCOOP

LOWER BACK, MIDDLE, LOWER ABS

- Sit up straight, abs tight, legs extended in front of you and feet in straps.
- Hold handles with palms down and arms slightly bent.
- Round the spine, contracting your abs and slowly leaning back until lower back is on floor.
- Slowly come back up to starting position.
- Keep elbows slightly bent at all times.
- Perform desired number of reps.



DOUBLE LEG LIFT

LOWER ABS

- Lie on back with legs extended vertically up to sky and feet in straps.
- Hold handles over chest, arms bent to 90 degrees with elbows at sides.
- Keeping arms stationary, slowly lower legs toward floor.
- Only lower legs as far as possible without arching lower back.
- Slowly bring legs back up to starting position.
- Over time you will be able to lower legs closer to floor.
- Perform desired number of reps.



SIDE LEG LIFT

OBLIQUES

- Lie on your side with legs extended vertically up to sky and feet in straps.
- Hold handles over chest, arms bent to 90 degrees with elbows at your sides.
- Tighten abs and slowly lower legs to right side.
- Slowly bring legs back up to starting position.
- Repeat movement slowly, lowering legs to left side.
- Keep abs and lower back tight.
- Perform desired number of reps.



CURL UP

ABS, CORE

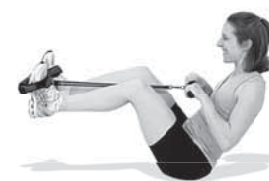
- Lie on back with legs extended vertically up to sky and feet in straps.
- Hold handles over chest, arms bent with elbows at sides.
- Keeping arms and legs stationary, slowly contract abs lifting head and shoulder blades off floor.
- Hold contraction at top for 1 second, then slowly lower back down.
- Perform desired number of reps.



V SQUEEZE

MIDDLE, LOWER ABS

- Lean back slightly, abs tight, feet in straps, and knees bent with feet off floor.
- Hold handles in front of chest with palms down and elbows at sides.
- Keep abs tight and slowly extend legs on a 45-degree angle toward sky as you lean back with upper body so it forms a V.
- Slowly bend knees, coming back to starting position.
- Perform desired number of reps.



UPRIGHT ROW

SHOULDERS, BACK

- Stand up straight with abs tight, knees slightly bent and feet in straps.
- Hold handles using an overhand grip (palms facing down), hands positioned at thigh height.
- Keeping shoulders square, lift the handles up toward your chest.
- Elbows should come out to the sides and arms will be parallel to the ground.
- Slowly extend arms back to the starting position.
- Perform desired number of reps.



BICEP CURLS

BICEPS

- Stand up straight with abs tight, knees slightly bent and feet in straps.
- Hold handles using an underhand grip (palms facing away from you), hands positioned at thigh height.
- Keeping elbows close to body, slowly lift the handles up towards your shoulders.
- Hold contraction at top for 1 second.
- Slowly extend arms back to the starting position and repeat.
- Perform desired number of reps.



LYING LEG PRESS

LEGS, CURLS

- Lie on back with legs bent and feet in straps.
- Hold handles using an overhead grip, keeping elbows bent and hands positioned at chest.
- Keeping both feet flexed, slowly push your legs up and away from you at about a 30-degree angle from the floor. Extend until legs are almost straight, being careful not to lock out knees.
- Bend the knees back towards you until they are at a 90-degree angle.
- Perform desired number of reps.



SEATED CALF PRESS

CALF MUSCLES

- Sit up straight, abs tight, legs extended in front of you, and feet in straps.
- Hold handles with palms down and arms slightly bent. Hold at a position where there is tension on the cords.
- Point your toes forward, pushing against the resistance cord. Hold for 1 second at the top of the move.
- Bring your toes back to the starting position.
- Perform desired number of reps.
- You can add variety to this exercise by changing the positioning of your toes as well. Try a set while pointing your toes towards each other then try a set while pointing your toes away from each other. This will target your entire calf muscle.



Workout by Fitness EM LLC. Visit us at fitnessem.com/workouts for more unique fitness products & workouts.