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FITT GYM™

BODYWEIGHT TRAINING SYSTEM

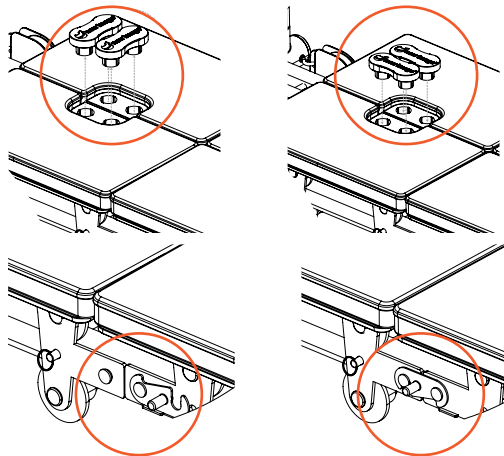
EXERCISE GUIDE



CHANGING THE QUAD PAD CONFIGURATION:

Your FITT Gym is designed to use the quad pads in a variety of ways, depending on the requirement of the exercise. Your FITT Gym arrives in quad configuration. To change configurations use either A or B methods below:

A: To split the pads left and right change New Image locking key on all four pads from horizontal to vertical position.



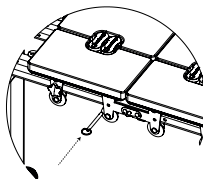
B: To split the pads top and bottom, on both outer side of track, under pads, release hinge latch.

Use a combination of **A** and **B** to create your desired configuration.

Make sure all four pads are gliding smoothly after the configuration has been changed.

FIXING YOUR PADS IN POSITION:

For exercises that require static pad position, use safety rods (part #7) to lock pads in position. Use one safety rod per pad (four safety rods in total). Position your pads at any of the seven points along the track.

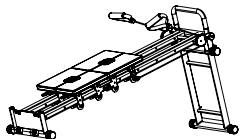


Always read the instruction manual provided before use.

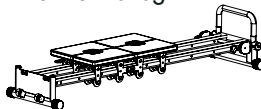
Always seek medical advice before undertaking any exercise programme

QUAD PAD CONFIGURATIONS:

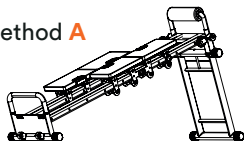
Original configuration



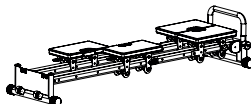
Original configuration
No incline leg



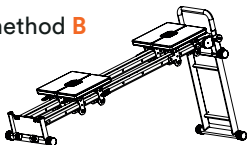
Use method **A**



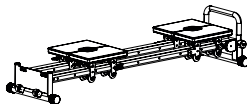
Use method **B**
No incline leg



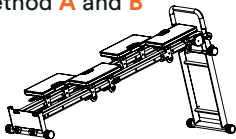
Use method **B**



Use method **A** and **B**
No incline leg



Use method **A** and **B**



Low Pulley Row

Orientation: **Bodyweight Gym Mode**

Quad Pad Configuration: **Original, locking pins removed**

Difficulty: **Beginner/Intermediate**

Muscles: **Back, Shoulders, Biceps and Core**

1. Sit on the pads, facing the top of the track. Hold the pulley cables with a hammer grip, back straight, arms extended in front of you.
2. Keeping your upper body stationary and stabilising with your core, pull back with your elbows and bring the cables towards your chest. Keep your arms parallel to the floor.
3. Slowly return to the starting position.



Preacher Curl

Orientation: **Bodyweight Gym Mode**

Quad Pad Configuration: **Original, locking pins removed**

Difficulty: **Beginner**

Muscles: **Biceps, Shoulders, Core**

1. Sit on the pads, facing the top of the track. Grip the pulley cables, palms facing upwards, elbows extended and held level with your core.
2. Contract your biceps and curl the cables towards the sides of your head.
3. Hold for a second, then return slowly to the start position.



Chest Press

Orientation: **Bodyweight Gym Mode**

Quad Pad Configuration: **Original, locking pins removed**

Difficulty: **Beginner/Intermediate**

Muscles: **Chest, Shoulders, Triceps**

1. Lie on the pads, head at the top of the track, knees bent and feet raised. Hold the pulley cables with an overhand grip, elbows in line with your chest.
2. Push the cables away from yourself, extending your arms and bringing your hands together as you do so. Squeeze with your chest at full extension.
3. Slowly return to the starting position.



Seated Chest Fly

Orientation: **Bodyweight Gym Mode**

Quad Pad Configuration: **Original, locking pins removed**

Difficulty: **Beginner/Intermediate**

Muscles: **Chest, Shoulders, Triceps**

1. Sit on the pads, facing the bottom of the track. Hold the pulley cables with a hammer grip, arms out to your sides and elbows slightly bent.
2. Bring your hands together in front of you, keeping your arms straight throughout the movement. Concentrate on squeezing with your chest.
3. Slowly return to the starting position.



Cable Crunch

Orientation: **Bodyweight Gym Mode**

Quad Pad Configuration: **Original, locking pins removed**

Difficulty: **Beginner**

Muscles: **Core**

Sit on the pads, facing the top of the track. Hold the pulley cables with a hammer grip, back straight, arms extended in front of you.

1. Lie on the Quad Pad, head at the top of the track. Hold the cables with an overhand grip, elbows bent, hands either side of your head.
2. Contract your abs, lifting your body up the track.
3. Slowly return to the starting position.



Face Pull

Orientation: **Bodyweight Gym Mode**

Quad Pad Configuration: **Original, locking pins removed**

Difficulty: **Intermediate/Advanced**

Muscles: **Back, Shoulders, Biceps, Core**

1. Sit on the pads, facing the top of the track. Grip the pulley cables, palms facing the floor, back straight, arms extended in front of you and keeping your elbows high.
2. Keeping your upper body stationary and stabilising with your core, pull the cables towards your face, moving your hands either side of your head as you do so. Keep your elbows high.
3. Slowly return to the starting position.



Seated Reverse Fly

Orientation: **Bodyweight Gym Mode**

Quad Pad Configuration: **Original, locking pins removed**

Difficulty: **Intermediate**

Muscles: **Shoulders, Back, Core**

1. Sit on the pads, facing the top of the track. Hold the pulley cables with a hammer grip, arms extended out in front of you, elbows slightly bent.
2. Mover your arms out to the side, keeping them straight throughout the movement.
3. Slowly return to the starting position.



Front Raise

Orientation: **Bodyweight Gym Mode**

Quad Pad Configuration: **Original, locking pins removed**

Difficulty: **Intermediate/Advanced**

Muscles: **Shoulders, Triceps, Core**

1. Sit on the pads, facing the bottom of the track. Grip the pulley cables, palms facing the floor, arms straight and down at your sides.
2. Keeping your arms straight, raise both hands out in front of you, lifting yourself up the track.
3. Slowly return to the starting position.



Tricep Kickback

Orientation: **Bodyweight Gym Mode**

Quad Pad Configuration: **Original, locking pins removed**

Difficulty: **Intermediate/Advanced**

Muscles: **Triceps, Core**

1. Sit on the pads facing the top of the track, leaning forwards slightly. Hold handles with hammer grip, palms facing inwards, elbows bent 90 degrees.
2. Keeping elbow fixed at the side, straighten your arms downwards, engaging your triceps.
3. Slowly return to the starting position.



Ab Slider

Orientation: **Ab Slide Mode**

Quad Pad Configuration: **Method B, top pair fixed, bottom pair with locking pins removed**

Difficulty: **Beginner/Intermediate**

Muscles: **Core**

1. Hold on to the Roller Bar, elbows resting on the upper set of Quad Pads, knees on the lower set.
2. Contract your core and raise the lower Quad Pads up the track with your knees.
3. Slowly return to the starting position.



Mountain Climber

Orientation: **Ab Slide Mode**

Quad Pad Configuration: **Method B, top pair fixed, bottom pair separated and locking pins removed**

Difficulty: **Beginner/Intermediate**

Muscles: **Chest, Shoulders, Triceps**

1. Hold on to the Roller Bar, elbows resting on the upper set of Quad Pads, left knee on lower left Quad Pad, right knee on the other.
2. Alternately raise and lower your knees, drawing the Quad Pads up and down the track in a climbing motion.



Lying Bridge Raise

Orientation: **Ab Slide Mode**

Quad Pad Configuration: **Original, fixed half way up the track**

Difficulty: **Beginner/Intermediate**

Muscles: **Glutes, hamstrings**

1. Lie on the floor at the bottom of the track, placing both feet on the fixed pads, knees bent.
2. Raise your hips off the floor as high as possible, contracting your hamstrings and glutes at the top.
3. Slowly return to the starting position.



Lateral Bound

Orientation: **Ab Slide Mode**

Quad Pad Configuration: **Original, fixed half way up the track**

Difficulty: **Beginner/Intermediate**

Muscles: **Total Body**

1. Stand to one side of FITT Gym, holding on to the bar at the top of the track.
2. Alternately jump over the track with both feet.



Single Leg Adduction

Orientation: **Pilates Mode**

Quad Pad Configuration: **Method B, one pair fixed at the bottom of the track, one pair free moving**

Difficulty: **Beginner**

Muscles: **Quads, Adductors, Glutes**

1. Stand with one foot on the fixed pads and one on the free pads.
2. Keeping your standing leg straight, carefully slide your other leg up the track, bending your knee.
3. Slowly return to the starting position.
4. Repeat for opposite leg.



Fixed Front Lunge

Orientation: **Pilates Mode**

Quad Pad Configuration: **Original, fixed in the centre of the track**

Difficulty: **Beginner**

Muscles: **Quads, Glutes, Hamstrings**

1. Stand to one side of FITT Gym, placing your outside foot on the floor your other foot on the Quad Pads.
2. Lunge forwards, bending the knee of your working leg and driving your standing knee towards the floor.
3. Slowly return to the starting position, driving your weight with the leg on the Quad Pad.
4. Repeat for opposite leg.



Unstable Push Up

Orientation: **Pilates Mode**

Quad Pad Configuration: **Method B, locking pins removed**

Difficulty: **Advanced**

Muscles: **Chest, Triceps, Shoulders, Core**

1. Place one hand on each pair of Quad Pads and get into a push-up position.
2. As you push-up, bring the Quad Pads together in the centre of the track.
3. Return to the starting position, moving the Quad Pads back to the ends of the track.



Pull Up

Orientation: **Ab Slide Mode with Lat Bar at top of the track**

Quad Pad Configuration: **Original, locking pins removed**

Difficulty: **Beginner**

Muscles: **Back, Chest, Biceps, Triceps, Shoulders, Core**

1. Lie on the Quad Pad with your head at the top of the track, gripping the ends of the Lat Bar with arms straight above your head, palms facing the ceiling.
2. Pull yourself up the track, engaging your chest, back, arms and shoulders, and stabilising with your core.
3. Slowly return to the starting position.



Reverse Crunch

Orientation: **Ab Slide Mode with Lat Bar at top of the track**

Quad Pad Configuration: **Original, fixed in the middle of the track**

Difficulty: **Intermediate**

Muscles: **Core**

1. Lie on the Quad Pad with your head at the top of the track, gripping the Lat Bar in the centre with arms straight above your head, palms facing the ceiling.
2. Contract your core and bend your legs, bringing your knees towards your elbows.
3. Slowly return to the starting position.



Inverted Shoulder Press

Orientation: **Ab Slide Mode with Lat Bar at bottom of the track**

Quad Pad Configuration: **Original, fixed in the middle of the track**

Difficulty: **Beginner**

Muscles: **Shoulders, Chest, Biceps, Triceps**

1. Lie chest-down on the Quad Pad with your head at the bottom of the track, gripping the Lat Bar in the centre with arms bent, palms facing the floor.
2. Push with your shoulders, extending your arms and lifting yourself up the track.
3. Slowly return to the starting position.



Hack Squat

Orientation: **Ab Slide Mode with Squat Platform at bottom of the track**

Quad Pad Configuration: **Original, locking pins removed**

Difficulty: **Beginner**

Muscles: **Quads, Glutes**

1. Lie on the Quad Pads and place both feet on the Squat Platform. Make sure your knees do not extend beyond your toes.
2. Engaging your quads, drive yourself up the track, extending your knees.
3. Slowly return to the starting position.



Pistol Hack Squat

Orientation: **Ab Slide Mode with Squat Platform at bottom of the track**

Quad Pad Configuration: **Original, locking pins removed**

Difficulty: **Intermediate**

Muscles: **Quads, Glutes**

1. Lie on the Quad Pads, placing one foot on the Squat Platform and extending the other out to the side.
2. Engaging your quad, drive yourself up the track, extending your knee.
3. Slowly return to the starting position.
4. Repeat for opposite leg.



Single Leg Step Up

Orientation: **Ab Slide Mode with Squat Platform at bottom of the track**

Quad Pad Configuration: **Original, locking pins removed**

Difficulty: **Intermediate**

Muscles: **Quads, Glutes, Hamstrings**

1. Lie sideways on the Quad Pads, placing outside foot on the Squat Platform and extending the other out in front of you.
2. Extend your standing leg, driving yourself up the track.
3. Slowly return to the starting position.
4. Repeat for opposite leg.



Plyo Push Ups

Orientation: **Body Weight Gym Mode, Horseshoe Bar Removed**

Quad Pad Configuration: **Original, fixed in place with locking pins**

Difficulty: **Advanced**

Muscles: **Chest, Shoulders, Triceps**

1. Stand with feet on the floor at the bottom of the track. Place right hand in the centre of the Quad Pad and left hand on the floor in a press-up-like position.
2. Explosively push up with your right hand, lifting your left hand on to the pad as you do so. Repeat for opposite side.



Front Plank

Orientation: **Body Weight Gym Mode, Horseshoe Bar Removed**

Quad Pad Configuration: **Original, fixed in place with locking pins at top of track**

Difficulty: **Intermediate/Advanced**

Muscles: **Core, Back**

1. Stand with feet on the floor at the bottom of the track, elbows and forearms flat on the Quad Pad.
2. Stabilising with your core, hold yourself in plank position for 10 seconds to 2 minutes, depending on your fitness level.



Single Leg Adduction

Orientation: **Pilates Mode**

Quad Pad Configuration: **Method B, one pair fixed at the end of the track, one pair loose**

Difficulty: **Beginner/Intermediate**

Muscles: **Adductors, Quads, Glutes**

1. Stand with one foot on fixed Quad Pad and one foot on loose pad.
2. Carefully slide loose pad up the track with your leg.
3. Repeat for opposite leg.





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