The SOLOFLEX Web Manual

A Compilation of the Openly Available Documentation on the SOLOFLEX Website
(www.soloflex.com)

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Disclaimer

This document is NOT the SOLOFLEX Manual that comes with the machine. It is merely a compilation of all the pages that SOLOFLEX makes openly available on the Web.

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Happy Workout!

Version: Saturday, January 10, 2004
A Closer Look: Attachments.
step 1) Place the stabilizer on the floor, ears pointed toward you.

step 2) Set the bolt, nut, 2 washers, and 2 wrenches on the floor by the stabilizer.

step 3) Place the mainframe into the stabilizer ears.

step 4) Hold mainframe in place while inserting bolt. When bolting the mainframe to the stabilizer, be sure one washer rests between the bolt head and the machine and the other washer between the nut and the machine.

step 5) Make sure the mainframe and the stabilizer are flush, then troque the bolt very tightly.

If you have any questions about the assembly of your Soloflex machine please call one of our Soloflex Customer Service Representatives, 1-800-547-8802, 503-640-8891, or e-mail us at customerservice@soloflex.com
placing the bench

**step 1)** Place the bench legs in the stabilizer supports, legs leaning away from the mainframe.

**step 2)** Rest the bench on the bench legs, slide the bench ears around the mainframe.

**step 3)** Insert the black bench pin into the desired hole to secure the bench to the mainframe.

placing the barbell arm

**step 1)** Attach the barbell arm with the stainless barbell arm pin.

**step 2)** The barbell arm is secured by placing the ears around the mainframe and inserting the stainless barbell arm pin.

**step 3)** Place the load pin in the third hole below the stainless barbell arm pin and tighten securely. This leaves two empty holes between the stainless barbell arm pin and the load pin. Check to see if the load pin is tight between sets.

setting the load
When setting the barbell arm for a “pressing-up or pulling-down” exercise, place the load pin in the third hole below the stainless barbell arm pin. (Two empty holes between pins.) Keep the load balanced. Put heavier straps on first. **Always use retainer clips.**

When setting up a “pressing-up or pulling-down” exercise, place the load pin in the third hole above the stainless barbell arm pin. (Two empty holes between pins.) For some “pulling-down” exercises, you may prefer to leave one empty hole between pins. Lift the barbell arm to slide on the weightstraps. **Don’t forget to hold on to the barbell arm when removing the straps.**

When loading the resistance on any exercise, always use the provided retainer clips. (One on each side of the machined load pin.) This will prevent the strap from moving during exercise. Use the retainer clips on the load pin, butterfly attachment, and the leg extension attachment.

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**bench leg support**

When doing pull ups and dips, use the bench legs for additional support. Center the top cross bar in the slot near the base of the mainframe.

**dip bar placement**

Place dip bar as pictured, centered and resting on the barbell arm.

**weightplates**

Weight plates and can be used alone or in conjunction with your Soloflex weightstraps. To use standard one-inch plates, slide the iron plate attachment rods half way into each end of the barbell arm. Then slide the plate over the rod until it butts up to the barbell arm. Olympic plates may be used in conjunction with our Olympic plate attachment rods (purchased separately). You can load up to 500 pounds of weight plates on the Soloflex barbell arm.

1 assembly guide | 2 soloflex assembly | 3 configuring soloflex | 4 butterfly assembly | 5 leg extension assembly
**Butterfly Assembly.**

**step 1)** Slide the butterfly body with pins facing up, over the top of the mainframe allowing it to rest on the load pin.

**step 2)** Place one bushing into each side of the butterfly arm. Repeat with the other arm.

**step 3)** Insert the arm into the body and slide the D-shaped clevis pin down through the butterfly arm connecting it to the body. Repeat with the other arm.

**step 4)** Fasten the “e” clip to the bottom of the D-shaped clevis pin. Repeat with the other side.

**step 5)** Opens the arms to slide the weightstraps on. Secure with retainer clip. Slide on foam pads.

**note:** the butterfly attachment comes with 2 urethane foam pads.

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step 1) Set the pins of the leg extension into the stabilizer support holes.

step 2) Remove the “e” clip with a screwdriver and then remove the clevis pin from the pivot point. Leave the bushing in the hole.

step 3) Attach the leg extension pivot arm to the pivot point, replace the clevis pin and “e” clip.

step 4) Using the supplied bushing, clevis pin and “e” clip, attach the lower pivot point of the leg extension to the pivot arm by first inserting the bushing, then the pivot arm, then the clevis pin, and “e” clip.

step 5) Attach the bench to the mainframe using bench pin hole #24.

note: remove the leg extension when not in use.

step 6) Attach the leg extension to the bench using the supplied hitch pin. Slide on weightstraps, retainer clips, and urethane foam pads.

note: the leg extension comes with 4 urethane foam pads.
CRUNCH

LEG CURL

LEG EXTENSION

ROWING WITH LEG EXTENSION
Getting Started
Lifting Weights.

Weightlifting is like anything else: it takes a little knowledge and time to do it properly and see real results. However, you will probably be surprised how quickly you start to feel and look better as a result of properly lifting weights.

No matter who you are, it's necessary to begin a weightlifting program with very light resistance. This will help ensure correct execution, no delayed soreness, and little chance of injury.

In your first couple weeks lifting weights, your objective is learning, not muscular development. The changes that take place in your body early on are not in the muscle but in the nervous system. You develop the neuromuscular pathways (coordination) necessary to perform each exercise correctly and more efficiently. This is what enables you to increase the resistance in the first several weeks until the actual physiological changes take place.

Beginning

When you start your workout program, only do 5-6 repetitions with a light weight. Doing more reps can bring on fatigue and the possibility of soreness or injury. This low number of reps will also allow you to do more exercises, which is beneficial in the beginning. When that workout is repeated on a subsequent day, the resistance should be used for 2-3 more repetitions if there was no delayed soreness from the previous session. If there was soreness, the original number of repetitions should be repeated.

If you see that the weight used is far below your capabilities after several sessions, you can increase the amount of weight used in every workout until the correct level is reached. Also, you should continue to increase the number of repetitions up to 15-20.

Rest assured, at these early stages you will achieve the same muscle development regardless of the type of program you use (high repetitions-low resistance, high resistance-low repetitions, or anywhere in between). How long this continues depends upon the individual, but there is a limit (usually 6-12 weeks).

Acquiring the ability to do 15-20 repetitions and remaining on this level by adding more resistance when you exceed 20 repetitions usually takes two or more months. This is especially true if you are attempting a total body workout. During this time it is unnecessary to do more than one set. For beginners, doing one set provides the same results as doing two or three.

As a result of this easy, basic program, you will have increased strength, muscle mass and muscular endurance. When you reach this point, you must then train specifically for the physical quality you desire.

Advancing

If you desire greater strength and/or muscle mass, you will have to gradually reduce the number of repetitions while increasing the resistance and number of sets. If you want to enhance fat burning, toning, and overall muscular endurance you should increase the number of repetitions to 20-25 for one exhaustive set. Your body should experience no difficulty in these transitions and you will see immediate and impressive gains.

If you are going to work multiple muscle groups with heavier weights, we generally recommend you work your larger muscles (chest, back, quadriceps, buttocks, hamstrings) before working your smaller muscles (biceps, triceps, calves). This allows your biggest muscles to get a full workout, before the smaller (often supporting) muscles have been fatigued.
Muscle Groups.

1. Front Deltoids
   - Dip
   - Military press
   - Upright row

2. Pectorals
   - Bench press
   - Butterfly
   - Dip
   - Incline bench press

3. Upper Abs
   - Incline sit up
   - Roman chair sit up

4. Quadriiceps
   - Dead lift
   - Frontal squat
   - Leg extension
   - Leg press
   - Squat

5. Lower Abs
   - Body curl
   - Leg band
   - Roman chair sit up

6. Trapezius
   - Haney shrug
   - Shoulder shrug
   - Upright row

7. Biceps
   - Bicep curl
   - Lat pulldown
   - Bench row
   - Pull up
   - Standing bicep curl

8. Rear Deltoids
   - Back of neck press
   - Bench row
   - Bent over row

9. Triceps
   - Bench press
   - (Close grip)
   - Dip
   - Military press
   - Tricep extension
   - Tricep press
   - Tricep pushdown

10. Hamstrings
    - Leg curl
    - Leg press
    - Stiff-leg dead lift

11. Latissimus Dorsi
    - Bench row
    - Bent over row
    - Bicep curl
    - Lat pulldown
    - Row w/leg ext.
    - Pull up

12. Erectors (Lower Back)
    - Dead lift
    - Stiff-leg dead lift

13. Gluteals
    - Frontal squat
    - Leg press
    - Squat

14. Calves
    - Calf raise
    - Donkey press

1/10/2004
MONDAY
chest and back
1. bench press
2. dorsi bar pulldown
3. incline bench press
4. bent over row
5. dip
6. pull up or bicep curl/lat pull
7. butterfly (accessory)
8. rowing w/leg extension (accessory)

WEDNESDAY
legs and abdominals
1. squat (or frontal squat)
2. dead lift or stiff leg dead lift
3. leg press
4. leg extension (accessory)
5. leg curl (accessory)
6. calf raise or donkey press
7. leg bend or body curl
8. incline sit up or roman chair sit up

FRIDAY
shoulders, traps and arms
1. military press
2. standing bicep curl
3. tricep pushdown or tricep extension
4. shoulder shrug or haney shrug
5. back of neck press
6. tricep press
7. upright row
Intermediate Level Workout.  
FIVE DAY SPLIT ROUTINE

**MONDAY**  
*chest*  
1. bench press  
2. incline bench press  
3. butterfly (accessory)  
4. dip  
5. incline sit up

**TUESDAY**  
*back*  
1. dorsi bar pulldown  
2. bent over row  
3. bicep curl/lat pulldown  
4. pull up  
5. rowing w/leg extension  
6. leg bend

**WEDNESDAY**  
*legs*  
1. squat or frontal squat  
2. calf raise  
3. leg press  
4. dead lift or  
   stiff leg dead lift  
5. leg extension (accessory)  
6. leg curl (accessory)

**THURSDAY**  
*shoulders, traps*  
1. military press  
2. back of neck press  
3. shoulder shrug  
4. upright row  
5. haney shrug  
6. body curl

**FRIDAY**  
*arms*  
1. tricep pushdown  
2. standing bicep curl  
3. tricep press  
4. tricep extension  
5. roman chair sit up
Phase 1: The load component
(Monday & Tuesday)
Heavy training, low reps, 3 minute rest between sets. Warm up with a moderate weight, 1 set of 12-15 reps. Then perform 1 to 2 sets to total muscular failure in the 6-10 repetition range. When you are able to perform more than 10 repetitions add additional weight to bring your reps back within range.

MONDAY
chest, shoulders, triceps
1. incline bench press
2. bench press
3. butterfly (accessory)
4. military press
5. back of neck press
6. dip
7. tricep press
8. incline sit up

TUESDAY
legs, back, biceps, traps
1. squat or frontal squat
2. calf raise
3. leg extension
4. leg curl (accessory)
5. pull up
6. bent over row
7. shoulder shrug or haney shrug
8. standing bicep curl
9. leg bend

Phase 2: The time component
(Thursday & Friday)
Moderate resistance and reps, 1 minute rest between sets. Warm up with a light weight, 1 set of 12-15 reps. Then perform 1 or 2 sets to total muscular failure in the 10-12 repetition range.

THURSDAY
chest, shoulders, triceps
1. butterfly (accessory)
2. bench press
3. incline bench press
4. back of neck press
5. military press
6. tricep pushdown
7. tricep extension
8. body curl

FRIDAY
legs, back, biceps, traps
1. leg press
2. donkey press
3. dead lift or stiff leg dead lift
4. dorsi bar pull down
5. bicep curl/lat pull or rowing w/leg extension (accessory)
6. upright row
7. standing bicep curl
8. roman chair sit up
Back of Neck Press

**Primary Muscle Group** - Rear Deltoids

**Secondary Muscle Group** - Triceps, other Deltoids, Trapezius

Position the barbell arm at shoulder height. With a grip just outside shoulder width, elbows out and your back straight, press the arm upward, just short of locking the elbow joint. Slowly lower the bar and just prior to touching your upper back, squeeze your shoulder blades together for a count of two. Then press overhead again.

Return to Exercises
**Upper Body**

- Back of Neck Press
- Bench Press
- Bench Row
- Bent Over Row
- Bicep Curl/Lat Pulldown

- Butterfly
- Dip
- Dorsi Bar Pulldown
- Haney Shrug
- Incline Bench Press

- Military Press
- Negative Pull Up
- Pull Up
- Rowing with Leg Extension
- Shoulder Shrugs

- Standing Bicep Curl
- Tricep Extension
- Tricep Press
- Tricep Pushdown
- Upright Row

**Mid Body**

- Body Curl
- Incline Sit Up
- Leg Bend
- Roman Chair Sit Up

- Calf Raise
- Dead Lift
- Donkey Press
- Frontal Squat
- Leg Extension

**Lower Body**

- Leg Curl with Leg Extension
- Leg Press
- Squat
- Stiff Leg Dead Lift

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**Squat**

**Primary Muscle Group** - Quadriceps, Gluteals  
**Secondary Muscle Group** - Hamstrings, Erectors (Lower Back)

Place bench on floor across the mainframe. Adjust the barbell arm slightly higher than your waist. Slide the foam pads on the barbell arm. Stand flat on the bench facing away from the mainframe with your weight toward your heels and hips dropped back. Slowly press to standing, keeping your head up and back slightly arched. Lift with your legs and gluteals. Use a comfortable resistance and do the exercise slowly. This is the most important exercise you can do. **NOTE:** We recommend lighter weights and longer sets (15-25 reps). Build up gradually to heavier weights.

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**Return to Exercises**
Upper Body
- Back of Neck Press
- Bench Press
- Bench Row
- Bent Over Row
- Bicep Curl/Lat Pulldown

Butterfly
- Dip
- Dorsi Bar Pulldown
- Haney Shrug
- Incline Bench Press

Military Press
- Negative Pull Up
- Pull Up
- Rowing with Leg Extension
- Shoulder Shrug

Standing Bicep Curl
- Tricep Extension
- Tricep Press
- Tricep Pushdown
- Upright Row

Mid Body
- Body Curl
- Incline Sit Up
- Leg Bend
- Roman Chair Sit Up

Lower Body
- Calf Raise
- Dead Lift
- Donkey Press
- Frontal Squat
- Leg Extension

- Leg Curl with Leg Extension
- Leg Press
- Squat
- Stiff Leg Dead Lift

Click here to see animated exercises

Leg Press
Primary Muscle Group -
Quadriceps, Gluteals
Secondary Muscle Group -
Hamstrings

Lie on bench as pictured. Place your feet shoulder width apart. Slowly press your legs up avoiding a locked knee position at the top. If you have a lower back problem, be cautious about bringing your knees so far down as to cause your hips and lower back to lift off the bench.

NOTE: always wear non-skid shoes.

Return to Exercises
**Leg Extension**  
**Primary Muscle Group - Quadriceps**

Sit facing away from the mainframe with the foam pads under your knees. Hook your feet under the foam pads as shown. Slowly extend your legs to a point just short of locking the knee joint and slowly return to the starting position. By angling your torso back 20 to 30 degrees, you will activate all four segments of the quadriceps. An upright position only uses three parts of the quads.

Return to Exercises
Leg Curl with Leg Extension
Primary Muscle Group - Hamstrings

Lie face down on the bench. Rest the foam pads on the leg extension just above your knees. Position your head on either side of the mainframe. Hook your legs under the foam pads and point your toes away from your shins and slowly curl your legs toward your buttocks. At the top of the range, flex your hamstring muscles forcefully for a count of two. Slowly lower to the starting position.

Return to Exercises
Frontal Squat

Primary Muscle Group -
Quadriceps, Gluteals

Secondary Muscle Group -
Hamstrings, Erectors (Lower Back)

Remove the bench and set it aside.
Slide foam pads onto the barbell arm.
Face the mainframe, stand with heels securely on stabilizer. Rest the
barbell arm on your shoulders, not the biceps. Place your hands on the
bend of the barbell arm. Keep your back slightly arched and press to a
standing position, just shy of locking your knee joints. Slowly lower to the
starting position by dropping your hips backward.

Return to Exercises
**Upper Body**
- Back of Neck Press
- Bench Press
- Bench Row
- Bent Over Row
- Bicep Curl/Lat Pulldown
- Butterfly
- Dip
- Dorsi Bar Pulldown
- Haney Shrug
- Incline Bench Press
- Military Press
- Negative Pull Up
- Pull Up
- Rowing with Leg Extension
- Shoulder Shrug
- Standing Bicep Curl
- Tricep Extension
- Tricep Press
- Tricep Pushdown
- Upright Row

**Mid Body**
- Body Curl
- Incline Sit Up
- Leg Bend
- Roman Chair Sit Up
- Lower Body
- Calf Raise
- Dead Lift
- Donkey Press
- Frontal Squat
- Leg Extension
- Leg Curl with Leg Extension
- Leg Press
- Squat
- Stiff Leg Dead Lift

Click here to see animated exercises

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**Donkey Press**

**Primary Muscle Group -**

Calves

Lie on bench as pictured. Place your feet shoulder width apart. Press to starting position. Position barbell arm on balls of feet. Start exercise by letting the resistance stretch your muscles for two seconds. Begin the repetitions by pointing toes toward ceiling. Squeeze the calf muscles for two seconds. Lock your knees to focus on the upper part of the calves, flex your knees to stress the other calf muscles. **NOTE: always wear non-skid shoes.**

Return to Exercises
Upper Body
- Back of Neck Press
- Bench Press
- Bench Row
- Bent Over Row
- Bicep Curl/Lat Pulldown

Butterfly
- Dip
- Dorsi Bar Pulldown
- Haney Shrug
- Incline Bench Press

Military Press
- Negative Pull Up
- Pull Up
- Rowing with Leg Extension
- Shoulder Shrug

Standing Bicep Curl
- Tricep Extension
- Tricep Press
- Tricep Pushdown
- Upright Row

Mid Body
- Body Curl
- Incline Sit Up
- Leg Bend
- Roman Chair Sit Up

Lower Body
- Calf Raise
- Dead Lift
- Donkey Press
- Frontal Squat
- Leg Extension

- Leg Curl with Leg Extension
- Leg Press
- Squat
- Stiff Leg Dead Lift

Click here to see animated exercises

Dead Lift
Primary Muscle Group -
Erectors (Lower Back), Quadriceps
Secondary Muscle Group -
Gluteals, Hamstrings

Place the bench on the floor across the mainframe. Attach the barbell arm to hole #24. Stand on the bench, straddling the barbell arm facing away from the mainframe. Take an overhand shoulder width grip. Bend your knees. Keep your head up and arch your lower back. Lift to the upright position using your legs as much as possible. Stop just short of locking your knee joints and slowly descend, dropping your hips back and using the legs.

Return to Exercises
Click here to see animated exercises

**Lower Body Exercises**

### Calf Raise

**Primary Muscle Group:** -
**Calves**

Place bench on floor across the mainframe. Squat under the barbell arm. Adjust your feet so the balls of your feet are on the bench and your heels hang off. Start each repetition with your calves fully stretched, extend up onto your toes for a two-second peak contraction. Slowly return to a calves-fully-stretched position for an additional count of two. Also attempt to keep a firm lower back in order to avoid any stress on the spinal column.
CLICK ON EXERCISES FOR INFORMATION/PICTURE

Upper Body
- Back of Neck Press
- Bench Press
- Bench Row
- Bent Over Row
- Bicep Curl/Lat Pulldown

Butterfly
- Dip
- Dorsi Bar Pulldown
- Haney Shrug
- Incline Bench Press

Military Press
- Negative Pull Up
- Pull Up
- Rowing with Leg Extension
- Shoulder Shrug

Standing Bicep Curl
- Tricep Extension
- Tricep Press
- Tricep Pushdown
- Upright Row

Mid Body
- Body Curl
- Incline Sit Up
- Leg Bend
- Roman Chair Sit Up

Lower Body
- Calf Raise
- Dead Lift
- Donkey Press
- Frontal Squat
- Leg Extension

Leg Curl with Leg Extension
- Leg Press
- Squat
- Stiff Leg Dead Lift

Click here to see animated exercises

Roman Chair Sit Up
Primary Muscle Group - Abdominals

Remove the barbell arm. Insert the roman chair pin into the hole on the stabilizer. Sit sideways on the bench. Hook your toes under the roman chair pin. Place your hands on your hips, round your shoulders and slowly recline. Do not recline further than parallel with the floor. Curl your body up to a 3/4 upright position. Exhale fully before tensing your abdomen for two seconds.

Return to Exercises
Upper Body
- Back of Neck Press
- Bench Press
- Bench Row
- Bent Over Row
- Bicep Curl/Lat Pulldown

Butterfly
- Dip
- Dorsi Bar Pulldown
- Haney Shrug
- Incline Bench Press

Military Press
- Negative Pull Up
- Pull Up
- Rowing with Leg Extension
- Shoulder Shrug

Standing Bicep Curl
- Tricep Extension
- Tricep Press
- Tricep Pushdown
- Upright Row

Mid Body
- Body Curl
- Incline Sit Up
- Leg Bend
- Roman Chair Sit Up

Lower Body
- Calf Raise
- Dead Lift
- Donkey Press
- Frontal Squat
- Leg Extension

- Leg Curl with Leg Extension
- Leg Press
- Squat
- Stiff Leg Dead Lift

Click here to see animated exercises

Leg Bend
Primary Muscle Group - Lower Abdominals

Use the same bench positioning as the incline sit-up. Lie back on the bench with your head close to the mainframe. Reach over your head and grip the load pin, palms down. Bend your knees and curl them to your chest. Exhale fully prior to contracting the lower abdominal muscles as forcefully as possible for a count of two. Keeping your knees bent, slowly return to the starting position.

Return to Exercises
### Upper Body
- Back of Neck Press
- Bench Press
- Bench Row
- Bent Over Row
- Bicep Curl/Lat Pulldown

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### Mid Body
- Body Curl
- Incline Sit Up
- Leg Bend
- Roman Chair Sit Up

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<tr>
<td>Leg Extension</td>
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</tbody>
</table>

### Incline Sit Up
**Primary Muscle Group - Upper Abdominals**

Start with the bench at a slight incline, increasing the incline after you've built strength. Hook your feet under the load pin and rest your heels on the bench ears. Keep your knees bent. Place your hands on your hips and curl your body 3/4 the distance to the mainframe. Exhale fully before you reach this top position and forcefully contract your abdominal muscles for two seconds. Then slowly lower your body. Stop just short of a relaxed position at the bottom.

[Return to Exercises](#)
Body Curl
Primary Muscle Group - Lower Abdominals

Incline the bench. Attach the load pin in the third hole above the bench pin. Lie back on the bench with your head close to the mainframe. Grasp the load pin over head, palms down. Keep legs straight and raise them up toward the main frame. Exhale fully as you approach the top position and forcefully contract your lower abdominals for two seconds. Slowly lower your legs to the starting position but not so far as to put undue strain on the lower back.

Return to Exercises
Upper Body
- Back of Neck Press
- Bench Press
- Bench Row
- Bent Over Row
- Bicep Curl/Lat Pulldown

Butterfly
- Dip
- Dorsi Bar Pulldown
- Haney Shrug
- Incline Bench Press

Military Press
- Negative Pullover
- Pull Up
- Rowing with Leg Extension
- Shoulder Shrug

Standing Bicep Curl
- Tricep Extension
- Tricep Press
- Tricep Pushdown
- Upright Row

Mid Body
- Body Curl
- Incline Sit Up
- Leg Bend
- Roman Chair Sit Up

Lower Body
- Calf Raise
- Dead Lift
- Donkey Press
- Frontal Squat
- Leg Extension
- Leg Curl with Leg Extension
- Leg Press
- Squat
- Stiff Leg Dead Lift

Click here to see animated exercises

Upright Row
Primary Muscle Group - Trapezius
Secondary Muscle Group - Deltoids, Biceps, Forearms

Place bench on floor across the mainframe. Place barbell arm at fingertip level. Stand on the bench facing the mainframe. With a close overhand grip, pull the barbell arm up toward your chin and flex your traps for two counts at the top. Lean in and tilt your head forward during this motion. Slowly lower the bar. Focus on keeping your elbows higher than the bar.

Return to Exercises
Tricep Pushdown
Primary Muscle Group - Triceps

Place bench on floor across the mainframe. In the down position set the barbell arm slightly higher than fingertip level. Face the mainframe with your elbows at your sides. Grip the barbell arm and press down. Concentrate on using the triceps by keeping your elbows to your sides. Flex your triceps at the end of the range of motion for two seconds.

NOTE: Support barbell arm when removing weightstraps.

Return to Exercises
Tricep Press
Primary Muscle Group - Triceps

Position the barbell arm at shoulder height. Sit facing away from the mainframe. Grasp the barbell arm palms up. Keep your back straight and elbows in. Press to the top. Flex your triceps for two seconds and slowly return to the starting position.

Return to Exercises
## Upper Body

- **Back of Neck Press**
- **Bench Press**
- **Bench Row**
- **Bent Over Row**
- **Bicep Curl/Lat Pulldown**

- **Butterfly**
- **Dip**
- **Dorsi Bar Pulldown**
- **Haney Shrug**
- **Incline Bench Press**

- **Military Press**
- **Negative Pull Up**
- **Pull Up**
- **Rowing with Leg Extension**
- **Shoulder Shrug**

- **Standing Bicep Curl**
- **Tricep Extension**
- **Tricep Press**
- **Tricep Pushdown**
- **Upright Row**

## Mid Body

- **Body Curl**
- **Incline Sit Up**
- **Leg Bend**
- **Roman Chair Sit Up**

## Lower Body

- **Calf Raise**
- **Dead Lift**
- **Donkey Press**
- **Frontal Squat**
- **Leg Extension**

- **Leg Curl with Leg Extension**
- **Leg Press**
- **Squat**
- **Stiff Leg Dead Lift**

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### Tricep Extension

**Primary Muscle Group** - Triceps

Place bench on floor across the mainframe. Position the barbell arm to hole #14 (approx.) Stand on the bench facing away from the mainframe. Press the barbell arm down. Keep your elbows in and do not cheat by using your body weight. Focus on squeezing your triceps at the bottom of the range of motion. The closer you place your hands on the bar, the more stress you will put on your triceps and the more difficult the exercise becomes. **NOTE:** Support barbell arm when removing weightstraps.

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### Upper Body Exercises

**Standing Bicep Curl**

**Primary Muscle Group:** Biceps

Place bench on floor across the mainframe. Stand with your feet shoulder width apart and knees slightly bent. Position the barbell arm just below your fingertips when standing on the bench. Slide the curl tubes onto the barbell arm. To perform the exercise, face the mainframe, take a shoulder width underhand grip on the curl tubes. Curl the barbell arm up, keeping your elbows close to your sides. Lean your body toward the mainframe and squeeze the biceps at the top of each repetition.

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- Bench Row
- Bent Over Row
- Bicep Curl/Lat Pulldown

Butterfly
- Dip
- Dorsi Bar Pulldown
- Haney Shrug
- Incline Bench Press

Military Press
- Negative Pull Up
- Pull Up
- Rowing with Leg Extension
- Shoulder Shrug

Standing Bicep Curl
- Tricep Extension
- Tricep Press
- Tricep Pushdown
- Upright Row

Mid Body
- Body Curl
- Incline Sit Up
- Leg Bend
- Roman Chair Sit Up

Lower Body
- Calf Raise
- Dead Lift
- Donkey Press
- Frontal Squat
- Leg Extension
- Leg Curl with Leg Extension
- Leg Press
- Squat
- Stiff Leg Dead Lift

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- Butterfly
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- Pull Up
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- Standing Bicep Curl
- Tricep Extension
- Tricep Press
- Tricep Pushdown
- Upright Row

**Mid Body**
- Body Curl
- Incline Sit Up
- Leg Bend
- Roman Chair Sit Up

- Calf Raise
- Dead Lift
- Donkey Press
- Frontal Squat
- Leg Extension

**Lower Body**
- Leg Curl with Leg Extension
- Leg Press
- Squat
- Stiff Leg Dead Lift

---

**Rowing with Leg Extension**

*Primary Muscle Group -* Latissimus Dorsi  
*Secondary Muscle Group -* Rear Deltoids

Sit on the bench straddling the leg extension attachment. Place your feet firmly on the floor, keep your weight back. Grasp the pivot arm and pull toward you. Arch your back at the top of the repetition and flex your elbows down and in toward your spine for two seconds. Slowly return to a stretched position, rounding your shoulders forward. Be sure to maintain a slight arch in your lower back.

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- Haney Shrug
- Incline Bench Press

Military Press
- Negative Pull Up
- Pull Up
- Rowing with Leg Extension
- Shoulder Shrug

Standing Bicep Curl
- Tricep Extension
- Tricep Press
- Tricep Pushdown
- Upright Row

Mid Body
- Body Curl
- Incline Sit Up
- Leg Bend
- Roman Chair Sit Up

Lower Body
- Calf Raise
- Dead Lift
- Donkey Press
- Frontal Squat
- Leg Extension
- Leg Curl with Leg Extension
- Leg Press
- Squat
- Stiff Leg Dead Lift

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Pull Up
Primary Muscle Group - Latissimus Dorsi, Biceps
Secondary Muscle Group - Forearms

Invert the barbell arm. Place the end of the arm into the top of the mainframe and pin at hole #2. The bench legs must be used for additional support. Alternate sets as follows: face mainframe, using a close underhand grip; face mainframe using a wide overhand grip, or face away from mainframe using a wide overhand grip. Focus on flexing your back muscles at the top of the range of motion. Note: Do not swing! Bench legs must be used for additional support.

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Negative Pull Up

Primary Muscle Group - Latissimus Dorsi, Biceps
Secondary Muscle Group - Forearms

Invert the barbell arm. Place the end of the arm into the top of the mainframe and pin at hole #2. Many individuals find it difficult at first to perform several repetitions of the standard pull-up. As an alternative, step up on the bench and grasp the bar for the starting position. Remove your feet from the bench, supporting your weight with your arms only. Do not swing. Hold this position tightening your muscles for a count of 2 and then slowly lower down (5 seconds) straddling the bench with your legs. Hold this stretch for 2 seconds, then repeat exercise.

NOTE: do not swing!

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- Bicep Curl/Lat Pulldown

Butterfly
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- Dorsiflexion with Leg Extension
- Haney Shrug
- Incline Bench Press

Military Press
- Negative Pull Up
- Pull Up
- Rowing with Leg Extension
- Shoulder Shrug

Standing Bicep Curl
- Tricep Extension
- Tricep Press
- Tricep Pushdown
- Upright Row

Mid Body
- Body Curl
- Incline Sit Up
- Leg Bend
- Roman Chair Sit Up

Lower Body
- Calf Raise
- Dead Lift
- Donkey Press
- Frontal Squat
- Leg Extension
- Leg Curl with Leg Extension
- Leg Press
- Squat
- Stiff Leg Dead Lift

Military Press
Primary Muscle Group - Front & Middle Deltoids, Triceps
Secondary Muscle Group - Tapezius

Position barbell arm at collarbone level. Sit facing the mainframe. Grasp the barbell arm just outside shoulder width, keeping your elbows back and in line with your torso. Press overhead just short of locking your elbows. Slowly return to starting position.

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- Back of Neck Press
- Bench Press
- Bench Row
- Bent Over Row
- Bicep Curl/Lat Pulldown

Lower Body
- Calves Raise
- Dead Lift
- Donkey Press
- Frontal Squat
- Leg Extension

Middle Body
- Body Curl
- Incline Sit Up
- Leg Bend
- Roman Chair Sit Up

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Haney Shrug
Primary Muscle Group - Trapezius
Secondary Muscle Group - Biceps, Forearms

Place bench on floor across the mainframe. Position the barbell arm at finger tip level when standing on the bench. Stand facing away from the mainframe, grasp the bar just outside hip width, palms facing behind you, knees slightly flexed. Move your hips slightly forward and draw your elbows as high as possible, pinching them toward each other for two seconds at the top contraction. Slowly lower to starting position. Avoid flexing your wrists too much at the top of the range.
Dorsi Bar Pulldown
Primary Muscle Group - Latissimus Dorsi

In the down position set the barbell arm slightly higher than shoulder height. Sit on the bench facing away from the mainframe. Grasp the barbell arm overhead. Slowly pull the barbell arm down to the top of your shoulders while tilting your head forward. As the bar approaches the upper back, draw the elbows backward and squeeze the shoulder blades together for two seconds. Slowly return to starting position.

NOTE: Support the barbell arm when removing weight straps.

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- Incline Bench Press

- Military Press
- Negative Pull Up
- Pull Up
- Rowing with Leg Extension
- Shoulder Shrug

- Standing Bicep Curl
- Tricep Extension
- Tricep Press
- Tricep Pushdown
- Upright Row

**Mid Body**
- Body Curl
- Incline Sit Up
- Leg Bend
- Roman Chair Sit Up

**Lower Body**
- Calf Raise
- Dead Lift
- Donkey Press
- Frontal Squat
- Leg Extension

- Leg Curl with Leg Extension
- Leg Press
- Squat
- Stiff Leg Dead Lift

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**Dip**

**Primary Muscle Group** - Pectorals, Triceps, Front Deltoids

Position barbell arm at approximately hole #9. The bench legs should be used for additional support. Grip the dip bar and press to an almost locked elbow position (with knees bent). Slowly bring your chest down to the dip bar, and press up again. Keeping your torso more upright will place additional stress on the triceps. Leaning your torso into the machine will accentuate the involvement of the chest muscles. When dismounting, slowly ease the weight off your chest.

**NOTE:** Do not swing! Use bench legs for extra support.

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Butterfly

Primary Muscle Group - Pectorals

Attach the load pin so the butterfly attachment will rest one inch above your head. Slide the butterfly attachment down over the top of the mainframe to rest on the load pin. Load the weightstraps and retainer clips. Sit on the bench with your back against the mainframe. Grip the attachment as pictured. Push with your forearms not your hands. Bring the butterfly arms together slowly, squeezing your chest muscles for a count of two. Slowly return to a stretched position. (Alternating one arm repetitions can also be performed).

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Bicep Curl/Lat Pulldown

*Primary Muscle Group - Latissimus Dorsi*

*Secondary Muscle Group - Biceps*

In the down position set the barbell arm at mid shoulder height. Pull the bar downward. As the bar approaches the upper chest, draw the elbows backward and squeeze the shoulder blades forcefully together for two seconds. Slowly return to the starting position. Vary your grip spacing and alternate between underhand and overhand grips from set to set. **NOTE: Support the barbell arm when removing the weightstraps.**

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Bent Over Row

**Primary Muscle Group** -
Latissimus Dorsi

**Secondary Muscle Group** -
Rear Deltoid, Trapezius

Place bench on floor across the mainframe. Position the barbell arm to hole #24 (approximate). Stand over the barbell arm facing away from the mainframe. Bend and take a wide grip. Keep your knees slightly bent, head up, and buttocks against the mainframe. Slowly pull the barbell arm to your lower ribs or upper abdomen. Hold this contraction for two seconds and slowly return to the starting position. Maintain an arched lower back throughout the movement and squeeze your elbows toward your spine at the top contraction.

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upper body exercises

Bench Row
Primary Muscle Group - Biceps, Latissimus Dorsi
Secondary Muscle Group - Rear Deltoids, Trapezius, Forearms

Position the barbell arm for a pulldown. Pull toward your chest. As the bar approaches your chest, arch your back and pull your elbows down as far as possible and then squeeze them in toward your spine. Hold this contraction for a count of two. Alternate between underhand and overhand grips and vary your grip spacing between sets. Relax your grip and arms to avoid too much involvement of the biceps and forearms. NOTE: Support the barbell arm when removing weight straps.

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- Bicep Curl/Lat Pulldown

Mid Body
- Body Curl
- Incline Sit Up
- Leg Bend
- Roman Chair Sit Up

Lower Body
- Calf Raise
- Dead Lift
- Donkey Press
- Frontal Squat
- Leg Extension

Bench Press
Primary Muscle Group - Pectorals
Secondary Muscle Group - Triceps, Deltoids

Pin the barbell arm at about hole #17. Get into position by sitting sideways on the bench. Lie back and swivel your neck under the barbell arm. Then scoot into position. To exit, do the reverse. Grasp the bar just outside shoulder width, keeping your elbows out. Press to an almost locked elbow position and then slowly lower the bar with your elbows out. Make your chest do the work. Vary your hand spacing from set to set.

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- Bicep Curl/Lat Pulldown

- Butterfly
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- Haney Shrug
- Incline Bench Press

- Military Press
- Negative Pull Up
- Pull Up
- Rowing with Leg Extension
- Shoulder Shrug

- Standing Bicep Curl
- Tricep Extension
- Tricep Press
- Tricep Pushdown
- Upright Row

### Mid Body

- Body Curl
- Incline Sit Up
- Leg Bend
- Roman Chair Sit Up

- Calf Raise
- Dead Lift
- Donkey Press
- Frontal Squat
- Leg Extension

### Lower Body

- Leg Curl with Leg Extension
- Leg Press
- Squat
- Stiff Leg Dead Lift

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**Stiff-Leg Dead Lift**

**Primary Muscle Group**
- Lower Back (Erectors)

**Secondary Muscle Group**
- Gluteals, Hamstrings

Place the bench on the floor across the mainframe. Attach the barbell arm to hole #24. Stand on the bench, straddling the barbell arm facing away from the mainframe. Bend over at the waist moving your hips back and grasp the bar with an overhand, shoulder width grip. Arch your lower back and bend your knees slightly. With your head up, slowly raise to an almost erect position. Drop your hips back as you slowly lower the bar to the starting position. Keep your head up and your lower back tight throughout the set.

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