



# PILATES REFORMER GYM MACHINE

FSPLTSPWRGM



# WARM-UP & COOL DOWN STRETCHES

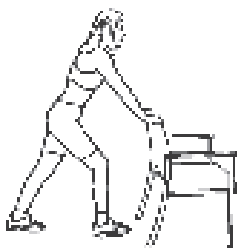
When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember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



#### 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 REFORMER GYM SYSTEM

The Fortis Pilates Reformer Gym Machine 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 Fortis Pilates Reformer Gym Machine system is designed to help you achieve a balanced fitness program. The system consists of three parts:

**1. Strength Conditioning and Muscle Toning.** The Fortis Pilates Reformer Gym Machine exerciser was designed to help you tone and strengthen your upper body, lower body and core.

We recommend that you do the Fortis Pilates Reformer Gym Machine workout 3 times a week and perform the exercises in the order that they are shown in this manual. However, the frequency and duration of your workouts will depend on your current fitness level and goals. Please refer to the Fortis Pilates Reformer Gym Machine workout section below and on the following page to determine the workout that is appropriate for you.

**2. Cardiovascular Exercise.** The Fortis Pilates Reformer Gym Machine 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 Fortis Pilates Reformer Gym Machine 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 Fortis Pilates Reformer Gym Machine system also includes both the Jump Start and Exercise and Nutrition Guide to provide you with healthy eating choices.

# PILATES REFORMER WORKOUT

## Important Exercise and Safety Tips

1. Once your equipment is set up, make sure it is on a solid, level surface with a minimum of 3 feet of clear space on all sides of the equipment.
2. Review this Training Guide and the Quick Start Guide completely before you begin your exercise program. Remember to follow the instructions exactly they have been developed with your health and safety in mind.
3. Perform the exercises at a slow and controlled speed. Working at a fast pace is not recommended and may compromise your safety and results.
4. 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.
5. 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.
6. Keep track of how many repetitions you are able to do at first. You will be surprised at how quickly you progress.
7. 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.
8. 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.
9. 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.

## Developing Your Fortis Pilates Reformer Gym Machine Workout

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 Fortis Pilates Reformer Gym Machine 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. Start doing this workout (or as much of the workout as you can comfortably perform) three times a week. Your goal is to complete one workout, three times a week, with good form.

**Intermediates** should strive to complete one Fortis Pilates Reformer Gym Machine workout every other day. 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 the Fortis Pilates Reformer Gym Machine workout most days of the week. To increase the challenge of your workout, you may add Tension Cords and/or increase the incline of the Glide board. Remember, always workout 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.

# PILATES REFORMER WORKOUT CHART

## 8 Week Workout Progression Chart

Use this chart 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 manual and that the exercises be performed in the order listed in this manual. If you miss a few days of workouts, go back to the level that you were working at previous to the missed time. Proper progression will help you achieve better results.

### 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

Progresses 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 Fortis Pilates Reformer Gym Machine 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.

Fitness Level	Glideboard Adjustment Setting	Tension Cords Adjustment Setting	Number of Repetitions
Beginner Weeks 1-2	Position A (flat) or Position B	Cord #1, #2 and/or #3	8 to 12 repetitions with rest between exercises if needed
Intermediate Weeks 3 - 5	Position B or C *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 Weeks 6 - 8	Position B or C *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.



# PILATES REFORMER EXERCISES

The Fortis Pilates Reformer Gym Machine 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, there are suggestions for the Glide board 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 3 possible Glideboard settings and 16 possible Tension Cord resistance combinations, you have 48 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), incline positions (B and C). 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. 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 Fortis Pilates Reformer Gym Machine 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, Power Flex Platform 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:** 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.

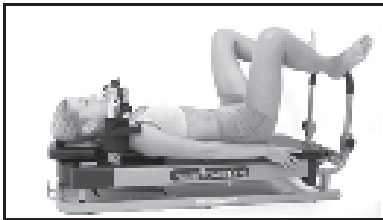
**Second Position Plie**

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.

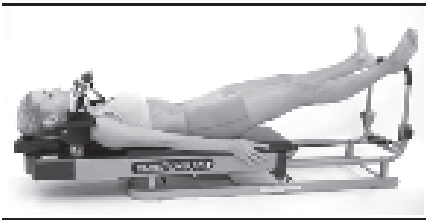
**Perform 8 to 16 repetitions**

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

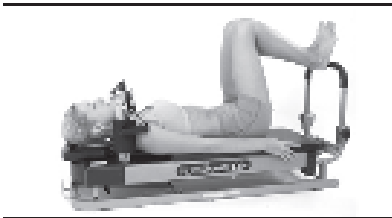
**Narrow Squat**

Lie on your back with your head on the Headrest and your arms resting at your sides. Place the heels of your feet centred 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.

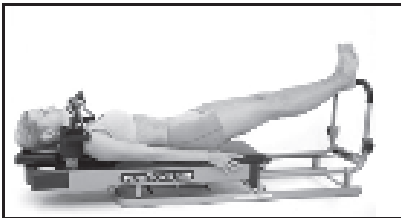
**Perform 8 to 16 repetitions**

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**

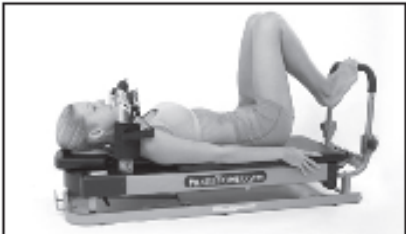
	Glideboard Incline Position	Tension Cords
Beginner	A	#2 and/or #3
Advanced	B or C	#1, #2, #3 and/or #4

**Heel Drop**

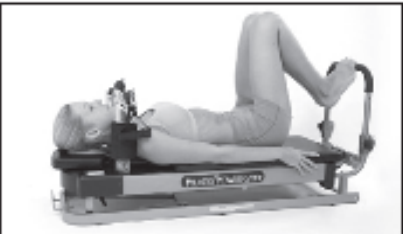
Lie on your back with your head on the Headrest and your arms resting at your sides. Place the toes of your feet centred on the Foot Rest Bar Assembly with your legs together, knees bent. See FIG. 3a. Keeping your legs together, push your feet against the bar and slowly extend your knees and hips until 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/or #4

**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 straight-ending 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	#1 and/or #2
Advanced	B or C	#1, #2, #3 and/or #4

**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/or #4

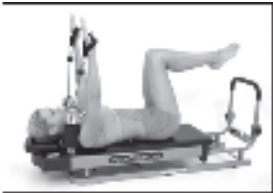
**Arm Circles**

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

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**



**Fig.7c variation**

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

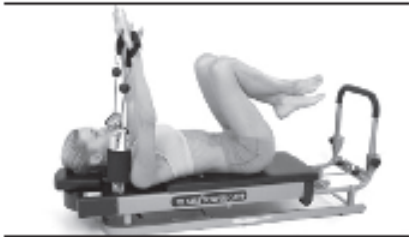


Fig.9b

	Glideboard Incline Position	Tension Cords
Beginner	A or B	#1 and/or #2
Advanced	C	#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 centred 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 centred 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 centre 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 centred 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.

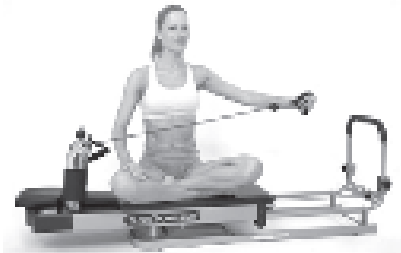
See FIG. 12a. Extend your arm directly sideways fully straightening your elbow without locking it, keep wrist straight and torso stationary. See FIG. 12b. Pause, then slowly bend your elbow without lowering your arm and release back to the starting position.

**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.

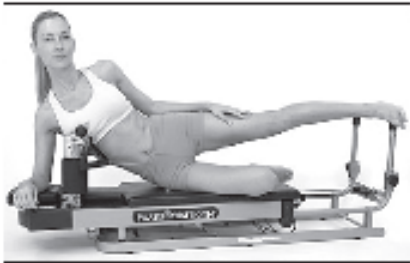
See FIG. 13a. Bend your top knee in toward your chest, keeping the foot pointed directly sideways. See FIG. 13b. Keep your hips stacked and contract your abs to avoid rolling forward or backward. Pause for a moment. Then, release back to the starting position, exhaling while straightening the leg.

**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

**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, #3 and/or #4



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

Accessory: Handles

**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.

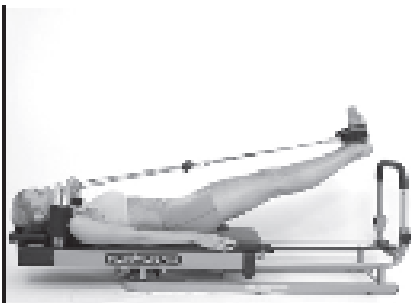
**Perform 8 to 16 repetitions**

Works the back thigh and buttocks.

**VARIATION:** 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.



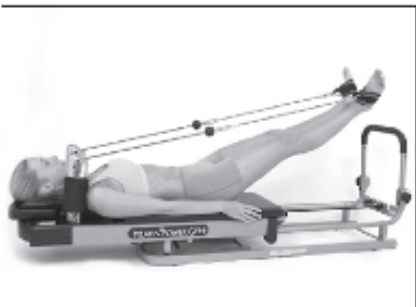
**Fig. 18a**



**Fig.18b**



**Fig. 18 - Variation A**



**Fig.18b - 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

**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 or C	#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 counter clockwise. 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

**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. 22b**

	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 centred 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.

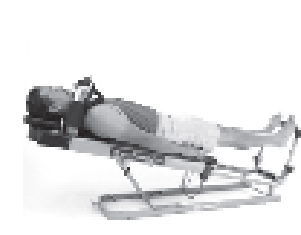


Fig. 22a



Fig. 22b



Variation

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

Accessory: Foot Straps

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

Accessory: Handles

**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

**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 centre 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 centre 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

**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

# WORKOUT TRACKING SHEETS

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

Biceps Curls						
Press Down						
Seated High Row						
Leg Circles						
Frog						
Leg Press						
Bridge						
Serving Bread						
Hug A Tree						
Triceps Press						
Stomach Massage/ Coordination						
Mermaid						
Layout						



# 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.

## 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.**

# PROGRESSIVE CARDIOVASCULAR TRAINING PROGRAM

The training program follows 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

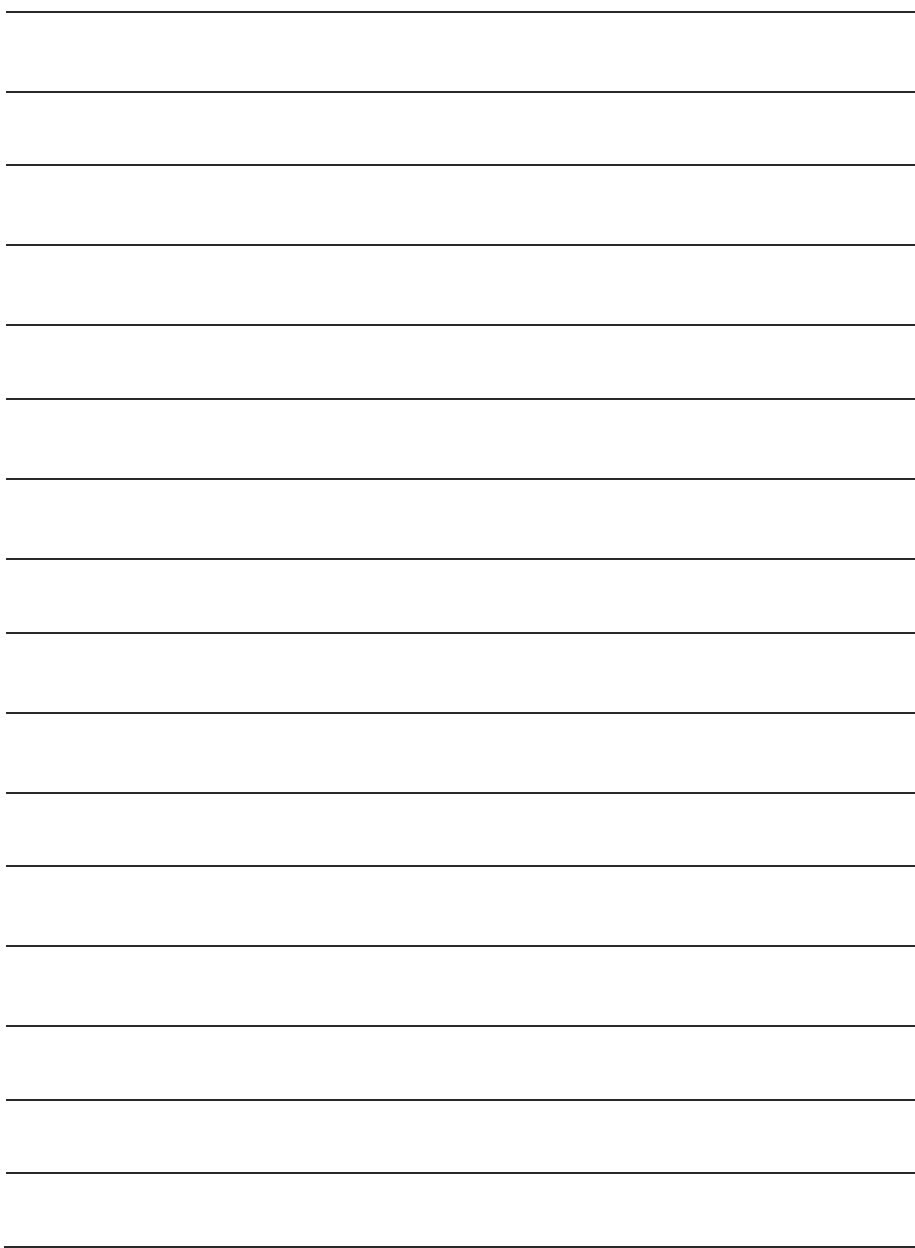
In regard to progressing to a higher intensity level, longer duration or more frequent sessions, it makes good sense to change only one of these elements at a time. You run a higher risk of overuse injury if you simultaneously increase more than one of these elements. A conservative yet effective guideline 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.

## NOTES

[illegible]



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