



PLATINUM
strength systems

mp 3100
multi-function home gym

> exercise chart

NOTE: SOME EXERCISES SHOWN USING OPTIONAL PREACHER CURL BAR AND GRIP WEIGHT PLATES, NOT SOLD WITH THIS UNIT.
ADDITIONAL ACCESSORIES CAN BE PURCHASED FROM MOST MAJOR SPORTING GOODS STORES



SEATED PREACHER CURL

MUSCLE EMPHASIS: BICEPS, FOREARM FLEXORS

1. Select the desired weight.
2. Adjust the curl/bicep pad to the desired height level or similar to the example shown in the photo.
3. Grip the curl/bicep bar with palms facing up.
4. With your elbows positioned on the bicep pad, curl the bar up to your chest.
5. Return to the starting position in a slow and controlled manner and repeat exercise.



SINGLE BICEP CURL

MUSCLE EMPHASIS: BICEP, FOREARM FLEXOR

1. Select the desired weight.
2. Attach D-handle and chain to the low pulley using a spring clip.
3. Stand facing the low pulley with your knees slightly bent.
4. Grasp handle with palms facing up.
5. With your elbow at your side and arm fully extended, raise handle upward by pivoting from the elbow.
6. Return to the starting position in a slow and controlled manner and repeat exercise with other arm.



TRICEP KICK-BACK

MUSCLE EMPHASIS: TRICEP

1. Select the desired weight.
2. Attach "D" handle (or ankle strap) and chain to the low cable pulley using a spring clip.
3. Stand facing the low pulley, bend at the waist with your knees slightly bent.
4. Grasp handle (strap) with your palm facing forward.
5. With your elbow at your side and arm fully bent, straighten arm out by moving your hand back and up.
6. Return to the starting position in a slow and controlled manner and repeat exercise with other arm.



TRICEP PUSH-DOWN (BAR)

MUSCLE EMPHASIS: TRICEP

1. Select the desired weight.
2. Attach curl bar and chain to the overhead pulley using the spring clip.
3. Stand, facing away from the machine.
4. Grasp the curl bar with hands shoulder width apart.
5. Keep your elbows at your sides and push the bar down, completing a full extension.
6. Return to the starting position in a slow and controlled manner and repeat exercise.

NOTE: If the weights hit the top during the exercise, lengthen the chain between the bar and the upper pulley to lower the starting position of the exercise.



OVERHEAD TRICEP EXTENSION

MUSCLE EMPHASIS: TRICEP

1. Select the desired weight.
2. Attach straight bar and chain to the low pulley using a spring clip.
3. From a kneeling position, position the bar behind your head.
4. Grasp the bar with feet facing away from your body.
5. Keep your elbows at a fixed position and push the handle out, completing a full extension.
6. Return to the starting position in a slow and controlled manner and repeat exercise.

NOTE: If the weights hit the top during this exercise, lengthen the chain between the bar and the upper pulley to lower the starting position of the exercise.



CLOSE LAT PULL-DOWN

MUSCLE EMPHASIS: BACK

1. Select the desired weight.
2. Attach curl bar to the overhead pulley using the spring clip.
3. Adjust the seat back pad to the horizontal position and place directly under bar.
4. Sit, facing away from the machine.
5. Grasp the curl bar shoulder width apart.
6. Pull the bar down towards your upper chest.
7. Return to the starting position in a slow and controlled manner and repeat exercise.

NOTE: If the weights hit the top during this exercise, lengthen the chain between the lat bar and the upper pulley to lower the starting position of the exercise.



REAR DELTOID

MUSCLE EMPHASIS: SHOULDERS, DELTOID, TRAPEZIUS, UPPER BACK

1. Select the desired weight.
2. Adjust seat back pad to the horizontal position.
3. Sit, facing into machine.
4. With the back of your elbow against the arm pad, rotate your arms back as far as comfortably possible.
5. Return to the starting position in a slow and controlled manner and repeat exercise.



LAT PULL-DOWN

MUSCLE EMPHASIS: BACK, BICEPS, BRACHIALIS, LATISSIMUS DORSI, FOREARM FLEXORS

1. Select the desired weight.
2. Attach curl bar to the overhead pulley using a spring clip.
3. Sit, facing the machine.
4. Grasp the curl bar at the extreme ends.
5. Pull the bar down towards your upper chest.
6. Return to the starting position in a slow and controlled manner and repeat exercise.



KNEELING CRUNCH

MUSCLE EMPHASIS: ABDOMINALS

1. Select the desired weight.
2. Attach curl bar and chain to the overhead pulley using the spring clip.
3. From a kneeling position, reach up and grasp the curl bar.
4. Position the bar just behind your head. With elbows bent, hold this position with your forearms braced against your head.
5. Roll downward from your upper body.
6. Return to the starting position in a slow and controlled manner and repeat exercise.



3-POSITION BENCH PRESS

MUSCLE EMPHASIS: CHEST, PECTORALS, TRICEPS

1. Select the desired weight.
2. Adjust back pad to the flat, incline or decline position and place directly under press bar.
3. Adjust the press bar to the desired height and secure by rotating latches forward into the securing holes on the frame uprights.
4. Lie down on the bench with your back against the back pad.
5. Grasp the press bar and release latches by rotating press bar backward and allowing press bar to slide down towards your chest.
6. Push the press bar away from your body to a full extension.
7. Return to the starting position in a slow and controlled manner and repeat exercise.



PECTORAL FLY

MUSCLE EMPHASIS: CHEST, PECTORALS

1. Select the desired weight.
2. Adjust back pad to the horizontal position.
3. Sit facing away from the machine and position your back firmly against the pectoral fly back pad.
4. Place your forearms on the fly pads.
5. Rotate your arms forward, as far as possible, by contracting from the chest.
6. Return to the starting position in a slow and controlled manner and repeat exercise.

NOTE: Perform this exercise by pushing the pads with your forearms and not your hands.



SQUAT

MUSCLE EMPHASIS: LEG, GLUTES, LOWER BACK

1. Select the desired weight.
2. Adjust the press bar to the desired height and secure by rotating latches forward into the securing holes on the frame uprights.
3. Stand with press bar positioned across the top of your shoulders, placing feet shoulder width apart.
4. Grasp the press bar and release latches by rotating press bar backward, allowing press bar to slide down.
5. Keeping back straight, lower your body by bending from your knees. Do not allow your buttocks to drop below the level of your knees.
6. Raise the press bar by pushing with your legs to a full extension.
7. Return to the starting position in a slow and controlled manner and repeat exercise.

NOTE: It is recommended that you perform the exercise using a proper weight belt or back support.



KNEE RAISE

MUSCLE EMPHASIS: HIPS, LOWER ABDOMINALS

1. Select the desired weight.
2. Wrap the ankle strap around the leg to be exercised.
3. Attach spring clip of low pulley to the ankle strap.
4. Stand, facing away from the machine.
5. Brace your body for stability.
6. Raise the leg upward by pivoting only at the hip.
7. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.



LEG CURL

MUSCLE EMPHASIS: LEG, HAMSTRINGS

1. Select the desired weight.
2. Adjust seat back pad to the decline position.
3. Lie face down with your knees slightly in front and over the top of the round, black foam roller pads.
4. Place back of your ankles under the outer foam roller pads.
5. Curl legs upward towards your buttocks.
6. Return to the starting position in a slow and controlled manner and repeat exercise.



LEG EXTENSION

MUSCLE EMPHASIS: LEG, QUADRICEPS

1. Select the desired weight.
2. Adjust back pad to the vertical or horizontal position.
3. Position the back of your knees on top of the round, black foam roller pads.
4. Position the top of your ankles against the lower round foam roller pad.
5. Extend your legs forward, pivoting from the knees, to a full extension.
6. Return to the starting position in a slow and controlled manner and repeat exercise.



LEG KICK-BACK

MUSCLE EMPHASIS: LEG, GLUTES, HAMSTRINGS

1. Select the desired weight.
2. Wrap the ankle strap around the leg to be exercised.
3. Attach spring clip of low pulley to the ankle strap.
4. Stand facing the low pulley with feet a few inches apart.
5. Brace your hands for support.
6. Kick leg back, pivoting only at the hip.
7. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.



OUTER LEG KICK (ABDUCTORS)

MUSCLE EMPHASIS: LEG, OUTER THIGH

1. Select the desired weight.
2. Wrap the ankle strap around the leg to be exercised.
3. Attach spring clip of low pulley to the ankle strap.
4. Stand beside the low pulley, placing the leg to be exercised (the outer leg) slightly in front of the other.
5. Brace your body for stability.
6. Kick leg out to your side, pivoting only at the hip.
7. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.



INNER LEG KICK (ADDUCTORS)

MUSCLE EMPHASIS: LEG, INNER THIGH

1. Select the desired weight.
2. Wrap the ankle strap around the leg to be exercised.
3. Attach spring clip of low pulley to the ankle strap.
4. Stand beside the low pulley, feet shoulder width apart, with the leg to be exercised next to the low pulley.
5. Brace your body for stability.
6. Kick towards the front of the leg set being exercised, pivoting only at the hip.
7. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.



LUNGE

MUSCLE EMPHASIS: LEG, GLUTES, LOWER BACK

1. Select the desired weight.
2. Attach the press bar and chain to the desired height and secure by rotating latches forward into the securing holes on the frame uprights.
3. Stand with press bar positioned across the top of your shoulders, placing feet shoulder width apart.
4. Grasp the press bar and release latches by rotating press bar backward, allowing press bar to slide down.
5. Keeping back straight, lower your body by stepping forward or back with one leg. Do not allow your buttocks to drop below the level of your knee.
6. Raise the press bar by pushing with your legs to a full extension.
7. Return to the starting position in a slow and controlled manner and repeat exercise.

NOTE: It is recommended that you perform this exercise using a proper weight belt or back support.



SHOULDER SHRUG

MUSCLE EMPHASIS: TRAPEZIUS, UPPER BACK

1. Select the desired weight.
2. Attach straight bar and chain to the low pulley using a spring clip.
3. Stand facing toward the low pulley with your feet shoulder width apart.
4. Grasp the straight bar with your palms facing down.
5. With your arms straight, raise the bar up by shrugging at the shoulders.
6. Return to the starting position in a slow and controlled manner and repeat exercise with other arm.



SHOULDER PRESS

MUSCLE EMPHASIS: SHOULDERS, DELTOIDS, UPPER BACK

1. Select the desired weight.
2. Adjust back pad to the horizontal position and place directly under press bar.
3. Sit on the bench with your body positioned behind the press bar.
4. Adjust the press bar to the desired height and secure by rotating latches forward into the securing holes on the frame uprights.
5. Grasp the press bar and release latches by rotating press bar backward and allowing press bar to slide down towards your upper chest.
6. Push the press bar away from your body to a full extension.
7. Return to the starting position in a slow and controlled manner and repeat exercise.



UPRIGHT ROW

MUSCLE EMPHASIS: SHOULDERS, TRAPEZIUS, DELTOIDS

1. Select the desired weight.
2. Adjust the press bar and chain to the desired height and secure by rotating latches forward into the securing holes on the frame uprights.
3. Grasp the bar with your palms facing down, about 8-10" apart.
4. Keep body straight, slightly flexing at the knees.
5. Grasp the press bar and release latches by rotating press bar backward. Pull the press bar up to the top of your chest.
6. Return to the starting position in a slow and controlled manner and repeat exercise.



FRONT DELTOID RAISE

MUSCLE EMPHASIS: SHOULDERS, DELTOIDS

1. Select the desired weight.
2. Attach straight bar and chain to the low pulley using a spring clip.
3. Stand facing away from the low pulley with feet a few inches apart.
4. Grasp bar with your palms facing down.
5. With your arms slightly bent, raise the handle up and out in front of your body.
6. Return to the starting position in a slow and controlled manner and repeat exercise with other arm.



BENT OVER LATERAL RAISE

MUSCLE EMPHASIS: SHOULDERS, DELTOIDS

1. Select the desired weight.
2. Attach D-handle to the low pulley using a spring clip.
3. Stand beside low pulley with feet shoulder width apart.
4. Grasp handle with your hand furthest from the machine.
5. With your arm slightly bent, pull upward to your side.
6. Return to the starting position in a slow and controlled manner and repeat exercise with other arm.

WARNING, PLEASE READ BEFORE EXERCISING:

When working out, do the following for each exercise: A. Select a desired weight. B. Exhaust while exerting/lifting the weights, and while while returning to the starting position in a slow and controlled manner. Before using the lat bar, remove from lat bar heels. Replace lat bar on heels after each use. C. Insure all cables and warning stickers before using this machine. D. Before using, inspect the machine for loose, frayed, or worn parts, including cables and connections. If in doubt, do not use machine until parts are replaced. E. Weight plates clips must be secured completely before using this machine. F. Should weights, pulleys, or other parts become jammed, do not attempt to free them yourself; obtain assistance. G. Keep clear of weights and all moving parts. H. Children should not be permitted to use the machine. I. For consistent, smooth operation, the guide rods must be lubricated periodically with synthetic lubricant. J. Prior to beginning any exercise program it is suggested to have a complete physical examination and obtain your physician's approval of your conditioning program. We recommend that you always exercise with a partner or someone who can act as a "spotter", should the weights become too heavy for you to lift on your own.

GETTING STARTED:

Always warm-up your muscles before exercising. Easy stretching (without bouncing) and light calisthenics, for several minutes, are recommended to prepare your body. A "repetition" is defined as one complete movement from the starting position, through the full range of motion, and back to the starting position. A "set" is defined as a series of continuous repetitions. Start your exercise program conservatively. Select a weight for each exercise that is easily performed for the full range of your motion. Learn to feel your body's responses and change your program accordingly. The number of repetitions for each set should range between eight and fifteen. As a general rule, the lower the number of repetitions performed (eight to ten), the heavier the resistance of weight used. While heavy resistance increases muscular strength, the full range of movement is necessary to achieve maximum muscle strength and development. Rest between

each set of repetitions long enough to catch your breath. Work up to three or four sets for each isolated exercise. When you can perform the desired number of repetitions at a given weight, increase the resistance by five or ten pounds. There may be a number of exercises isolating the same muscle. These exercises should be grouped together and performed on the same day, followed by a day of rest for that particular muscle.

EXERCISE PROGRAM SUGGESTION #1

Exercise the complete body every other day, up to three times a week. The one day rest enables the body to recover from the previous workout.

EXERCISE PROGRAM SUGGESTION #2

Alternating your daily workouts. One day isolate the upper body exercises, and the next day perform the lower body exercises. To reduce lactic acid build-up and consequently reduce muscle soreness, and each exercise with an increased number of repetitions at a lighter weight. Also, stretching the muscles is recommended upon completion of your weight resistance program.

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muscle reference guide

