

EXPRESS GYM

EXPRESS WORKOUT. EXPRESS RESULTS.

It's not that often something so simple does so much, especially with such an outstanding outcome. The V Express Gym lives up to its name with a versatile all in one gym that allows for multiple strength training exercises within its compact, yet powerful design. From leg to arm, chest to back exercises, every inch is sure to see express results from the V Express Gym.

UPPER BODY WORKOUT 1		UPPER BODY WORKOUT 2		UPPER BODY WORKOUT 3	
PECTORAL CROSSOVER 1. Grasp strap handle from mid pulley. 2. Exercise.	VERTICAL PRESS 1. Adjust back pad. 2. Grasp articulating arm hand grips. 3. Exercise.	INCLINE PRESS 1. Adjust back pad. 2. Grasp articulating arm hand grips. 3. Exercise.	PECTORAL FLY 1. Adjust back pad. 2. Grasp articulating arm hand grips. 3. Exercise.	DECLINE PRESS 1. Adjust back pad. 2. Grasp articulating arm hand grips. 3. Exercise.	PUNCH 1. Grasp strap handle from mid pulley. 2. Exercise.
SHOULDER PRESS 1. Adjust back pad. 2. Grasp articulating arm hand grips. 3. Exercise.	ONE ARM REAR DELT 1. Adjust back pad. 2. Grasp strap handle from mid pulley. 3. Exercise.	BENT OVER REAR DELT 1. Grasp strap handle from low pulley. 2. Exercise.	FRONT DELT RAISE 1. Grasp strap handle from low pulley. 2. Exercise.	UPRIGHT ROW 1. Grasp curl bar from low pulley. 2. Exercise.	LATERAL DELTOID 1. Grasp strap handle from mid pulley. 2. Exercise.
BICEPS CURL 1. Grasp curl bar from low pulley. 2. Exercise.	SEATED TRICEPS EXTENSION 1. Adjust back pad. 2. Grasp curl bar from high pulley. 3. Exercise.	TRICEPS PUSHDOWN 1. Grasp curl bar from high pulley. 2. Exercise.	OVERHEAD CURL 1. Adjust multi-function roller pads. 2. Grasp curl bar from high pulley. 3. Exercise.	TRICEPS KICKBACK 1. Grasp strap handle from lower pulley. 2. Exercise.	REVERSE CURL 1. Grasp curl bar from low pulley. 2. Exercise.

CHEST

SHOULDERS

ARMS

BACK WORKOUT 1		BACK WORKOUT 2	
SEATED MID ROW 1. Adjust back pad. 2. Grasp press arm hand grips. 3. Exercise.	HIGH PULL 1. Adjust multi-function roller pads. 2. Grasp both strap handles from high pulley. 3. Exercise.	LAT PULLDOWN 1. Grasp lat bar from high pulley. 2. Exercise.	BENT OVER ROW 1. Adjust multi-function roller pads. 2. Grasp strap handle from low pulley. 3. Exercise.

BACK

AB WORKOUT 1		AB WORKOUT 2		AB WORKOUT 3	
MID PULLEY AB CRUNCH 1. Adjust back pad. 2. Grasp both strap handles from mid pulley. 3. Exercise.	SIDE BENDS 1. Grasp strap handle from low pulley. 2. Exercise.	KNEE RAISES 1. Adjust back pad. 2. Exercise.			

ABS

LEG WORKOUT 1		LEG WORKOUT 2		LEG WORKOUT 3	
GLUTE KICK 1. Attach ankle strap around ankle. 2. Adjust multi-function roller pads. 3. Exercise.	SEATED LEG EXTENSION 1. Adjust back pad. 2. Adjust multi-function roller pads. 3. Exercise.	INNER THIGH 1. Attach ankle strap around ankle. 2. Exercise.	STANDING LEG CURL 1. Adjust leg station. 2. Grasp press arm for stability. 3. Exercise.	OUTER THIGH 1. Attach ankle strap around ankle. 2. Exercise.	

LEGS

KNOW YOUR V EXPRESS GYM

High Pulley Station

V Express Press Arm

Mid Pulley Station

Adjustable Back Pad

Adjustable Seat

Integrated Accessory Rack (Located behind weight stack)

Leg Station

Low Pulley Station

* Shown with optional weight stack shield and weight stack upgrade.

V STATIONARY LEG PRESS WORKOUT		V RIDE LEG PRESS WORKOUT	
STATIONARY LEG PRESS 1. Adjust pack pad. 2. Exercise.		RIDE LEG PRESS 1. Adjust pack pad. 2. Exercise.	
STATIONARY CALF RAISE 1. Adjust pack pad. 2. Exercise.		RIDE CALF RAISE 1. Adjust pack pad. 2. Exercise.	

OPTIONAL LEG PRESS

TRAINING TIPS

TO INCREASE MUSCLE SIZE:

- Do 8-10 repetitions of each exercise
- Increase weight after each set, provided you maintain proper body form and technique
- Complete 3-4 sets of each exercise
- Rest for 45-60 seconds between sets

TO INCREASE ENDURANCE OR TONE:

- Do 12-15 repetitions of each exercise
- Complete 3-4 sets of each exercise
- Rest for 45-60 seconds between sets
- Limit rest between exercises to build cardiovascular endurance
- Ideally, you should perform 30 seconds of cardiovascular exercise between each strength training exercise

SAMPLE PROGRAMS:

- Weekly routine - 1 body area per day:
 - Monday and Wednesday: Upper Body
 - Tuesday and Thursday: Lower Body
 - Friday: Rest
 - Alternate days for Abdominals
 - Never work the same muscle group on consecutive days
- Three day routine - 3 days on, 1 day off:
 - Day 1: Chest, Arms and Abdominals
 - Day 2: Shoulders & Back
 - Day 3: Legs and Abdominals
 - Day 4: Rest
 - Never work the same muscle group on consecutive days

EXERCISE SAFETY

- Consult a physician before you begin an exercise program.
- Always warm up before your workout with 5-10 minutes of cardiovascular exercise. Then stretch slowly, exhaling as you gently stretch each muscle. Without bouncing, hold each stretch for at least 10 to 30 seconds. Following your strength training regimen, stretch again to complete your workout.
- Maintain proper spinal alignment and head positioning throughout your workout.
- For maximum results, follow a complete fitness program that includes proper nutrition, aerobic exercise and strength training.
- Your body will respond to weight training and conditioning only when you complete your workout on a regular basis. Your new V Express Gym will help you reach your goals only with consistent use.
- To gain the most benefit out of your workout, it is necessary to use muscles that complement each other. When using a particular muscle, you should use the supporting muscles as well.
- Do not attempt to lift more weight than you can comfortably handle. Avoid the risk of injury by remaining within your limits.
- Do not hold your breath. Exhale during the pressing or pulling action and inhale upon returning to the start position.

EQUIPMENT SAFETY

- Make sure that you read and understand your Owner's Manual and all warning labels and decals on your machine. Please use all precautionary measures necessary for safety.
- Keep observers, especially children, at a safe distance from the equipment while in operation. Do not allow children to play on the machine at any time.
- Carefully inspect your machine before each use. You must inspect the cables, nuts, bolts and belts on a daily basis. Replace or repair any frayed, loose or otherwise damaged parts at the first sign of a problem.
- Always stay clear of all weights and moving parts. Obtain assistance to free any jammed parts. Never attempt to free a jammed part by yourself.
- Sweat is corrosive - make sure to wipe down the machines on a regular basis with a watered down rag. Then, dry completely to avoid rust.
- Maintain a regular routine of preventative maintenance.

For additional information on fitness health, safety or equipment, call HOIST® Fitness Systems at 800.548.5438 or visit us online at www.hoistfitness.com. For additional exercises and instructions, please refer to the "Exercise Descriptions" section of your Owner's Manual.