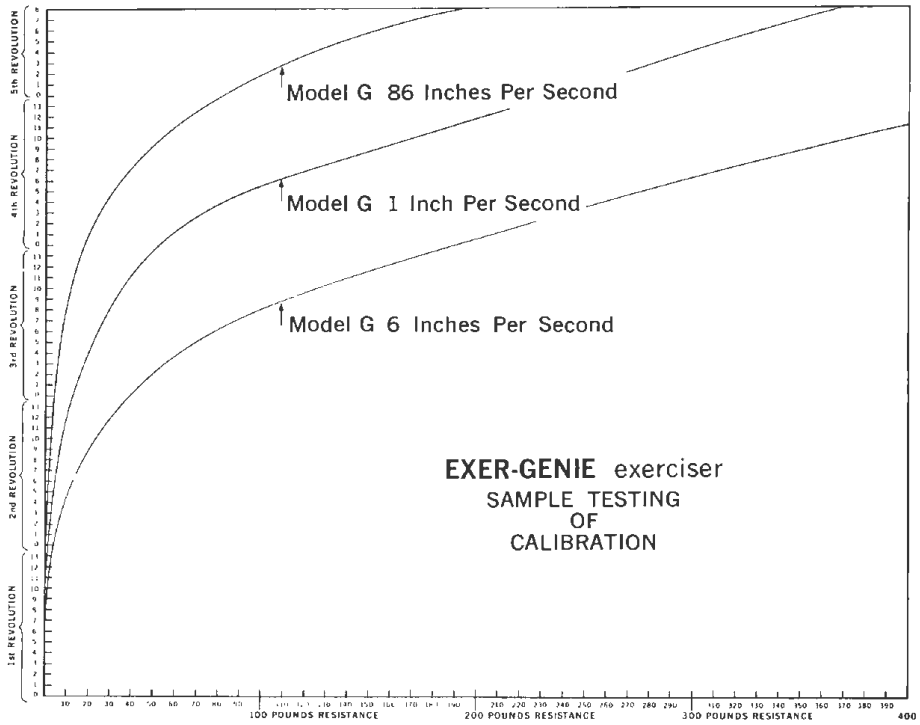

Diagram 17

SPECIFICATIONS

WEIGHT: Less than 2 pounds, complete with carrying case.

DIMENSIONS: In carrying case 8" x 9½" x 2" — less footboard

MATERIALS:

Shaft and Spool	Rust-proof aluminum alloy, chrome plated
Bullet Pin	Stainless steel
Screw and Snap Ring	Coated metal
Casing and Slip Sleeve	Anodized aluminum
Line	Specially braided nylon
Door Strap	Nylon
Handles	Hardwood, sealed and natural finish
Carrying Case	Plastic with metal zipper
Decals	Mylar
Bumper	Vinyl compound
Manual	

ACCESSORIES (Optional at extra cost)

FOOTBOARD

LONG LINE HARNESS SET (50' heavy duty nylon line and 2 nylon Shoulder Harnesses)

SHOULDER HARNESS

HEAVY DUTY NYLON LINE

12 FOOT REPLACEMENT LINE

15" WEB LOOP WITH SLIDE—Used As— Anchoring Strap
Physical Therapy Strap
Head Strap
Foot Strap

INSTRUCTION MANUAL

for

EXER-GENIE® exerciser

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EXERCISE INSTRUCTIONS

TYPICAL TEN STATION CIRCUIT FOR MEN

USING 11 EXERCISERS

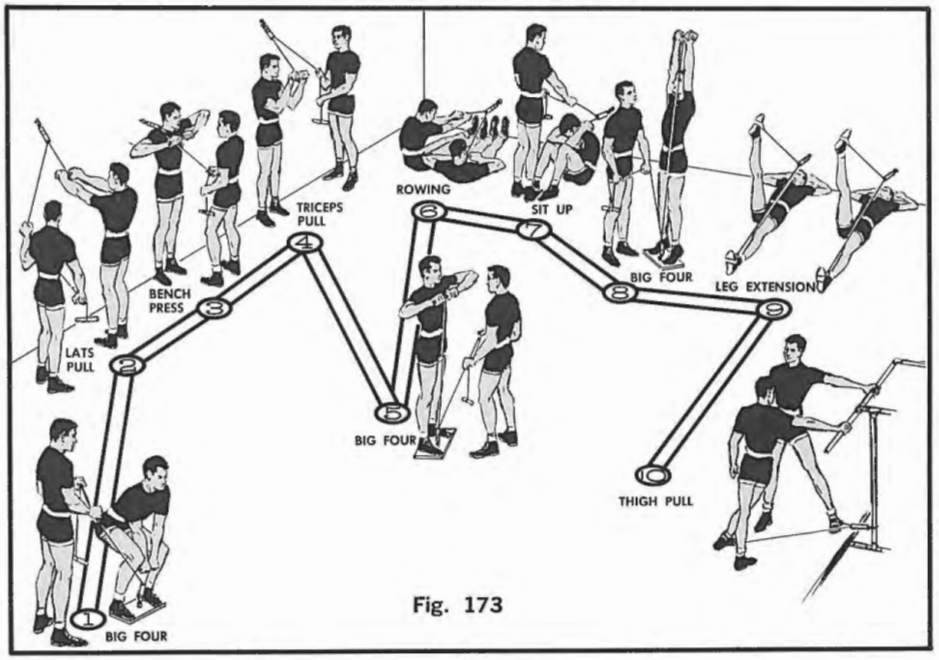


Fig. 173

RUNNING

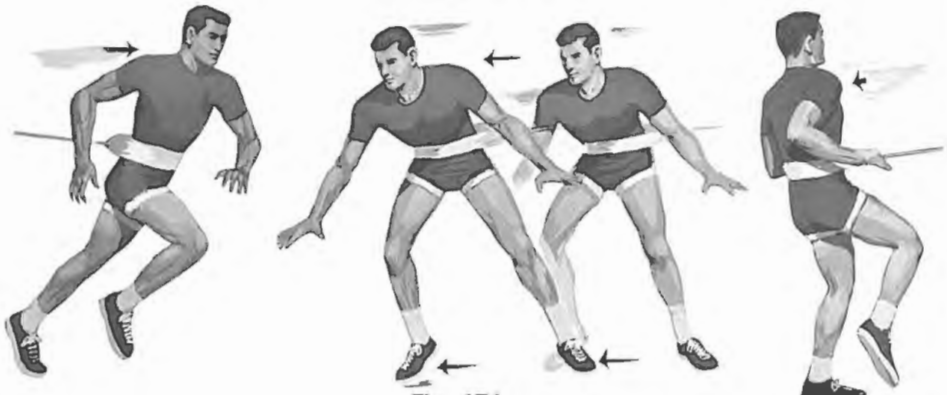
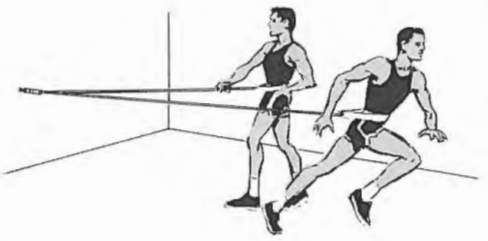


Fig. 174

An essential augmentation to the ten station circuit. One 'buddy' runs against resistance to the end of a 50' heavy duty line* as partner in harness* walks back to point of anchor.

Proper form and running technique may be analyzed and corrected while subjects work to develop leg strength and balance.



*See accessories page 64

THE TEN STATION CIRCUIT

The ten station circuit requires only a small area. It can be used without preparation indoors or outdoors with minimum supervision. It is adaptable to individual or group conditioning.

The EXER-GENIE exerciser with its compactness, portability and versatility is ideally suited to circuit training.

ADVANTAGES OF THE CIRCUIT

Since two students or athletes can occupy each station as many as twenty may work out at one time. The coach does not need to organize the class according to size or strength. As partner controls resistance with the trail line, each person can exercise to the limits of his personal capacity throughout the circuit in 10 - 15 minutes.

Circuit exercises available for sports such as football, basketball, wrestling, swimming and tennis.

TYPICAL TEN STATION CIRCUIT FOR WOMEN

USING 11 EXERCISERS

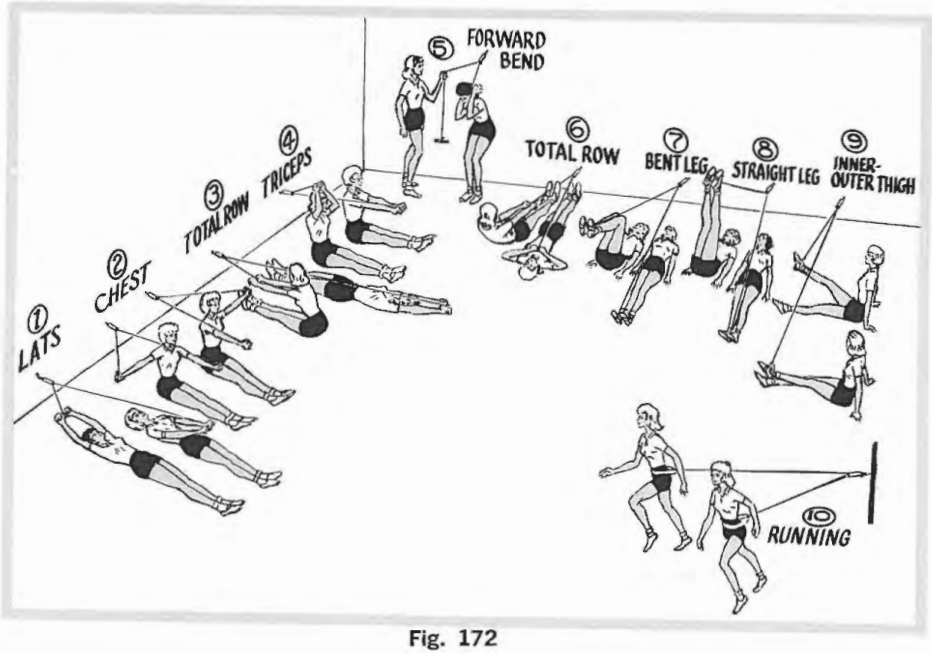


Fig. 172

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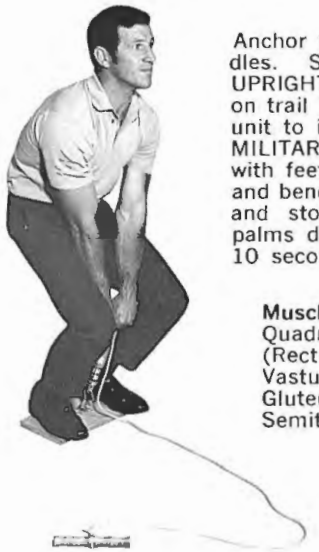
MEN'S SERIES

GENERAL CONDITIONING

BIG FOUR

ISOMETRIC HOLD



Anchor to footboard.* Use double handles. Set resistance required to do UPRIGHT ROW ('clean'). Toss handle on trail line about four feet away from unit to increase resistance needed for MILITARY PRESS. Stand on footboard with feet approx. shoulder width apart and bend knees. Keeping arms straight and stomach in, grasp handle with palms down and pull isometrically for 10 seconds.

Muscles most used Fig. 63 and 64: Quadriceps femoris muscle group (Rectus femoris, Vastus medialis, Vastus intermedius, Vastus lateralis), Gluteus maximus, Biceps femoris, Semitendinosus, Semimembranosus.

Fig. 63

LEG PRESS

Fig. 64

Ease resistance and straighten legs.

NOTE: Do not lift with back.

CLEAN

The 'curl' (Fig. 69-70) may be included as part of the Big Four in place of the 'CLEAN' (Fig. 65-66).

Drop trail line. Keeping hands close to body, pull to chin ('clean').

Muscles most used. Trapezius, Serratus anterior, Deltoid, Supraspinatus, Biceps brachii, Brachialis, Brachioradialis.

Fig. 65

Fig. 66

Rotate hands, bringing elbows down.

***See accessories. Pg. 64**

CONTINUOUS ROW

Back - Shoulders - Arms

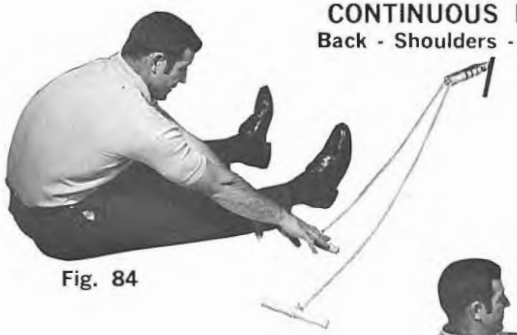


Fig. 84

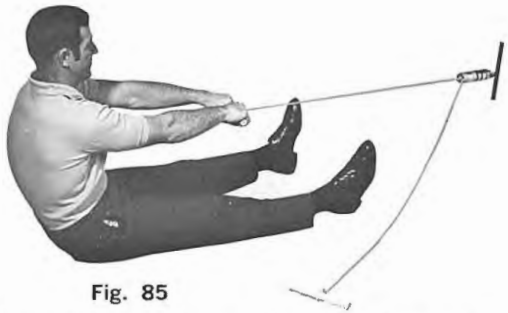


Fig. 85

Anchor 18" above floor. Use double handles. Assume position away from unit, grasp handle and row through to chest. Drop handle, stretch forward and grasp other handle to continue rowing.

Muscles most used: Biceps brachii, Brachialis, Brachioradialis, Posterior Deltoid, Infraspinatus, Teres minor, long head of Triceps brachii, Middle Trapezius, Rhomboid.

NECK

Fig. 86

Fig. 87

Fig. 88

Anchor at head level. Attach 15" web loop with slide.* Grasp handle and pull isometrically for 10 seconds. Ease resistance and flex head away from unit (to front, back and each side).

Muscles most used: Forward: Sternocleidomastoid; Backward: Erector spinae muscle group; Side: Sternocleidomastoid, Erector spinae muscle group.

***See accessories Pg. 64, Pg. 6, Diagram 7**

CHEST
(Horizontal Adduction)

Fig. 89

Fig. 90

Fig. 91

Anchor at shoulder level. Use wire handles. With arm extended to side, grasp handle and pull isometrically for 10 seconds. Keeping arm straight, ease resistance and move arm to front of body. As arm crosses center of body, rotate palm and move arm downward.

Muscles most used: Deltoid, Pectoralis major, Coracobrachialis.

RECIPROCATING CHEST
(Horizontal Adduction)

Fig. 92

Anchor at shoulder level. Use wire handles. With arms extended slightly forward, grasp handles and push isometrically for 10 seconds. Keeping elbows locked, alternately move arms in arc from side to front.

Muscles most used: Deltoid, Pectoralis major, Coracobrachialis.

RECIPROCATING SCAPULAR
(Horizontal Abduction)

Fig. 93

Anchor at shoulder level. Use wire handles. Facing unit with arms extended and slightly forward from sides, grasp handles and pull isometrically for 10 seconds. Keeping arms straight, alternately move arms in arc from front to side.

Muscles most used: Trapezius, Rhomboid, Deltoid, Triceps brachii, Infraspinatus, Teres minor.

NOTE: Do not twist at waist

RECIPROCATING STRAIGHT LEG
(Hip Extension)

Fig. 61

Anchor overhead when seated. Attach 15" web loops.* Controlling resistance on trail line with lowered leg, push isometrically for 10 seconds. Keeping knees locked and toes pointed, move leg in downward sweep. While maintaining resistance, lowered leg moves to exercise position and exercised leg assumes control of resistance.

Muscles most used: Semitendinosus, Semimembranosus, Biceps femoris, Gluteus maximus, Gastrocnemius.

RECIPROCATING BENT LEG
(Knee and Hip Extension)

Fig. 62

Anchor overhead when seated. Attach 15" web loops.* Do not point toes. Bend knee and bring one thigh as close to body as possible. Extend other leg to control resistance on trail line. Push isometrically for 10 seconds. Push bent leg to full extension. While maintaining resistance other leg moves into bent knee position and exercised leg assumes control of resistance.

Muscles most used: Quadriceps (Rectus femoris, Vastus medialis, Vastus intermedius, Vastus lateralis), Gluteus maximus, Semitendinosus, Semimembranosus, Biceps femoris.

*See accessories. Pg. 6, Diagrams 8 & 9

MIDSECTION

FORWARD BEND
Abdominal Area

Fig. 57

Fig. 58

Anchor above head when seated. Use double handles. With head lowered and elbows forward, grasp handle behind neck and pull isometrically for 10 seconds. Ease resistance and bend forward and down.

Muscles most used: Rectus abdominis, External oblique, Internal oblique, Transverse abdominis.

LEGS

KNEE EXTENSION

Muscles most used are within the quadriceps femoris muscle group: Rectus femoris, Vastus medialis, Vastus intermedius, Vastus lateralis.

Fig. 59

Fig. 60

Anchor to back leg of chair. Attach 15" web loop.* With knee bent, push isometrically for 10 seconds. Ease resistance and push leg to full extension.

*See accessories. Pg. 6, Diagrams 8 & 9

UPPER BODY

LATS
Trunk - Shoulders

Fig. 94

Fig. 95

Anchor overhead. Use double handles. Extend arms overhead, grasp handle and pull down isometrically for 10 seconds. Keeping elbows locked, ease resistance and pull to thighs.

Muscles most used: Latissimus dorsi, Pectoralis major, Teres major, Deltoid, Triceps brachii.

BENCH PRESS

Fig. 96

Fig. 97

Anchor at chin level. Use double handles. Grasp handle and push isometrically for 10 seconds. Ease resistance and push arms to full extension.

Muscles most used: Deltoid, Pectoralis major, Coracobrachialis, Biceps brachii, Triceps brachii, Pectoralis minor, Serratus anterior.

TRICEPS
(Elbow Extension)

Fig. 98

Fig. 99

Fig. 100

Anchor above head. Use double handles. With elbows bent and forward, grasp handle above head and push isometrically for 10 seconds. Ease resistance and push arms to full extension.

Muscle most used: Triceps brachii

RECIPROCATING TRICEPS

Fig. 101

Anchor at head level. Use wire handles. With elbows bent and forward, grasp handles and push isometrically for 10 seconds. Alternately push arms to full extension.

Muscle most used: Triceps brachii.

TRICEPS
(Elbow Extension)

Fig. 54

Fig. 55

Anchor above head when seated. Use double handles. With elbows bent and forward, grasp handle above head and push isometrically for 10 seconds. Ease resistance and push arms to full extension.

Muscle most used: Triceps brachii

RECIPROCATING TRICEPS

Fig. 56

Anchor above head when seated. Use wire handles. With elbows bent and forward, grasp handles and push isometrically for 10 seconds. Alternately push arms to full extension.

Muscle most used: Triceps brachii

LATS
Trunk - Shoulders

Fig. 50

Fig. 51

Fig. 52

Anchor overhead when seated. Use double handles. Extend arms overhead, grasp handle and pull down isometrically for 10 seconds. Keeping elbows locked, ease resistance and pull to knees.

Muscles most used: Latissimus dorsi, Pectoralis major, Teres major, Deltoid, Triceps brachii.

RECIPROCATING LATS

Fig. 53

Anchor overhead. Use wire handles. Extend arms, grasp handles and pull isometrically for 10 seconds. Keeping elbows locked, alternately exercise arms with downward sweep.

Muscles most used: Latissimus dorsi, Pectoralis major, Teres major, Deltoid, Triceps brachii.

BICEPS
(Elbow Flexion)

Fig. 102

Fig. 103

Anchor at head level. Use double handles. Keeping elbows up and arms extended, grasp handle and pull isometrically for 10 seconds. Ease resistance and pull handle toward head.

Muscles most used: Biceps brachii, Brachialis, Brachioradialis.

RECIPROCATING BICEPS

Fig. 104

Anchor at head level. Use wire handles. With elbows bent, grasp handles and pull isometrically for 10 seconds. Alternately flex and extend elbows.

Muscles most used: Biceps brachii, Brachialis, Brachioradialis.

FOREARM DEVELOPMENT

Fig. 105

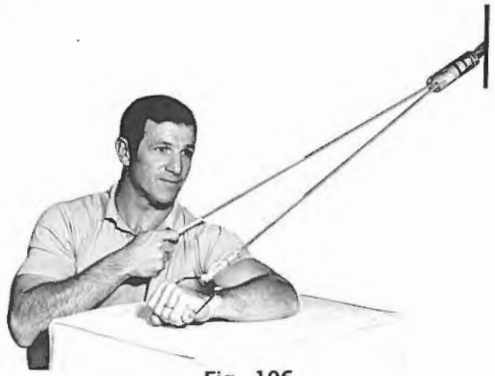


Fig. 106

Anchor 6"-10" above table. Use wire handles. Position forearm at right angle to table or desk. Grasp handle and pull isometrically for 10 seconds. Ease resistance and sweep arm downward. Repeat with other arm.

Muscles most used: Teres major, Latissimus dorsi, Subscapularis, Pectoralis major, Brachioradialis, Ulnar flexor, Round pronator, Radial flexor.

MIDSECTION

FORWARD BEND
Abdominal Area

Fig. 107

Fig. 108

Anchor at head level. Use double handles. Keeping knees bent and head lowered, grasp handle behind neck. With elbows forward, pull isometrically for 10 seconds. Ease resistance and bend downward as far as possible.

Muscles most used: Rectus abdominis, External oblique, Internal oblique, Transverse abdominis.

FORWARD BEND

Fig. 109

Fig. 110

Anchor at head level when seated. Use double handles. with elbows forward and head lowered, grasp handle behind neck and pull isometrically for 10 seconds. Ease resistance and bend forward and down.

Muscles most used: Rectus abdominis, External oblique, Internal oblique, .Transverse abdominis.

GENERAL CONDITIONING

JOGGING

Fig. 47

Anchor at waist level. Attach harness* and place around midsection. Jog against resistance.

SINGLE CHAIR SERIES

UPPER BODY

RECIPROCATING CHEST
(Horizontal Adduction)

Fig. 48

Anchor at shoulder level when seated. Use wire handles. With arms extended slightly forward, grasp handles and push isometrically for 10 seconds. Keeping elbows locked, alternately move arms in arc from side to front.

Muscles most used: Deltoid, Pectoralis major, Coracobrachialis.

RECIPROCATING SCAPULAR
(Horizontal Abduction)

Fig. 49

Anchor at shoulder level when seated. Use wire handles. Facing unit with arms extended and slightly forward from sides, grasp handle and pull isometrically for 10 seconds. Keeping elbows locked, alternately move arms in arc from front to side.

Muscles most used: Trapezius, Deltoid, Triceps brachii, Infraspinatus, Teres minor.

NOTE: Do not twist at waist

***See accessories. Pg. 6, Diagrams 10 & 11**

INNER THIGH PULL
(Hip Adduction)

Fig. 43

Fig. 44

Anchor 18' above floor. Attach 15" web loop.* Placing hand against wall for support, stand sideways to unit with feet apart and pull with leg isometrically for 10 seconds. Ease resistance and swing leg across as far as possible. Face opposite direction to work other thigh.

Muscles most used: Adductor brevis, Adductor magnus, Adductor longus, Gracilis.

OUTER THIGH PULL
(Hip Abduction)

Fig. 45

Fig. 46

Anchor 18" above floor. Attach 15" web loop.* Stand sideways to unit and place hand against wall for support. Cross leg toward unit and push with leg isometrically for 10 seconds. Ease resistance and swing leg away from unit as far as possible. Face opposite direction to work other thigh.

Muscles most used: Gluteus medius, Biceps femoris, Vastus lateralis, Semimembranosus, Tractus iliotibialis.

***See accessories. Pg. 6, Diagrams 8 & 9**

SIT UP
Abdominal Area

Fig. 111

Fig. 112

Anchor 6" above floor. Use double handles. Keeping knees bent and feet flat on floor, grasp handle behind neck. With elbows forward and lower back on floor, raise shoulders and pull isometrically for 10 seconds. Ease resistance and curl forward until elbows touch knees. Feet may be held down by partner or object.

NOTE: Do not arch back.

Muscles most used: Rectus abdominis, External oblique, Internal oblique, Transverse abdominis.

SIDE BEND
(Lateral Flexion)

Fig. 113

Fig. 114 (Alt.)

Anchor to footboard.*Use wire handles. Shorten line (Pg. 5, Diagram 6). Keeping shoulders back, bend directly to side, grasp handles and pull isometrically for 10 seconds. Bend to other side. Pull isometrically for 10 seconds and return.

Muscles most used: Internal oblique, External oblique, Rectus abdominis, Erector spinae.

***See accessories pg. 64**

RECIPROCATING STRAIGHT LEG
(Hip Extension)

Anchor 18" above floor

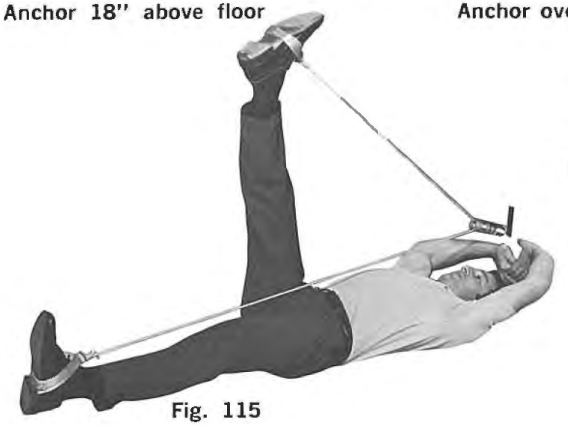


Fig. 115

Anchor overhead when seated

Fig. 116

Muscles most used Semitendinosus, Semimembranosus, Biceps femoris, Gluteus maximus, Gastrocnemius.

Attach 15" web loops.* Keeping toes pointed, bring one leg up and over body. Controlling resistance on trail line with lowered leg, push isometrically for 10 seconds. Keeping knees locked, move leg in downward sweep. While maintaining resistance, other leg moves to exercise position and exercised leg assumes control of resistance.

Note: Both legs may be exercised simultaneously (Pg. 16, Fig. 20)

RECIPROCATING BENT LEG
(Knee and Hip Extension)

Anchor overhead when seated

Fig. 117

Muscles most used: Quadriceps (Rectus femoris. Vastus medialis, Vastus intermedius, Vastus lateralis), Gluteus maximus, Semitendinosus, Semimembranosus, Biceps femoris.

Anchor 18" above floor

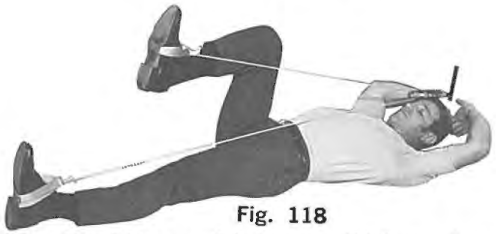


Fig. 118

Attach 15" web loops.* Do not point toes. Bend knee and bring one thigh as close to body as possible. Extend other leg to control resistance on trail line. Push isometrically for 10 seconds. Push bent leg to full extension. While maintaining resistance other leg moves into bent knee position and exercised leg assumes control of resistance.

Note: Both legs may be exercised simultaneously (Pg. 16, Fig. 22)

***See accessories. Pg. 6, Diagrams 8 & 9**

FORWARD BEND
Abdominal Area

Fig. 39

Fig. 40

Anchor overhead. Used double handles. Keeping knees bent and head lowered, grasp handle behind neck with overhand grip. With elbows forward, pull isometrically for 10 seconds. Ease resistance and bend downward as far as possible.

Muscles most used: Rectus abdominis, External oblique, Internal oblique, Transverse abdominis.

HIP AND LEG

HIP EXTENSION

Fig. 41

Anchor 18" above floor. Attach 15" web loop.* Facing door, bring foot close to unit and pull isometrically for 10 seconds. Ease resistance and pull leg backward.

Muscles most used: Gluteus maximus, Semitendinosus, Semimembranosus, Biceps femoris, Gastrocnemius.

***See accessories. Pg. 6, Diagrams 8 & 9**

HIP FLEXION

Fig. 42

Anchor 18' above floor. Attach 15" web loop.* Push leg forward isometrically for 10 seconds. Ease resistance and push leg forward to full extension.

Muscles most used: Tensor fasciae latae, Rectus femoris, Adductor magnus, Vastus lateralis, Vastus medialis.

TRICEPS
(Elbow Extension)

Fig. 36

Anchor above head. Use double handles. With elbows bent and forward, grasp handle above head and push isometrically for 10 seconds. Ease resistance and push arms to full extension.

Muscle most used: Triceps brachii

Fig. 37

Anchor to footboard. Use double handles. Preset resistance. Keeping elbows forward, grasp handle behind head with underhand grip and push arms to full extension overhead.

Muscle most used: Triceps brachii

RECIPROCATING TRICEPS

Fig. 38

Anchor at head level. Use wire handles. With elbows bent and forward, grasp handles and push isometrically for 10 seconds. Alternately push arms to full extension.

Muscle most used: Triceps brachii.

INNER THIGH PULL
(Hip Adduction)

Fig. 119

Fig. 120

Anchor 18" above floor. Attach 15" web loops.* Stand sideways to unit and place hand against wall for support. With feet apart, pull with leg isometrically for 10 seconds. Ease resistance and swing leg across as far as possible. Face opposite direction to work other thigh.

Muscles most used: Adductor brevis, Adductor magnus, Adductor longus, Gracilis.

OUTER THIGH PULL
(Hip Abduction)

Fig. 121

Fig. 122

Anchor 18" above floor. Attach 15" web loops.* Stand sideways to unit and place hand against wall for support. Cross leg toward unit and push with leg isometrically for 10 seconds. Ease resistance and swing leg away from unit as far as possible. Face opposite direction to work other thigh.

Muscles most used: Gluteus medius, Biceps femoris, Vastus lateralis, Semimembranosus, Tractus iliotibialis.

***See accessories. Pg. 6, Diagrams 8 & 9**

LEG PRESS

Legs

Fig. 123

Fig. 124

Anchor to footboard. Attach harness* to end of line (Pg. 6, Diagram 12.) Stand on footboard with knees bent. Lift isometrically for 10 seconds. Straighten back, ease resistance and push legs to complete extension. End with heel raise.

NOTE: Do not lift with back.

Muscles most used: Quadriceps (Rectus femoris, Vastus medialis, Vastus intermedius, Vastus lateralis), Gluteus maximus, Biceps femoris, Semitendinosus, Semimembranosus.

GENERAL CONDITIONING

JOGGING

Fig. 125

Anchor at waist level. Attach harness* and place around midsection (pg. 6, diagrams 10 & 11). Jog against resistance.

*See accessories pg. 64

LATS

Trunk - Shoulders

Fig. 33

Fig. 34

Anchor overhead. Use double handles. Extend arms, grasp handle and pull down isometrically for 10 seconds. Keeping elbows locked and arms straight, ease resistance and pull to thighs.

Muscles most used: Latissimus dorsi, Pectoralis major, Teres major, Deltoid, Triceps brachii.

RECIPROCATING SCAPULAR

(Horizontal Abduction)

Fig. 35

Anchor at shoulder level. Use wire handles. Facing unit with arms extended and slightly forward from sides, grasp handles and pull isometrically for 10 seconds. Keeping arms straight, alternately move arms in arc from front to side.

NOTE: Do not twist at waist

Muscles most used: Trapezius, Deltoid, Infraspinatus, Teres minor, Triceps Brachii.

UPPER BODY STANDING SERIES

CHEST
(Horizontal Adduction)

Fig. 29

Fig. 30

Fig. 31

Anchor at shoulder level. Use wire handles. With arm extended to side, grasp handle and pull isometrically for 10 seconds. Keeping arm straight, ease resistance and move arm to front of body. As arm crosses center of body, rotate palm and move arm downward.

Muscles most used: Deltoid, Pectoralis major, Coracobrachialis.

RECIPROCATING CHEST

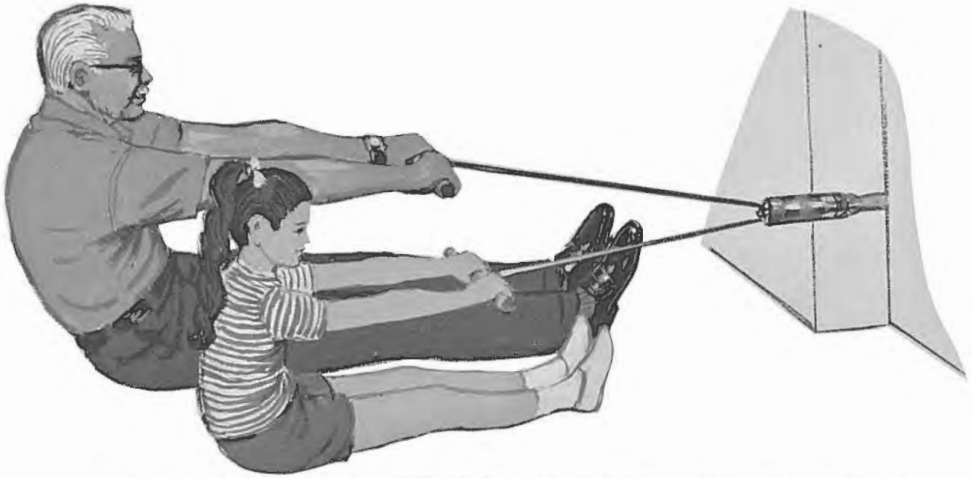
Fig. 32

Anchor at shoulder level. Use wire handles. With arms extended and slightly forward from side, grasp handles and push isometrically for 10 seconds. Keeping elbows locked, alternately move arms in arc from side to front.

NOTE: Do not twist at waist.

Muscles most used: Deltoid, Pectoralis major, Coracobrachialis.

DUAL EXERCISES



EXERCISE TOGETHER - WEAK AND STRONG - OLD AND YOUNG

With partner controlling resistance on the trail line, individuals with differences in strength and size may exercise together, each working to capacity.

DUAL SERIES

GENERAL CONDITIONING

TOTAL ROW

Anchor 18" above floor. Use double handles. Partners alternately control resistance while moving to starting position.

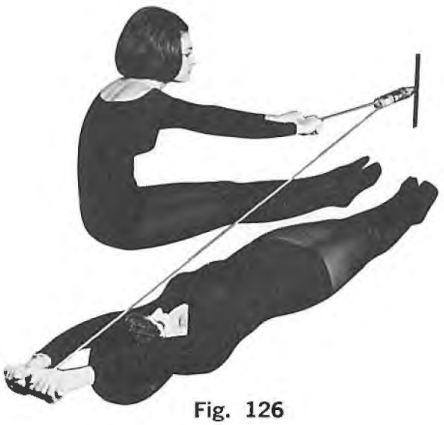


Fig. 126

Grasp handle close to unit and pull isometrically for 10 seconds against partner controlled resistance.

Fig. 127

Keeping elbows high, row to chest as partner eases resistance.

Muscles most used: Biceps brachii, Brachioradialis, Brachialis, Posterior Deltoid, Infraspinatus, Teres minor, long head of Triceps brachii, Middle Trapezius, Rhomboid.

Fig. 128

Lower back to floor as partner begins sit up.

Muscles most used: Erector spinae muscle group.

INNER THIGH PULL

(Hip Adduction)

Fig. 24

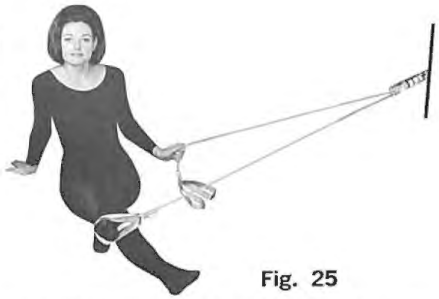


Fig. 25

Anchor 18" above floor. Attach 15" web loop.* With feet apart, pull with leg isometrically for 10 seconds. Ease resistance and swing leg across as far as possible. Face opposite direction to work other thigh.

Muscles most used: Adductor brevis, Adductor magnus, Adductor longus, Gracilis.

OUTER THIGH PULL

(Hip Abduction)

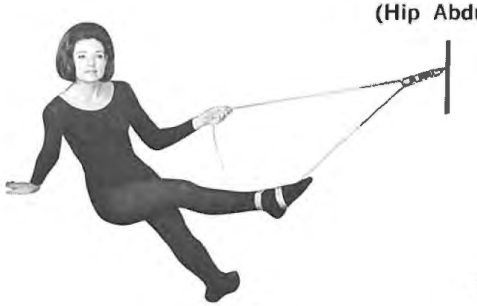


Fig. 26

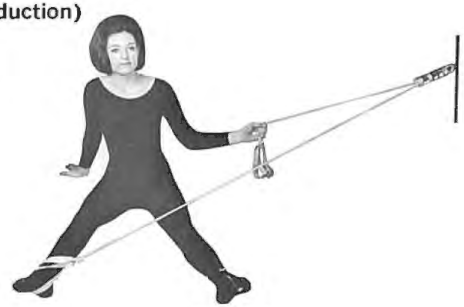


Fig. 27

Anchor 18' above floor. Attach 15" web loop.* Cross leg toward unit and push isometrically for 10 seconds. Ease resistance and swing leg out as far as possible. Face opposite direction to work other thigh.

Muscles most used: Gluteus medius. Biceps femoris. Vastus medialis, Semimembranosus, Tractus iliotibialis.

INNER or OUTER THIGH PULL

(Hip Adduction and Abduction)

Fig. 28

Anchor 18" above floor. Attach 15" web loops.* Alternately work thighs in scissors motion. Face opposite direction and repeat.

***See accessories. Pg. 6, Diagrams 8 & 9**

STRAIGHT LEG
(Hip Extension)

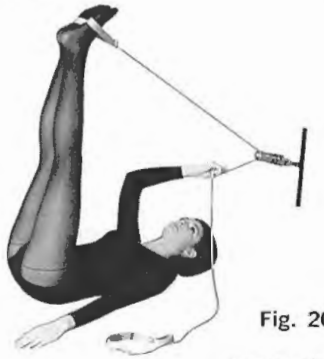


Fig. 20

Anchor 18" above floor. Attach 15" web loop.* Keeping knees locked and toes pointed, bring legs up and over body and push downward isometrically for 10 seconds. Ease resistance and move legs in downward sweep.

Muscles most used: Semitendinosus, Semimembranosus, Biceps femoris, Gluteus maximus, Gastrocnemius.

RECIPROCATING STRAIGHT LEG

Anchor 18" above floor. Attach 15" web loops.* Keeping toes pointed, bring one leg up and over body. Controlling resistance on trail line with lowered leg, push isometrically for 10 seconds. Keeping knees locked, move leg in downward sweep. While maintaining resistance, other leg moves to exercise position and exercised leg assumes control of resistance.

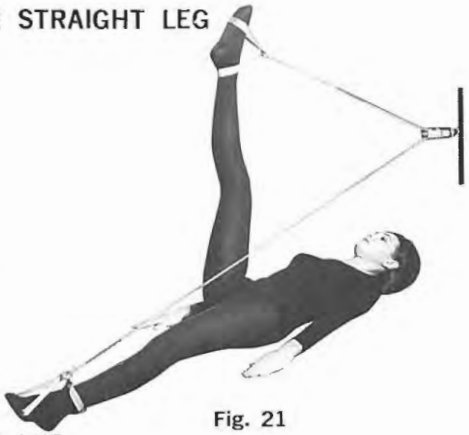


Fig. 21

BENT LEG
(Knee and Hip Extension)

Fig. 22

Anchor 18" above floor. Attach 15" web loops.* Do not point toes. Bend knees and bring thighs as close to body as possible. Push isometrically for 10 seconds. Ease resistance and push legs to full extension.

Muscles most used: Quadriceps (Rectus femoris, Vastus medialis, Vastus intermedius, Vastus lateralis), Gluteus maximus, Semitendinosus, Semimembranosus, Biceps femoris.

RECIPROCATING BENT LEG

Fig. 23

Anchor 18" above floor. Attach 15" web loops.* Do not point toes. Bend knee and bring one thigh as close to body as possible. Extend other leg to control resistance on trail line. Push isometrically for 10 seconds. Push bent leg away from head. While maintaining resistance other leg moves into bent knee position and exercised leg assumes control of resistance.

***See accessories. Pg. 6, Diagrams 8 & 9**

TOTAL ROW *Continued*

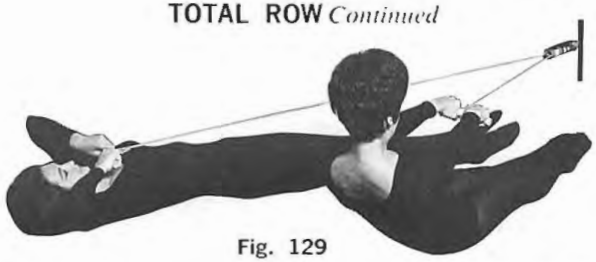


Fig. 129

With hands at chest, continue lowering back to floor as partner extends arms and completes sit up.

Muscles most used: 1st partner: Erector spinae muscle group. 2nd partner: Rectus abdominis, External oblique, Internal oblique.

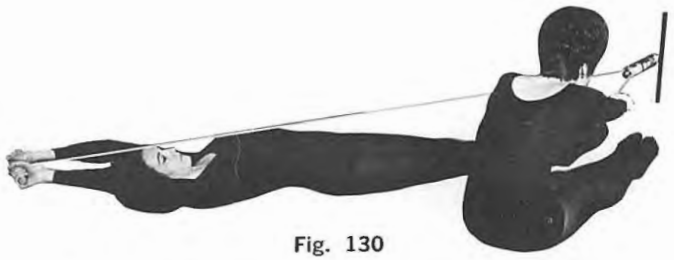


Fig. 130

'Press' arms overhead to complete extension as partner assumes starting position.

Muscles most used: Deltoid, Triceps brachii, Supraspinatus, Trapezius, Serratus anterior.

SCAPULAR ROW
Back - Shoulder Blades - Arms

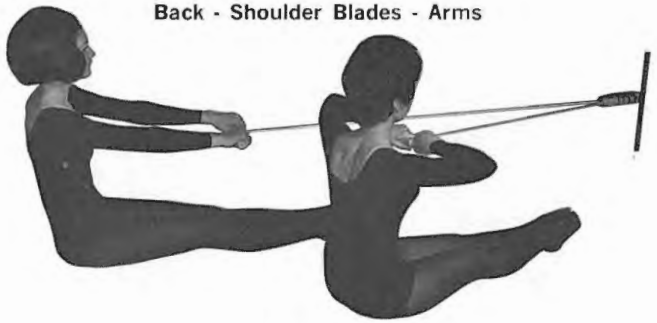


Fig. 131

Anchor 18" above floor. Use double handles. Extend arms forward, grasp handle and pull isometrically for 10 seconds against partner controlled resistance. Keeping elbows high, row to chest as partner eases resistance to assume starting position.

Muscles most used: Trapezius, Rhomboid.

LATS
Trunk - Shoulders

Fig. 132

Anchor 18" above floor. Use double handles. Extend arms overhead, grasp handle and pull isometrically for 10 seconds against partner controlled resistance. Keeping elbows locked, pull down to thighs as partner eases resistance to assume starting position.

Muscles most used: Latissimus dorsi, Pectoralis major, Teres major, Deltoid, Triceps brachii.

TRICEPS
(Elbow Extension)

Anchor 18" above floor. Use double handles. With elbows bent and forward, grasp handle above head and push isometrically for 10 seconds against partner controlled resistance. Push arms to full extension as partner eases resistance to assume starting position.

Muscle most used: Triceps brachii.

Fig. 133

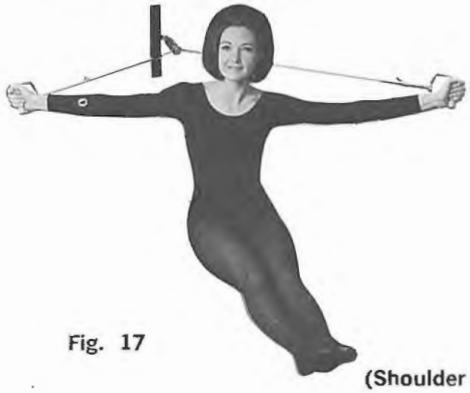
CHEST
(Horizontal Adduction)

Fig. 134

Anchor 18" above floor. Use wire handles. With arm extended, grasp handle and pull isometrically for 10 seconds against partner controlled resistance. Keeping arm straight, work arm in arc from side to front as partner eases resistance to assume starting position.

Muscles most used: Deltoid, Pectoralis major, Coracobrachialis.

RECIPROCATING CHEST
(Horizontal Adduction)



Anchor 18" above floor. Use wire handles. With arms extended slightly forward, grasp handles and push isometrically for 10 seconds. Keeping elbows locked, alternately move arms in arc from side to front.

NOTE: Do not twist at waist.

Muscles most used: Deltoid, Pectoralis major, Coracobrachialis.

Fig. 17

(Shoulder Flexion)

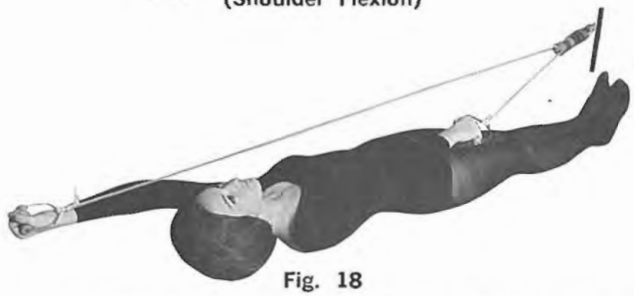


Fig. 18

Anchor 18" above floor. Use wire handles. With arms extended and elbows locked, grasp handles and pull isometrically for 10 seconds. Keeping elbows locked, alternately work one arm upward.

Muscles most used: Deltoid, Pectoralis major, Coracobrachialis.

SIT UP
Abdominal Area

Fig. 19

Anchor 6" above floor. Use double handles. Keeping knees bent and feet flat on floor, grasp handle behind neck. With elbows forward and lower back on floor, raise shoulders and pull isometrically for 10 seconds. Ease resistance and curl forward until elbows touch knees. Feet may be held down by partner or object.

NOTE: Do not arch back.

See alternate Forward Bend (Pg. 26, Fig. 57, 58).

Muscles most used: Rectus abdominis, External oblique, Internal oblique, Transverse abdominis.

TRICEPS

(Elbow Extension)

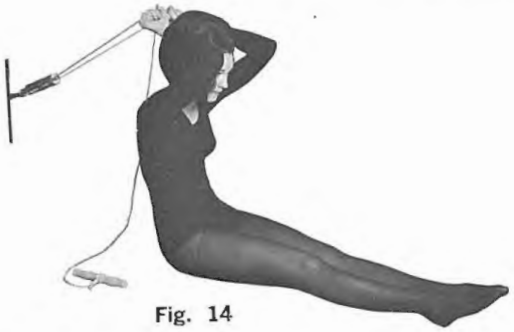


Fig. 14

Anchor 18" above floor. Use double handles. With elbows bent and forward, grasp handles above head and push isometrically for 10 seconds. Ease resistance and push arms to full extension.

Muscle most used: Triceps brachii.

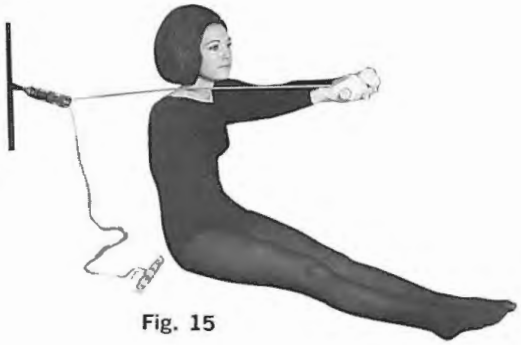


Fig. 15

RECIPROCATING TRICEPS

Fig. 16

Anchor 18" above floor. Use wire handles. With elbows bent and forward, grasp handles and push isometrically for 10 seconds. Alternately push arms to full extension.

Muscle most used: Triceps brachii.

FORWARD BEND

Abdominal Area

Fig. 135

Fig. 136

Anchor at head level. Use double handles. Keeping knees bent and head lowered, grasp handle behind neck with overhand grip. With elbows forward pull isometrically for 10 seconds against partner controlled resistance. Bend downward as partner eases resistance.

Muscles most used: Rectus abdominis, External oblique, Internal oblique, Transverse abdominis.

SIT UP

Abdominal Area

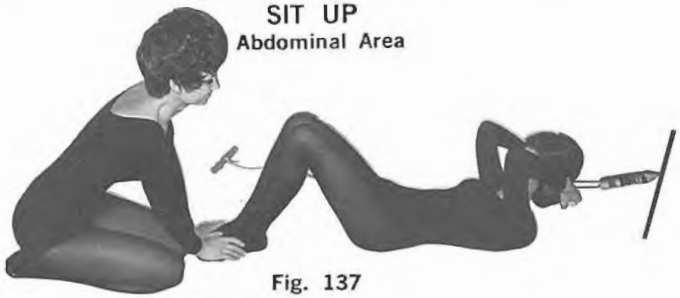


Fig. 137

Fig. 138

Anchor 6" above floor. Use double handles. Feet are held flat on floor by partner. Keeping knees bent, grasp handle behind neck with overhand grip. With elbows forward and lower back on floor, raise shoulders and pull isometrically for 10 seconds. Ease resistance and curl forward until elbows touch knees.

NOTE: Do not arch back.

Muscles most used: Rectus abdominis, External oblique, Internal oblique, Transverse abdominis.

STRAIGHT LEG

(Hip Extension)

Fig. 139

Anchor 18" above floor. Attach 15" web loops.* Keep knees locked and toes pointed. Bring legs up and over body and push downward isometrically for 10 seconds against partner controlled resistance. Move legs in downward sweep as partner eases resistance to assume starting position.

Muscles most used: Semitendinosus, Semimembranosus, Biceps femoris, Gluteus maximus, Gastrocnemius.

BENT LEG

(Knee and Hip Extension)

Fig. 140

Anchor 18" above floor. Attach 15" web loops.* Do not point toes. Bend knees and bring thighs as close to body as possible. Push isometrically for 10 seconds against partner controlled resistance. Push legs to full extension as partner eases resistance to assume starting position.

Muscles most used: Quadriceps (Rectus femoris, Vastus medialis, Vastus intermedius, Vastus lateralis), Gluteus maximus, Semitendinosus, Semimembranosus, Biceps femoris.

*See accessories. Pg. 6, Diagrams 8 & 9

LATS

Trunk - Shoulders

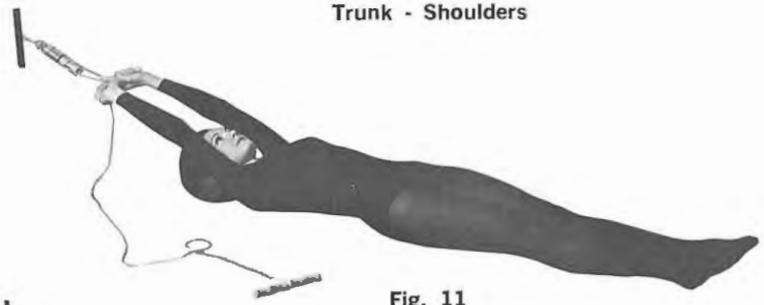


Fig. 11

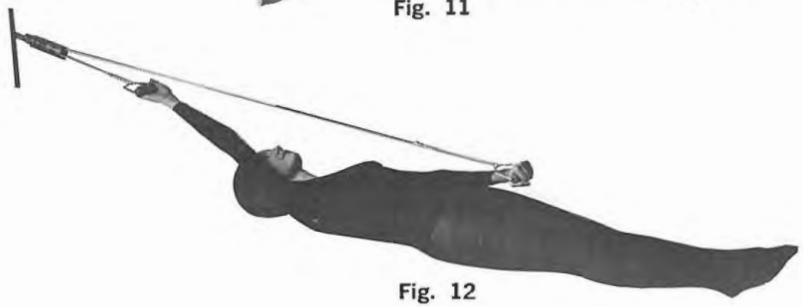


Fig. 12

Anchor 18" above floor. Use double handles. Extend arms overhead, grasp handle and pull isometrically for 10 seconds. Keeping elbows locked, ease resistance and pull to thighs.

Muscles most used: Latissimus dorsi, Pectoralis major, Teres major, Deltoid, Triceps brachii.

RECIPROCATING LATS

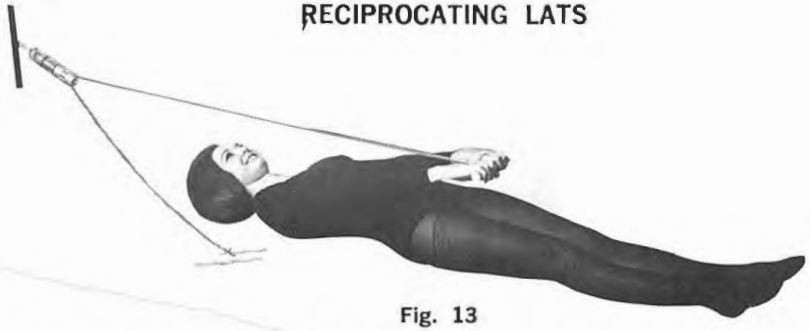


Fig. 13

Anchor 18" above floor. Use wire handles. Extend arms, grasp handles and pull isometrically for 10 seconds. Keeping elbows locked, alternately exercise arms with downward sweep.

Muscles most used: Latissimus dorsi, Pectoralis major, Teres major, Deltoid, Triceps brachii.

SCAPULAR ROW

Back - Shoulder Blades - Arms

Fig. 7

Fig. 8

Anchor 18" above floor. Use double handles. Extend arms forward, grasp handle and pull isometrically for 10 seconds. Keeping elbows high, ease resistance and row to chest.

Muscles most used: Biceps brachii, Brachialis, Brachioradialis, Posterior Deltoid, Infraspinatus, Teres minor, Long head of Triceps brachii, Middle Trapezius, Rhomboid.

CONTINUOUS ROW

Back - Shoulder Blades - Arms

Fig. 9

Fig. 10

Anchor 18" above floor. Use double handles. Assume position away from unit, grasp handle and row through to chest. Drop handle, stretch forward and grasp other handle to continue rowing.

Muscles most used: Biceps brachii, Brachialis, Brachioradialis, Posterior Deltoid, Infraspinatus, Teres minor, Long head of Triceps brachii, Middle Trapezius, Rhomboid.

INNER THIGH PULL

(Hip Adduction)

Fig. 141

Anchor 18" above floor. Attach 15" web loops.* Sit sideways to unit. With feet apart, person nearest unit pulls isometrically for 10 seconds against partner controlled resistance. Pull leg away from unit as partner eases resistance to assume starting position. Face opposite direction to work other thigh.

Muscles most used: Adductor brevis, Adductor magnus, Adductor longus, Gracilis.

OUTER THIGH PULL

(Hip Abduction)

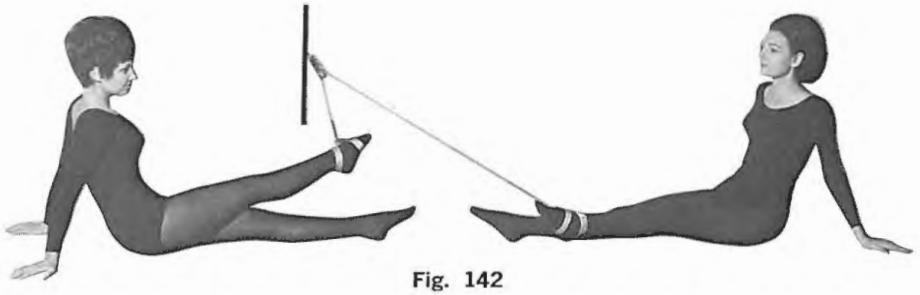


Fig. 142

Anchor 18" above floor. Attach 15" web loops.* Sit sideways to unit facing each other. With leg crossed in starting position, pull isometrically for 10 seconds against partner controlled resistance. Pull leg away from unit as partner eases resistance to assume starting position. Exchange positions to work other thigh.

Muscles most used: Gluteus medius, Biceps femoris, Vastus lateralis, Semimembranosus, Tractus iliotibialis.

Note: Inner and/or Outer Thighs may be exercised from either position shown in Fig. 141 and 142.

***See accessories. Pg. 6, Diagrams 8 & 9**

JOGGING

Fig. 143

Anchor at waist level. Attach harness* to line and place around midsection. Jog against resistance, alternately moving forward and backward.

*See accessories (pg. 6, diagrams 10 & 11).

TOTAL ROW *Continued*

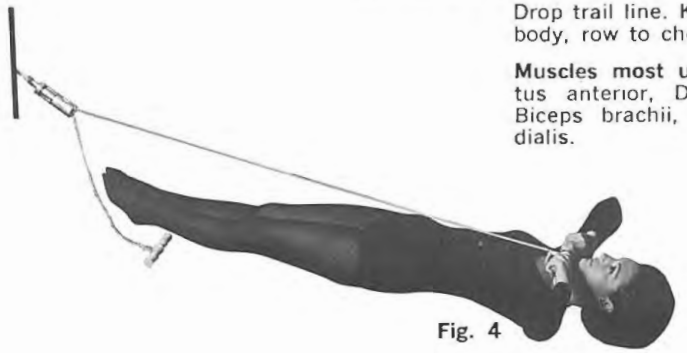


Fig. 4

Drop trail line. Keeping hands close to body, row to chest.

Muscles most used: Trapezius, Serratus anterior, Deltoid, Supraspinatus, Biceps brachii, Brachialis, Brachioradialis.

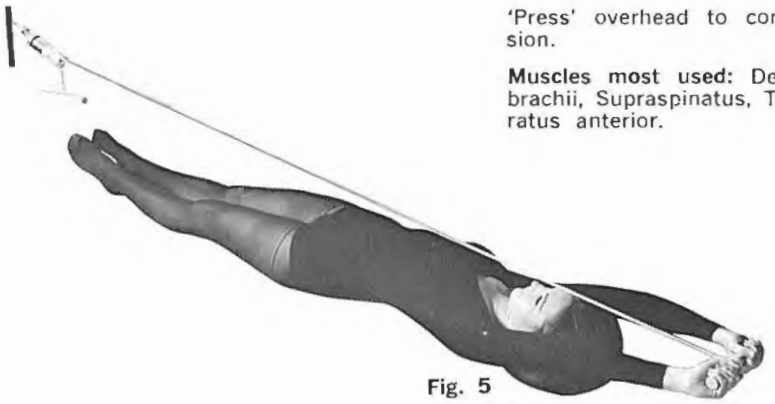


Fig. 5

'Press' overhead to complete extension.

Muscles most used: Deltoid, Triceps brachii, Supraspinatus, Trapezius, Serratus anterior.

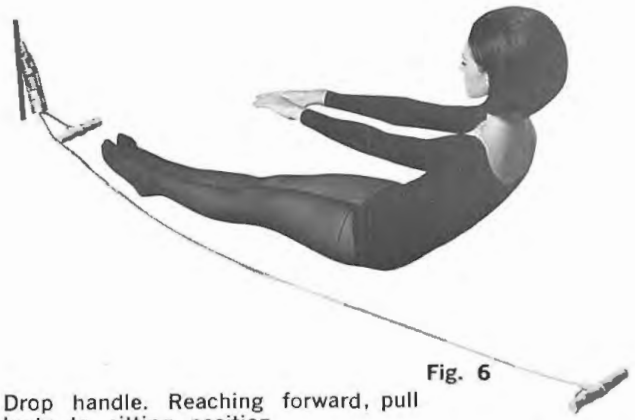


Fig. 6

Drop handle. Reaching forward, pull body to sitting position.

Muscles most used: Rectus abdominis, External oblique, Internal oblique.

FLOOR SERIES

GENERAL CONDITIONING

TOTAL ROW

Anchor 18" above floor. Use double handles. With legs straight and feet against wall, grasp handle close to unit and pull isometrically for 10 seconds.

Fig. 1

Keeping elbows high, ease resistance and row to chest.

Muscles most used: Biceps Brachii, Brachioradialis, Brachialis, Posterior Deltoid, Infraspinatus, Teres minor, Long head of Triceps brachii, Middle Trapezius, Rhomboid.

Fig. 2

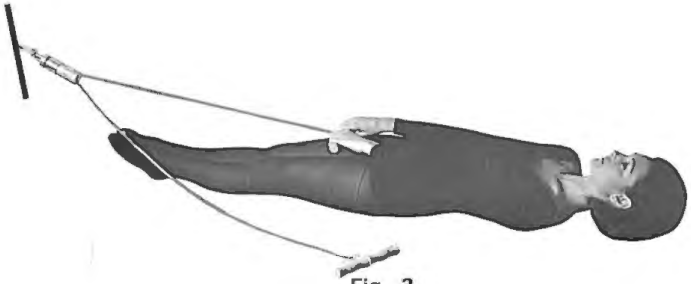


Fig. 3

Extend arms; lower back to floor.

Muscles most used: Erector spinae muscle group.

DUAL CHAIR SERIES

UPPER BODY

SCAPULAR ROW

Back - Shoulder Blades - Arms

Fig. 144

Anchor at shoulder level when seated. Use double handles. Extend arms forward, grasp handle and pull isometrically for 10 seconds against partner controlled resistance. Keeping elbows high, row to chest as partner eases resistance to assume starting position.

Muscles most used: Biceps brachii, Brachialis, Brachioradialis, Posterior Deltoid, Infraspinatus, Teres minor, long head of Triceps brachii, Middle Trapezius, Rhomboid.

(Back Extensor)

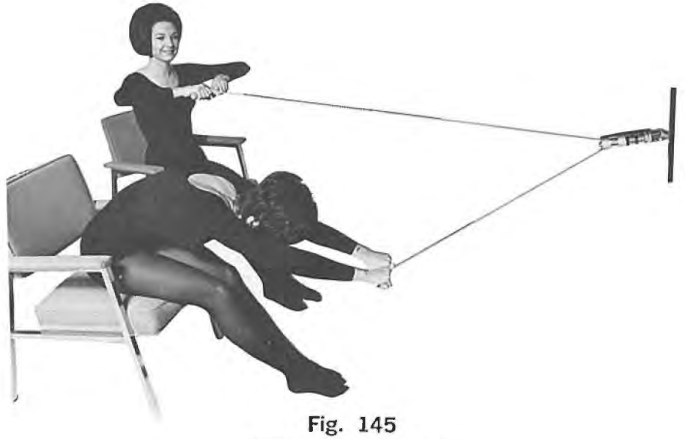


Fig. 145

Alternate to Fig. 144

Note: Includes lower back in exercise.

LATS

Trunk - Shoulders

Fig. 146

Anchor overhead. Use double handles. Extend arms overhead, grasp handle and pull down isometrically for 10 seconds against partner controlled resistance. Keeping elbows locked, pull down to knees as partner eases resistance to assume starting position.

Muscles most used: Latissimus dorsi, Pectoralis major, Teres major, Deltoid, Triceps brachii.

CHEST

Chest - Shoulders

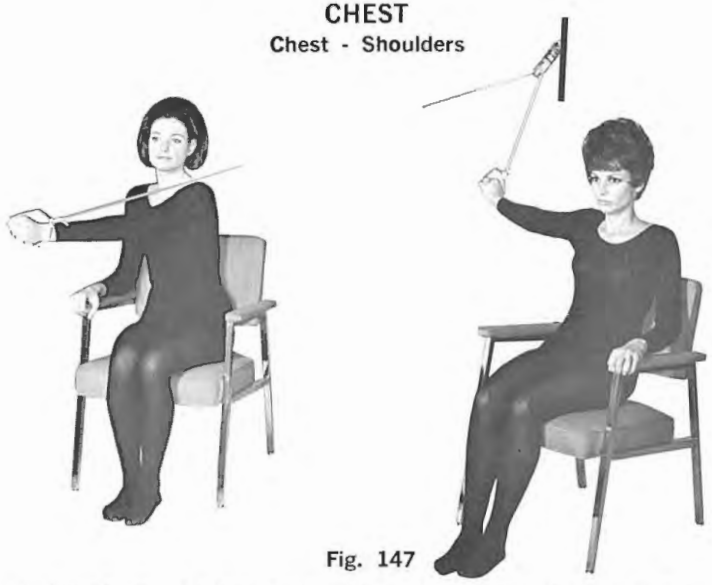


Fig. 147

Anchor at shoulder level when seated. Use wire handles. Extend arm to side, lock elbow, grasp handle and pull isometrically for 10 seconds against partner controlled resistance. Keeping arm straight, work arm in arc from side to front as partner eases resistance to assume starting position.

Muscles most used: Deltoid, Pectoralis major, Coracobrachialis.

EXERCISE INDEX

SINGLE EXERCISES

DUAL EXERCISES

ANATOMY CHART

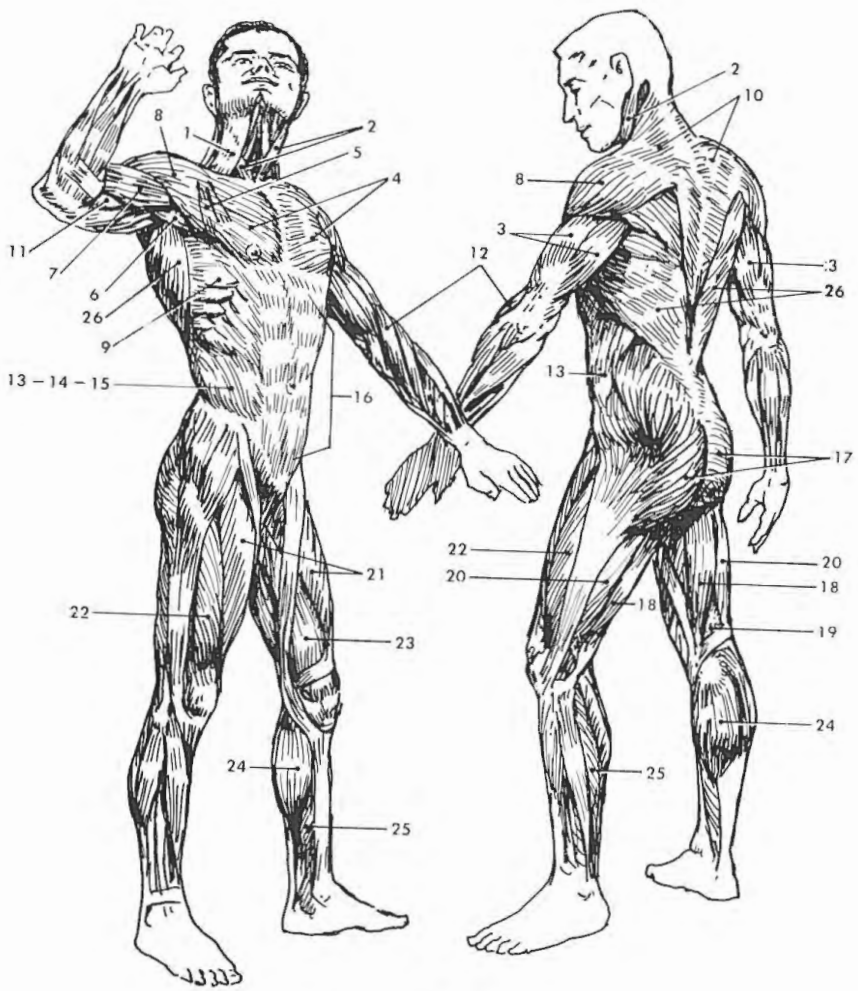


Diagram 16

MUSCLES

1. Platysma
2. Sternocleidomastoid
3. Triceps brachii
4. Pectoralis major
5. Pectoralis minor
6. Coracobrachialis
7. Biceps brachii
8. Deltoid
9. Serratus anterior
10. Trapezius
11. Brachialis
12. Brachioradialis
13. External oblique
14. Internal oblique
15. Erector spinae
16. Rectus abdominis
17. Gluteus maximus
18. Semitendinosus
19. Semimembranosus
20. Biceps femoris
21. Rectus femoris
22. Vastus lateralis
23. Vastus medialis
24. Gastrocnemius
25. Soleus
26. Latissimus dorsi

TRICEPS

(Elbow Extension)

Fig. 148

Anchor above head when seated. Use double handles. With elbows bent and forward, grasp handle above head and push isometrically for 10 seconds against partner controlled resistance. Push arms to full extension as partner eases resistance to assume starting position.

Muscle most used: Triceps brachii.

FORWARD BEND

Abdominal Area

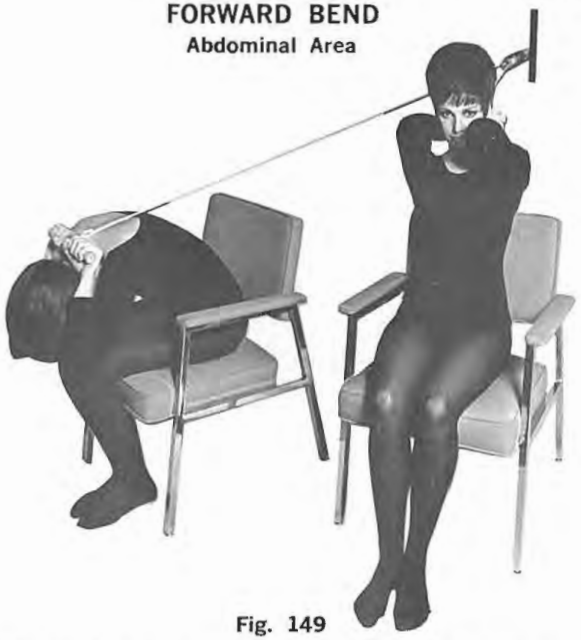


Fig. 149

Anchor at head level when seated. Use double handles. Keeping elbows forward, grasp handle behind neck and pull isometrically for 10 seconds against partner controlled resistance. Bend forward until elbows touch knees as partner eases resistance to assume starting position.

Muscles most used: Rectus abdominis, External oblique, Internal oblique, Transverse abdominis.

STRAIGHT LEG

(Hip Extension)

Fig. 150

Anchor overhead when seated. Attach 15" web loops.* Keeping knee locked and toes pointed, raise leg and push downward isometrically for 10 seconds against partner controlled resistance. Move in downward sweep as partner eases resistance to assume starting position.

Note: Both legs may be exercised simultaneously (Fig. 151).

Muscles most used: Semitendinosus, Semimembranosus, Biceps femoris, Gluteus maximus, Gastrocnemius.

BENT LEG

(Knee and Hip Extension)

Fig. 151

Anchor overhead when seated. Attach 15" web loops.* Do not point toes. Bend knees and bring thighs as close to body as possible. Push isometrically for 10 seconds against partner controlled resistance. Push legs to full extension as partner eases resistance to assume starting position.

Muscles most used: Quadriceps (Rectus femoris, Vastus medialis, Vastus intermedius, Vastus lateralis), Gluteus maximus, Semitendinosus, Semimembranosus, Biceps femoris.

*See accessories. Pg. 6, Diagrams 8 & 9

Diagram 13

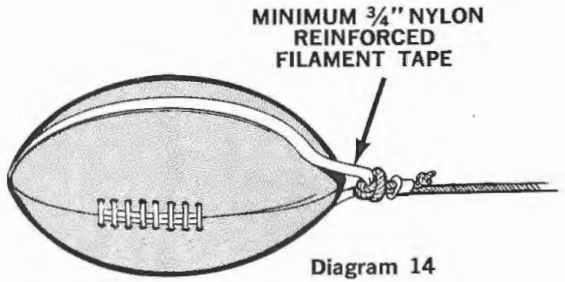


Diagram 14

EXERCISE METHODS

Using the versatile EXER-GENIE exerciser, isometric and isotonic exercises can be done separately or combined into a single exercise, not only building strength but also developing endurance and increasing flexibility.

ISOMETRIC EXERCISE

is the contraction of muscles by pushing or pulling against an immovable object — for strength development only.

ISOTONIC EXERCISE

involves motion as in calisthenics or weight training—for development of strength, endurance and body flexibility.

EXERCISING ISOTONICALLY ONLY:

Eliminate isometric phase of exercise. Resistance is normally determined by the individual's ability to complete a minimum of 8 repetitions or a maximum of 12 repetitions through the desired range of motion using preset resistance. Periodically allow unit to cool during prolonged use.

COMBINING ISOMETRIC AND ISOTONIC EXERCISES:

a. Apply sufficient pressure in one of the following ways so the line does not move through the exerciser while you push or pull isometrically for 10 seconds creating fatigue in the muscle:

1. Finger pressure as in diagram No. 15
2. Hand as in **Reciprocating Lats** (pg. 13 fig. 13).
3. Hand as in **Straight Leg** (pg. 16 fig. 20).
4. Foot as in **Straight Leg** (pg. 16 fig. 21).
5. Partner as in **Total Row** (pg. 44 fig. 126).

b. Without hesitating for even a moment, ease the pressure on the trail line partially or completely as exercise dictates, and move the tired muscle isotonically through the full range of motion. Each exercise should take approx 20-25 seconds.

c. To repeat exercise, retract line to starting position.

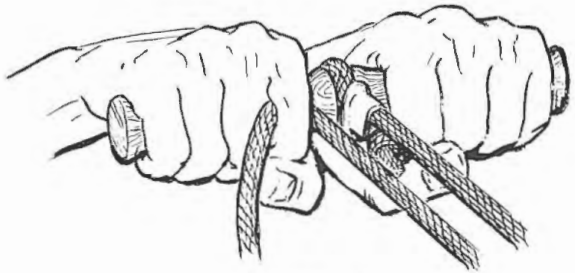


Diagram 15

ACCESSORY ATTACHMENT

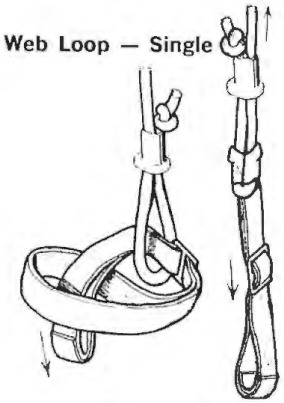


Diagram 7

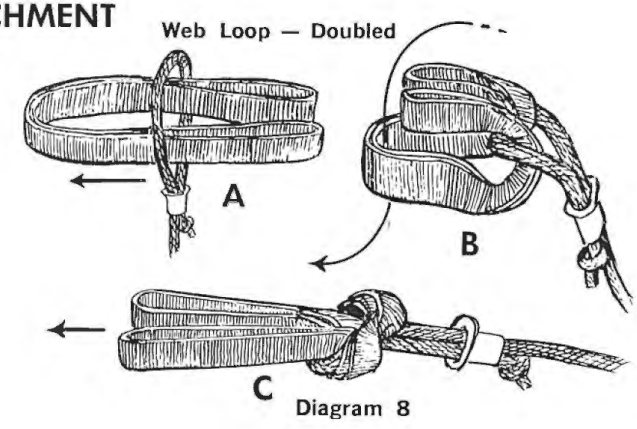


Diagram 8

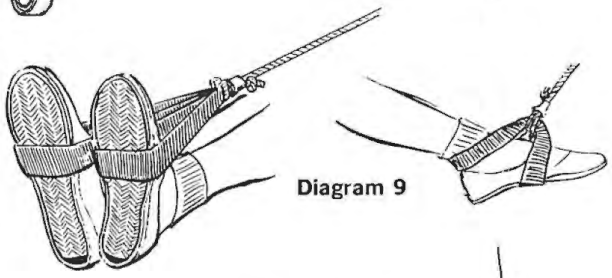


Diagram 9

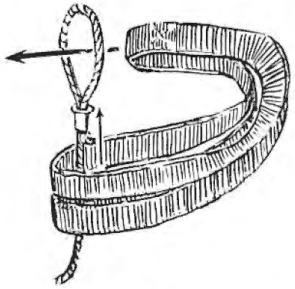


Diagram 10

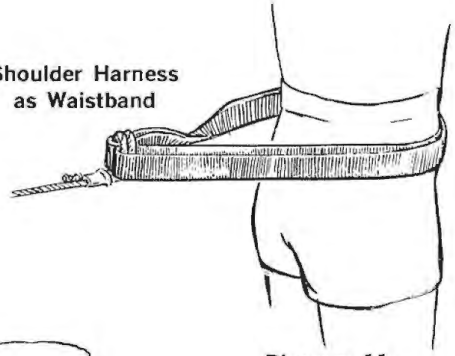


Diagram 11

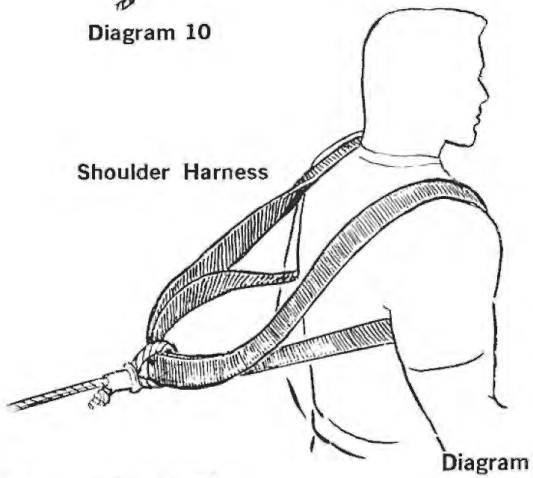


Diagram 12

*See accessories pg. 64

INNER or OUTER THIGH PULL

(Hip Adduction or Abduction)

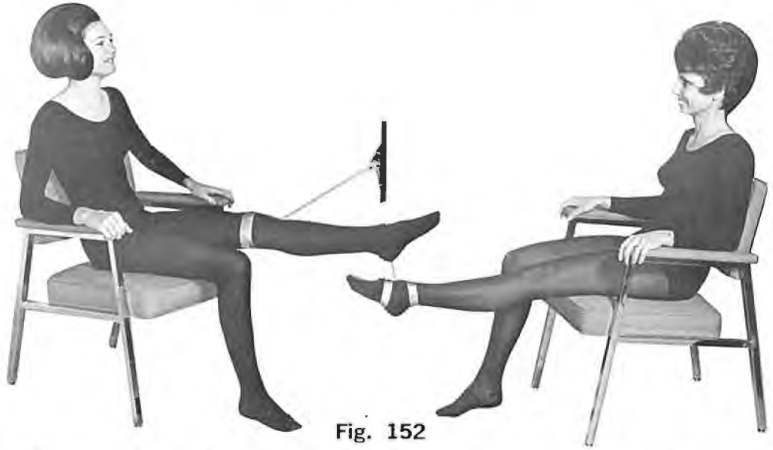


Fig. 152

Anchor 18" above floor. Attach 15" web loops.* Sit sideways to unit, facing each other. Place loops around knee or ankle and pull isometrically for 10 seconds. Alternately work thighs. Switch loops to other leg and repeat. Exchange positions and repeat.

Note: for details see Inner Thigh (pg. 49, fig. 141); Outer Thigh (pg. 49, fig. 142).

*See accessories. Pg. 6, Diagrams 8 & 9

INTRODUCTION TO 'SPECIFICS'

"Specifics" is a precise simulation of the athletic performance against resistance through the exact plane of motion, ranges of motion, and at precise joint angles at velocities not less than 75% of maximum limb velocity. Resistance settings on the EXER-GENIE exerciser must be sufficiently low to permit proper form. *Do not hold isometrically.*

"Specifics" allows the athlete to concentrate on skill development while he develops strength and flexibility.

By utilizing the 50 foot heavy duty line an athlete may work through his complete range of motion, step forward and repeat his motion through the full length of line. Lay trail line nearby so it may feed freely with no kinks or excessive drag. If a standard 10 foot line is used, remove handle from trail line to avoid excessive resistance.

As optimum levels of strength, flexibility and muscle endurance are essential to the performance of any sport skill, EXER-GENIE exerciser resistance training should supplement skill drills in an athlete's sport throughout the year. Off-season training is essential for developing strength, endurance and flexibility and in-season training helps mantain levels of conditioning. To increase flexibility, slowly stretch the muscles at the completion of each exercise.

Daily running or jogging for 12 to 15 minutes preceding or following the EXER-GENIE exerciser resistance work is highly recommended. This may be accomplished by running (pg. 58, fig. 157) or jogging (pg. 23, fig. 47).

The EXER-GENIE exerciser is an effective coaches' aid permitting study and correction of sports techniques in slow motion detail.

Conditioning involves a *twelve month* effort on the part of the dedicated athlete. A *daily routine* of exercise during the sport season, off-season and preseason consists of resistance exercises, "specifics" for the sport specialty of the athlete, and skill drills to maintain and develop timing.

Perform exercises in one smooth, continuous movement. Breathe normally while exercising.

To attach sports equipment such as balls to end of line use reinforced nylon filament tape (pg. 7, diagram 14). Use loop at end of line to attach baseball bat, etc. (pg. 7, diagram 13).

TO REMOVE AND REPLACE HANDLES

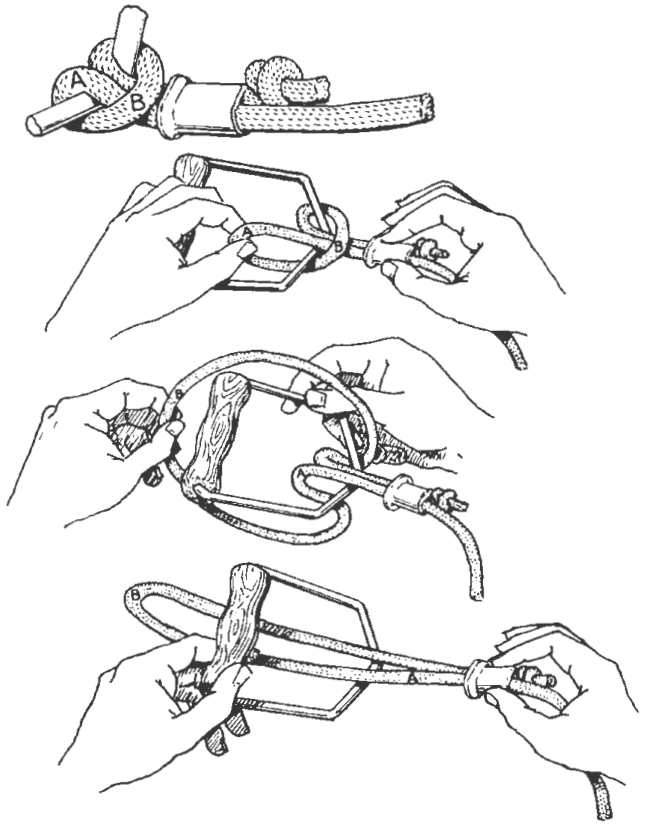


Diagram 5

CAUTION: Through laboratory tests, a reasonable safety factor has been established for wooden handles when used with resistances of not more than 250 pounds. For resistances in excess of 250 pounds, an equal length of ¾" galvanized pipe (available at any hardware store) may be substituted for wooden handles. (See Diagram 15.)

TO SHORTEN LINE

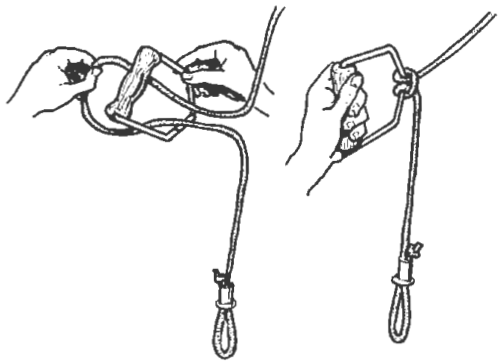


Diagram 6

ANCHORING INSTRUCTIONS

TO ANCHOR AND POSITION IN HINGE DOOR

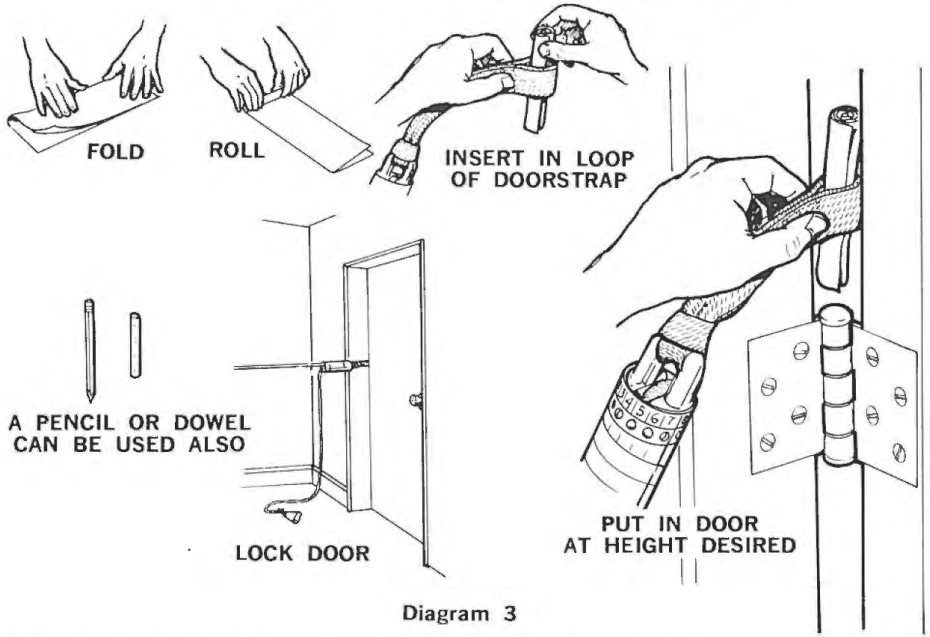


Diagram 3

Take sheets of paper (8½ x 11 inches) and fold them in half lengthwise. Beginning at the top of the folded sheet, roll the paper steadily downward. Try to keep the roll as tight as possible. When you have finished, you will have a cigar-shaped object which will slip snugly into the loop. Position the strap between the door and the door frame on the top or hinged edge of an open door. Close the door securely. When properly secured, the paper roll will be on one side of the closed door and the EXER-GENIE exerciser will be on the other. When using the footboard, hook the hammock hook directly through the metal eye of the exerciser.

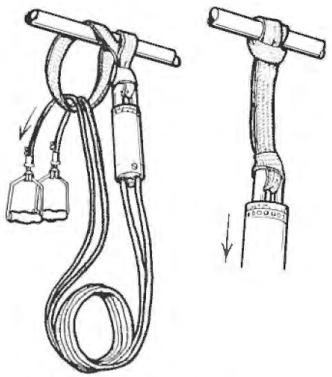


Diagram 4

To anchor to stall bars, pipe rails, fences, etc. use the 15" web loop* as shown in diagram 4.

*See accessories pg. 64

POWER SPRINT

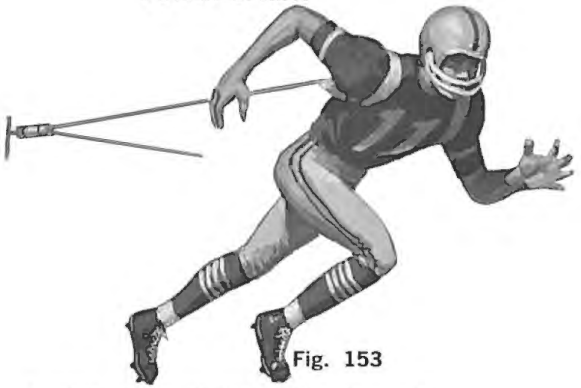


Fig. 153

Anchor at waist level. Preset resistance. Attach long line harness set* (pg. 6, diagram 10 and 11 or 12). Drive with legs to end of line. For two-man power sprint, alternately one drives out to end of line as partner walks back to unit.

For development of leg power, drive, balance and running techniques.

PASSING

Fig. 154

Anchor at head level. Set 2 to 3 lbs. resistance. Attach football to end of line (pg. 7, diagram 14). Pass against resistance, maintaining proper form.

BASKETBALL

REBOUND

Fig. 155

Anchor to high fixture. Set resistance low and use coach control. Attach long line to rebound basketball (pg. 7, diagram 14). As coach controls height, motion and resistance of ball, player jumps, pulls ball down and moves out.

*See accessories

SHOVEL PASS

Fig. 156

Anchor 18" above floor. Attach basketball to end of line (pg. 7, diagram 14). Pass against resistance, maintaining proper form.

SPECIFICS

TRACK

START & SPRINT

Anchor at waist level. Preset resistance. Attach long line harness* (pg. 6, diagram 10 and 11 or 12). Sprinter starts from blocks and runs to end of line. For two-man power sprint see pg. 57, fig. 153.

For development of strength, endurance and running techniques.

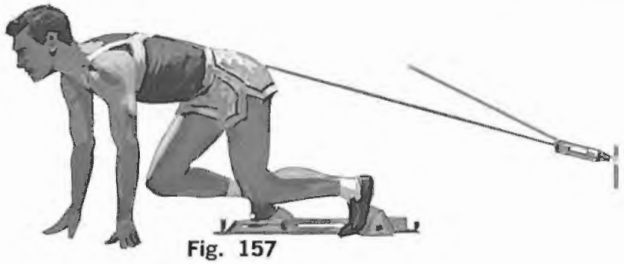


Fig. 157

SHOT PUT

Fig. 158

Anchor at waist level. Set 2 to 3 lbs. resistance. Attach shot to end of line (pg. 6, diagram 14). Put the shot, maintaining proper form.

BASEBALL

PITCHING

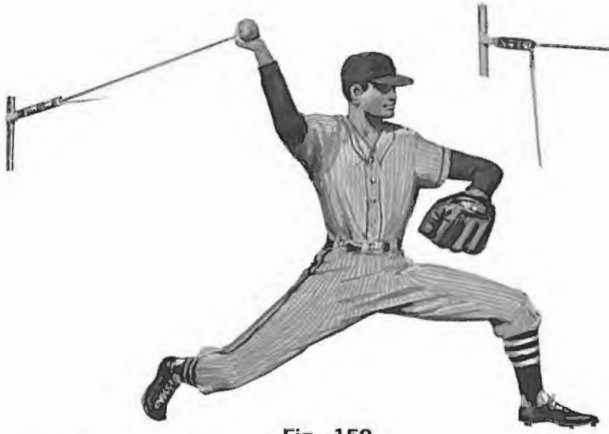


Fig. 159

Anchor at head level. Set 2 to 3 lbs. resistance. Attach baseball to end of line (pg. 6, diagram 14). Pitch against resistance, maintaining proper form.

BATTING

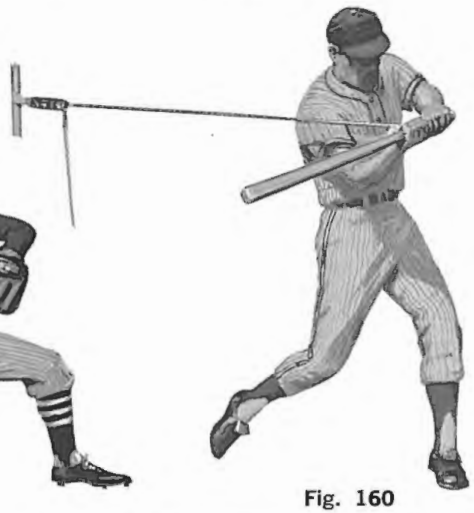


Fig. 160

Anchor at shoulder level. Set 2 to 3 lbs. resistance. Attach bat to line between hands (pg. 6, diagram 13). Bat against resistance, maintaining proper form.

OPERATING INSTRUCTIONS

Resistance can be varied from free movement through maximum effort to individual exercises. By revolving the casing around the shaft according to instructions, you will be able to preset resistance. This resistance is achieved by friction from the movement of specially braided line spiraling around the shaft. The amount of line passing over the shaft determines resistance.

SETTING RESISTANCE:

Near the top of the casing you will see a series of holes. Projecting out of one of them is a small button, called the **BULLET PIN** which will spring back to the touch. Directly above the holes is a row of numbers (from 0 through 13) which identify the holes for quick reference. Below the holes another series of numbers spiral down the casing. These numbers are **CALIBRATED RESISTANCE READINGS** (the approximate amount of pound force required to move the nylon line through the cylinder at a rate of one inch per second). Your exerciser is normally packaged with the bullet pin set on 0 and the lines pull through the exerciser freely, indicating no resistance. Grasping the metal eye with one hand, hold the casing in the other and depress the bullet pin with the thumb. While the bullet pin is depressed, move the casing up or down slightly so the pin will not re-engage prematurely. The casing may now be revolved freely to the desired resistance. (Note: It will probably be necessary to complete one or more revolutions to arrive at the desired resistance.)

TO INCREASE RESISTANCE:

Rotate the **CASING** to the left following spiral chart downward with thumbnail. Permit the bullet pin to emerge at one of the numbered holes. Refer in a direct line below the bullet pin to the spiral series of numbers printed on the casing to determine the approximate resistance. If, for example, the bullet pin has emerged at the hole marked "7", the resistance will be either less than one pound, or 4 pounds, or 24 pounds, or 115 pounds, or 320 pounds, depending on which revolution has been completed. By pulling one of the lines, it will be obvious at which resistance the EXER-GENIE exerciser is set and with a little practice it will not be necessary to count the revolutions.

NOTE: The resistance tends to increase with high humidity or moisture. Reduce resistance until moisture is worked out of line.

TO RETURN TO ZERO RESISTANCE:

Reverse the direction in which you turn the casing, or grasp eye or strap with hand. With other hand release bullet pin, pull casing downward from eve. Now, simultaneously pull both ends of line away from unit. Re-engage bullet pin at nearest "0" position. To double check, look through slots in top of exerciser to make sure the line drops directly through and is not wound around the shaft.

THE EXER-GENIE® EXERCISER

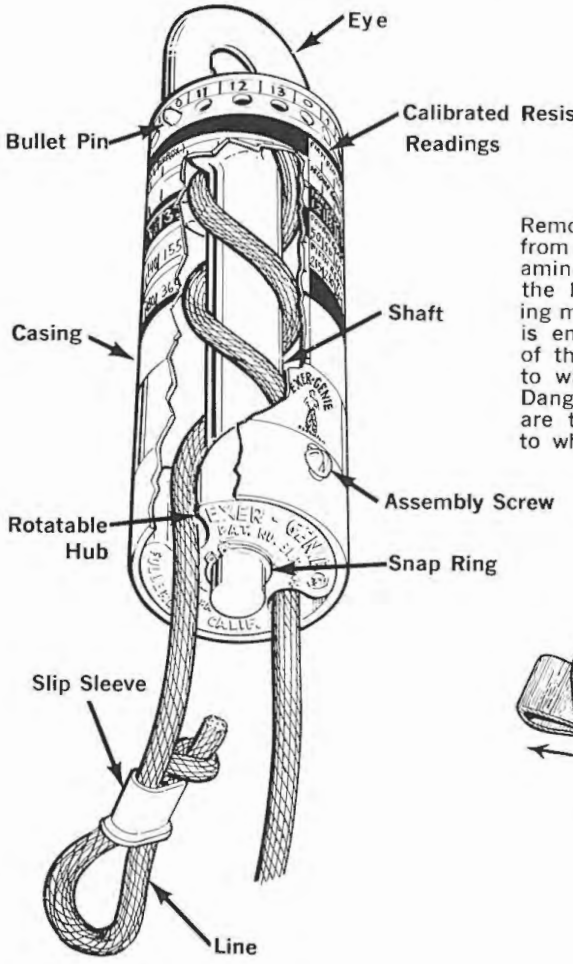


Diagram 1

Remove the EXER-GENIE exerciser from its plastic carrying case and examine the cylinder assembly which is the heart of this remarkable exercising machine. The chrome plated **SHAFT** is enclosed by a **CASING.** At the top of the shaft is a metal loop, or **EYE,** to which a nylon **STRAP** is attached. Dangling from the bottom of the shaft are the two ends of the nylon **LINE** to which handles are attached.

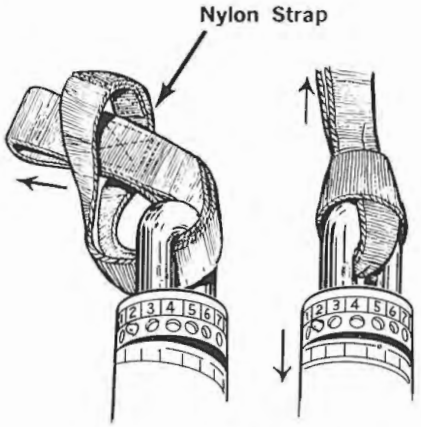


Diagram 2

TO DISASSEMBLE:

Remove screw from lower end of casing. Depress bullet pin and pull casing over eye.

TO REASSEMBLE:

Thread line through eye of shaft. Keeping the bullet pin directly in line with lower screw hole, lay line parallel to shaft in slots on sides of lower spool. Replace outer casing and assembly screw.

WRESTLING

WAIST DEVELOPER

Fig. 161

Fig. 162

Anchor at waist level. Use wire handles. Grasp handles and alternately pull one arm across back and drive other arm across waist. Face other direction and repeat.

SKIING

Fig. 163

Anchor to footboard.* Use double handles. Exercise as indicated on pages 28-29 (Big Four).

SWIMMING

FREESTYLE

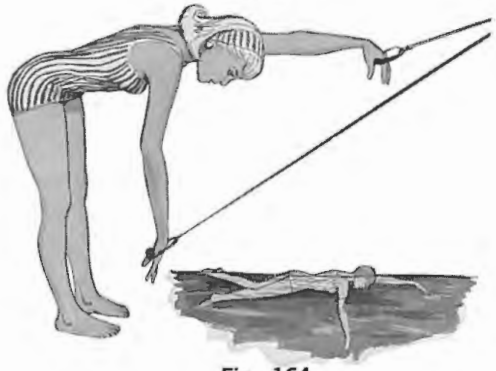


Fig. 164

Anchor overhead. Use wire handles. Bend forward arms outstretched in 'catch' position for butterfly. Grasp handles and alternately pull with arms through swimming stroke, maintaining proper form.

SPECIFICS

TENNIS

SERVE

Fig. 165

Anchor at shoulder level. Set 2 to 3 lbs. resistance. Use wire handle. Assume service stance. Grasp handle, elbow bent, hand at jaw level. Serve against resistance, maintaining proper form.

FOREHAND

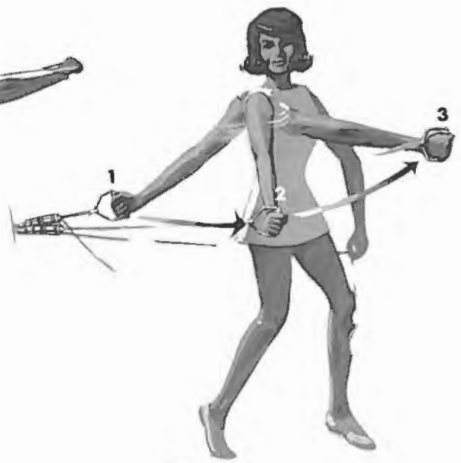


Fig. 166

Anchor at hip level. Set 2 to 3 lbs. resistance. Use wire handle. Assume normal stance at right angle to unit. Drive against resistance, maintaining proper form.

GOLF

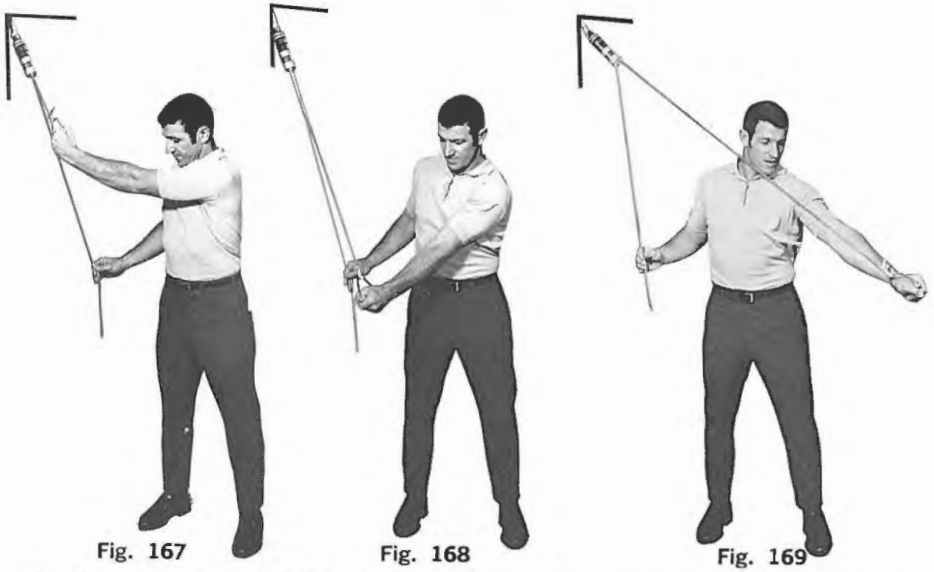


Fig. 167 Fig. 168 Fig. 169

Anchor above head. Set 2 to 3 lbs. resistance. Use wire handle. Swing against resistance, maintaining proper form.

GENERAL INFORMATION

Results can be achieved with your EXER-GENIE exerciser by *making* time, not finding time, for exercise.

Important: Any person starting an exercise program should do so only after consultation with his doctor. Use should be restricted to those persons physically able to exercise in the various ways described in this manual.

* Select exercises and establish a program to suit personal need.
* Start your conditioning routine sensibly at moderate resistance. As you build strength, increase the resistance.
* Exercise regularly, preferably each day.
* Perform exercises in one smooth, continuous movement. Breathe normally while exercising.
* When coordination is desired it is suggested that the movement be done reciprocally.
* Chest, thigh and straight leg exercises are not recommended for children.
* Exercises shown in this manual are suitable for both men and women.
* To avoid numerous changes, 15" web loops* may be used in lieu of wire handles. To use double handle, slip web loop over handle.
* For overall conditioning, it is suggested that every exercise program include the following: (See page 9.)

MEN	WOMEN
Big Four or Total Row	Total Row
Sit Up or Forward Bend	Forward Bend
Leg exercises	Leg exercises
Jogging	Jogging

CARE OF YOUR EXER-GENIE® EXERCISER

Keep exerciser free of dirt, sand, or other abrasive material. Keep line free of oil, grease, gum, etc. Replace worn or frayed line.

TO CLEAN LINE:

Remove handles and aluminum sleeves. Remove line from exerciser and wash in lukewarm water with any household detergent. NEVER use hot water. Rinse and dry.

*See Accessories pg. 64

INTRODUCTION

Great physical effort was required of primitive man, as hunter and warrior, for survival. No doubt this "necessity" enabled him to attain a degree of physical fitness through environment.

Awareness of the importance of sound physical conditioning evolved in early civilization. Greek education consisted of a balance of academics, physical education and sports. We are told males would start physical training at an early age in barracks and gymnasiums with games, exercises, running and jumping. As they grew older they would participate in athletic contests such as speed and distance running, wrestling, weight, discus and javelin throwing, archery, and chariot racing. A desire for sturdy children motivated physical training for girls and women. Spectator sports and swimming were predominant with the Romans. Both Romans and Greeks played games similar to our football and hockey.

Although physical education approached oblivion during the dark ages, a revival came with the Age of Chivalry and horseback riding, jousting, swordsmanship, archery, boxing, wrestling and swimming.

Writings and teachings of physical education were advanced with the Renaissance and continued to the present time. Much knowledge has been gained, especially in recent years and we continue learning through studies, research, technology and practical application.

In our age of automation as horsepower continues to replace muscle power the realm of physical education and body conditioning is ever expanding and the layman as well as the athlete is becoming increasingly aware of the importance of physical conditioning.

BOWLING

Fig. 170

Fig. 171

Anchor 3' to 4' above floor. Use wire handle. Bowl against resistance, maintaining proper form.

UPRIGHT ROW

Back - Shoulders - Arms

Fig. 80

Anchor to footboard.* Use double handles. Grasp handle with palms down and pull isometrically for 10 seconds. Drop trail line. Keeping hands close to body, pull to chin.

Muscles most used: Trapezius, Deltoid, Supraspinatus, Biceps brachii, Brachialis, Brachioradialis, Serratus anterior.

Fig. 81

SCAPULAR ROW

Back - Shoulder Blades - Arms

Fig. 82

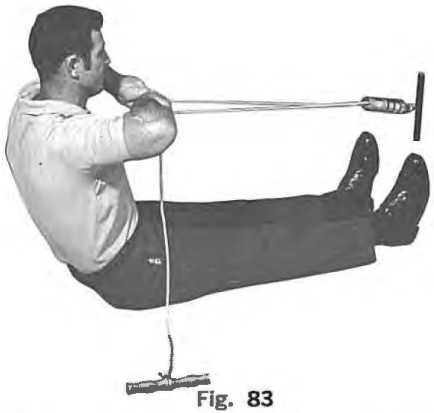


Fig. 83

Anchor 18" above floor. Use double handles. Extend arms forward, grasp handle and pull isometrically for 10 seconds. Keeping elbows high, ease resistance and row to chest.

Muscles most used: Biceps brachii, Brachialis, Brachioradialis, Posterior Deltoid, Infraspinatus, Teres minor, Long head of Triceps brachii, Middle Trapezius, Rhomboid.

*See Accessories pg. 64

BIG FOUR *Continued*

MILITARY PRESS

Fig. 67

'Press' arms overhead to full extension.

Muscles most used: Deltoid, Triceps brachii, Supraspinatus, Trapezius, Serratus anterior.

HEEL RAISE

Fig. 68

Stretch and finish with heel raise.

Muscles most used: Gastrocnemius, Soleus.

CURL

Alternate to Fig. 65 - 66

Fig. 69

Anchor to footboard. Use double handles. Grasp handle with underhand grip (palms up) and lift isometrically for 10 seconds. Drop trail line. Keeping upper arms at sides, 'curl' to chin.

Note: For wrist development repeat exercise using overhand (palms down) grip.

Muscles most used: Biceps brachii, Brachialis, Brachioradialis.

Fig. 70

TOTAL ROW

Alternate to Big Four

Fig. 71

Anchor 18" above floor. Use double handles. With feet against wall, bend knees and assume rowing position. Grasp handle and pull isometrically for 10 seconds.

Fig. 72

Ease resistance and straighten legs.

Muscles most used: Quadriceps (Rectus femoris, Vastus medialis, Vastus intermedius, Vastus lateralis.)

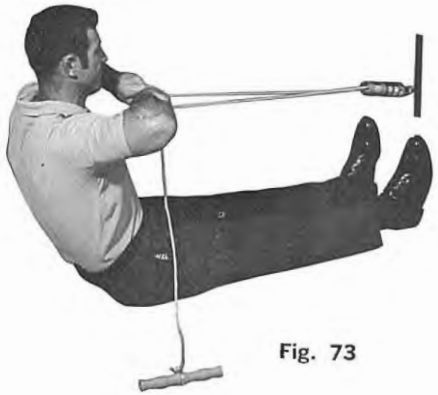


Fig. 73

Keeping elbows high, ease resistance and row to chest.

Muscles most used: Biceps brachii, Brachioradialis, Brachialis, Posterior deltoid, Infraspinatus, Teres minor, Long head of Triceps brachii, Middle Trapezius, Rhomboid.

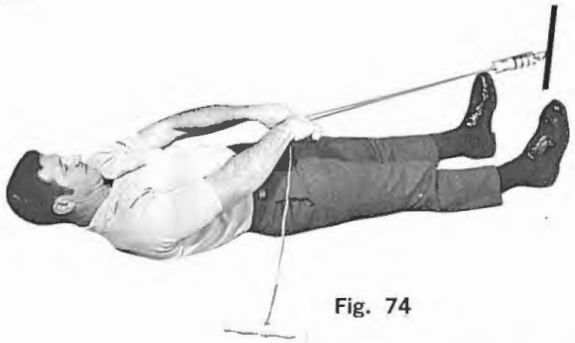


Fig. 74

Extend arms; lower back to floor.

Muscles most used: Erector spinae muscle group.

TOTAL ROW *Continued*

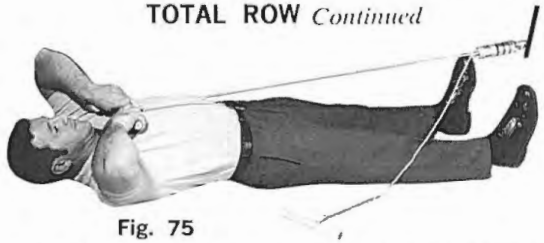


Fig. 75

Drop trail line. Keeping hands close to body, row to chin ('clean').

Muscles most used: Trapezius, Deltoid, Serratus anterior, Supraspinatus, Biceps brachii, Brachialis, Brachioradialis.

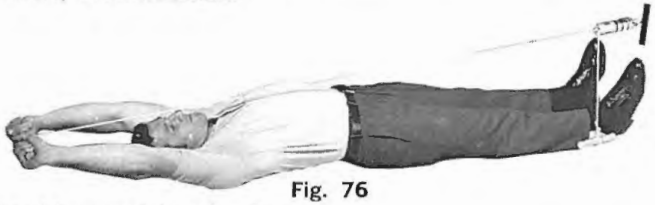


Fig. 76

'Press' overhead to complete extension.

Muscles most used: Deltoid, Triceps brachii. Supraspinatus, Trapezius, Serratus anterior.

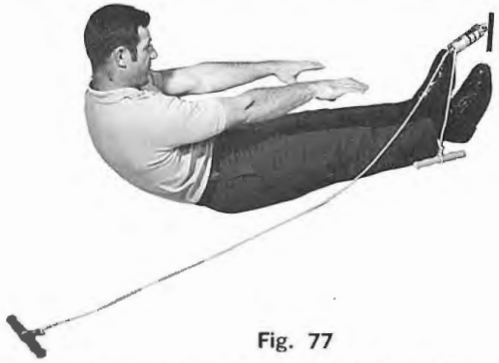


Fig. 77

Drop handle. Reaching forward, pull body to sitting position.

Muscles most used: Rectus abdominis, External oblique, Internal oblique.

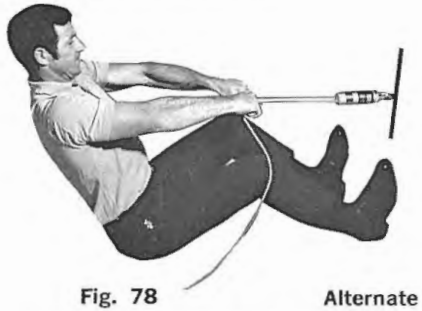


Fig. 78

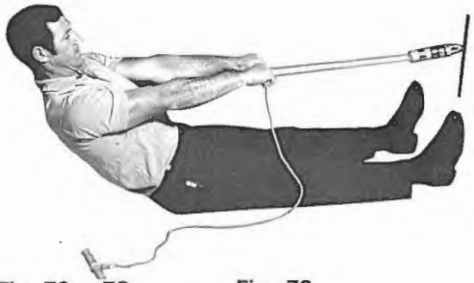


Fig. 79

Alternate to Fig. 72 - 73

Row through, straightening legs as back is lowered to floor.

Muscles most used: Gluteus maximus assisted by hamstrings including: Biceps femoris, Semitendinosus, Semimembranosus, Erector spinae.