

WARRANTY

This warranty covers your US WEIGHT fitness product against defects in material and workmanship when used for the purpose intended, under normal conditions, and provided it receives proper care.

This warranty lasts 30 days on all parts. The warranty is extended only to the original owner and is not transferable.

US WEIGHT will provide a replacement part at no charge for any part found defective in workmanship or materials during the warranty period.

This warranty does not cover fitness products which are (1) used for commercial or other income producing purposes, or (2) subject to misuse, neglect, accident, or unauthorized repairs and alterations. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

In order to obtain replacement parts as provided by this warranty, you may call the number below.

This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

If you find this product to have either a defective part or a missing part, call (888) 238-1226.

www.escaladesports.com

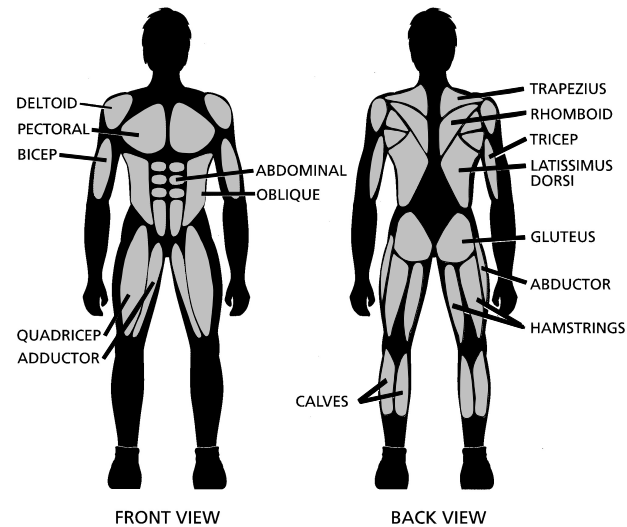
US WEIGHT, INC
4594 East Radio Tower Lane
Olney, IL 62450 (888) 238-1226

2L-6682-00



EXERCISE GUIDE

use & assembly Instructions

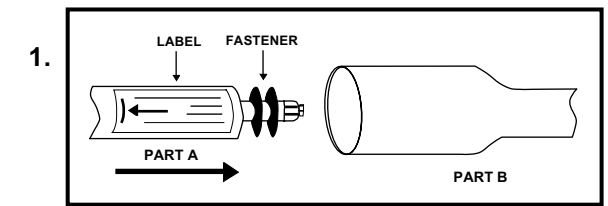


GENERAL INSTRUCTIONS

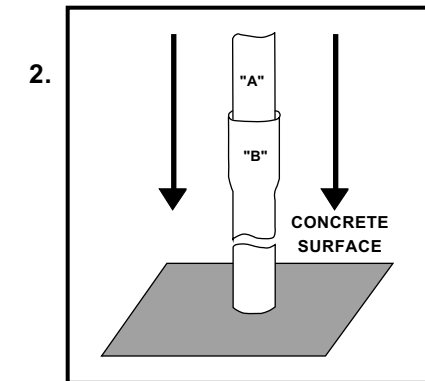
- Always check with your physician prior to beginning any exercise program.
- Be sure to warm up and stretch before and after each exercise session.
- Follow the illustrated instructions. Pay attention to the correct positioning of the weight, and of your body. Always maintain good posture, keep your abdominals contracted at all times, and do not shift your weight to "help" lift the weight.
- Use slow, controlled movements, preferably with a spotter.
- Breathe normally during the entire motion, exhaling as you lift the weight and inhaling as you lower it.
- Always keep your knees and elbows slightly bent. AVOID hyperextending or locking your joints.
- Try to perform each exercise 8 to 12 times. This represents one set. Work up to 3 sets for each exercise, resting for 60 to 90 seconds between sets.
- Chart your progress by recording the weight, reps and sets you complete each workout. Refer to this chart before you begin each workout.

ASSEMBLY INSTRUCTIONS

IMPORTANT: The Barbell included with your Weight set CANNOT BE DISASSEMBLED After you have assembled it.



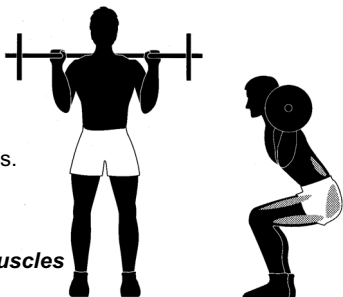
Slide Part "A" into Part "B". Holding the bar upright tap either end on a concrete surface.



When properly assembled, the white label should be completely covered. If not, tap again. If the label still shows, call 1-888-238-1226.

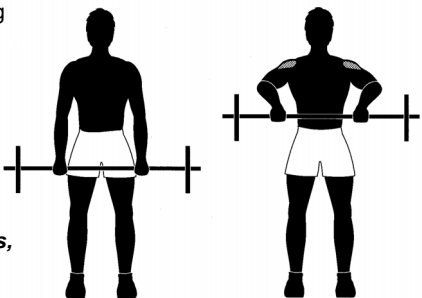
BARBELL SQUATS

With the bar resting across the back of your shoulders (not the base of your neck), feet hip-width apart, and hands holding the bar slightly wider than shoulder-width, palms facing forward, slowly sit back and squat as far as you can until your thighs are parallel to the ground. Make sure weight is centered directly over your heels, with knees and legs facing forward and your back perfectly straight. Do not allow your knees to overshoot your toes. Pause. Slowly rise to an upright position. **Exercises the buttocks, quadriceps, hamstrings, abdominal muscles and lower back.**



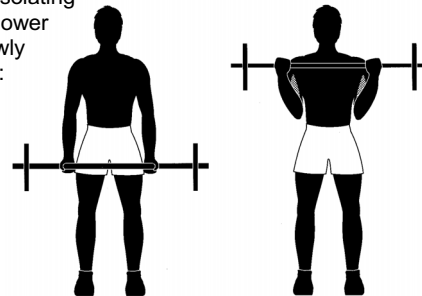
UPRIGHT ROW

Standing with feet slightly wider than hip-width apart, knees slightly bent and palms facing you, hold the barbell across your thighs with arms straight. First, shrug shoulders slightly, then bend elbows and lift weight as far as possible, keeping the barbell close to your body. Your shoulders should be back and elbows higher than your wrists. Pause. Slowly lower the bar to the starting position. **Exercises the deltoids, rhomboids and trapezius muscles.**



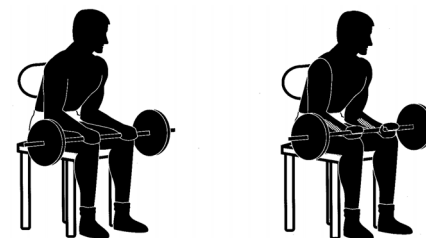
BICEP CURL

Standing with feet slightly wider than hip-width apart, knees slightly bent and palms facing away from you, hold the barbell across your thighs with arms slightly bent. Slowly curl the bar up to your shoulders, isolating movement to your lower arms. Pause. Slowly lower the bar. Hint: There should be no swaying of your body during this exercise. **Exercises biceps.**



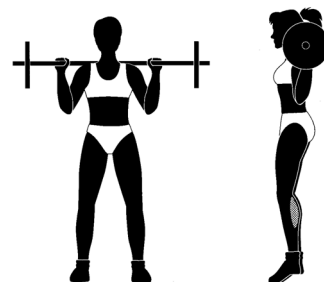
WRIST CURL

From a seated position, grasp bar with palms facing down and forearms resting on thighs. Lift hands (keeping forearms on thighs) as high as possible. Hold. Slowly return to starting position. **Exercises hands, wrists and forearms.**



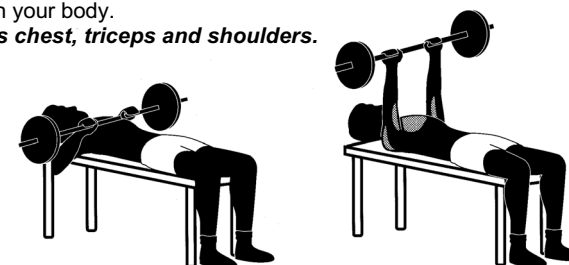
STANDING CALF RAISE

Standing straight with barbell resting across back of your shoulders, hands slightly wider than shoulder width, and palms facing forward. Slowly rise up to balls of your feet. Hold, maintaining balance. Lower heels to the floor. **Exercises calves.**



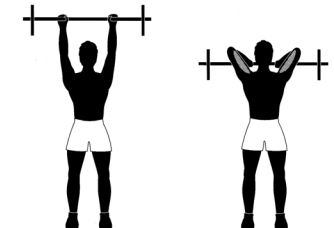
BENCH PRESS

Lying on a bench with feet flat on the floor (or knees bent with feet flat on the end of the bench), grasp barbell with palms facing forward. Begin with barbell at midchest level, arms bent. Tighten chest muscles while thrusting arms straight up. Do not lock your elbows. Pause. Slowly lower the weight until your elbows are slightly lower than your body. **Exercises chest, triceps and shoulders.**



FRENCH PRESS

With barbell on floor and feet shoulder-width apart, grasp bar with palms facing you. Raise the bar above your head until arms are straight. Slowly lower weight behind your head, bending at the elbows. Do not change the position of your upper arms. Slowly straighten elbows. Repeat. **Exercises triceps.** This exercise can be modified by lying on a bench with arms straight up. Lower barbell towards the top of your head and return to starting position.



DEAD LIFT

Begin with barbell on floor, with your feet shoulder-width apart. Squat and grasp the bar with palms facing you. Keeping back straight and abdominal muscles tight, slowly stand upright, keeping the bar as close to your body as possible, squeezing shoulder blades back as you stand. Push hips forward and pull bar up to thigh level. Reverse motion, squatting and lowering the bar back to the ground, keeping the bar as close to your body as possible. **Exercises the buttocks, quadriceps and hamstrings.**

