

Important Safety Tips

⚠️ WARNING

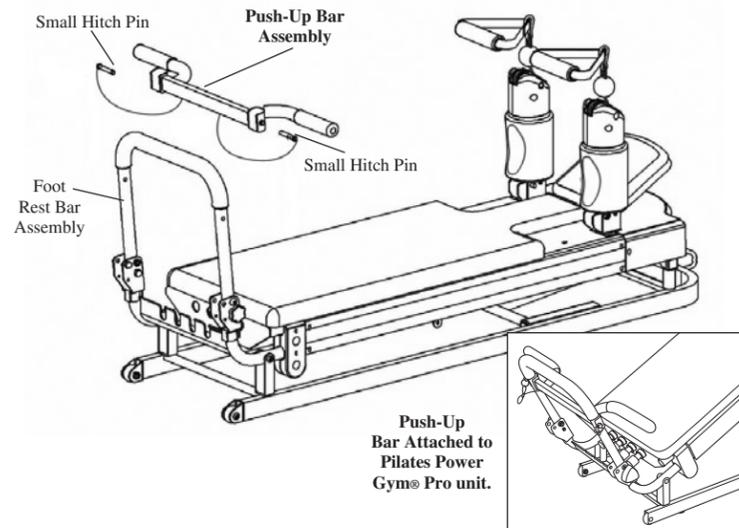
You and others can be seriously injured or killed if the warnings on the equipment, in the Owner's Manual, Video, and in this Push-Up Bar Exercise & Instruction Guide are not followed. Carefully review all warnings before using the equipment.

- Before starting this or any other exercise program, consult your physician.** Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments. **If you are taking medication which may affect your heart rate**, a physician's advice is absolutely essential.
- Start out slowly and progress sensibly.** Even if you are an experienced exerciser, start with the beginner workout and become familiar with all of the exercises before moving on to more advanced workouts or exercises. For best results, perform all of the exercises at the tempo demonstrated in the DVD.
- Do not overexert yourself with this or any other exercise program.** Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.
- Warm up** before any exercise program by doing 5 to 10 minutes of gentle aerobic exercise, such as walking, followed by stretching or follow the warm-ups demonstrated on the Pilates Power Gym® DVD provided with your original Pilates Power Gym® Pro Owner's Manual.
- Before each use of the Pilates Power Gym® Pro and Push-Up Bar, please INSPECT all equipment and all parts**, including cables, tension cords, rollers, pulleys, bolts, pins, handle assemblies and foot strap assemblies to ensure that they are in proper working condition. **NEVER use the equipment if it is not working properly or if there are signs of wear such as frayed or worn cables, tension cords, pulleys, rollers, handle or foot strap assemblies.** Failure to follow these instructions could result in serious injury or death.
- USE CARE** when getting on and off the equipment.
- Use this equipment only for the intended use** as described in this manual. **Do not** modify the equipment or use attachments not recommended by the manufacturer.
- Have plenty of clearance space on all sides of your equipment.** It is important to keep children, pets, furniture and other objects out of the way when using your equipment. You should have a minimum of 3 feet of clearance space on all sides of your equipment.
- Wear appropriate clothing when exercising.** Workout clothing should be comfortable and lightweight, and should allow freedom of movement. The Pilates Power Gym® Workout may be performed with bare feet, or you may wear flexible athletic shoes if you find that more comfortable. It is not recommended that you exercise with socks or stockings only on the feet. Wearing socks or stockings only may cause slippage of the feet when using the Foot Rest Bar Assembly or the Push-Up Bar Assembly.
- THIS EQUIPMENT IS NOT FOR USE BY CHILDREN. To prevent injuries, keep this and all fitness equipment out of the reach of children. Follow these simple rules:**
 - Keep children out of rooms where you have your exercise equipment.
 - Store exercise equipment in a room that can be locked.
 - Know exactly where your children are when you work out.
 - If you have small children at home, don't wear headphones while you work out.
 - Talk to your kids about the dangers of exercise equipment.
- Breathe naturally**, never holding your breath during an exercise. Avoid over training, you should be able to carry on a conversation while exercising.
- Cool down after an exercise session**, with 5 to 10 minutes of gentle exercise, such as walking, followed by stretching or follow the cool down stretches demonstrated in the Pilates Power Gym® DVD.
- Handicapped or disabled people must have medical approval** before using this equipment and should be under close supervision when using any exercise equipment.
- Only one person at a time should use this equipment.**

- Do not put hands, feet, or any foreign objects on or near this equipment when in use by others.** Use caution not to pinch fingers or hands in moving parts when folding, setting up, or using the equipment.
- To prevent the Pilates Power Gym® Pro from tipping and causing an injury**, set up and use the equipment on a solid, level surface and follow the instructions for the recommended exercises. Failure to follow these instructions could result in serious injury or death.
- When raising the Glideboard to the incline positions, always make sure that the Height Adjustment Assembly is securely settled in the notches on both sides of the Base Frame Assembly before beginning to exercise.
- When changing Tension Cord settings, always hold the Tension Cords firmly until they are properly positioned. **DO NOT LET GO** of the Tension Cords until they are locked into a notch on the Base Frame Assembly, or back in the start position.

Attaching The Push-Up Bar

Place the Push-Up Bar Assembly onto the Foot Rest Bar Assembly of your Pilates Power Gym® Pro unit and secure with the Small Hitch Pins that are attached to the Push-Up Bar Assembly. Make sure they are fully inserted and stay in place.



Integrating the Pilates Power Gym® Pro Push-Up Bar Exercises with the Pilates Power Gym® Pro Exercise Routine

The Pilates Power Gym® Pro exercises can replace some of the original exercises found in the Pilates Power Gym® Pro 8-Week Workout Routine that is included in your original Pilates Power Gym® Pro Owner's Manual. The Pilates Power Gym® Pro Push-Up Bar gives you more exercise variations and can provide additional comfort to enhance the satisfaction of your Pilates Power Gym® Pro workouts. Please refer to the list below and read both this Pilates Power Gym® Pro Push-Up Bar Exercise & Instruction Guide as well as your original Pilates Power Gym® Pro Owner's Manual, including all warnings, for more information on how to use the Pilates Power Gym® Pro Push-Up Bar to enhance your exercise routine.

PPG Manual Page	Pilates Power Gym® Pro Exercises	Pilates Power Gym® Pro Push-Up Bar Variation	Push-Up Bar Exercise
20	Narrow Squat	Squats	#4
23	Triceps Overhead Press	Triceps Dips	#1
30	Leg Press	Leg Press	#3
31	Serving Bread	Push-Up Press	#5
32	Triceps Press	Triceps Extension	#2

1) Triceps Dips

Sit at the end of the Glideboard with your back near the Foot Rest Bar Assembly. Place your feet flat on the floor, directly under your knees. Firmly grip the Push-Up Bar handles and press your hips off of the Glideboard until your arms are straight. See FIG. 1a. Keeping your hips lifted off of the Glideboard, slowly flex your elbows until your arms are bent to a maximum of 90 degrees. See FIG. 1b. Pause at the bottom of the movement. Then, slowly extend your elbows and press back up to the starting position. Perform 8 to 20 repetitions.

Keep your elbows pointing behind you while performing the Triceps Dips. Do not flex your elbows deeper than 90 degrees. Keep your abs pulled in and your back straight throughout the exercise.

Works the back of the upper arms, rear shoulders and upper back muscles.

Fig 1a



Fig 1b



Glideboard Incline Position

	Glideboard Incline Position	Tension Cords
Beginner	A	#2 and #3
Advanced	A	#2 and #3

2) Triceps Extension

Sit at the end of the Glideboard with your back near the Foot Rest Bar Assembly. Rest your feet lightly on the front of the Glideboard. Place your hands behind you and grip the Push-Up Bar handles with your palms facing down. See FIG. 2a. Exhale, slowly extend your elbows and press the Glideboard forward until your arms are straight. See FIG. 2b. Pause at the end of the motion. Then, slowly bend your elbows and return to the starting position. Perform 8 to 20 repetitions.

Keep your abs pulled in and your back straight throughout the exercise. Do not round your lower back.

Works the back of the upper arms, rear shoulders and upper back muscles.

Fig 2a



Fig 2b



Glideboard Incline Position

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

3) Leg Press

Lie on your back with your head on the Headrest and your arms resting on the front of your thighs. Place the balls of your feet on each side of the Push-Up Bar, with the knees bent. See FIG. 3a. Press your feet against the Push-Up Bar and slowly extend your knees and hips until the legs are straight. See FIG. 3b. Pause at the end of the motion. Then, slowly bend your knees and return to the starting position. Perform 8 to 20 repetitions.

Do not lock your knees at the end of the motion. Contract your buttocks and thighs as you press your legs back.

Works the front and back of thighs, buttocks and calves.

Fig 3a

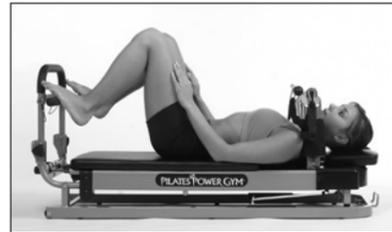


Fig 3b



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

4) Squats

Lie on your back with your head on the Headrest and your arms lightly resting on the sides of the Glideboard. Place the balls of your feet on each side of the Push-Up Bar with your knees bent and feet flexed so the toes are pointing up. See FIG. 4a. Keeping your knees in line with your toes, push your feet against the Push-Up Bar and slowly extend your knees and hips until the legs are straight. See FIG. 4b. Pause at the end of the movement. Then, bend your knees and slowly return to the starting position. Perform 8 to 20 repetitions.

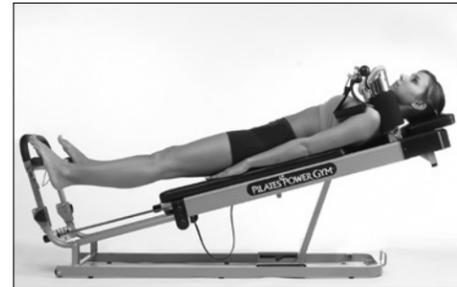
Do not lock your knees at the top of the motion. Squeeze your buttocks and thighs as you perform the exercise.

Works the hips, front and back thighs and calves.

Fig 4a



Fig 4b



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

5) Push-Up Press

Place your hands firmly on the Push-Up Bar handles, shoulder width apart and carefully kneel on the Glideboard with your toes resting on the Headrest. Contract your abs so that your back is straight and your knees are behind your hips. See FIG. 5a. Bend your elbows and lower your chest toward the Foot Rest Bar in a push-up position. See FIG. 5b. Exhale, slowly extend your elbows and push the Glideboard back until your torso is in an extended position. See FIG. 5c. Slowly inhale, bend your elbows and slide the Glideboard forward. See FIG. 5b. Perform 8 to 20 repetitions.

Keep your abs pulled in firmly and do not allow your lower back to arch during the push-up or shoulder press motions.

Works the chest, shoulders, upper back and abdominal muscles.

Fig 5a



Fig 5b



Fig 5c



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



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PUSH-UP BAR

Exercise & Instruction Guide



Congratulations on your purchase of the Pilates Power Gym® Pro Push-Up Bar. In just a few minutes each day you can strengthen and tone the muscles of your upper body, lower body and core.

The Push-Up Bar lets you turn your Pilates Power Gym® Pro into a strength training machine with additional exercises that will give you outstanding results. We hope you enjoy the added benefits the Push-Up Bar gives you during your Pilates Power Gym® Pro workouts.