

# Fitness Guide

## Bowflex® SelectTech® 552 Dumbbells and Stability Ball

### IMPORTANT!

Read this guide before you begin using the product.



**SECTION 1:** Getting to know the SelectTech® 552 Dumbbells

**SECTION 2:** Key Components

**SECTION 3:** Safety Information

**SECTION 4:** Exercises

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**SECTION 1:** Getting to know the  
SelectTech® 552 Dumbbells

## Introducing Bowflex® SelectTech® 552 Dumbbells

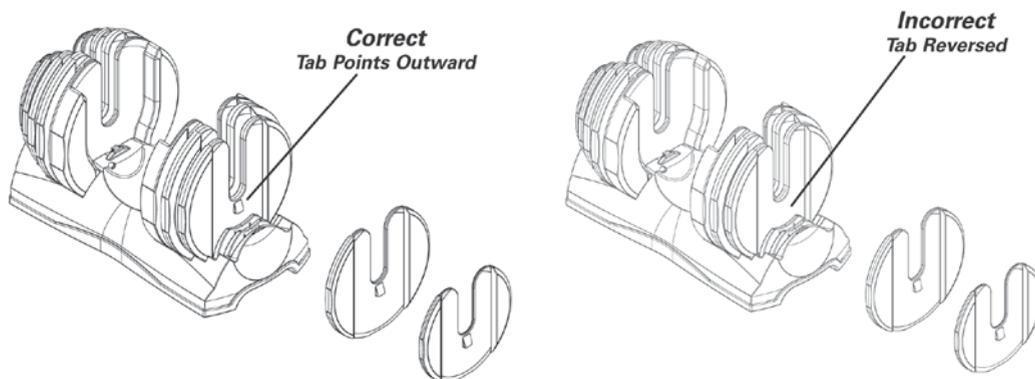
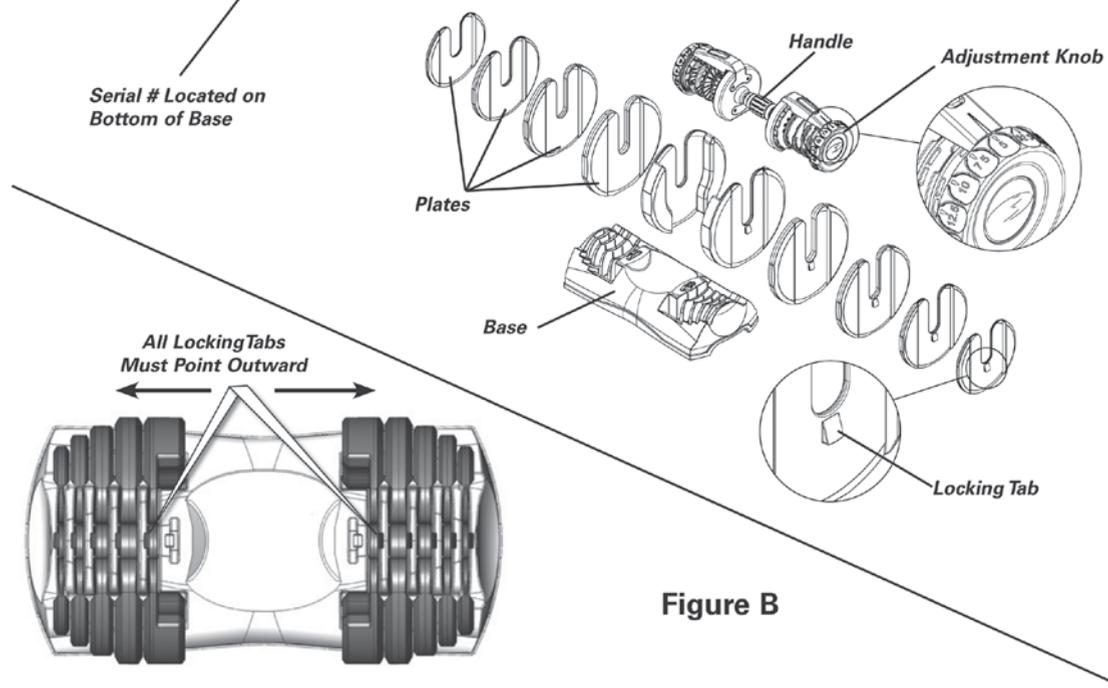
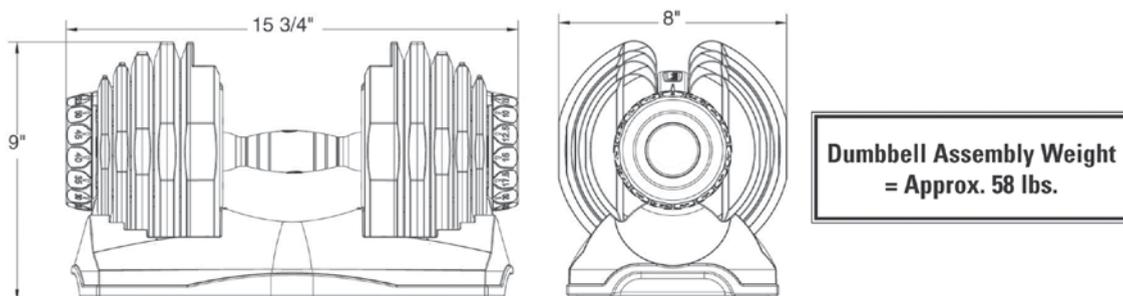
Bowflex® has been making quality strength and cardio products for over 20 years. SelectTech® dumbbells are no exception. They represent some of the latest technology in strength training offering the user from 5-52 pounds of weight at the turn of a dial.



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## SECTION 2: Key Components

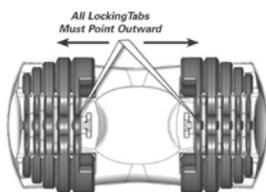


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### SelectTech® Dumbbell Safety

- » You will notice that there are weight increments from 5 to 52.5 lbs on both adjustment knobs. To properly select a given weight (20 lbs for example), both adjustment knobs should be rotated until 20 is aligned with the arrow located on the outward edge of the Bowflex® nameplate.
- » The dumbbell handle and weight plates are symmetrical. This means that one may insert the handle with either end facing the user provided that you have selected the same weight number on both ends of the dumbbell.
- » When either returning or removing the dumbbell to or from the base, do so in a vertical motion, perpendicular to the base. Try not to tilt the dumbbell or move it laterally (parallel to the base) until it is fully clear of the unselected weight plates.
- » Confirm that the plates are installed in the correct order and direction, as shown. If the plates are not correctly installed, the Locking Tabs may not properly engage and the plates may unintentionally drop.
- » Never attempt to force the adjustment knob to rotate when the dumbbell has been removed from the base.
- » Never allow the dumbbells to drop freely to the ground. Damage to the product and potential personal injury may occur.



- » Never allow dumbbells to forcefully bump together during use. Damage to the product and potential injury may occur.
- » Never attempt to disassemble the SelectTech® dumbbell handle or base assembly — the product is not designed to be user-serviced. Contact the front desk for service.
- » Before beginning your workout, make certain that your surroundings are free from potential interference.

### Disclaimer

- » Note that usage of fitness equipment is at your own risk and should match your level of ability, coordination and overall physical fitness. Always consult a physician before beginning any new exercise program. Only he or she can determine if this exercise program is appropriate for your particular age and condition. If you experience any lightheadedness, dizziness or shortness of breath while exercising, stop the exercise and consult your physician immediately.
- » If you have any questions regarding the operation or usage of Bowflex® SelectTech® 552 dumbbells, consult hotel personnel.

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### Wide Rows

#### Muscles Worked:

Rear deltoid, rear portion of the middle deltoid, posterior rotator cuff, upper lats and teres minor

#### Key Points:

- » Place the feet in a comfortable shoulder width position.
- » Keep the chest lifted, abs tight and a very slight arch in the lower back.
- » Lean forward slightly at the hip while keeping the upper body in alignment.
- » Your forearms should always point in the direction of the dumbbells.

#### START:



#### START:

- » While standing holding the dumbbells, lean forward at the hip allowing the arms to extend directly in line with the resistance.
- » Keep your spine in a stable position.
- » Rotate the shoulder so that you palms are facing behind you.

#### FINISH:



#### ACTION:

- » Allow your arms to bend as you go, move your elbows outward and backward keeping a 70-90 degree angle between your upper arms and your torso.
- » Move until your elbows are slightly behind your shoulders, then slowly reverse the action keeping the rear shoulder muscles tightened during the entire motion.

### Lateral Raise

#### Muscles Worked:

Front and middle deltoids

#### Key Points:

- » Do not swing the arms upward or move the trunk during the motion.
- » Maintain good spinal alignment.

#### START:



#### START:

- » Grab the dumbbells with the palms facing each other.
- » Stand with your feet slightly wider than shoulder width apart.
- » Maintain an erect spinal alignment with the chest lifted, abs tight and a slight curve in the lower back.

#### FINISH:



#### ACTION:

- » Raise arms directly outward, then upward, to approximately shoulder height.
- » Lift your hand and elbow at the same speed.
- » Do not turn or rotate your arms while raising them.
- » Keep the side of your arm/elbow facing out/up throughout the movement.

## SECTION 5: Exercises

### Stiff-Leg Dead Lift

#### Muscles Worked:

Hamstrings, glutes and spinal erectors

#### Key Points:

- » Your torso should move from standing vertical to leaning forward at the hips without rounding your spine during any part of the movement.
- » Keep the knees slightly bent.
- » Only move as far as you can correctly.
- » It is critical that you keep the chest lifted and do not allow your spine to round at any time during the movement.

#### START:



#### START:

- » Stand with your feet approximately shoulder width apart
- » Hold the dumbbells down in front of your thighs with your palms facing back.
- » Stand with a very slight bend at the knees.
- » Keep the chest lifted, abs tight and a very slight arch in your lower back.

#### FINISH:



#### ACTION:

- » Maintaining your knee position, slowly bend forward at the hips moving your butt backward.
- » Stop as your hamstrings begin to get taut and before your back begins to round.
- » Concentrate on tensing your hamstrings to pull you back up to the starting position.

### Overhead Triceps Extension

#### Muscles Worked:

Triceps

#### Key Points:

- » Keep your knees slightly bent with your feet approximately shoulder width apart.
- » Keep your chest lifted, shoulders pinched together and a very slight arch in your lower back.
- » Keep your upper arms and shoulders motionless and your wrists straight.
- » Tighten your triceps throughout the exercise, using a controlled motion.

#### START:



#### START:

- » Kneel with one leg on the bench, bend forward at the hips and place one hand on the bench.
- » Support yourself with one arm on the bench and hold the dumbbell with the other with your palm facing in.
- » Keeping your elbow bent, bring your upper arm to your side, parallel to the ground.

#### FINISH:



#### ACTION:

- » Straighten the elbow while keeping your upper arm completely still.
- » When the arm is completely straight, slowly return to the starting position.

## Standing Curls

### Muscles Worked:

Biceps and other elbow flexors

### Key Points:

- » Keep elbows at your sides.
- » Keep your wrists straight.
- » Keep your trunk muscles tight and maintain a very slight arch in your lower back.

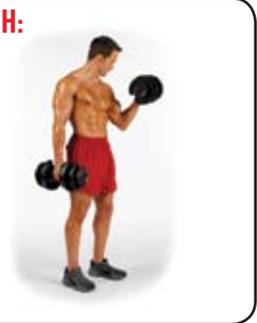
### START:



### START:

- » Hold the dumbbells with your hands facing forward.
- » Stand with your upper arms by your sides, lift your chest, tighten your abdominals and maintain a very slight arch in your lower back.

### FINISH:



### ACTION:

- » Curl the dumbbells forward, then upward, and then toward your shoulders while keeping your elbows at your sides and your upper arms completely still.
- » Slowly lower to the starting position by performing the same arcing motion.

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## Wide Squats

### Muscles Worked:

Quadriceps, glutes, hamstrings and adductors

### Key Points:

- » Keep the knees pointed in the same direction as the toes.
- » Keep the head and neck in line with the trunk.
- » Pay close attention to all alignment and stabilization issues on every part of each and repetition.

### START:



### START:

- » Grab the dumbbell with both hands and stand with you feet slightly wider than shoulder width apart.
- » Slightly rotate your hips outward, feet and knees should be lined up in that outward position as well.
- » Stabilize your torso by lifting your chest, tightening your abs and maintaining a slight arch in your lower back.

### FINISH:



### ACTION:

- » Under control, slowly squat down by sticking the hips back as the knees start to bend.
- » Keep the chest up and the and back flat as the hips continue to move backward.
- » Lower to approximately 90 degrees at the knees, unless otherwise determined.
- » Return to the starting position.
- » Do not lockout the knees at the top of the squat.