



PRO FITTER 3-D CROSS TRAINER EXERCISE CHART

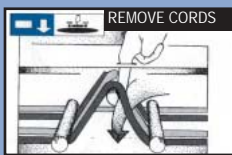
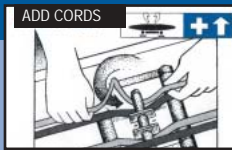


The Leader in FUNctional Fitness!

GETTING STARTED

Adjusting Tension:
 Beginners under 160 lbs:
 Use 2 center cords

Beginners over 160 lbs:
 Use 3 cords
 Refer to chart on machine



TENSION CHART

Check tension setting before each use

Body Weight in lbs. only	2 Cords	3 Easy + light cord	3 Hard + heavy cord	4 Cords
60 - 160	Beginner	Intermediate	Advanced	Pro
161 - 220		Beginner	Intermediate	Advanced/Pro

Increasing Tension:
 Flip the Pro Fitter over, grasp cord on either side of center roller, stretch to loop it over roller.

Decreasing Tension:
 1. Reach finger through the hole on skate.
 2. Gently roll cord off with finger.



Pro Fitter Exercise Chart

Basics

Learning the basics of Pro Fitter is easy. The most important point is to always maintain good body posture with a heads up position. Start on a flat, smooth surface in a clear area. If necessary use a wall bar, ski poles or have a spotter for additional support.

1. Check the machine for proper tension setting based on your weight (see chart above).
2. Gently step on foot pads with feet centrally positioned. Concentrate on proper posture. If possible, use a mirror or window to see your reflection. **Keep your head up!**
3. Gently transfer your weight from one foot to the other with a smooth flowing motion. **DO NOT** fight the machine - work with it.



4. As your rhythm increases you will get closer to the bumpers at each end. Good posture is more important than lateral distance travelled.
5. Always maintain good upright posture with eyes focused in front of you! Pay attention to your balance.
6. Congratulations! You have mastered the basics of using a Pro Fitter



Fundamentals

Challenge yourself on the Pro Fitter for muscular balancing, trunk and leg strengthening, injury rehabilitation and ski conditioning.



Beginner
 Basic exercises.



Intermediate
 requires good form & control.



Advanced / Pro
 use extreme care or spotter.

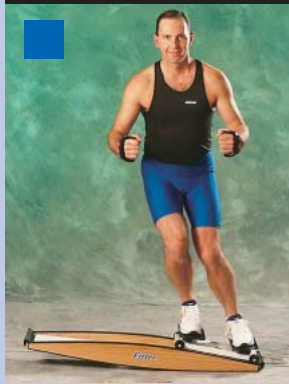
SLALOM



Control rapid weight transfer from one foot to the other with limited upper body movement. Concentrate on proper foot placement by pushing on the inner side of the weighted foot. Keep the skate in the middle portion of the rocker base.

Hip Rotator
Quads
Calves

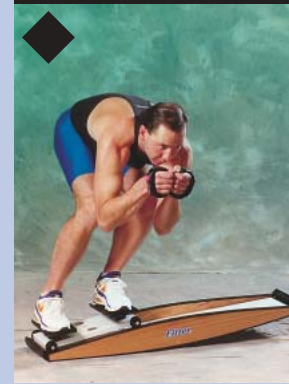
GIANT SLALOM



Use a slower, longer and more controlled weight transfer. Work at travelling further on each weight shift. Concentrate on proper foot position (notice outer ankle position).

Quads & Glutes
Abdominal Stabilizers
Balance

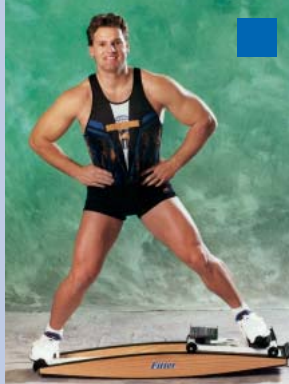
DOWNHILL



Place feet near outer edge of footpads, tuck chest into thighs and position hands in front of body. By placing Pro Fitter on a lighter tension a slow curving motion can be simulated. **Use caution and keep your head up!**

Abdominals
Quads & Calves
Lumbar Spine

POWER THRUST



Place one foot on the end cap and the other on the foot pad. With a straight back, push the skate out and back repeatedly in a slow, controlled manner. Repeat on both legs.

Glutes & Quads
Lower Back
Overall Endurance

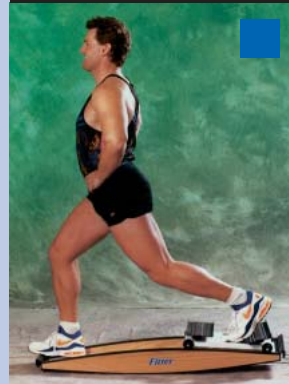
LEG EXTENSIONS



With one foot on the end cap and the other across the foot pad, keep weight forward and extend the front leg in a controlled manner. Return slowly and repeat.

Quads
Trunk Stabilizers
Balance

KICK BACK



Similar to the Leg Extension except the focus is on the rear leg. With a stable, controlled movement, extend the leg back to the end and repeat on both legs.

Glutes & Quads
Hamstrings
Trunk Stabilizers
Balance

AB/ADDUCTION



Place foot between the center foot pads, with weight primarily on front foot. Slide the skate side to side in a controlled manner. Low resistance recommended.

Ab/Adductor
Peronei
Hip Rotators
Groin

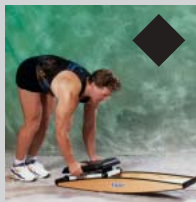
Advanced

The Following exercises require a good working knowledge of the Pro Fitter. Use caution and common sense with these and all Pro Fitter exercises.



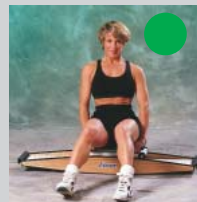
Sitting Leg Extension
 A fun, easy exercise for trunk control and improved ROM in knee or ankle joint. Feet may be on the end cap or on the floor. Many variations.

Quads
Hamstrings
Trunk Stabilization



Abdominal Crunches
 Standing at one end of the Pro Fitter in a pike position, grip the platform firmly. Keeping the shoulders directly over hands, lower hips to push forward, then raise the hips to pull the skate back.

Back Muscles / Abdominals
Shoulder & Triceps



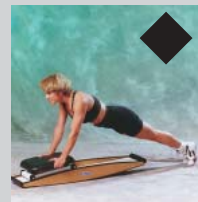
Sitting AB
 Sit on the platform with feet on ground in front and hands grasping the platform under the butt, keep head central and rhythmically swing hips from side to side.

Obliques
Abdominals
Core



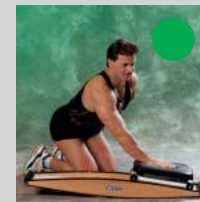
Sitting Luge
 Sit in same position as Sitting AB, only raise heels from the floor. Concentrate on keeping the head and heels central. To increase difficulty, lean back as far as possible.

Abdominals
Hips and Thighs
Stomach & Sides



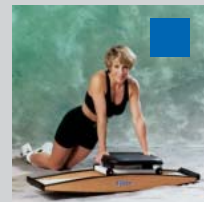
Shoulders
 This is very similar to the Abdominal Crunches. Keep the back flat, only the arms are used to move the skate forward and then back.

Abdominals
Shoulders
Triceps
Stabilizers



One Arm
 Focus on weight bearing closed chain shoulder rehab. Resistance must be very low. (1 or 2 cords). Maintain slow, controlled movement with no pain.

Shoulders
Rotators Cuff



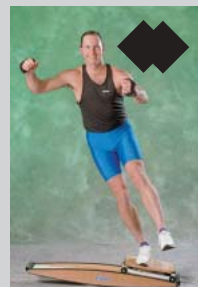
Push - Up
 Do a basic push up from the feet or knees. Move the skate from side to side. It is important to keep the head central with weight equally on both hands.

Chest /Shoulders
Deltoids & Triceps
Abdominals
Stabilizers



90° One Leg
 Start with both feet facing the end of the Pro Fitter. Once you have good rhythm, carefully unweight one foot. Please use a spotter.

Quads & Glutes
Hips Stabilizers
Balance



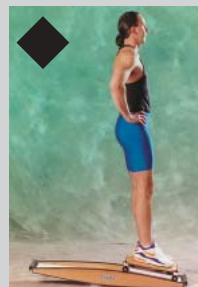
Lateral One Leg
 On the platform, start moving the skate with both feet. Once you have a good rhythm try to carefully unweight one foot.

Warning! This exercise is extremely difficult and requires a spotter.



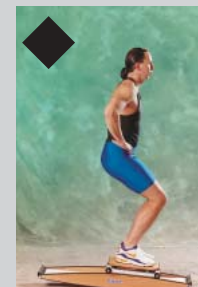
45° Both Legs
 Stand on platform at 45 degree angle. With smooth rhythm, push equally on both legs. Variation combining with deep knee bends.

Abdominals
Quads & Glutes
Lumbar Spine Balance



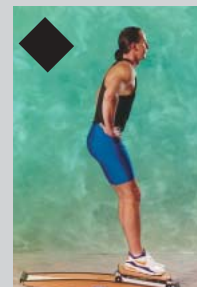
Ankles
 Keep knees straight pushing skate forward with toes and pulling back with heels. Concentrate on using only the ankles and calves, all other muscles are relaxed.

Calves & Ankle Stability
Proprioception / Balance



Knees
 Stand centrally on the platform facing the end of the Pro Fitter. With concentration on the knee joint, drive the skate forward then pull it back with the hamstrings.

Quads
Hamstrings
Knee Stabilizers



Stomach Pike
 In the same position as the Knees exercise keeping the legs straight, push your feet forward with your stomach and then pull back again with lower spine muscles, knees should not bend.

Abdominals/ Lumbar Core