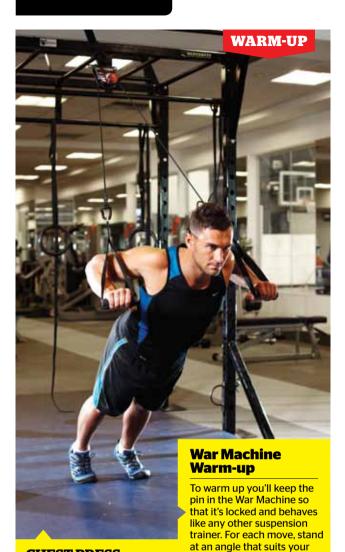
#### PERSONAL TRAINER



# **CHEST PRESS**

- Slowly lower your chest towards your hands, keeping your core tight and body aligned.
- Push back up to the start position.



#### **INVERTED ROW**

 Hold both handles and lean back, keeping your core tight.



strength level. Perform

a few reps of each move.

# **SQUAT**

- Stand with your feet shoulder-width apart, holding both handles.
  Keeping tension on the handles, lower into a squat.
- Rise, thrusting your hips forward. As this gets easier, lean back further in the top position.



 Pause at the top of the move and repeat on the other side.



## **CHEST PRESS**

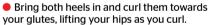
- Slowly lower your chest towards your hands, keeping your core tight and body aligned. This will be harder now you've also got to cope with the instability of the machine.
- Push back up to the start.



# FULL ROTATION PRESS

- Keep one arm extended and steady while you slowly rotate your body, look over your shoulder and open up your other arm to full extension.
- Bring your rear arm in and press back to the start.







# **ONE-LEG CURL**

• Lie face up with both heels in the machine. Keep one leg straight while you curl the other heel towards your glutes, raising your hips as you do so.



## **PISTOL**

- Holding both handles, raise one leg slightly, engage your core and find your balance.
- Squat down on standing leg, pointing handles to the pulley.
- Push through your heel to return to the start.



 Slowly bend your front leg into a lunge while driving your suspended leg straight back. Make sure your front knee doesn't move ahead of your toes.



#### **SIDE LUNGE**

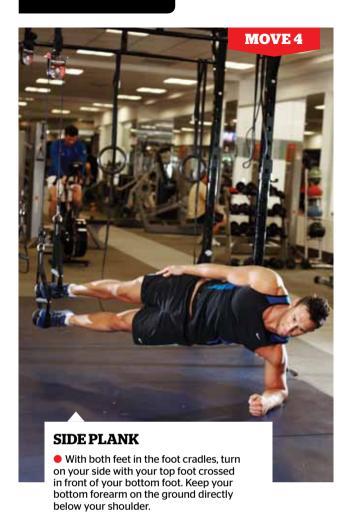
- Holding both handles, lunge to one side of the pulley, stepping to the same side with your trailing leg.
- Return to the starting position and repeat on the other side.



#### SUSPENDED LUNGE ROTATION

Do a suspended lunge.
When you return to the start position, rotate to touch your front leg with the opposite arm.

#### PERSONAL TRAINER







#### **SPIDER-MAN**

 Start in the plank position, then swing one knee forward, towards your elbow. Return to the starting position, then repeat on the other side.



#### ROTATING SIDE PLANK

 Perform a side plank as normal, but pass your top hand underneath your torso, keeping your core braced.



# SUSPENDED CRUNCH

- With both feet in foot cradles, walk hands away from pulley until you're in a plank position.
- Bring knees to chest, lifting hips towards ceiling.



#### HANGING CLIMBER

- Cross your ankles and raise your lower body off the ground. Keep your core tight.
- Move the pulley up and down with alternating arms.

#### SPECIAL OFFER TO *MF* READERS

• The Australian distributors of the War Machine®, which is branded the "CrossCore180®" here, are offering \$50 off the recommended retail price of \$330. You'll pay \$280, which includes free express postage Australia-wide. The company's web address is **crosscore.com.au** and their phone number is **(03) 9376 8088**.