

WARM-UP



War Machine Warm-up

To warm up you'll keep the pin in the War Machine so that it's locked and behaves like any other suspension trainer. For each move, stand at an angle that suits your strength level. Perform a few reps of each move.

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.



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.

MOVE 1



ONE-ARM PRESS

- Keep one arm extended and static, with a slight bend in the elbow, while the other arm executes a chest press.
- Pause at the top of the move and repeat on the other side.

BEGINNER



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.

ADVANCED



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.

MOVE 2**HAMSTRING CURL**

- Lie face up with both heels in the foot cradles. Engage your core and press your hips up and off the floor.
- Bring both heels in and curl them towards your glutes, lifting your hips as you curl.

MOVE 3**SUSPENDED LUNGE**

- Put one foot inside one or both handles. Hop forward so that your suspended foot is roughly 30cm ahead of the pulley.
- 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.

BEGINNER**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.

ADVANCED**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.

BEGINNER**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.

ADVANCED**SUSPENDED LUNGE ROTATION**

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

MOVE 4

**SIDE PLANK**

- With both feet in the foot cradles, turn on your side with your top foot crossed in front of your bottom foot. Keep your bottom forearm on the ground directly below your shoulder.

MOVE 5

**CLIMBER**

- Keeping your knees bent, put your feet on a bench.
- Move the pulley up and down with alternating arms in a climbing action.

BEGINNER

**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.

ADVANCED

**ROTATING SIDE PLANK**

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

BEGINNER

**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.

ADVANCED

**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.