



**WORKOUT
GUIDE
MANUAL**
50+ EXERCISES
INCLUDED

TO ORDER CHAIR GYM ACCESSORIES YOU CAN
VISIT US AT: www.chairgym.com
Deluxe Bands for more Intense workout, twister seat and other new offers.

CUSTOMER SERVICE: 1 - 800 - 423 - 4248

CHAIR GYM™ MANUAL ITEM# 8901
Distributed by EMSON® NY, NY, 10001 ©Copyright 2013 EMSON®
All Rights Reserved. Printed in China.

www.chairgym.com

CHAIR GYM EXERCISES

INTRODUCTION:

Before starting any exercise and diet program, please check with your doctor that you are healthy enough to do so.

The following exercises can all be done using your Chair Gym™ resistance Chair in just few minutes each day.

A resistance program is designed with the following in mind:

1. Number of Exercises
2. Number of Repetitions
3. Level of Resistance

Number of Exercises:

The exercises for the Chair Gym™ have been divided up into body parts. You can choose to do a total body workout or select specific body parts you wish to work. A beginner to exercise can start out by doing 12 repetition ("reps") of each exercise, intermediate exercisers can go to 15 reps and advanced exercisers can increase the reps and exercise to "failure."

Level of Resistance:

The Chair Gym™ is ideal for beginner, intermediate and advanced level exercise because it offers 3 different levels of resistance which you adjust at the pivot points at the top and bottom of your Chair Gym™.

- Grey Band = Beginner
Black Band = Intermediate
Both Bands = Advanced



IMPORTANT: Risks of injury exist in the use of this product and in commencing the exercise program. The user assumes all risks of injury in the use of this product. Consult your physician prior to starting this or any exercise program. If you experience any pain or discomfort while using this product discontinue use immediately and consult your physician

ASSEMBLY INSTRUCTIONS



ABS & OBLIQUES

AB CRUNCH

Sit on Chairgym, back against the backrest, heels on the footplate, handles at top. Grip handles and bring into position in front of shoulders, palms facing in. With the stomach tight, elbows into sides, lean forward and crunch. Repeat. Lift back up and repeat.



STRAIGHT ARM OBLIQUE ROTATION - FOR CORE

Sit on Chairgym, back against the backrest, heels on the footplate, handles at top. Grip RIGHT handle with both hands and extend arms straight out to side, twist torso across to left bringing straight arms across the body and back to start position. Repeat for 12-15 reps. Repeat with left handle, bringing arms across to right side.



SIDE BENDS - FOR OBLIQUES

Attach handles to BOTTOM pivots. Grab handle in RIGHT hand & stand facing side of room with right foot on footplate. Left hand on head, elbow out to side, bend side leading with the elbow. Repeat for 12-15 reps. Turn to other side and repeat with handle in Left Hand.



LOWER ABS - LEG LIFTS

Sit on Chairgym, back against the backrest, heels on the footplate. Bend over & attach LEFT & RIGHT ankle straps. Hands grip bottom of chair and bring back against the backrest. Alternate Lifting Right & Left knee up towards the body. Repeat 12-15 reps on each leg.



ABS & OBLIQUES

OBLIQUE TWISTS

Sit on Chairgym, back against the backrest, heels on the footplate, handles at top. Grip handles and bring into position in front of shoulders, palms facing in. Twist to bring right elbow across to left knee. Repeat with Left elbow to right knee.



LOWER AB LEG LIFTS

Stand facing away from chair - attach angle straps. Place RIGHT foot firmly on footplate. Lift LEFT LEG up to 90 degree angle stomach level and lower. Repeat for 12-15 reps. REPEAT ON LEFT.



WOOD CHOPPER (CALLED TWO HAND PULL UP)

Handles on bottom - Place LEFT foot firmly on footplate and face diagonal. Reach down and hold handle with two hands. With bent knees, rotate torso around as you raise both hands to opposite corner. Lower back to bottom corner slowly rotating back. Repeat for 12-15 reps, Repeat other side.



REAR DELTOID RAISE

Sit on Chairgym, back against the backrest, heels on the footplate, Handles at bottom. Grab both handles and sit up & bring handles by your sides, palms facing inwards. Lean forward and raise both arms up to the side just below shoulder level, palms are facing down. Squeeze shoulder blades together. Lower back to start position. Repeat 12-15 reps.



SHOULDER EXERCISES

SINGLE ARM FRONT SHOULDER RAISE

Sit on Chairgym, back against the backrest, heels on the footplate, handles at bottom. Grab both handles and sit up & bring handles by your sides, palms facing back.. Lift left arm up in front of the body, above shoulder level. Lower with Right arm. Repeat each side for 12-15 reps.



SINGLE ARM SHOULDER / LATERAL RAISE

Sit on Chairgym, back against the backrest, heels on the footplate, handles at bottom. Grab both handles and sit up & bring handles by your sides, beside your thighs, palms facing inwards. Lift LEFT arm up just below shoulder level, and keep a slight curve to the arm. Lower back to start position and repeat with right arm. Repeat 12-15 reps.



ROTATOR CUFF EXERCISE

Stand on footplate facing to the side, grab bottom handle with outside arm. Stand upright bring arm up to 90 degree angle & lock the elbow into the side of body. Turn the hand outwards as far as it will go without moving the elbow. Bring back into the body and repeat 12-15 reps. Repeat with other arm.



SHOULDER SHRUGS - TRAPEZIUS

Handles on bottom. Grab handles and stand up facing away from the Chair Gym arms down by side palms facing in. Shrug shoulders up and down. Repeat for 12-15 reps.



SHOULDER EXERCISES

ONE HAND REVERSE SHOULDER FLY - LEFT HAND

With handles on top, stand facing chair, feet on footplate - rest right hand on top. Grab handle with LEFT HAND - wrist facing in. Raise handle out to side rotating at the waist - to shoulder level and lower. Repeat for 12-15 reps.



OVERHEAD SHOULDER PRESS

Sit on Chairgym, back against the backrest, heels on the footplate, handles at top. Hold both handles above the shoulders palms facing forward. Sit up straight with the stomach tight. Press up with both hands in front of the head. Repeat for 12-15 reps.



SHOULDER LATERAL RAISE

Sit on Chairgym, back against the backrest, heels on footplate, Handles at bottom. Grab both handles and sit up & bring handles by your sides, beside your thighs, palms facing inwards. Lift both arms up just below shoulder level, and keep a slight curve to the arms, palms face down. Squeeze shoulder blades together. Lower back to start position. Repeat 12-15 reps.



BICEPS EXERCISES

STANDING BICEP CURL

Stand up, heels on footplate, Handles at bottom. Hold both handles with an underhand grip, palms facing up & stand up with slightly bent knees and stomach tight. Do bicep curl, lifting palms up towards armpits, elbows tucked into sides, squeezing biceps, then lower slowly. Repeat for 12-15 reps.



STANDING BENT OVER ROW - SINGLE ARM

Turn towards to Chair Gym, place toes on footplate, Handles at bottom. Hold one handle with left hand, palm facing in to the body and place. Lean forward and place right hand onto Chairgym for support, and left leg back for balance. Pull left hand back, bending at elbow, handle comes in towards the side of the chest. Extend out and repeat for 12-15 reps. Change to right hand, take right leg back and repeat for 12-15 reps.



STANDING LATERAL ROW - SINGLE ARM

Handles are on top. Turn towards to Chair Gym, place right foot on footplate, take left leg back. Hold left handle with left hand, palm facing in to the body. Lean forward and place right hand on top of back support for balance. Pull left handle towards the side of the chest bending at elbow. Extend out and repeat for 12-15 reps. Change to right hand, take right leg back and repeat 12-15 reps.



SEATED BICEPS

Both hands on the seat and one foot on the footplate.



BICEPS EXERCISES

BICEP CURL

Sit on Chairgym, back against the backrest, heels on the footplate, handles at bottom. Hold both handles with an underhand grip, palms facing up & sit up straight with the stomach tight. Do a bicep curl by lifting palms up towards armpits, elbows tucked into sides, squeezing biceps, then lower slowly. Repeat for 12-15 reps.

BICEP CURL WITH EXTERNAL ROTATION

Sit on Chairgym, back against the backrest, heels on the footplate, handles at bottom. Hold both handles with an underhand grip, palms facing up & sit up straight with the stomach tight. Rotate hands out and do biceps curls - lifting palms up towards shoulders, elbows tucked into sides, squeezing biceps, then lower slowly. Repeat for 12-15 reps.

BICEP HAMMER CURL

Sit on Chairgym, back against the backrest, heels on the footplate, handles at bottom. Hold both handles palms facing in to body & thumbs forward. Sit up straight with the stomach tight. Do bicep curls with thumbs up - lifting fists up towards the front of shoulders, elbows tucked into sides, squeezing biceps then lower slowly. Repeat for 12-15 reps.

REVERSE BICEP CURL/FOREARM CURL

Sit on Chairgym, back against the backrest, heels on the footplate, handles at bottom. Hold both handles with an overhand grip, palms facing down. Sit up straight with the stomach tight. Curls arms up to 90 degrees, elbows tucked into sides, squeezing biceps & forearms, then lower slowly. Repeat for 12-15 reps.



CHEST EXERCISES

INCLINE CHEST PRESS

Sit on Chairgym, towards front of the seat, handles on top, heels in front of footplate. Grab both handles, palms facing down, and lean back onto the backrest. Bring handles up above shoulders and press both hands up in front above head height. Lower back to start position. Repeat 12-15 reps.

DECLINE CHEST PRESS

Sit on Chairgym, move buttocks towards back of the seat, handles are on top, toes firmly on footplate. Grab handles, lean forward, palms facing down, elbows back. Look down to floor in front and press hands down together just below knee level. Bring back to start position. Repeat 12-15 reps.

SEATED CHEST FLYS

Sit on Chairgym, back against the backrest, heels on footplate, handles on top. Sit up straight with stomach tight. Lift both handles together out to the side at chest height, palms facing forward, with a slight curve to the arms. Breathe out as you bring your hands together in front of the chest, as though you are hugging a person. Bring arms to start position. Repeat for 12-15 reps.

CHEST FLYS - SINGLE ARM

Sit on Chairgym, back against the backrest, heels on footplate, handles at top. Sit up straight with the stomach tight. Grab LEFT handle and lift out to the side at chest height, palms facing forward, with a slight curve to the arms. Breathe out as you bring your hand in front of the chest, then back. Repeat for 12-15 reps. Do same exercise on RIGHT arm. Repeat for 12-15-reps.



CHEST EXERCISES

INCLINE CHEST FLYS

Sit on Chairgym, towards front of the seat, handles on top, heels in front of footplate. Grab both handles, take arms out to side and lean back onto the backrest, palms facing forward, with a slight curve to the arms. Breathe out as you bring your hands together just above the chest, maintaining the curve. Bring arms back to start position. Repeat for 12-15 reps.



DECLINE CHEST PRESS

Sit on Chairgym, move buttocks towards back of the seat, handles are on top, toes firmly on footplate. Grab both handles, take arms out to side and lean forward, palms facing forward, with a slight curve to the arms. Look down to floor in front and bring hands together just below knee level, maintaining the curve. Bring back to start position. Repeat 12-15 reps.



SEATED CHEST PRESS

Sit on Chairgym, back against the backrest, heels on the footplate, Handles at top. Sit up straight with the stomach tight. Lift both handles up below the shoulders at chest height, elbows out, palms facing down. Breathe out as you press out, bringing the hands together in front of the chest, squeezing chest muscles together. Breathe in as you bring the hands back. Repeat for 12-15 reps.



LEG EXERCISES

STANDING SQUATS - GLUTES & LEGS

Attach handles to BOTTOM pivot points. Facing away from Chairgym, grab both handles, overhand grip, palms facing in and stand up straight with heels on footplate. Squat down, with chin up, knees bent, back straight, stomach tight. Come back up and repeat 12-15 reps.



LEG EXERCISES

ABDUCTOR RAISE - OUTER THIGH

LEFT LEG: Place both ankle straps onto legs then facing the Chairgym, attach LEFT ankle strap to lower RIGHT pivot point. Stand upright facing side & place right hand on top of backrest and right foot behind on footplate. Stomach tight, left hand on hip for stability. Raise leg out to the side and back in. Repeat for 12-15 reps.

RIGHT LEG: Unclip left ankle strap & connect right ankle strap to other pivot point. Facing opposite direction, raise right leg out and in. Repeat for 12-15 reps.



ABDUCTOR RAISE - INNER THIGH

LEFT LEG: Facing away from the Chairgym, attach left ankle strap to lower left pivot point. Stand upright facing side & place left hand on top of backrest and right foot behind on footplate. Stomach tight, right hand on hip. Sweep left leg across the body and back. Leading with the heel, foot flexed. Repeat for 12-15 reps.

RIGHT LEG: Turn to other side, unclip left ankle strap & connect right ankle strap to other pivot point. Repeat for 12-15 reps.



GLUTE KICKBACK - GLUTES

LEFT LEG: Facing the Chairgym, Attach LEFT ankle strap to lower left pivot point. Stand upright and place both hands on backrest and both feet on footplate. Keeping LEFT leg straight, kick the leg back, squeezing the glutes at same time. Repeat for 12-15 reps.

RIGHT LEG: Remove left strap and attach RIGHT ankle strap to lower RIGHT pivot. Repeat for 12-15 reps.



DONKEY KICK - GLUTES

LEFT LEG: Facing the Chairgym, Attach LEFT ankle strap to lower left pivot point. Stand and place both hands on backrest with both feet on footplate. Stand upright, stomach tight. Bend the LEFT leg behind at a 90 degree angle, heel facing to back of room. Kick bent leg as though pushing foot against a flat wall squeezing glutes at the same time. Repeat for 12-15 reps.

RIGHT LEG: Unclip ankle strap and attach right ankle strap to RIGHT pivot point. Repeat exercise for 12-15 reps.



LEG EXERCISES

HAMSTRING CURLS

LEFT LEG: Facing the Chairgym, attach LEFT ankle strap to lower LEFT pivot point. Stand upright and place both hands on backrest and both feet on footplate. Bend the LEFT knee to bring heel back towards the glutes and extend. Repeat for 12-15 reps.

RIGHT LEG: Remove left strap and attach RIGHT strap to lower RIGHT pivot. Repeat for 12-15 reps.



SINGLE LEG EXTENSION - QUADS

Sit on Chairgym, back against the backrest, stomach tight. Attach ankle straps to both feet and attach BOTH straps to lower pivot points. Heels on footplate. Extend right leg out straight pointing toe. Bring back down and repeat on LEFT leg. Repeat each side for 12-15 reps.



REVERSE LUNGES - QUADS

Stand facing chair, attach ankle straps & place both hands towards rear of the seat & place RIGHT foot firmly on footplate. Take LEFT LEG back to squat at a 90 degree angle, holding side of chair as you squat down. Stand back up and repeat each leg for 12-15 reps.



DONKEY KICK BACK - GLUTES

Stand facing chair, attach ankle straps, lean forward & place both hands towards rear of the seat, with left foot firmly on footplate. Lift LEFT LEG up to 90 degree angle, flex foot, toe pointing down then kick back as though pressing against a wall. Repeat for 12-15 reps. REPEAT ON right leg.



TRICEPS EXERCISES

TRICEP PRESS DOWN

Sit on Chairgym, back against the backrest, heels on the footplate, handles at top of Chairgym. Hold both handles and bring to the side of chest with overhand grip, palms facing in. Sit up straight with the stomach tight. With elbows pointing back, press hands down and back up. Repeat for 12-15 reps.



TRICEP KICK BACK

Stand facing the Chairgym, handles are on top pivot point. Take left leg back. Grab handle with left hand and put right hand on top of backrest. Bring left handle back towards body so elbow is bent. Extend arm back from the elbow, squeezing the tricep. Repeat for 12-15 reps.



OVERHEAD TRICEP EXTENSION - CLOSE GRIP

Sit on Chairgym, back against the backrest, heels on footplate, handles at top of Chairgym. Hold both handles and take both hands behind the head at the base of neck, palms facing in. Sit up straight with the stomach tight, upper arms and elbows into the side of the head. Extend the arms, hands up towards the ceiling. And back down. Repeat for 12-15 reps.



OVERHEAD TRICEP EXTENSION - WIDE GRIP

Sit on Chairgym, back against the backrest, heels on footplate, handles at top of Chairgym. Hold both handles on top of shoulders with an underhand grip, palms facing up & sit up straight with the stomach tight. Raise elbows up so they point out and keeping elbows still, extend forearms out in front and back in. Repeat for 12-15 reps.



TRICEPS EXERCISES

OVERHEAD TRICEP EXTENSION - SINGLE ARM CROSS BODY

Sit on Chairgym, back against the backrest, heels on footplate, handles at top of Chairgym. Hold LEFT handle and take hand behind the head at the base of the neck, palms facing in. Sit up straight with the stomach tight, upper arm and elbow into the side of the head. Extend the arm, hands up towards the ceiling. And back down. Repeat for 12-15 reps.



BACK EXERCISES

LOWER BACK MODIFIED DEAD LIFT

With handles on bottom, stand facing chair, feet on footplate - rest left hand on top. Grab handle with RIGHT HAND - wrist facing in. With slightly bent knees, lean forward rolling fists down the front of legs just beyond knees. Straighten up and repeat. Repeat for 12-15 reps.



ONE HAND REVERSE SHOULDER FLY - RIGHT HAND

With handles on top, stand facing chair, feet on footplate - rest left hand on top. Grab handle with RIGHT HAND - wrist facing in. Raise handle out to side rotating at the wrist - to shoulder level and lower. Repeat for 12-15 reps.



SEATED UPRIGHT ROW

Sit on Chairgym, back against the backrest, heels on footplate, handles at bottom. Hold handles with an overhand grip, palms facing back & sit up straight. With the stomach tight, raise handles up towards armpits, elbows out to side, then lower. Repeat for 12-15 reps.



BACK EXERCISES

STANDING LATERAL RAISE

Heels on footplate, handles at bottom. Hold handles with an overhand grip, palms facing into body and stand up. Bend knees and lean slightly forward to begin. With the stomach tight, raise handles out to side - shoulder height, slight bend in the elbows, then lower. Repeat for 12-15 reps.



STANDING BENT OVER ROW

Turn towards to Chair Gym, place toes on footplate, handles at bottom. Hold both handles with an overhand grip, palms facing in to the body and stand up. Bend knees and lean slightly forward to begin. With the stomach tight, raise both handles up towards the armpits, elbows tucked against the body, pointing back, then lower. Repeat for 12-15 reps.



TWISTER EXERCISES

KNEELING TWIST - LOVE HANDLES / OBLIQUES

Place the Twister on the Chairgym seat making sure it is in the center of the seat. Facing the Chairgym, stand on the footplate, hold backrest with both hands for balance and kneel up onto the twister. It is padded for extra comfort. Kneel up keeping the back straight and stomach tight. Look straight ahead and twist the lower body left and right to work the love handles and core. Repeat for 30 reps.



SEATED TWIST WITH BICEP CURL - LOVE HANDLES / OBLIQUES / BICEPS

Place the Twister on the Chairgym seat making sure it is in the center of the seat. Sit down onto the Twister, and place feet on footplate. Grab handles and place hands down by your sides palms facing out. Keep the back straight and stomach tight. Look straight ahead and twist the lower body left and do a single bicep with the left arm. Repeat on right side with right arm. Repeat at speed for 30 reps.



TWISTER EXERCISES

SEATED TWIST WITH BICEP CURL - LOVE HANDLES / OBLIQUES / BICEPS

Place the Twister on the Chairgym seat making sure it is in the center of the seat. Sit down onto the Twister and place feet on footplate. Grab handles and bring hands up to chest palms facing down. Keep the back straight and stomach tight. Twist the lower body left and punch left arm out. Repeat on right side with right arm. Repeat at speed for 30 reps.



STANDING TWIST - LOVE HANDLES / OBLIQUES

Place the Twister on the floor behind the Chair. Hold backrest with both hands for balance and step onto the twister making sure both feet are fully on top. Look straight ahead and twist the lower body left and right to work the love handles and core. Repeat for 30 reps.



SHOULDER PAIN EXERCISES

Exercises that can help with common Shoulder Issues

Performing targeting Shoulder exercises on the Chair Gym, combined with stretching, can help ease common shoulder pain problems such as impingement and rotator cuff weakness. Strengthening the shoulder and surrounding stabilizer muscles will help improve the mobility and range of motion around the joint.

WARM UP

Shoulder Rolls forward and backwards
X 5



Front Chest Flys X 5



Overhead Arm Raises - both arms x 5



WARM UP cont'd

Overhead Arm Reaches - Alternate arms x 5 on each side



SHOULDER STRENGTHENING EXERCISES

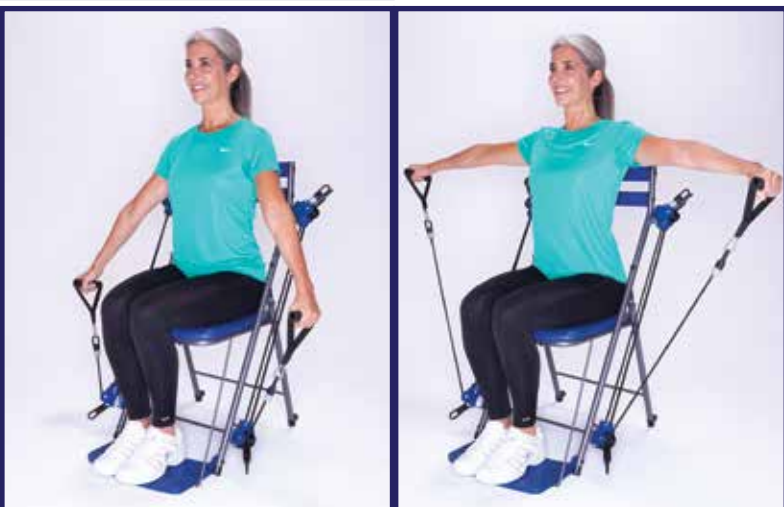
FRONT RAISES

- Sit in Chair, Handles at bottom position
- Hold handles by side of body, palms facing in
- Raise hands up to the front just below shoulder height, and lower
- Do 2 sets x 10 reps. Rest 1 min in between



SIDE RAISES

- Sit in Chair, Handles at bottom position
- Hold handles by side of body, palms facing in
- Raise hands out to the sides - just below shoulder height , and lower
- Do 2 sets x 10 reps. Rest 1 min in between



COMBO FRONT / SIDE RAISES

- Sit in Chair, Handles at bottom position
- Hold handles diagonally out to side - palms facing in, thumbs up
- Raise hands up to shoulder height, and lower
- Do 2 sets x 10 reps. Rest 1 min in between



CHEST PRESS

- Sit in Chair, Handles in top position
- Hold handles at chest level, palms face down
- Press hands out in front & return slowly
- Do 2 sets of 10 reps. Rest 1 min in between



SHOULDER STRENGTHENING EXERCISES

SCAPULAR SQUEEZE FOR POSTURE

- Sit upright, stomach tight and squeeze shoulder blades together
- Hold for 6 secs
- Do x 10 reps



BENT OVER REVERSE FLYS

- No handles
- Bend forwards and rest chest on knees
- Raise arms out to the side & hold for 6 secs, squeezing shoulder blades together
- Lower and repeat x 10



BICEP CURL

- Sit in Chair, Handles at bottom
- Hold handles by side of body, palms facing up
- Raise hands up, bending at the elbow, and lower
- Do 2 sets x 10 reps. Rest 1 min in between



SHOULDER STRENGTHENING EXERCISES

ROTATOR CUFF - INTERNAL ROTATION

- Sitting in chair, handles in top position
- Turn slightly to the RIGHT side of the chair
- On low resistance, hold handle with right hand, palm facing in
- Bring elbow down into your side and hold forearm out at 90°
- Bring handle slowly into the body & back out to the side
- Repeat x 10
- Repeat on LEFT side x 10



ROTATOR CUFF - EXTERNAL ROTATION

- Turn slightly to the RIGHT side of the chair
- On low resistance, hold handle with left hand, palm facing in
- Bring elbow down into your side and hold forearm against your body
- Bring handle slowly out, at 90°, away from the body & back in
- Repeat x 10
- Repeat on LEFT side of chair with cable in RIGHT HAND & repeat exercise x 10



ADVANCED SHOULDER STRENGTHENING EXERCISES

Do these exercises only when no pain is present.

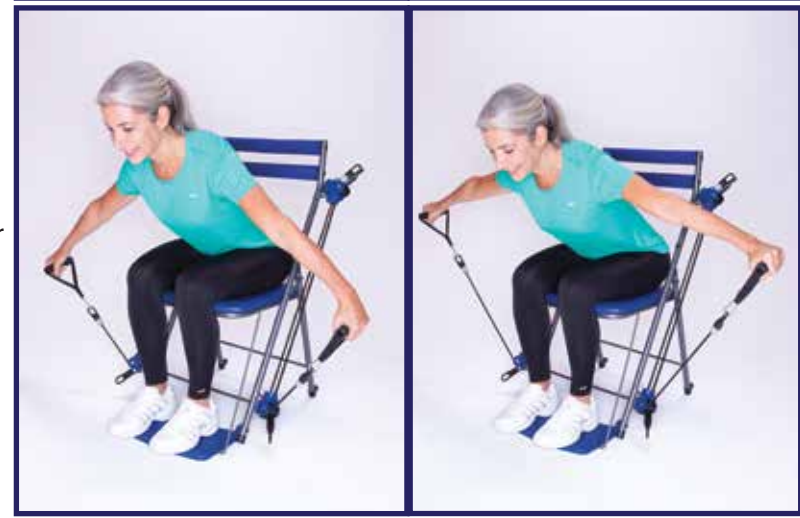
BENT OVER UPRIGHT ROW

- Handles on bottom
- Kneel on chair with RIGHT leg
- Bend over and support upper body with RIGHT hand
- Hold handle with LEFT hand, palm facing in
- Bend elbow up to your side at 90° & lower
- Repeat x 10
- Repeat on LEFT side x 10



BENT OVER REVERSE FLYS - using bands

- Bend forwards and rest chest on knees - look down
- Hold handles by side of body, palms facing down
- Raise arms out to the side & hold for 6 secs, squeezing shoulder blades together
- Lower and repeat x 10



MUSCLE GROUPS

