



The Power Behind Performance®

CARDIOBARBELL™ SET PLUS

IMPORTANT INFORMATION PLEASE READ AND KEEP

The following guidelines should be observed when using the CardioBarbell™ Set:

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using the CardioBarbell™ Set.
- Power Systems Inc. assumes no liability for injuries, accidents, or damages that may occur with the use or misuse of the CardioBarbell™ Set.

CardioBarbell™ Set

The CardioBarbell™ Set is designed for strength training exercises where additional weights are recommended. The CardioBarbell™ Set includes one standard 48" long steel bar covered with PVC coating; two 10 lb, two 5 lb., and two 2 ½ lb. plates encased in rubber; and one pair of spring collars.

USING THE CARDIOBARBELL™ SET

Use extreme caution when loading and unloading the CardioBarbell™ Set to ensure fingers do not get pinched between plates or spring collars. Use the appropriate amount of weight for your individual skill level.

For more information about the CardioBarbell™ Set and other training products and programs, contact

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www.power-systems.com
1-800-321-6975

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Assembling Your CardioBarbell™ Set

Hold bar firmly in one hand, turning the bar vertically so one end rests on the floor (consider cushioning end of bar to protect floor). Keeping bar steady, use other hand to place plates onto bar, guiding bar through hole in center of plate. Use caution to avoid pinching fingers. After loading one side of bar, squeeze spring collar grips together and slide spring collar onto the bar, firmly against the plates. Release grip on spring collar. Repeat process on opposite side. Load equal weight on both sides of bar.



Exercises

Squat

Start: Stand with feet hip-distance apart, knees slightly bent and toes tracking forward. Bend the knees to pick up bar and set it on backs of shoulders (avoid pushing the bar into neck); bar may also be cradled across chest if necessary.

Action: With chest lifted and hips pushed back, bend at the knees, lowering the body and putting load into the quads and glutes. Ensure knees are staying behind toes to avoid knee injury. Return to start and repeat.



Chest Press

Start: Lay on mat or bench with low back pressed into base. With an overhand grip, place hands wide on the bar, pinkies touching the plates. Hold bar over nipple line with wrists straight and knuckles toward ceiling. Feet are flat to floor or if needed for back support, knees may be pulled in.

Action: Slowly lower the bar toward the body until elbows are at a 90° angle or until the backs of the arms slightly graze the floor or mat. Return to start and repeat.



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Bicep Curl

Start: Hold bar with underhand grip, hands and arms in a natural carrying angle. Feet may be hip-distance apart or staggered for additional support and balance.

Action: Keeping the elbows still at the sides, slowly raise bar up toward chest and shoulders. Return to start and repeat.



Triceps Extension

Start: Lay on mat or bench with low back pressed into base. With an overhand grip, place hands shoulder-distance apart on bar. Raise arms to perpendicular with the body.

Action: Keeping the upper arms and elbows in place, slowly lower backs of the hands toward the forehead, using caution to control the bar. When bar reaches near the forehead, return to start and repeat.



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