

The BodyFly® Fitness Basic 15 Exercises

Group 1: Lower Body (LB)

SQUAT

Primary Muscles Worked: Quadriceps, Hamstrings, Glutes

Cable Position: 3-9 o'clock



Squat - A Setup



Squat - B Execution

Set-Up:

- Stand with legs straight on top of the BodyFly®, feet hip-width apart.
- Hold a handle in each hand, resting at your shoulders, elbows pointing down, palms in.

Action:

- Keep body weight balanced toward your heels and 'sit' down and back; bend knees to lower hips toward the ground until hips are even (parallel) with your knees.
- Contract your glutes to fully straighten legs without locking knees.
- Keep knees aligned with toes.

Modifications: Only lower hips as far as you can without bending torso forward or arching your back.

Stationary Lunge 30 sec R/30 sec. L

Primary Muscles Worked: Quadriceps, Hamstrings, Glutes

Cable Position: 3-9 o'clock



Lunge - A Setup



Lunge - B Execution

Set-Up:

- Stand in a hip-width stride position, one foot forward and flat on ground; ball of the other foot is on the platform, heel lifted.
- Hold a handle in each hand, resting at your shoulders, elbows pointing down, palms in.

Action:

- Keep torso upright without leaning and bend both knees; front knee aligned with ankle and rear knee approaches the ground.
- Straighten legs and repeat.
- Switch legs at 30 sec.

Modifications: Don't lunge so deep, stride length is the same.

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Group 1: Lower Body (LB)

Cable Cross Double Leg RDL

Primary Muscles Worked: Quadriceps, Hamstrings, Glutes

Cable Position: 3-9 o'clock



RDL - A Setup



Squat - B Execution

Set-Up:

- Stand with legs straight on top of the platform, feet hip-width apart.
- Cross the cables, hold the opposite end in each hand, arms hanging straight, palms face thighs.

Action:

- Hinge forward from your hips, with a slight bend to the knees keeping back straight, until you feel your hamstrings tighten.
- STOP here, contract glutes to straighten legs.

Modifications: Reduce the range of motion.

Stationary Lunge 30 sec R /30 sec. L

Primary Muscles Worked: Quadriceps, Hamstrings, Glutes

Cable Position: 3-9 o'clock



Lunge - A Setup



Lunge - B Execution

Set-Up:

- Stand on the ground in a straddle position and align right foot directly with the cable.
- Hold the cable in both hands in a 'hand over hand' grip in front of collarbone, elbows bent.

Action:

- Bend right knee to the side. Keep left leg straight and body facing front.
- Straighten leg and repeat for 30 sec.
- Switch legs, align left foot with cable.

Modifications:

Bend knee less.

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Group 1: Lower Body (LB)

Reverse Lunge w/ a Knee` Lift 30sec R/30 sec L

Primary Muscles Worked: Quadriceps, Hamstrings, Glutes
Cable Position: 3-9 o'clock



Reverse Lunge w/ Knee Lift - A



Reverse Lunge w/ Knee Lift - B



Reverse Lunge w/ Knee Lift - C

Set-Up:

- Stand with legs straight on top of the platform, feet hip-width apart.
- Hold a handle in left hand, resting at your shoulders, elbow pointing down, palm in.

Action:

- Step back with right foot onto the ground, bending both knees into a lunge, left knee aligns with left ankle, right knee approaches the ground.
- Push off right foot, straightening legs and lift right knee to hip height.
- Repeat for 30 sec., switch handle to right hand and repeat lunge with the left leg.

Modifications: Don't lunge so deep or stride as long.