

## **Selectorize Training Principles**

- 1. Correct body positioning and seat adjustment is very important to derive the full benefit of each exercise and to protect the user. Avoid twisting or shifting your weight during the movement. As soon as you shift your biomechanics, the exercise should be stopped.**
- 2. Never squeeze hand grips tightly, but maintain a loose, comfortable grip.**
- 3. Each exercise should be performed through the full range of motion for optimum strength and flexibility.**
- 4. Breathe normally while exercising, never hold your breath. Exhale upon exertion, and inhale when coming back against resistance.**
- 5. Muscle exertion is accomplished to a count of two. Coming back against resistance is accomplished to a count of four; accentuate the lowering portion of each repetition.**
- 6. Maintain enough resistance (weight plates) so that twelve repetitions can be achieved with some difficulty. Once twenty repetitions can be mastered without difficulty, increase resistance (weight) and start back with twelve repetitions, working up to twenty again.**
- 7. Rest a minimum of 24 hours and not more than 96 hours between successive selectorized workouts.**
- 8. All participants are encouraged to use their workout cards each time they attend. Accurate documentation is necessary to monitor fitness improvement.**