

ECP401

AB 3D

OWNER'S MANUAL

25M

CAUTION! Read all precautions and instructions in this manual before using this equipment.

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CAUTION!

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

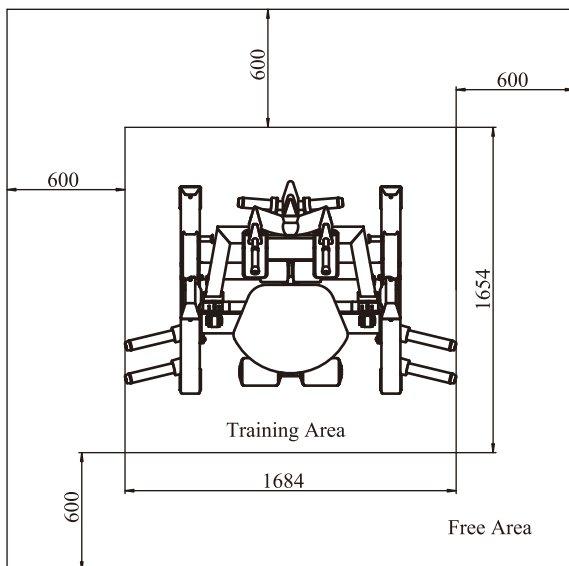
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 120kg/ 265lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1684*1080*1710mm

Product Total Surface: 1684*1654mm

Product Total Mass:

Instructions

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

Tools Required



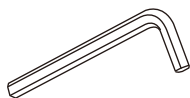
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	ECP40101ASSY	Stand Frame I ASSY	1
2	ECP40102ASSY	Stand Frame II ASSY	1
3	ECP4010300	Cross Ground Frame ASSY	1
4	ECP40108ASSY	Stop Frame ASSY	1
5	ECP4011000	Back FOAM Frame	1
6	ECP4011200	Shaft $\Phi 25 \times 314.5$	1
7	ECP20121ASSY	Set-Contained Bearing	2
8	ECP20118ASSY	Barbell Storage Frame ASSY	4
9	ECP30628ASSY	Rhombus Set-Contained Bearing	2
10	ECP1012100	Balance Iron	1
11	ECP40104ASSY	Low Rotating Frame ASSY	1
12	ECP40105ASSY	Seat pad Frame ASSY	1
13	ECP40106ASSY	Up Rotating Frame ASSY	1
14	ECP40107ASSY	Shouder Pad Frame ASSY	1
15	ECP40109ASSY	Linkage Frame ASSY	2
16	ECP4015100	Shouder Pad	2
17	ECP4015200	FOAM $\Phi 110 \times 146$	2
18	HSPCF450200	FOAM $\Phi 110 \times 290$	1
19	SL7036B1300	Seat Pad	1
20	ECP30151ASSY	Short FOAM ASSY	2
21	ECP1012200	LOGO Plate	2
22	ECP1012300	LOGO Inner Plate	2
23	ECP4012400	Sleeve $\Phi 42 \times \Phi 25$	8
24	ECP4012600	Shaft $\Phi 25 \times 61.5$	4
25	GB30151107HRB	Thrust Ball Bearing $\Phi 52$	1
26	GB30151207HRB	Thrust Ball Bearing $\Phi 62$	1

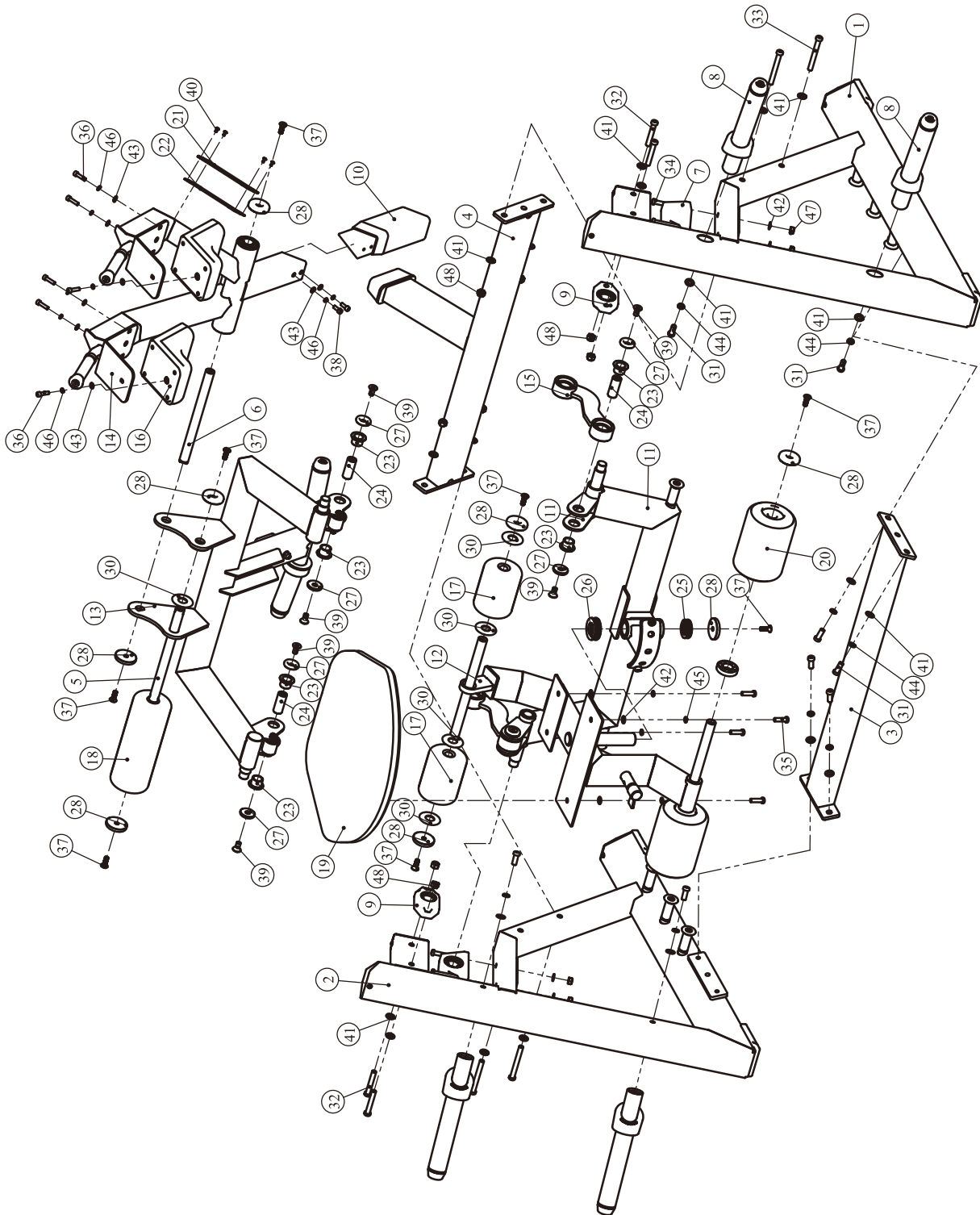
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
27	VST600-PL331600V2	Aluminum Cap Φ 42	8
28	IE950716500	Aluminum Cap Φ 60	9
29	IE95029100	Plastic Ring	2
30	HF1652100	Plastic Flat Washer	6
31	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	8
32	GB70BTM12*75DN18	Socket Head Cap Screw M12*75	4
33	GB70BTM12*105DN18	Socket Head Cap Screw M12*105	4
34	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	4
35	GB70BTM10*35DN18	Socket Head Cap Screw M10*35	4
36	GB70M8*30*30DN20	Socket Head Cap Screw M8*30	6
37	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	9
38	GB70M8*20DN20	Socket Head Cap Screw M8*20	2
39	CNLM12*25DS20NL	Flat Head Cap Screw M12*25	8
40	PNLM5*10DHS20	Button Head Cap Screw M5*10	8
41	GB9512DN2	Flat Washer Φ 13* Φ 24*2.5	20
42	GB9510DN2	Flat Washer Φ 11* Φ 20*2	8
43	GB958N19	Flat Washer Φ 9* Φ 16*1.6	8
44	GB9312N19	Spring Washer Φ 12	8
45	GB9310N19	Spring Washer Φ 10	4
46	GB938N19	Spring Washer Φ 8	8
47	NM10DN2	Nylon Lock Nut M10	4
48	NM12DN2	Nylon Lock Nut M12	8
49	NBS3DHS	Hex Key S=3	1
50	NBS6DHS	Hex Key S=6	1
51	NBS8DHS	Hex Key S=8	2

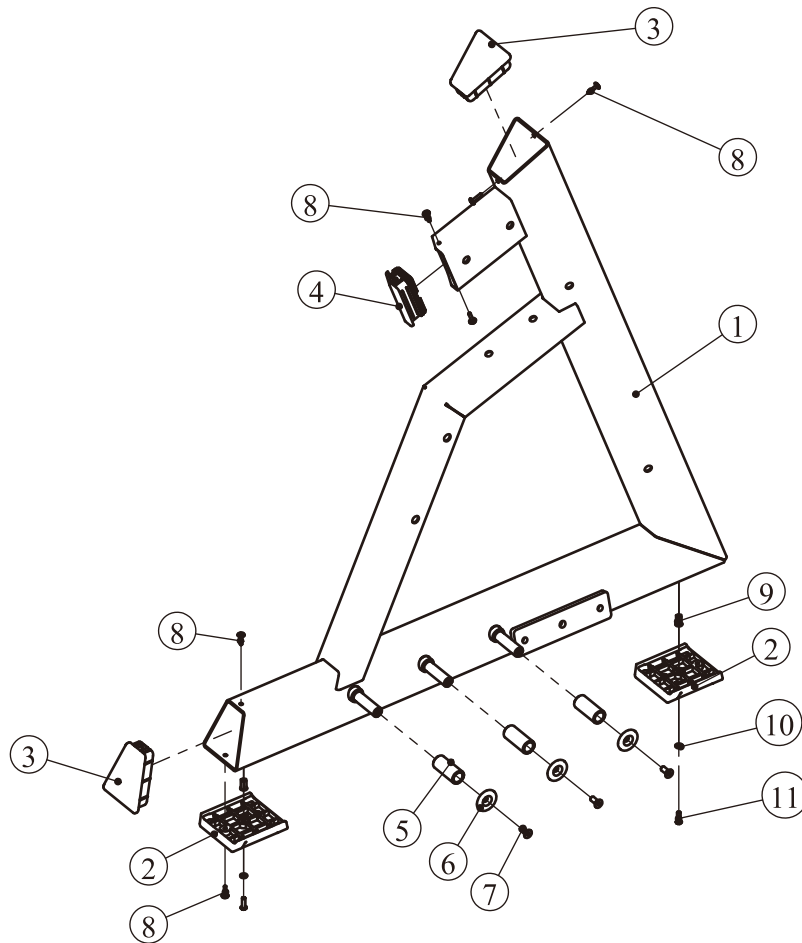
Exploded View and Parts List

Overall



Exploded View and Parts List

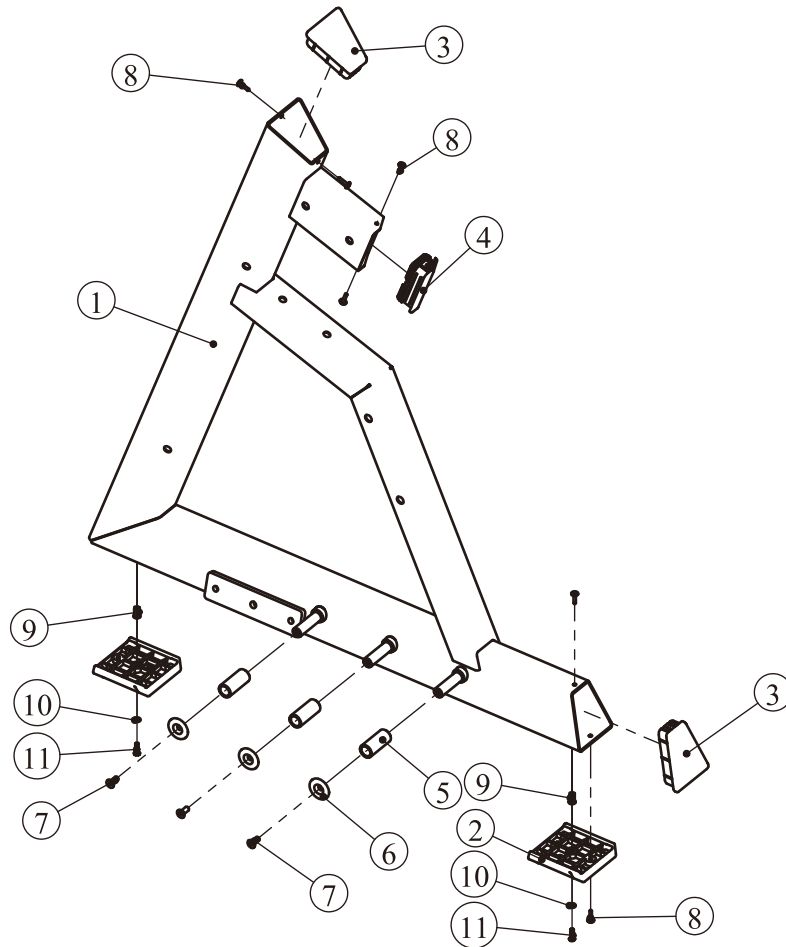
Stand Frame I ASSY



Grade No.	Part No.	Description	QTY
1.1	ECP4010100	Stand Frame I	1
1.2	ECP2013400	Floor Mat	2
1.3	ECP2013500	Slanted Pipe Plug	2
1.4	ECP2014500	Plug 100*50	1
1.5	ECP1013000	Rotating Sleeve	3
1.6	ECP1012400	Aluminum Cap $\Phi 40$	3
1.7	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
1.8	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	6
1.9	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6*16.5	2
1.10	GB956DHS2	Flat Washer $\Phi 6.6*\Phi 12*1.6$	2
1.11	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2

Exploded View and Parts List

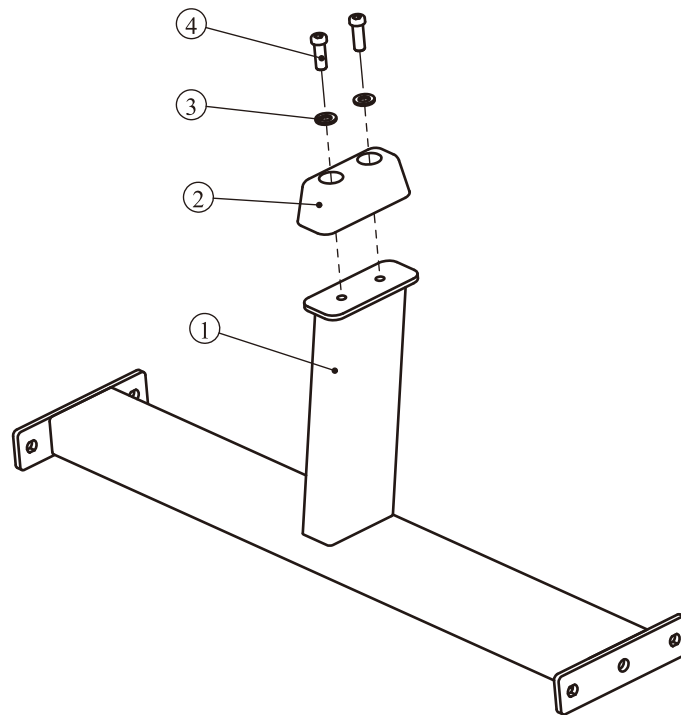
Stand Frame II ASSY



Grade No.	Part No.	Description	QTY
2.1	ECP4010200	Stand Frame II	1
2.2	ECP2013400	Floor Mat	2
2.3	ECP2013500	Slanted Pipe Plug	2
2.4	ECP2014500	Plug 100*50	1
2.5	ECP1013000	Rotating Sleeve	3
2.6	ECP1012400	Aluminum Cap $\Phi 40$	3
2.7	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
2.8	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	6
2.9	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6*16.5	2
2.10	GB956DHS2	Flat Washer $\Phi 6.6*\Phi 12*1.6$	2
2.11	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2

Exploded View and Parts List

Stop Frame ASSY

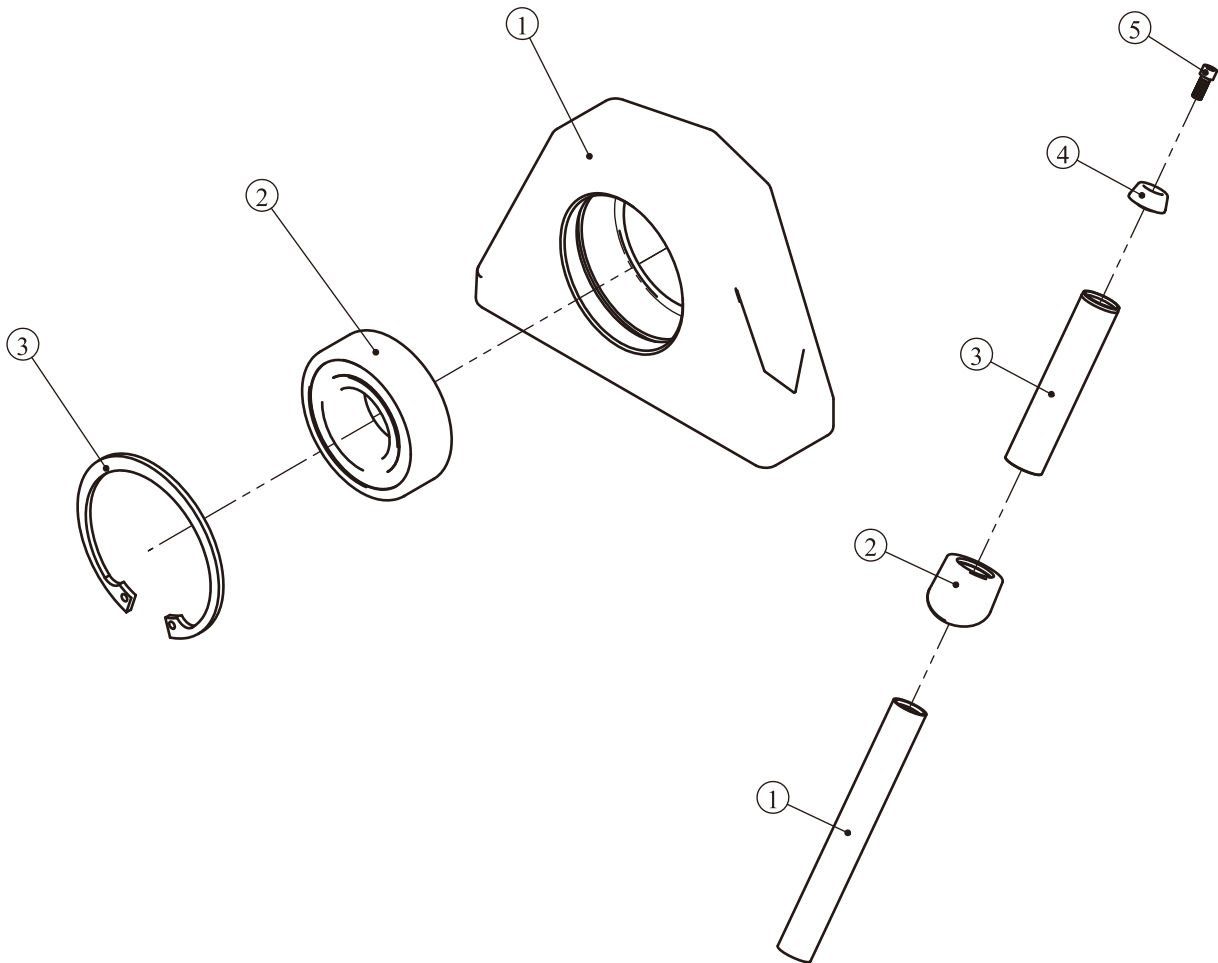


Grade No.	Part No.	Description	QTY
4.1	ECP4010800	Stop Frame	1
4.2	PL380800	Safety Bumper	1
4.3	GB9512DN2	Flat Washer $\Phi 13*\Phi 24*2.5$	2
4.4	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2

Exploded View and Parts List

Set-Contained Bearing

Barbell Storage Frame ASSY

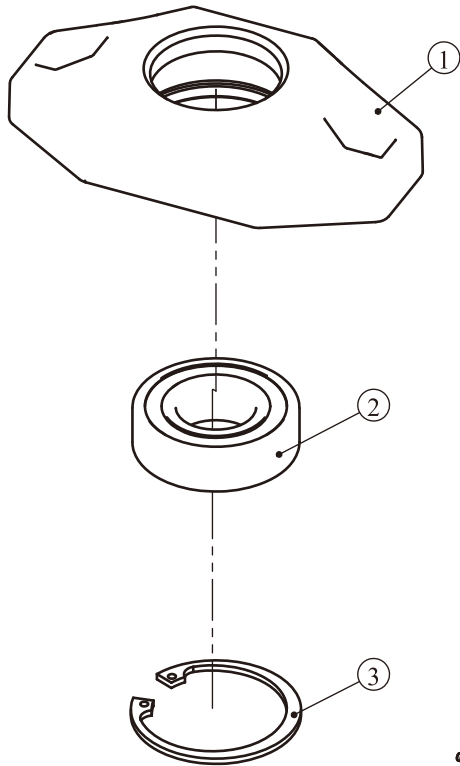


Grade No.	Part No.	Description	QTY
7.1	ECP2012100	Bearing Seat	1
7.2	GB2766205-2ZC3	Bearing 6205-2ZC3	1
7.3	GB893.152FH12	Hole Retaining Ring $\Phi 52$	1

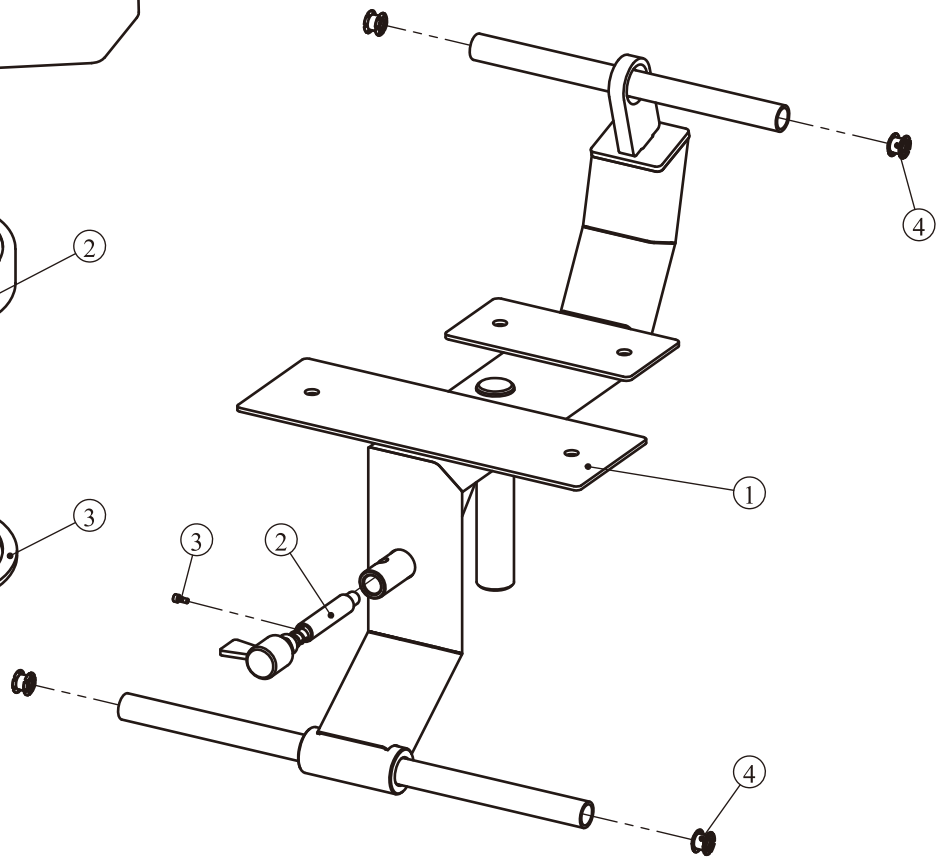
Grade No.	Part No.	Description	QTY
8.1	ECP2011800	Barbell Storage Frame	1
8.2	ECP2013800	Slanted Rubber Bumper	1
8.3	HZ70022000V1	Short Barbell Casing	1
8.4	SL70012000	Plastic Cap	1
8.5	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

Exploded View and Parts List

Rhombus Set-Contained Bearing



Seat Pad Frame ASSY

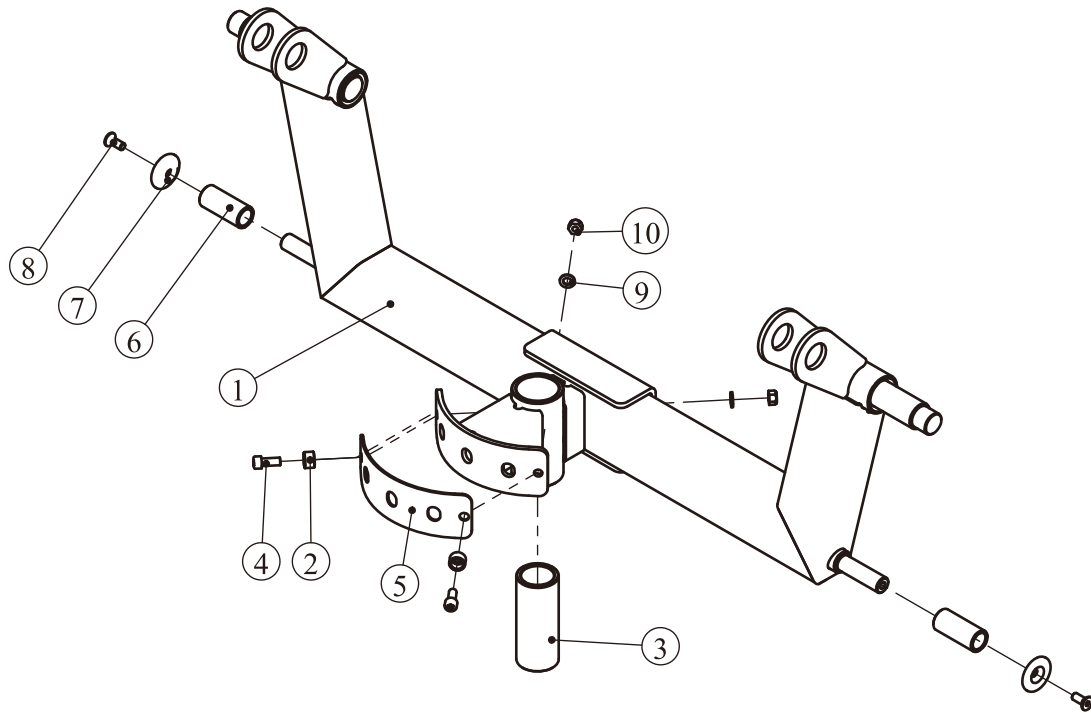


Grade No.	Part No.	Description	QTY
9.1	ECP2012100	Rhombus Bearing Seat	1
9.2	GB2766205-2ZC3	Bearing 6205-2ZC3	1
9.3	GB893.152FH12	Hole Retaining Ring Ø52	1

Grade No.	Part No.	Description	QTY
12.1	ECP5010400	Seat Pad Frame	1
12.2	ECP2013100	Roating Pin ASSY	1
12.3	ECP2013200	Socket Head Cap Screw M4*10	1
12.4	ECP2013400	Sun Nylon Lock Nut	4

Exploded View and Parts List

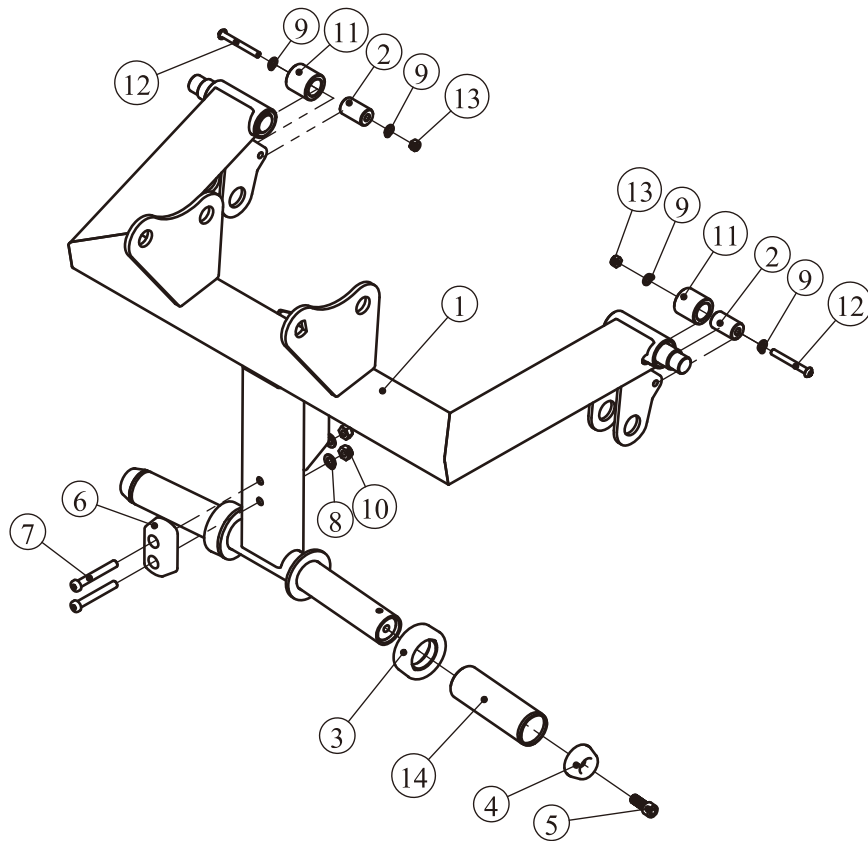
Low Rotating Frame ASSY



GradeNo.	Part No.	Description	QTY
11.1	ECP4010400	Low Rotating Frame	1
11.2	IN-S10111200	Stop Sleeve	2
11.3	ECP4013100	Plastic Sleeve	1
11.4	GB70M8*20DHS20	Socket Head Cap Screw M8*20	2
11.5	ECP4012200	Back Veneer	1
11.6	ECP1013000	Rotating Sleeve	2
11.7	ECP1012400	Aluminum Cap $\Phi 40$	2
11.8	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	2
11.9	GB958DHS2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
11.10	NM8DHS2	Nylon Lock Nut M8	2

Exploded View and Parts List

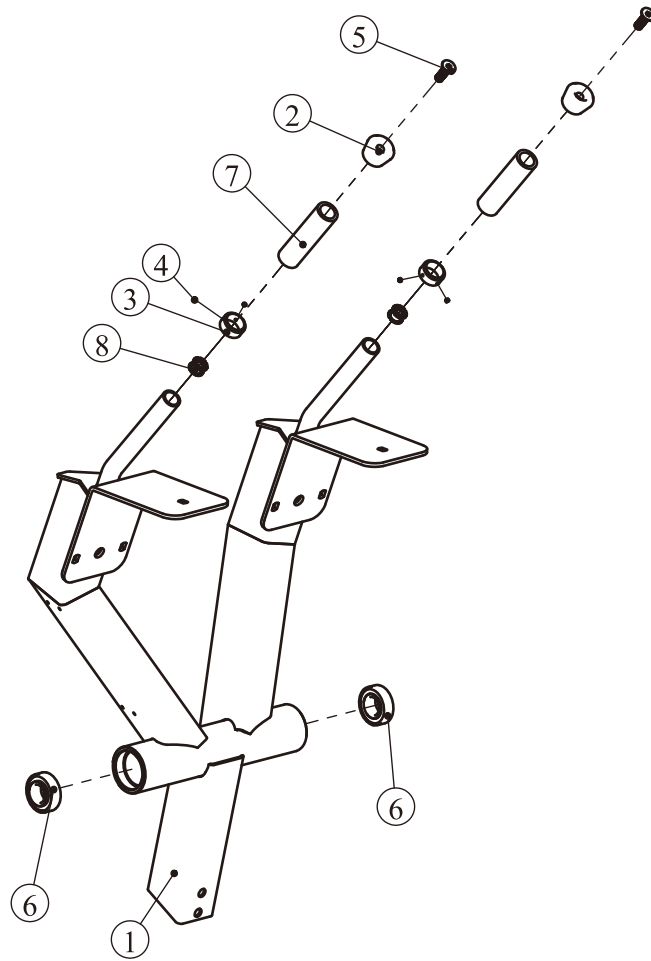
Up Rotating Frame ASSY



Grade No.	Part No.	Description	QTY
13.1	ECP4010600	Up Rotating Frame	1
13.2	ECP4012300	Stop Shaft	2
13.3	PL1301600	Safety Bumper	2
13.4	SL70012000	Plastic Cap	2
13.5	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	2
13.6	RS17000400	Rubber Bumper	1
13.7	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	2
13.8	GB9510DN2	Flat Washer $\Phi 11 * \Phi 20 * 2$	2
13.9	GB958N19	Flat Washer $\Phi 9 * \Phi 16 * 1.6$	4
13.10	NM10DN2	Nylon Lock Nut M10	2
13.11	IN-D10154300	Stop Sleeve	2
13.12	PNLM8*70N19	Button Head Cap Screw M8*70	2
13.13	NM8N19	Nylon Lock Nut M8	2
13.14	ECP5012100	Short Barbell Casing	2

Exploded View and Parts List

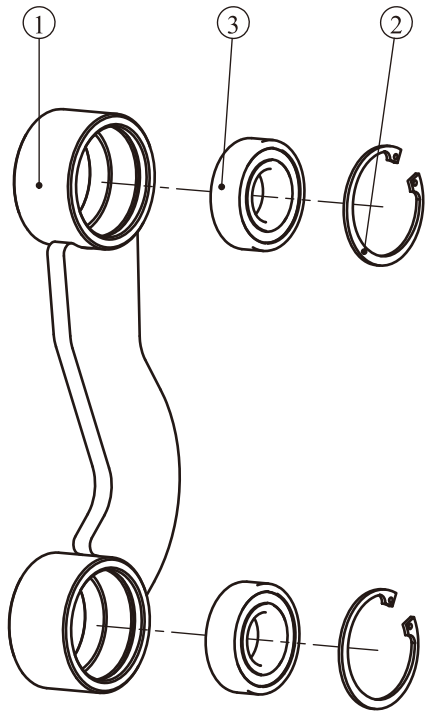
Shouder Pad Frame ASSY



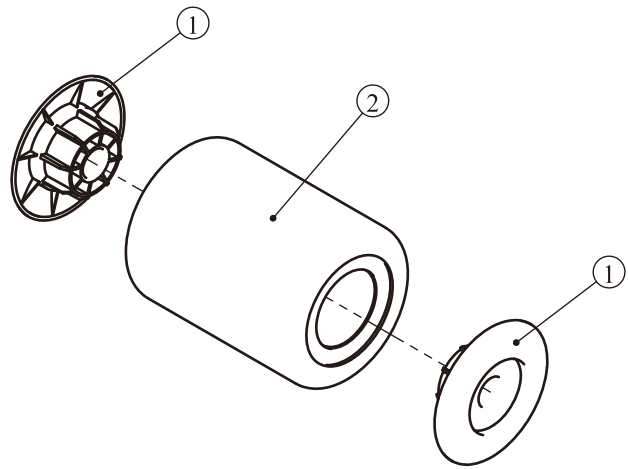
Grade No.	Part No.	Description	QTY
14.1	ECP4010700	Shouder Pad Frame	1
14.2	ECP6174500	Aluminum Cap $\Phi 25$	2
14.3	VST600-PL232600V1	Aluminum Retaining Ring	2
14.4	YZGB7710-32*3.2N19	Flat Point Set Screw 10-32*3.2	4
14.5	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	2
14.6	GB2766205-2ZC3NBKTZ	Bearing 6205-2ZC3TZ	2
14.7	026-01PL0206-5	Handle Sleeve	2
14.8	IF81165000	Sun Nylon Lock Nut	2

Exploded View and Parts List

Linkage Frame ASSY



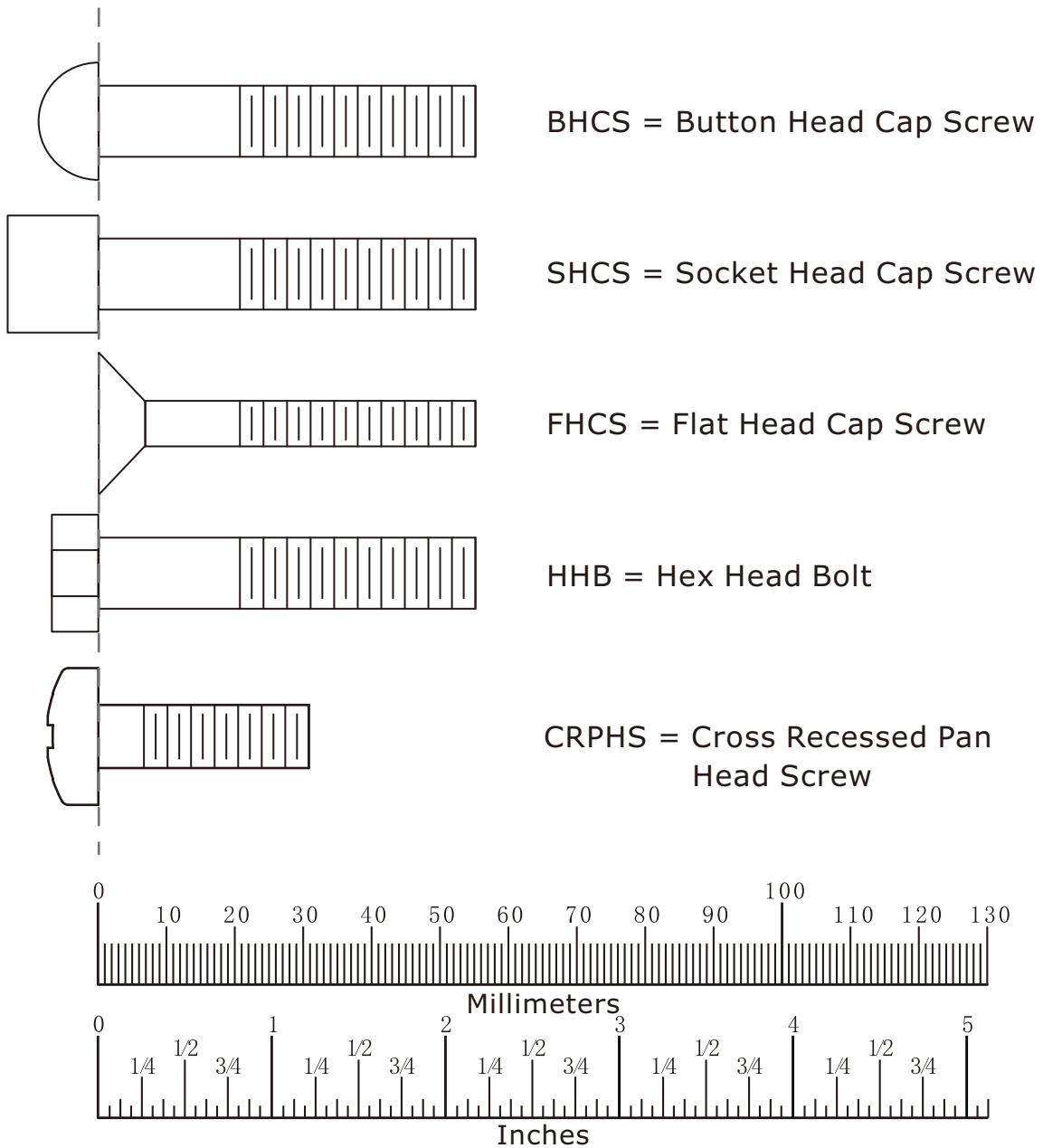
Short FOAM ASSY



Grade No.	Part No.	Description	QTY
15.1	ECP4010900	Linkage Frame	1
15.2	GB893.152FH12	Hole Retaining Ring $\Phi 52$	2
15.3	GB2766205-2ZC3	Bearing 6205-2ZC3	2

Grade No.	Part No.	Description	QTY
20.1	IE95026400	FOAM Stopper Ring	2
20.2	FE97026300V3	Short FOAM	1

Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

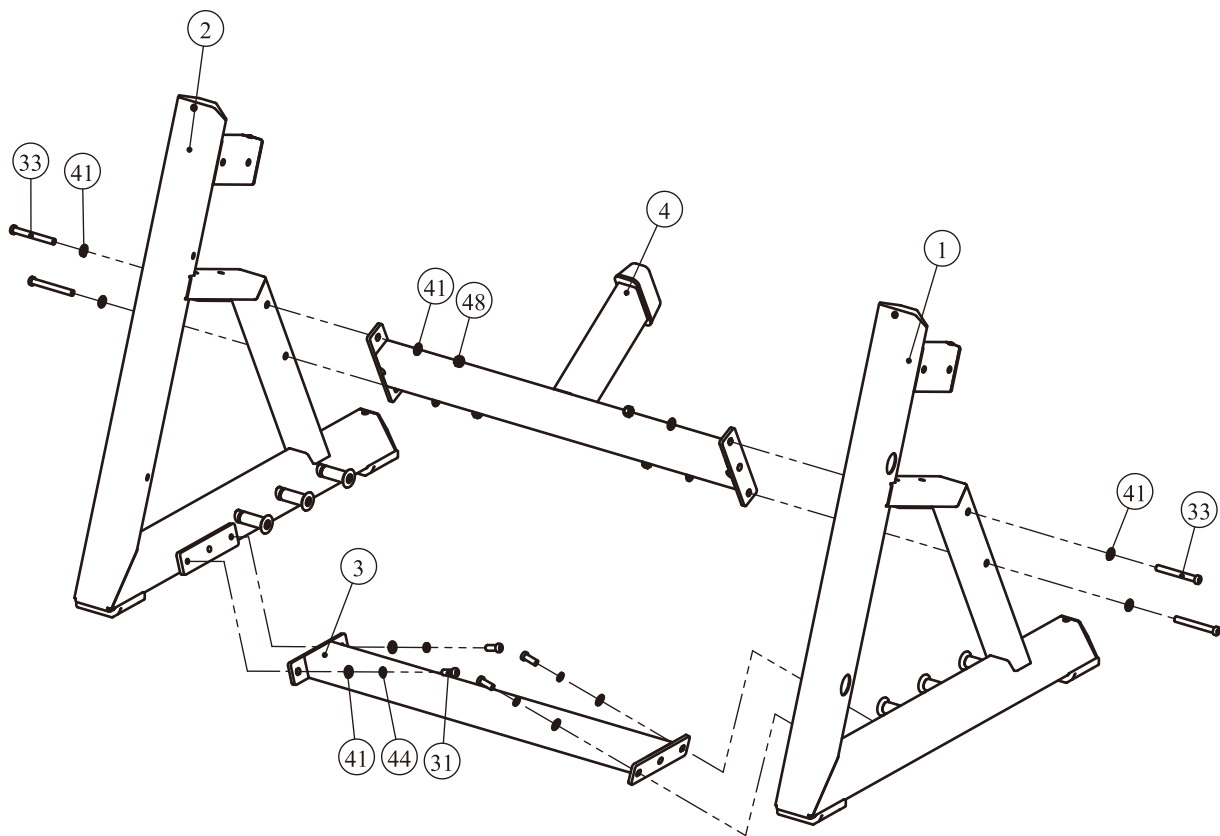
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach the Stand Frame I ASSY (#1) and the Stand Frame II ASSY (#2) to the Cross Ground Frame ASSY (#3) using:
 - four M12*30 HHB (#31)
 - four $\Phi 12$ Spring Washer (#44)
 - four $\Phi 13*\Phi 24*2.5$ Flat Washer (#41)
2. Attach the Stop Frame ASSY (#4) to the Stand Frame I ASSY (#1) and the Stand Frame II ASSY (#2) using:
 - four M12*105 HHB (#33)
 - four M12 Nylon Lock Nut (#48)
 - eight $\Phi 13*\Phi 24*2.5$ Flat Washer (#41)

Note: Don't Wrench Tighten All Bolts and Nylon Lock Nuts.

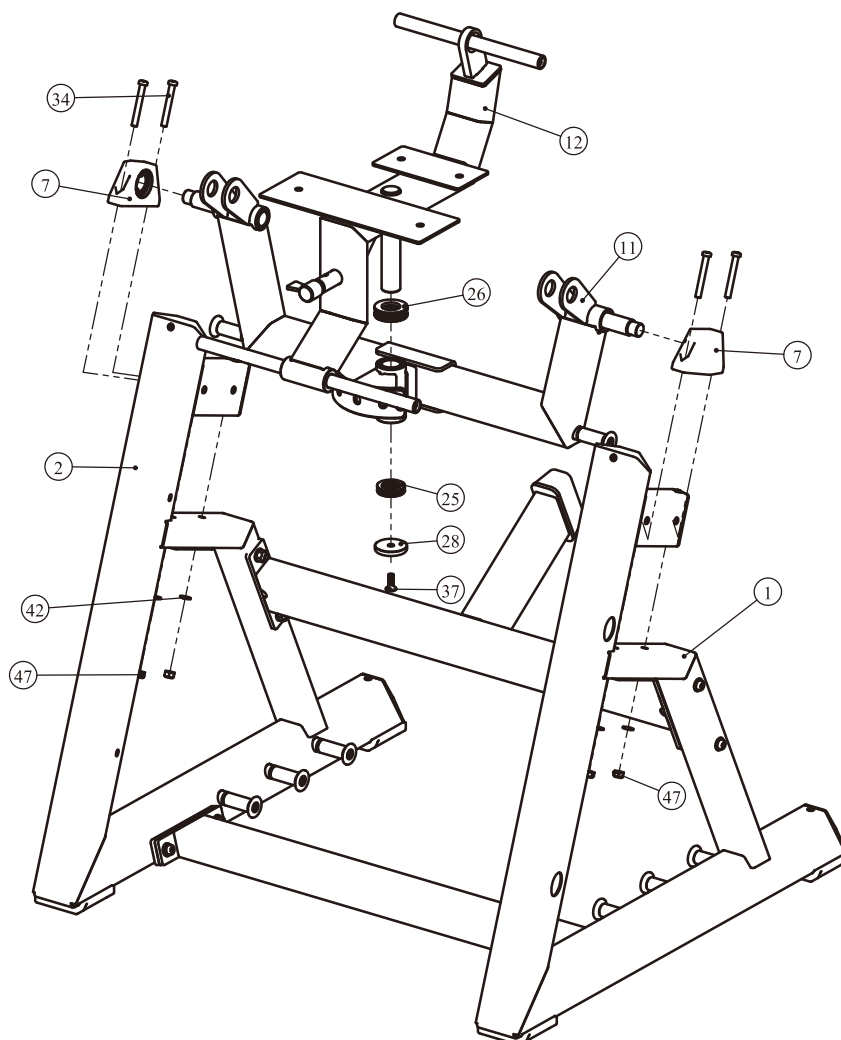


Assembly

STEP 2

1. Attach the Low Rotating Frame ASSY (#11) to the Stand Frame I ASSY (#1) and the Stand Frame II ASSY (#2) using:
 - four M10*80 HHB (#34)
 - four $\Phi 11*\Phi 20*2$ Flat Washer (#42)
 - four M10 Nylon Lock Nut (#47)
 - two Set-Contained Bearing (#7)
2. Attach the Seat pad Frame ASSY (#12) to the Low Rotating Frame ASSY (#11) using:
 - one $\Phi 62$ Thrust Ball Bearing (#26)
 - one $\Phi 52$ Thrust Ball Bearing (#25)
 - one $\Phi 60$ Aluminum Cap (#28)
 - one M10*30 HHB (#37)

Note: Don't Wrench Tighten All Bolts and Nylon Lock Nuts.



Assembly

STEP 3

1. Attach the Up Rotating Frame ASSY (#13) to the Stand Frame I ASSY (#1) and the Stand Frame II ASSY (#2) using:

four M12*75 HHB (#32)

four $\Phi 13*\Phi 24*2.5$ Flat Washer (#41)

four M12 Nylon Lock Nut (#48)

two Rhombus Set-Contained Bearing (#9)

2. Attach two Linkage Frame ASSY (#15) to the Low Rotating Frame ASSY (#11) and the Up Rotating Frame ASSY (#13) using:

eight M12*25 HHB (#39)

eight $\Phi 42$ Aluminum Cap (#27)

eight $\Phi 42*\Phi 25$ Sleeve (#23)

four $\Phi 25*61.5$ Shaft (#24)

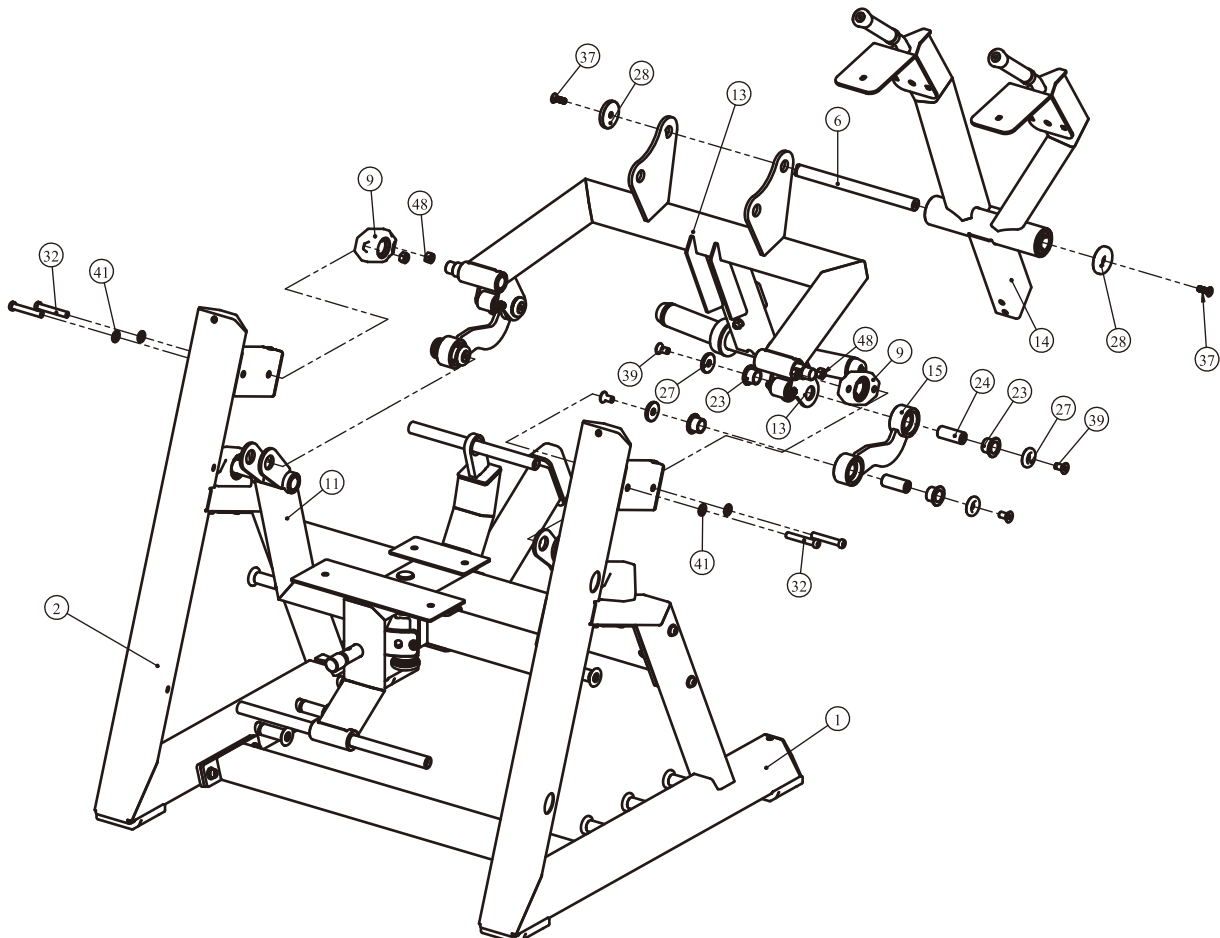
3. Attach the Shouder Pad Frame ASSY (#14) to the Up Rotating Frame ASSY (#13) using:

two M10*30 HHB (#37)

two $\Phi 60$ Aluminum Cap (#28)

one Shaft $\Phi 25*314.5$ (#6)

Note: Don't Wrench Tighten All Bolts and Nylon Lock Nuts.

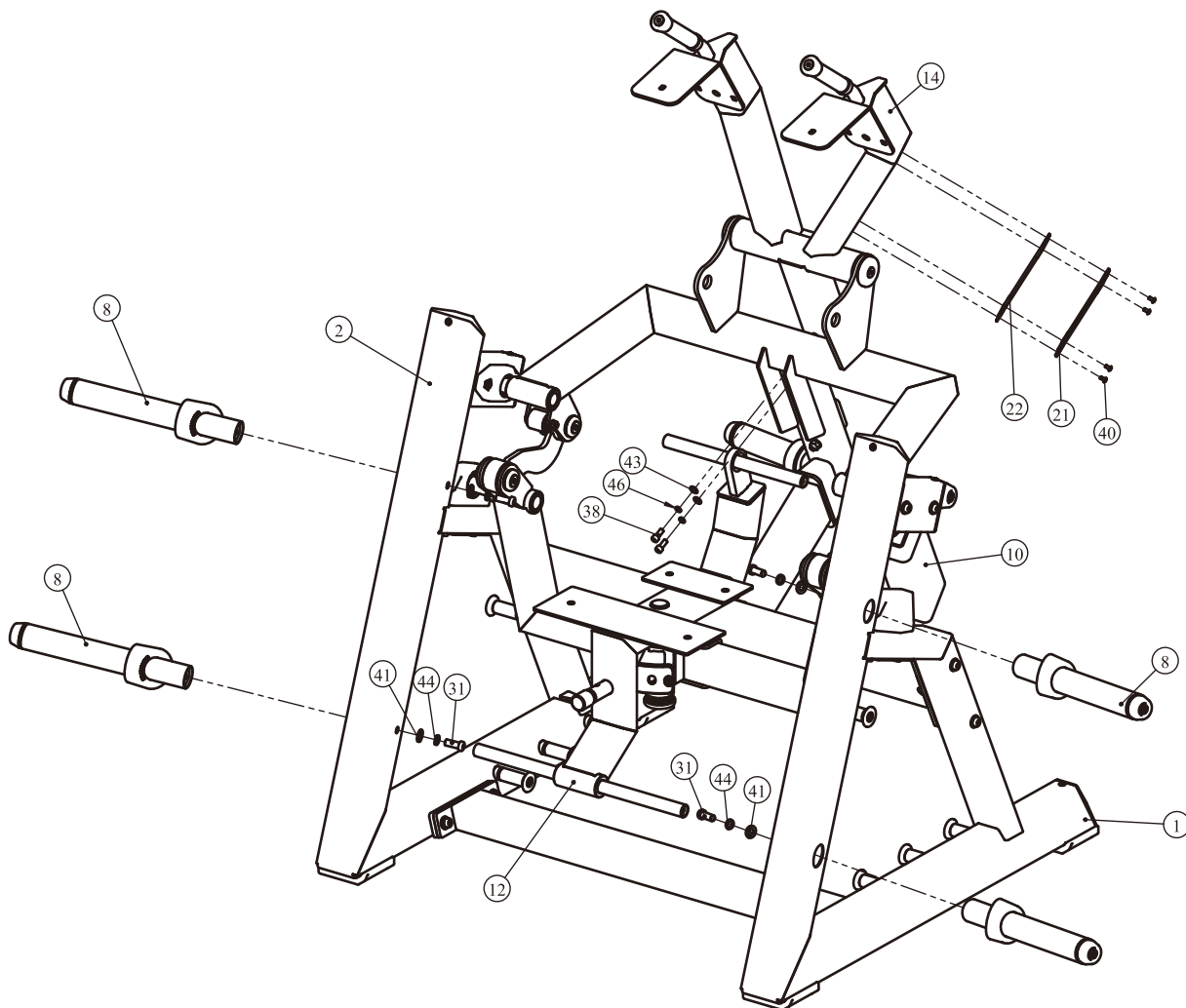


Assembly

STEP 4

1. Attach four Barbell Storage Frame ASSY (#8) to the Stand Frame I ASSY (#1) and the Stand Frame II ASSY (#2) using:
four M12*30 HHB (#31)
four $\Phi 13*\Phi 24*2.5$ Flat Washer (#41)
four $\Phi 12$ Spring Washer (#44)
2. Attach two LOGO Inner Plate (#22) to the Shouder Pad Frame ASSY (#14) using:
two LOGO Plate (#21)
eight M5*10 HHB (#40)
3. Attach the Balance Iron (#10) to the Shouder Pad Frame ASSY (#14) using:
two M8*20 HHB (#38)
two $\Phi 9*\Phi 16*1.6$ Flat Washer (#43)
two $\Phi 8$ Spring Washer (#46)

Note: Wrench Tighten All Bolts and Nylon Lock Nuts.



Assembly

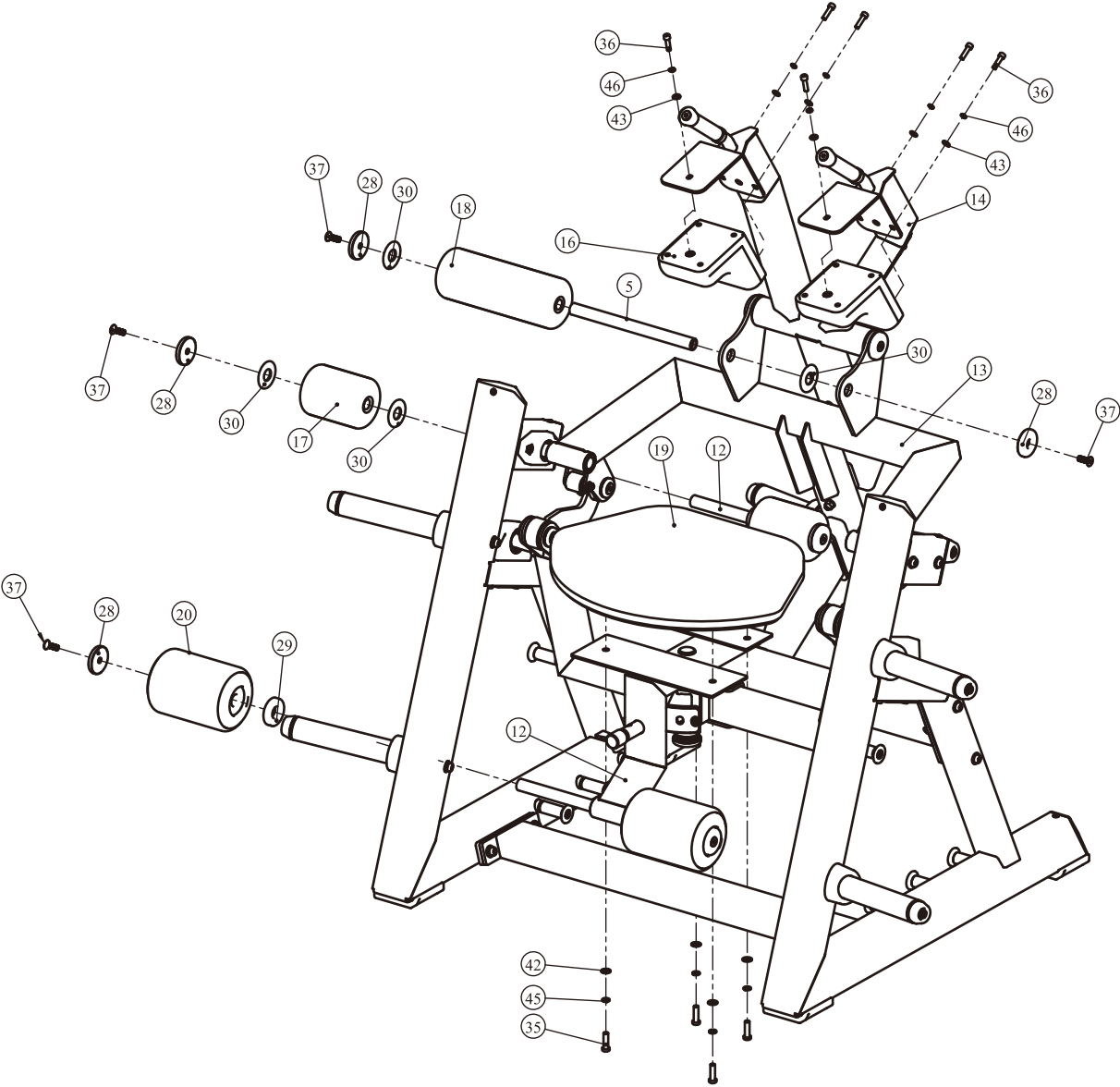
STEP 5

1. Attach two Shoulder Pad (#16) to the Shoulder Pad Frame ASSY (#14) using:
 - six M8*30 HHB (#36)
 - six Φ 8 Spring Washer (#46)
 - six Φ 9* Φ 16*1.6 Flat Washer (#43)
2. Attach two Φ 110*146 FOAM (#17) to the Seat pad Frame ASSY (#12) using:
 - two M10*30 HHB (#37)
 - two Φ 60 Aluminum Cap (#28)
 - four Plastic Flat Washer (#30)
3. Attach the Φ 110*290 FOAM (#18) to the Up Rotating Frame ASSY (#13) using:
 - two M10*30 HHB (#37)
 - two Φ 60 Aluminum Cap (#28)
 - two Plastic Flat Washer (#30)
 - one Back FOAM Frame (#5)
4. Attach two Short FOAM ASSY (#20) to the Shoulder Pad Frame ASSY (#14) using:
 - two M10*30 HHB (#37)
 - two Φ 60 Aluminum Cap (#28)
 - two Plastic Ring (#29)
5. Attach the Seat Pad (#19) to the Seat pad Frame ASSY (#12) using:
 - four M10*35 HHB (#35)
 - four Φ 10 Spring Washer (#45)
 - four Φ 11* Φ 20*2 Flat Washer (#42)

Note: Wrench Tighten All Bolts and Nylon Lock Nuts.

Assembly

STEP 5



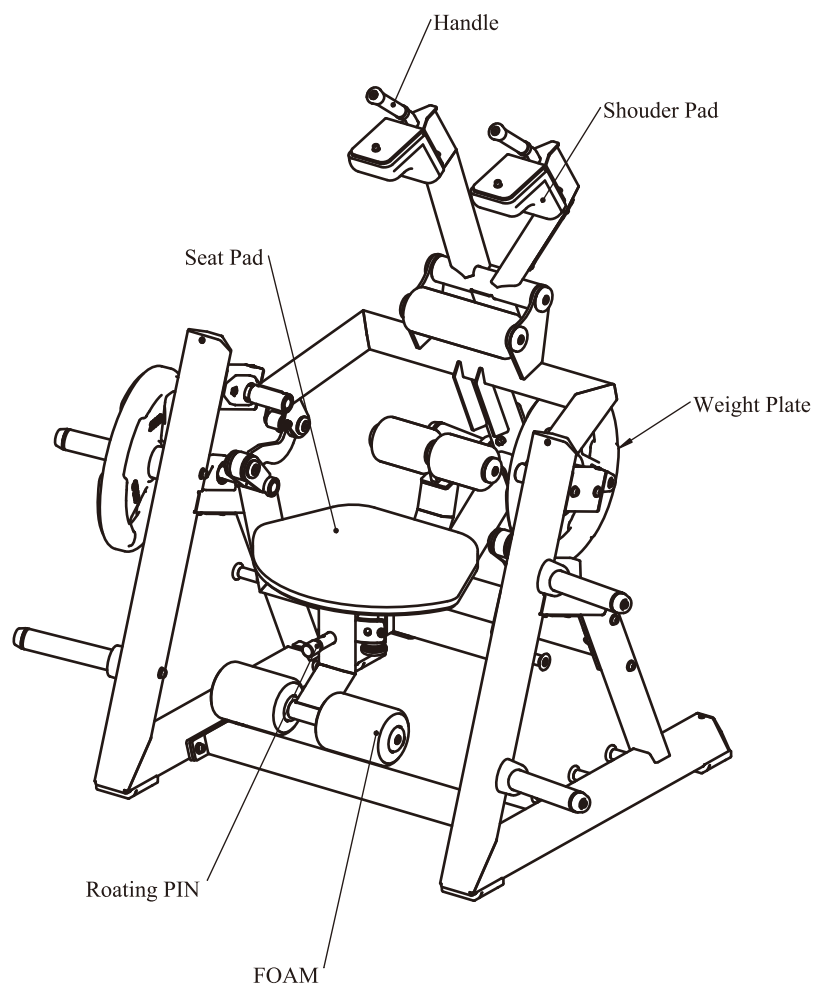
Adjust Instructions and Exercise Instructions

Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than $\Phi 50\text{mm}$ and external diameter is less than $\Phi 450\text{mm}$.
2. The total weight can not be greater than 120kg.
3. This equipment does not contains Weight Plate.

Exercise Instructions

1. Select an appropriate weight.
2. Hold the Roating Pin, Move the Seat Pad to the desired position and then release the handle, make sure the Seat Pad firmly stucked.
3. Pull handles and Foot hook FOAM to do the crunch.
4. Pause slightly then slowly return to the starting position.



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean; Upholstery	DAILY	WEEKLY						
Inspect; Cables or Belts and their tension	DAILY	WEEKLY						
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect; All Decals	WEEKLY	3 MONTHS						
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS						
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS						
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY						
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

