



## **Complete Guide to Strength Training**

HiT-Training (High intensive Training) is very efficient.

*30 minutes - once or twice a week - is all it takes*

You train on advanced machines that isolate individual muscles and strengthen them. Machine-based training ensures that the exercises are done correctly from the start because muscles are subject to an appropriate load throughout their range of motion.

With concentrated HiT-Training for 30 minutes once or twice a week, you can strengthen your entire body.

Strength is not everything but without strength we are nothing.

Previous experience of strength training is not required to do HiT-Training.

It´s so easy. All you need is getting into gear and start.

We provide you with all the practical skills and knowledge.

### **Appointments**

Make an appointment for an introductory session at your Activity Stuttgart Fitness&Training facility - either online or give us a call.

## **Introductory session**

An introductory session prepares you with a training program that meets your specific needs and you an idea of the first few exercises.

## **2nd and 3rd Training sessions**

At these sessions, you gradually learn the remaining exercises in your program and how to use and adjust the machines. In addition, we provide information on our training methods and specifics of each exercise. It takes account of any existing health problems.

## **4 - 16<sup>th</sup> Training Session**

Between the 3rd and 10th training session, you train independently. The introductory phase ends with a further accompanied session. We can then correct any errors in exercise technique and answer any questions. After every 16th training session, you are entitled to a check session or an introduction to a new program.

## **Exercises and muscle groups**

HiT- Training provides a system of balanced strengthening using 29 different training machines, all of which have been certified by TÜV, the German Technical Inspectorate. The machines meet the highest standards for dynamic strength training, both concentric and eccentric with a variable resistance that aligns with the natural strength curve. They allow for a total of 41 exercises that take individual muscles through their entire range of motion. The weight stacks allow for precise changes of resistance in small increments. The machines can be adjusted to the size and needs of the individual and they guide him through the various movements, making them very safe to use.

Select from the list on the left the part of the body you would like to train and find out what exercises HiT-Training offers.



## Hip region

Hü1 Hip extension

Hü Torso flexion

Hü3 Abductor

Hü4 Adductor

Hü1 Hip extension



**Startingposition**



**Endposition**

Select your weight. Lie on your side facing the weight stack. Place legs between roller pads so that the front pad is against your hip and the rear pad against the back of your thigh. Hold handhold with an overhand grip, arms stretched. Rest head on pad.

Moving from the hips slowly extend both legs as far back as possible. Hold briefly in this position and slowly return legs to starting position. Make sure that the weights do not touch down. Repeat until a full movement is no longer possible.

**Important:** Don't swing body and press legs back evenly from the hip.

## Hü2 Torso flexion



**Startingposition**

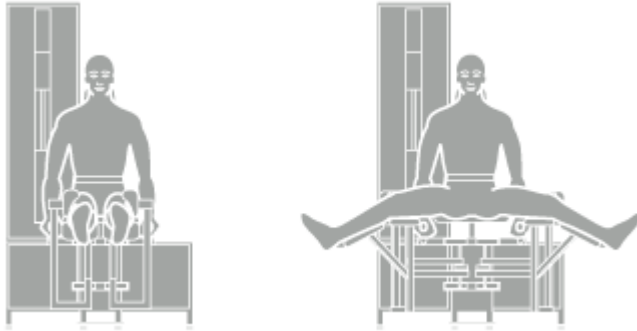


**Endposition**

Select your weight. Lie on your side facing the weight stack. Place legs between roller pads so that front pad is above the knee and the rear ones under the buttocks and against your calves. Hold handhold with extended arms with an overhand grip and rest head on headrest. Moving from the hip bend both legs slowly by bringing knees to chest. Hold curled-up position briefly and then return legs slowly to starting position. Make sure that the weights do not touch down. Repeat until a full movement is no longer possible.

**Important:** Avoid sliding up in the machine by pressing calves strongly against the lower rear pad

## Hü3 Abductor



### **Startingposition**

### **Endposition**

Select your weight. Adjust backrest. Sit in machine and adjust thigh pads according to your size. Fasten belt.

Slowly press thighs sideways as far as possible. Hold this position briefly and then slowly return legs to starting position without letting the weights touch down. Repeat until a full movement is no longer possible. Keep upper body and arms relaxed during the exercise.

**Important:** Don't slide forward during exercise.

## Hü4 Adductor



### **Startingposition**

### **Endposition**

Select your weight. Adjust backrest. Sit in machine and press down handholds. Place legs on pads. Slowly let go of handholds and lean back. Move slowly into the stretched position. From there move thighs together until the top stoppers touch. Hold this position briefly. Repeat until a full movement is no longer possible. To exit machine press down handholds.

**Important:** Don't bow legs during the exercise.

## **Legs**

**Be1 Leg extension**

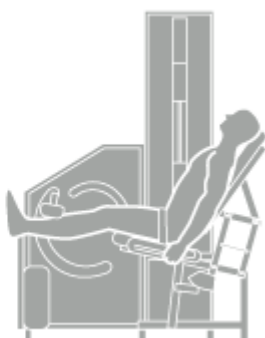
**Be5 Leg curl - prone**

**Be6 Leg press**

**Be7 Seated leg curl**

**Be8 Tibia dorsiflexion**

Be1 Leg extension



## Startingposition

## Endposition

Select your weight. Adjust backrest. Sit in machine with lower legs positioned behind lever arm. Fasten belt and place hands on handholds. Flex feet towards knees and position legs hip-width apart.

Moving from knees, slowly extend both legs until they are completely straight. Hold this position briefly. Slowly return legs to starting position. Ensure that weights do not touch down. Repeat until a full movement is no longer possible.

**Important:** Keep back straight and neck and facial muscles relaxed during entire exercise.

## Be5 Leg curl - prone



## Startingposition

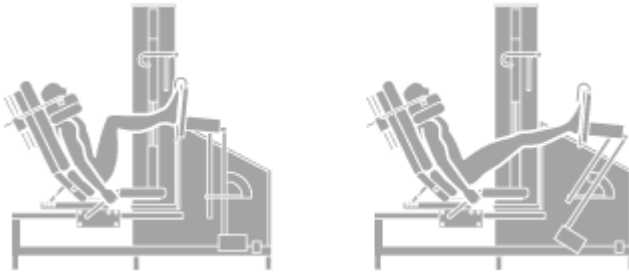
## Endposition

Select your weight. Lie face down on pad with knees in line with pivot and feet below the pad on the lever arm. Grip both handholds.

Bend legs at knee joint and bring heels towards buttocks. Hold this position briefly. Slowly lower legs back to starting position, making sure that weights do not touch down. Repeat until a full movement is no longer possible.

**Important:** During entire exercise feet should remain angled towards knees and pelvis should remain firmly on the pad.

## Be6 Leg press



### **Startingposition**

### **Endposition**

Select your weight. Adjust seat position, backrest and shoulder pad. Sit in machine. Place both feet on foot plate and grip handholds. Slowly push foot plate forward with both legs and stop just short of fully extending your knees. Hold this position briefly. Return to starting position without letting the weights touch down. Repeat until a full movement is no longer possible.

**Important:** Keep knees in straight line throughout movement.

## Be7 Seated leg curl



### Startingposition

Remove pins from weight stack. Adjust backrest. Sit in machine, release locking pin on lever of entry aid and thread lower legs between pads. Pull lever arm of entry aid towards you as far as possible and engage locking pin. Extend legs and pull lever arm towards you with your right hand as far as possible. Select weight. Place hands on handholds. Bend legs at knee joint bringing heels as far as possible towards buttocks. Hold this position briefly. Slowly return to starting position and make sure that the weights do not touch down. Repeat until a full movement is no longer possible.

**Important:** Do not arch back off backrest during the exercise and keep feet flexed towards knees.

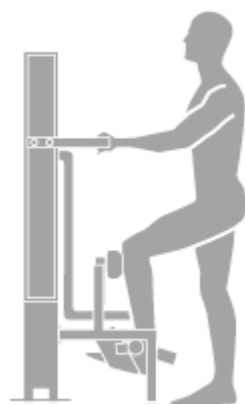


### Endposition

## Be8 Tibia dorsiflexion



### Startingposition



### Endposition

Select your weight. Pull entry aid towards you. Place foot comfortably in between foot plate and foot pad. Slowly release entry aid and put weight

on foot. Slowly raise foot at ankle. Hold in the fully raised position. Then slowly lower foot. Repeat until a full movement is not longer possible.

**Important:** Lower weight carefully during extension phase and keep shin on pad throughout exercise.

## Back

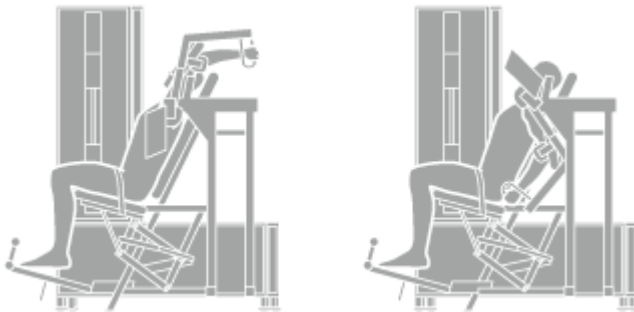
**Rü1 Pullover**

**Rü3 Torso arm**

**Rü5 Rowing torso**

**Rü7 Row**

Rü1 Pullover



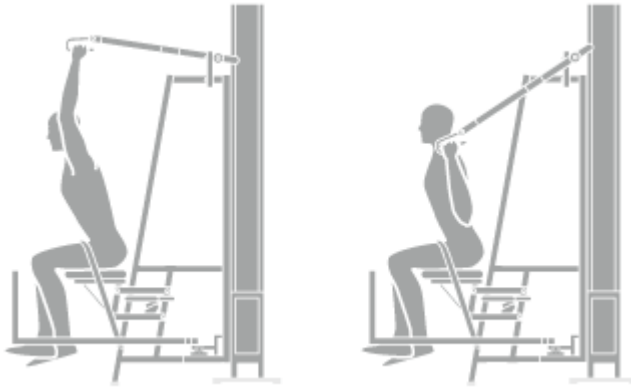
**Startingposition**

**Endposition**

Select your weight on both weight stacks. Adjust backrest and elbow pads. Sit in machine and fasten belt. Press down on pedals. Grip handholds and place elbows on pads. Carefully remove feet from pedals so that your elbows take the load. Slowly give way to load until your upper arms are stretched behind your head. Now push upper arms forward, then down and finally as far back as possible. Hold this position briefly. Repeat until a full movement is no longer possible. Keep head and upper body still and relaxed.

**Important:** During entire exercise upper body should remain straight and in contact with backrest. Only push with your upper arms, your hands remain relaxed.

### Rü 3 Torso arm



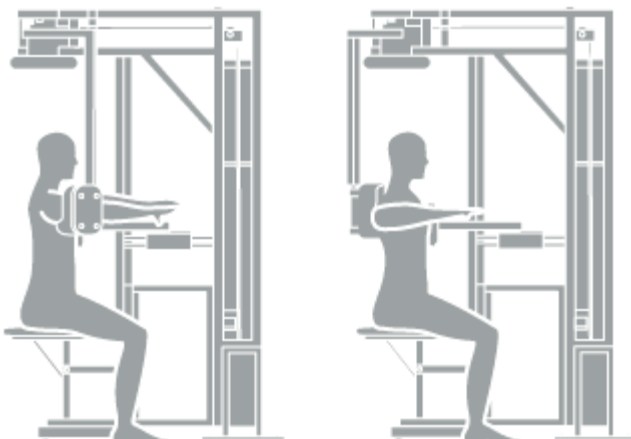
**Startingposition**

**Endposition**

Select your weight. Adjust seat height. Fasten belt and grip handholds using the entry aid. Lean slightly forward. Pull handholds down until hands are level with shoulders. Your elbows should follow an outward/downward movement. Hold this position briefly. Slowly return to starting position, fully extending your back. Set down weight using entry aid.

**Important:** Keep back straight and lean slightly forward.

### Rü 5 Rowing torso



## Startingposition

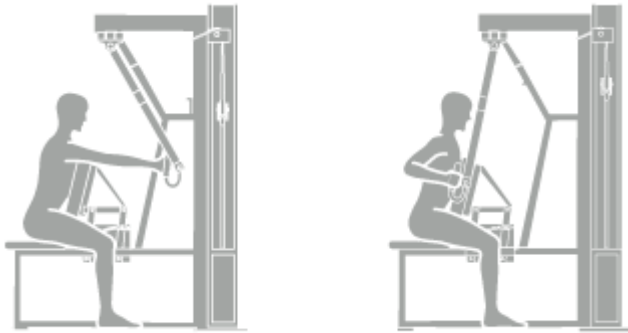
## Endposition

Select your weight. Adjust seat height. Adjust chest pad. Sit down facing weight stack. Lean against chest pad. Place elbows in arm pads and hold arms at a right angle.

Press arms back as far as possible while keeping upper arms and forearms horizontal. Hold this position briefly and then return to starting position without letting the weights touch down. Repeat until a full movement is no longer possible.

**Important:** Keep chest in contact with chest pad.

## Rü 7 Row



## Startingposition

## Endposition

Select your weight. Adjust chest pad. Sit in machine leaning slightly forward.

Grip handholds and pull them back as far as possible. Keep elbows close to body and shoulders down throughout movement. Hold this position briefly. Return slowly to extended position. Repeat until a full movement is no longer possible. During entire exercise your head should remain relaxed and straight and your chest should remain in contact with the pad. Don't let weights touch down in the extended position. Move pad further back if it does.

**Important:** Keep neck muscles relaxed and do not bend wrists.

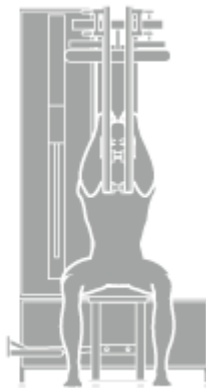
## Chest

**Br 5 Arm cross**

**Br 6 Chest press**

**Br 7 Seated dip**

Br 5 Arm cross



**Startingposition**

**Endposition**

Select your weight. Adjust backrest and arm pads. Push down entry aid with your right foot. Place forearms on arm pads. Upper arms are horizontal. Place hands loosely on handholds or on arm pads. Using mainly your elbows, press lever arms forward until they touch. Hold this position briefly. Slowly return to starting position. Repeat until a full movement is no longer possible.

**Important:** Don't arch your back.

Br 6 Chest press



**Startingposition**



**Endposition**

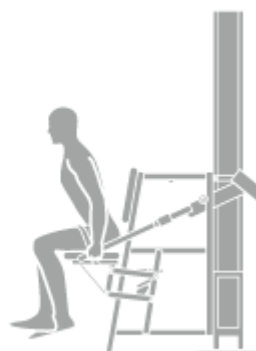
Select your weight. Adjust backrest and seat. Push down entry aid with both feet. Grip handholds at shoulder height. Press lever arms forward and stop just short of fully extending your arms. Hold this position briefly. Slowly return to starting position. Repeat until a full movement is no longer possible. Set down weight using the entry aid again.

**Important:** Do not arch back and keep elbows pointing outwards throughout movement.

### Br 7 Seated dip



**Startingposition**



**Endposition**

Select your weight. Adjust seat height and handholds. Fasten belt and grip handholds. Lean slightly forward.

Press down lever arms, keeping elbows pointing outwards. Stop just short of fully extending elbows. Hold this position briefly. Slowly return to starting position. Repeat until a full movement is no longer possible.

**Important:** Make sure that elbows remain in line with body and not behind it.

## Shoulders

Sch 1 Neck press

Sch 2 Lateral raise

Sch 3 Overhead press

Sch 4 Internal rotation - shoulder

Sch 5 External rotation -shoulder

Sch 1 Neck press



**Startingposition**

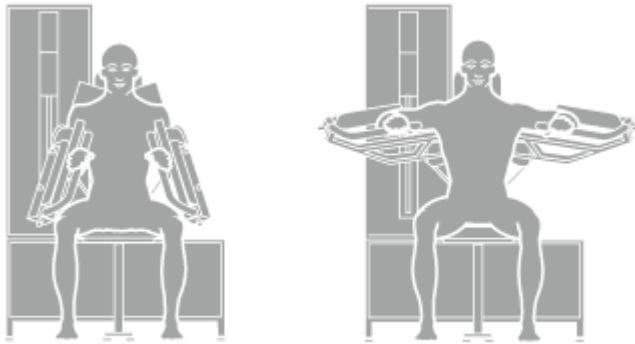


**Endposition**

Select your weight. Adjust seat and back rest. Grip side handholds with elbows pointing downwards. Push lever arm upwards and stop just short of fully extending your elbows. Hold position briefly. Slowly return to starting position. Repeat until a full movement is no longer possible.

**Important:** Keep back straight.

## Sch 2 Lateral raise



### Startingposition

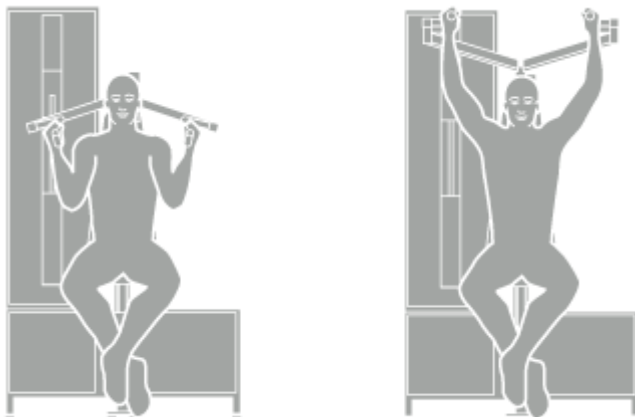
### Endposition

Select your weight. Adjust seat and back rest. Sit in machine and adjust arm pads. Grip handholds so that elbows are resting on the pads and upper arms and forearms are at a right angle. Using elbows, press pads sideways and up. Hold position briefly. Slowly return to starting position without letting the weights touch down. Repeat until a full movement is no longer possible.

The lever arm angle can be varied. The wider the angle the smaller the load on the shoulder joint and the greater the range of motion. At the smallest angle, your upper arms should not go beyond horizontal.

**Important:** Do not raise shoulders.

## Sch 3 Overhead press



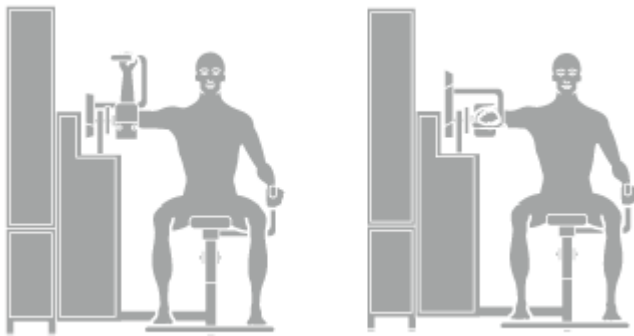
### Startingposition

### Endposition

Select your weight. Adjust seat and back rest. Grip forward pointing handholds with elbows pointing downwards. Push lever arms upwards, stopping just short of fully extending your elbows. Hold position briefly. Slowly return to starting position. Repeat until a full movement is no longer possible.

**Important:** Keep back straight.

#### Sch 4 Internal rotation - shoulder



#### **Startingposition**

#### **Endposition**

Select your weight. Adjust seat. Rotate lever arm and engage it in the position pointing backwards. Handhold is up.

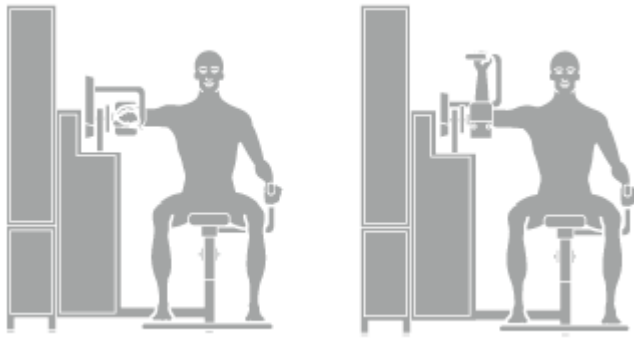
Sit in machine grip handhold and put upper arm in the elbow pad. Your forearm should be at a right angle to your upper arm. In the starting position the forearm is in a vertical position or, if possible, slightly further back.

Rotate arm forward and down. Hold briefly in the lowest position. Slowly return to starting position. Repeat until a full movement is no longer possible.

Rotate seat, lever arm and handhold to other side. Train as described above.

**Important:** Keep wrist straight, back on pad and shoulder fixed.

#### Sch 5 External rotation - shoulder



#### **Startingposition**

#### **Endposition**

Select your weight. Adjust seat. Rotate lever arm and engage it in the position pointing forwards. Handhold is down.

Sit in machine and put upper arm in the elbow pad. Grip handhold below elbow pad. Your forearm should be at a right angle to your upper arm.

Rotate arm up and backwards. Hold briefly in the highest position. Slowly return to starting position. Repeat until a full movement is no longer possible.

Rotate seat, lever arm and handhold to other side. Train as described above.

**Important:** This exercise trains a very sensitive area. Make sure you move carefully and slowly. Keep your wrist straight, your back on the pad and your shoulder fixed.

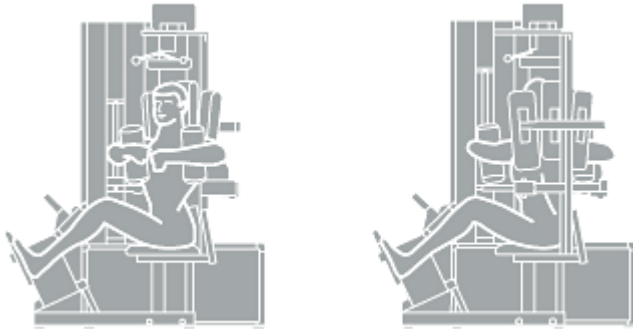
## Trunk

**Tal 1 Rotary torso**

**Tal 2 Abdominal**

**Tal 3 Lower back**

Tal 1 Rotary torso



**Startingposition**

**Endposition**

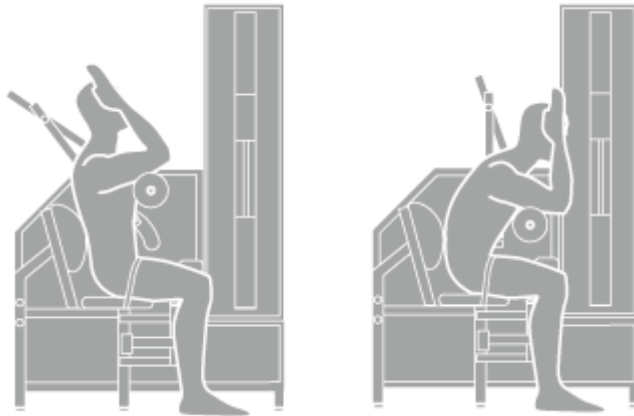
Select your weight. Sit in machine and adjust foot plate. Position feet so that your shins fit tightly against pad. Put left arm behind elbow roller. Raise over-head fixing lever with your right hand. Rotate upper body as far to your left as possible and let fixing lever re-engage. Make sure that back and pelvis remain on pad. Now position your right arm behind the right elbow roller.

Rotate upper body slowly to the right. Hold end position briefly. Slowly return to starting position, but make sure that weight does not touch down. Repeat until a full movement is no longer possible.

Rotate upper body back to starting position until weight touches down. Release fixing lever and rotate upper body to the opposite side and re-engage fixing lever. Now train this side as described above.

**Important:** Keep upper body tightly on pad, do not move feet and keep pelvis fixed.

Tal 2 Abdominal



### Startingposition

### Endposition

Select your weight. Sit in machine. Slide pelvis slightly forward. Press down lever arm to the left of your seat until knees are forced slightly apart. Fasten belt and bring roller pad above your head down in front of your chest. Place upper arms parallel on roller pad with hands placed on side of head. Curl upper body forward. Move sternum straight down towards pubic bone. Make sure that you do not flex in hip joint. Hold curled position briefly. Slowly return to starting position but do not let the weight touch down. Repeat until a full movement is no longer possible.

**Important:** Make sure the lower spine remains in contact with the pad.

### Tal 3 Lower back



### Startingposition

### Endposition

Select your weight. Adjust foot plate and select the maximum position for the shin pad. Sit in machine. Grip handholds adjacent to back of your seat and push yourself off the seat and onto the pelvic roller pads. Now you can place your feet on the foot plate and adjust the shin pad to the right setting. With

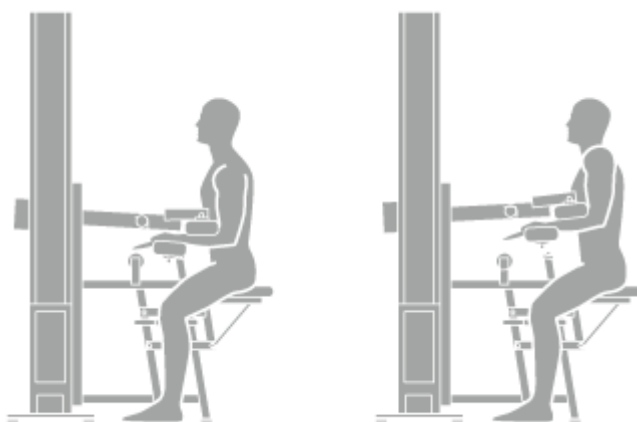
your shins centred behind the pad, you slide back into the seat down the pelvic roller pad. Bend forward and grip the two handholds under the seat. Using the thumb press button on the right handhold, release and raise both handholds. This brings the back pad down on your back. Bend into maximum flexion and release button so that lever arm engages. Grip handholds of back pad. Slowly straighten your upper body up and back as far as possible. Hold position briefly and then slowly return to starting position. Make sure that the weight does not touch down Repeat until a full movement is no longer possible. End exercise by setting down weight in the forward position. Grip both handholds, press button and push down handholds to bring the back pad into an upright position, allowing you to exit the machine.

**Important:** Make sure that buttocks remain on seat during entire movement.

## Neck

- N1 Neck and shoulder**
- N3 4-way neck - side**
- N4 4-way neck - front**
- N5 4-way neck - rear**

N1 Neck & shoulder



**Startingposition**

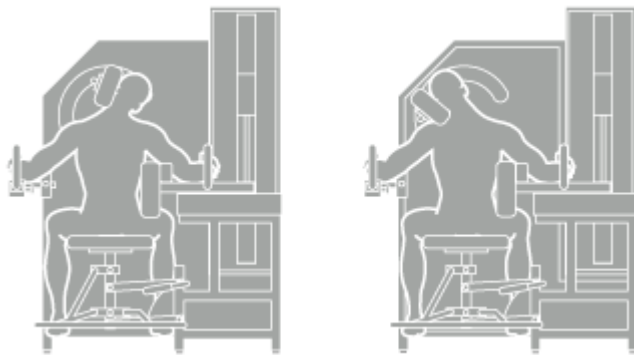
**Endposition**

Select your weight. Adjust seat. Sit down and place forearms between pads. Your palms are pointing up and your back is

slightly bent. Now straighten up and press back of hands against lower pad to keep forearms steady. Slowly raise shoulders as far as possible. Hold this position briefly and then slowly lower shoulders to starting position. Repeat until a full movement is no longer possible.

**Important:** During exercise all muscles, apart from upper section of trapezius, should remain relaxed.

### N3 4-way neck - side



**Starting position**  
**End position**

Select your weight. Adjust seat, upper body pad and head pad. Sit down facing the machine and place head sideways on the pad. Make sure that upper body does not bend sideways, too. Grip handholds to steady your position. Move your head against the pad and push it to the left side. Hold flexed position briefly and then slowly return to starting position. Make sure that the weight does not touch down. Repeat until a full movement is no longer possible. Then change seat position, facing away from machine, to exercise other side.

**Important:** Keep shoulders relaxed and do not swing upper body to and fro.

### N4 4-way neck - front



**Starting position**



**End position**

Select your weight. Adjust seat, upper body pad and head pad. Sit in machine with back to upper body pad. Place your face on head pad. Grasp handholds lightly. Start the forward flexion from the extended position. Using your head, press pad forward carefully and slowly. Hold flexed position briefly and then slowly return to starting position. Make sure that the weight does not touch down. Repeat until a full movement is no longer possible.

**Important:** Lower weight carefully during extension phase. Keep upper body straight and shoulder relaxed.

N5 4-way neck - rear



## Startingposition

## Endposition

Select your weight. Adjust seat, upper body pad and head pad. Sit in machine with chest against upper body pad. Put back of head on head pad. Grasp handholds. Start exercise from the bent position.

Slowly move head backwards while upper body remains in contact with pad. Do not stretch more than is comfortable. Hold position briefly and then slowly return to starting position without letting the weight touch down. Repeat until a full movement is no longer possible.

**Important:** Work with neck muscles and not back muscles  
Keep shoulders relaxed.

## Arms

**Arm 1 Biceps**

**Arm 2 Triceps**

**Arm 3 Wrist pronation**

**Arm 4 Wrist supination**

**Arm 5 Wrist curl**

**Arm 6 Reverse wrist curl**

**Arm 7 Hand grip**

Arm 1 Biceps



## Startingposition

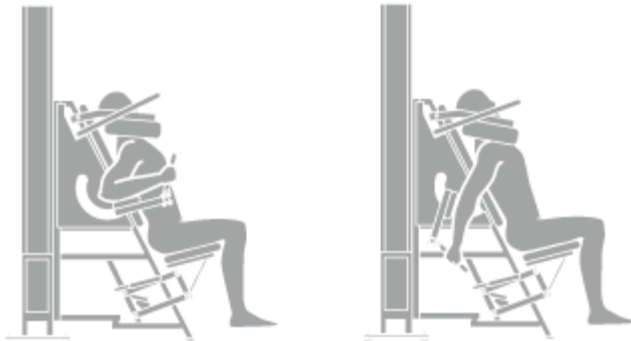
## Endposition

Select your weight. Adjust seat. Lean slightly forward and grip handholds. Elbows should be between the two pads. Place feet squarely on the floor, not under the seat.

Bend arms as far as possible. Hold position briefly. Slowly return to starting position. Make sure that weight does not touch down. Repeat until a full movement is no longer possible.

**Important:** During entire exercise both upper arms and forearms must remain in contact with pads and wrists remain straight.

### Arm 2 Triceps



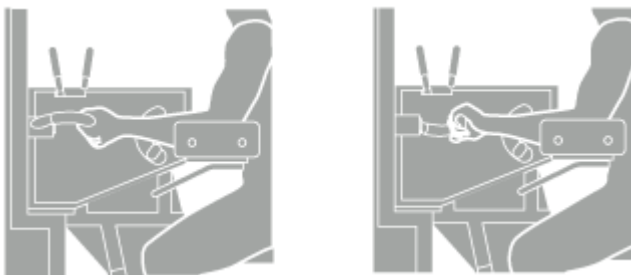
**Startingposition**

**Endposition**

Select your weight. Adjust seat and handholds. Sit in machine and secure shoulders with shoulder pad. Grip handholds and extend arms backwards as far as possible. Hold position briefly. Slowly return to starting position without letting the weight touch down. Repeat until a full movement is no longer possible.

**Important:** Forearms remain on pad throughout movement.

### Arm 3 Wrist pronation



**Startingposition**

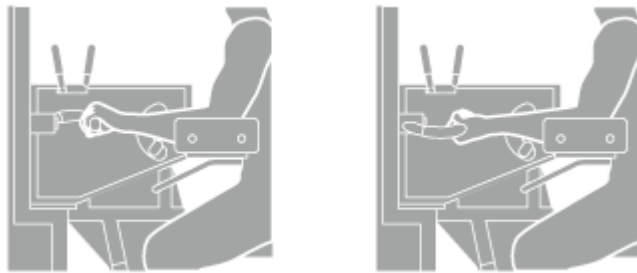
**Endposition**

Select your weight. Adjust seat. Rotate the end of the handholds to middle of machine until the stop. Lean slightly

forward and grip handholds with back of hands facing down. Rotate both handholds inward as far as possible. Hold position briefly. Slowly return to starting position without letting the weight touch down. Repeat until a full movement is no longer possible.

**Important:** Forearms must remain on the pads.

#### Arm 4 Wrist supination



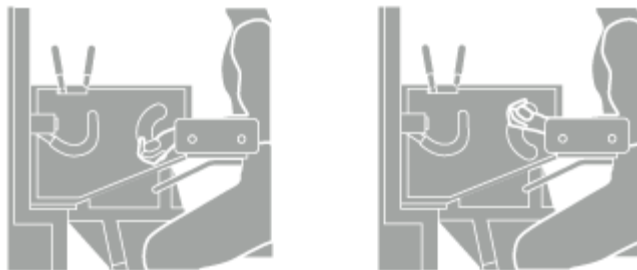
**Starting position**

**End position**

Select your weight. Adjust seat. Rotate the end of the handholds outward until the stop. Lean slightly forward and grip handholds with back of hands facing up. Rotate hands outward as far as possible. Hold position briefly. Return to starting position without letting the weight touch down. Repeat until a full movement is no longer possible.

**Important:** Forearms must remain on pads.

#### Arm 5 Wrist curl



**Starting position**

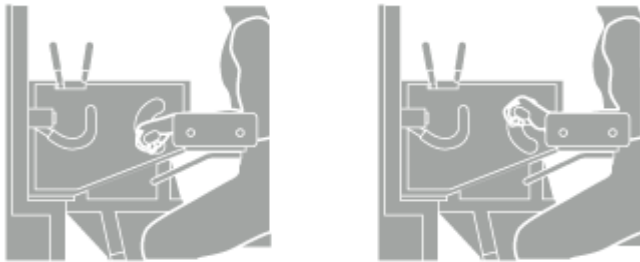
**End position**

Select your weight. Adjust seat. Lean slightly forward and grip handholds with back of hand facing down. The thumbs are under the handholds. Make sure that wrists are in line with pivot of lever arm.

Bend up your hands at the wrist as far as possible. Hold position briefly. Lower hands to starting position without letting the weight touch down. Repeat until a full movement is no longer possible.

**Important:** Forearms must remain on pads.

#### Arm 6 Reverse wrist curl



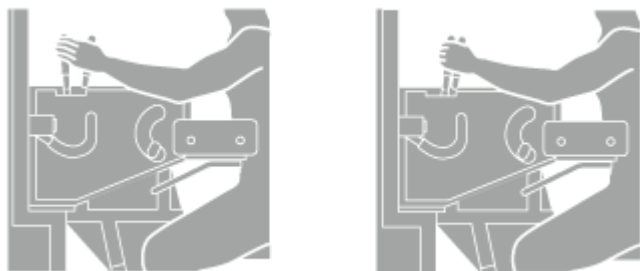
**Startingposition**

**Endposition**

Select your weight. Adjust seat. Lean slightly forward and grip handholds with back of hand facing up. Extend your hands upwards at the wrist. Hold position briefly. Slowly return to starting position without letting the weight touch down. Repeat until a full movement is no longer possible.

**Important:** Forearms must remain on pads.

#### Arm 7 Hand grip



**Startingposition**

**Endposition**

Select your weight. Adjust seat. Grip rear moveable handholds with your fingers and pull these as far towards the fixed handholds closer to you that you can grasp them with your thumbs. Your hands are now gripping both handholds. Press handholds together and hold contracted position briefly. Slowly return to starting position. Repeat until a full movement is no longer possible.

**Important:** Make sure hands are dry.

## Multi-functional

**Div 1 Calf raise**

**Div 2 Front chin**

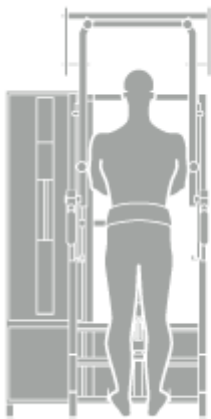
**Div 3 Parallel chin**

**Div 4 Dip**

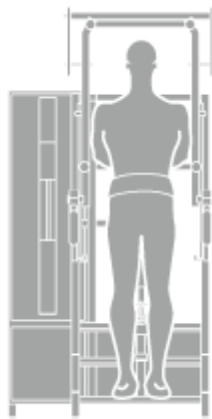
**Div 5 Triceps extension**

**Div 9 Side bend**

Div 1 Calf standing



**Starting position**



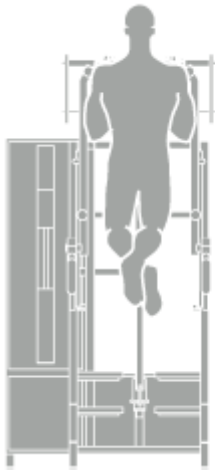
**End position**

Adjust tower unit. Stand on bottom step on balls of feet, leaving heels free. Grip front bar to maintain balance. Raise heels until you are on tiptoes. Hold this position briefly. Slowly lower heels as far as possible. Repeat until a full movement is no longer possible.

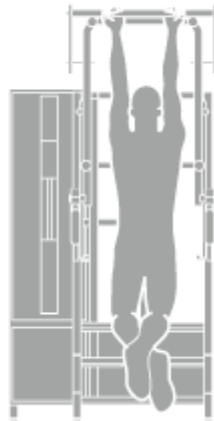
The exercise can also be done on one leg. This doubles the load on the calf muscle. The exercise can be further intensified by attaching the belt to the lever arm and selecting an appropriate weight.

**Important:** Upper body and legs form straight line. Make sure that you extend fully.

## Div 2 Front chin



**Starting position**



**End position**

Adjust tower unit and ensure cross bar is in front position. Stand on top step and grip cross bar shoulder width apart in the underhand position. Slowly lower body until arms are fully extended. Your knees are bent. Slowly pull yourself back up to starting position and hold position briefly. Repeat until a full movement is no longer possible.

Negative version:

Just do the first part of the exercise, i.e. lower body into extended position. This movement should take about ten seconds. Then climb back up and repeat until a full movement is no longer possible.

You can increase the load further by using the belt.

**Important:** Do not swing or thrash about. Your hip remains straight.

## 3 Div Parallel chin



**Startingposition**



**Endposition**

Adjust tower unit. Fold back cross bar. Stand on top step and grip side bars with back of hands facing outwards. Slowly lower body until arms are fully extended. Your knees are bent. Pull yourself back up to starting position and hold position briefly. Repeat until a full movement is no longer possible.

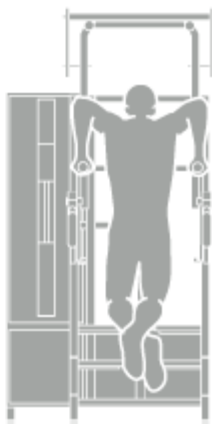
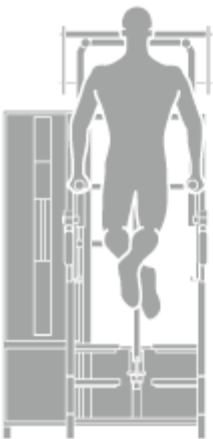
Negative version:

Just do first part of exercise, i.e. lower body into extended position. This movement should take about ten seconds. Then climb back up and repeat until a full movement is no longer possible.

You can increase the load further by using the belt.

**Important:** Make sure that elbows do not move forward during exercise. Your hip remains straight.

#### Div 4 Dip



## Startingposition

## Endposition

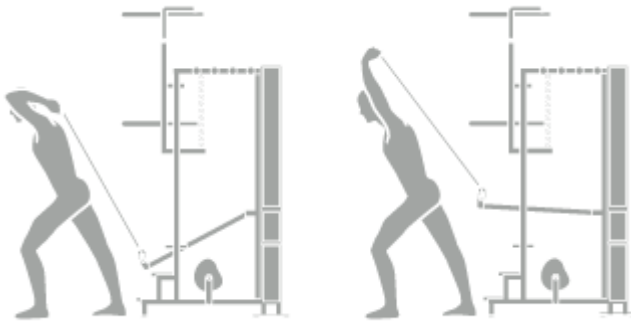
Adjust tower unit. Fold back cross bar and stand on top step. Grip lateral bars and take your weight with your arms, bending your knees. Bend elbows in order to lower body slowly into fully extended position. Raise body back to starting position without using your feet as support. Do not straighten elbows fully. Hold this position briefly. Repeat until a full movement is no longer possible.

Negative version:

Just do first part of exercise, i.e. lower body into extended position. This movement should take about ten seconds. Then climb back up to top step and repeat until a full movement is no longer possible. You can increase the load further by using the belt.

**Important:** Make sure that elbows remain in line with body and not behind it.

## Div 5 Triceps extension



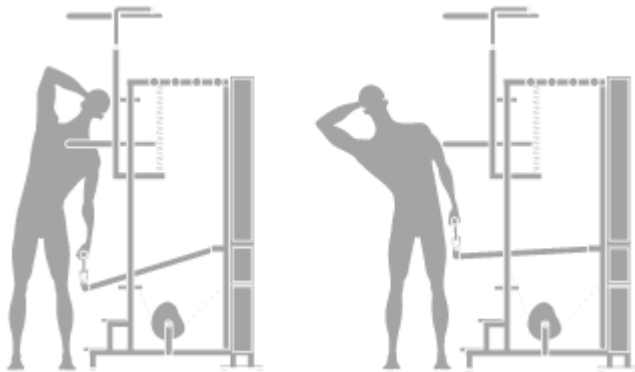
## Startingposition

## Endposition

Select your weight. Fix rope on lever arm of machine. Grip rope with both hands and position yourself with back to machine, one foot in front of the other. Lean slightly forward in order to just lift weight off the stack. Extend your arms in a flowing movement until they are nearly fully extended. Hold this position briefly. Slowly return to starting position. Repeat until a full movement is no longer possible.

**Important:** Your upper body, pelvis and legs form a straight line.

## Div 9 Side bend



### Startingposition

### Endposition

Select your weight. Hook handhold on lever arm of machine. Stand with one side of the body next to the machine and grip handhold with one hand. Straighten up. Place other hand behind head. Bend sideways towards the machine into the starting position.

Move upper body to other side as far as possible. Hold position briefly. Slowly return to starting position. Repeat until a full movement is no longer possible. Then exercise other side.

**Important:** Bend sideways and not forwards or backwards. Do not swing to and fro. The pivot point should be above your hips. Your shoulders should be relaxed.