



# TORUS

HOME GYM

## EXERCISE GUIDE



Get more from your strength training routine with the Horizon Torus Home Gym. This Training Guide includes set-up instructions and illustrates more than 40 exercises you can perform with your new equipment. Learn start and stop positions along with proper form and appropriate paths of motion.

The Horizon Torus Home Gym includes eight different workout stations, as identified on this page. Each station offers multiple exercise options. Individual exercises are color-coded by muscle group and identify which training attachment to use.

## MUSCLE GROUP COLOR-CODE:

UPPER  
BODY

TORSO

LOWER  
BODY



## STATIONS:

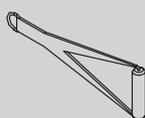
- 1 HIGH PULLEY
- 2 PRESS / ROW
- 3 AB PULLEY
- 4 LEG DEVELOPMENT
- 5 LOW PULLEY
- 6 VERTICAL KNEE RAISE (VKR)
- 7 FREE-MOTION
- 8 LEG PRESS

## TRAINING ATTACHMENTS:

AB STRAP



FREE-MOTION ARM STRAP



LAT BAR



LOW ROW BAR



ANKLE STRAP



## LAT PULLDOWN

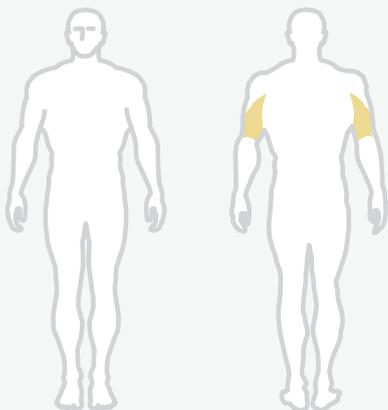
STATION  
**1**



1. Sit on the machine, reach up and grab the lat bar with a wide grip.
2. Pull the bar down toward your body in front of the chest.
3. Return slowly to the starting position.

## TRICEPS PRESS

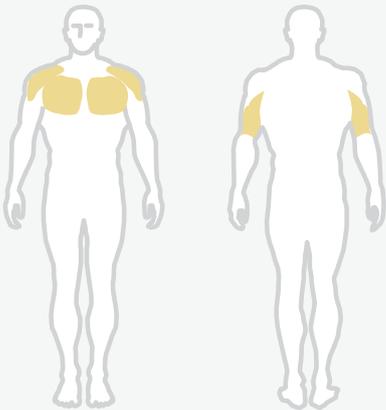
STATION  
**1**



1. Stand on the foot plate facing the machine with your hands at shoulder width on the lat bar.
2. Use an overhand grip to bring the bar down to the height of your lower rib cage.
3. Placing your elbows at the side of your rib cage, lower your hands toward your thighs, pressing the bar down.
4. Return slowly to the starting position.

**STANDARD CHEST PRESS**

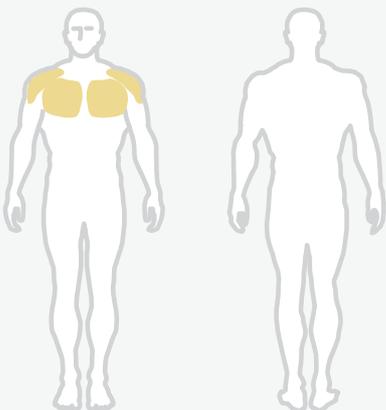
STATION  
**2**



1. Adjust the seat height so either the upper or lower grips align vertically with the center of your chest.
2. Adjust the press arms with the adjustment mechanism, until they are in a comfortable forward-to-back position for your chest press.
3. Keeping arms as close to parallel to the floor as possible, press forward and return slowly.

# INCLINE CHEST PRESS

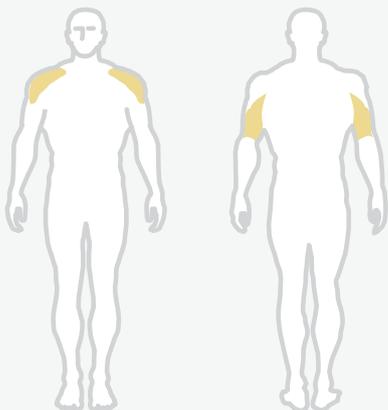
STATION  
**2**



1. Adjust the seat to a low position to ensure the press handles are higher than the center of your chest.
2. Adjust the press arms with the adjustment mechanism until they are in a comfortable forward-to-back position for your chest press.
3. Grip the higher hand grips. If needed, tip the seatback forward very slightly to ensure your press is at a slight upward angle to your torso.
4. Press forward and at a slight upward angle from your body and return slowly.

# DECLINE CHEST PRESS

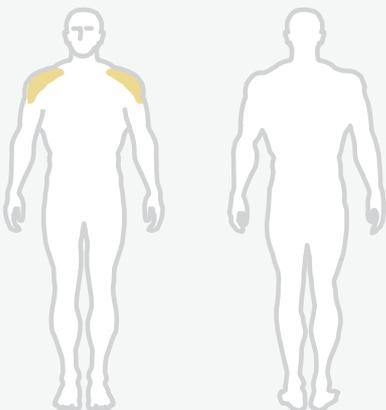
STATION  
**2**



1. Adjust the seat to a higher position to ensure the hand grips are lower than the center of your chest.
2. Adjust the press arms with the adjustment mechanism until they are in a comfortable forward-to-back position for your chest press.
3. Press forward and at a slight downward angle from your body and return slowly.

# STANDING SHOULDER PRESS

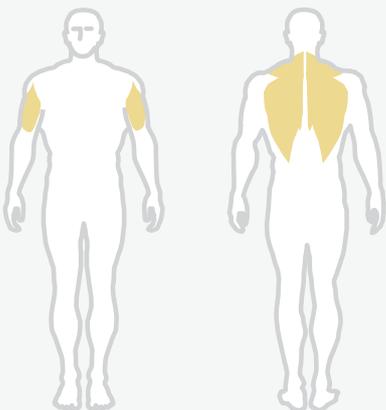
STATION  
**2**



1. Adjust the press arm mechanism to the shoulder press setting, which aligns the press arms with your shoulders.
2. Face away from the machine, grasp the press handles and tip your body forward slightly while keeping your torso straight.
3. Press your arms straight up while keeping your torso straight and head looking forward. Return slowly.

## SEATED ROW

## STATION 2



1. Sit facing the machine and leaning your torso back slightly. Adjust the back pad so that it makes contact with your chest.
2. Adjust the press arm mechanism to the row setting, which allows you to reach the grip handles with your arms outreached.
3. Adjust the seat height if necessary to grip the handles as shown.
4. Pull the press arms toward you and return slowly.

**SEATED CABLE ROW**

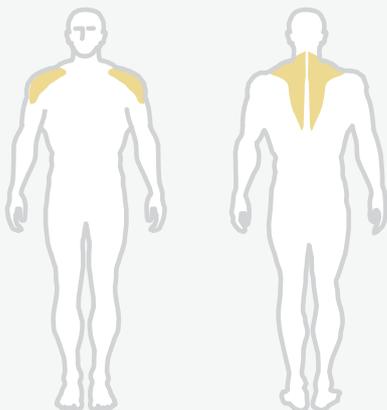
STATION  
**5**



1. Attach the short handle (low row bar) to the lower pulley.
2. Sit facing the machine with your legs slightly bent and keep them bent during the exercise.
3. Sit erect and pull your hands towards your upper abdominal area.
4. Return slowly to the starting position.

**DELTOID UPRIGHT ROW**

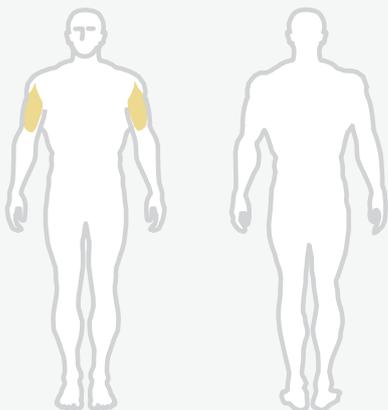
STATION  
**5**



1. Attach the short handle (low row bar) to the lower pulley.
2. Stand on the foot plate facing the machine and gripping the handles in an overhand position with arms down.
3. Slowly pull up with your elbows to the sides until the bar reaches the top of your chest.
4. Return slowly to the starting position.

**STANDING ARM CURL**

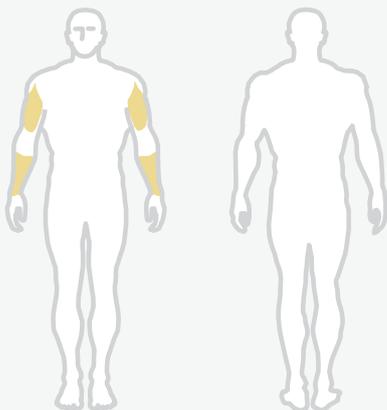
STATION  
**5**



1. Attach the short handle (low row bar) to the lower pulley.
2. Stand on the foot plate facing the machine and grasping the bar using an underhand grip (palms facing up).
3. Focus on keeping your elbows in their starting position at your sides as you use your biceps to curl the bar up to the top of your chest.
4. Return slowly to the starting position.

## REVERSE CURL

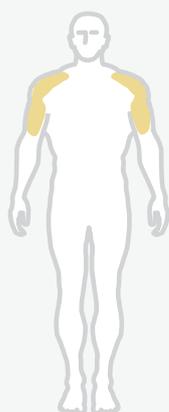
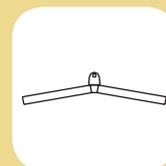
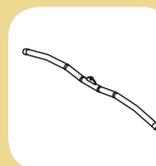
STATION  
**5**



1. Attach the short handle (low row bar) to the lower pulley.
2. Stand on the foot plate facing the machine and grasping the bar using an overhand grip (palms facing down).
3. Focus on keeping your elbows in their starting position at your sides as you use your biceps to curl the bar up to the top of your chest.
4. Return slowly to the starting position.

# BENTOVER ROW

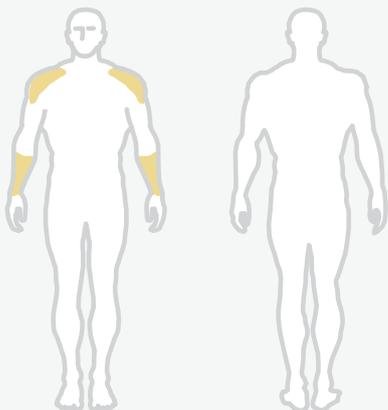
STATION  
**5**



1. Attach the short handle (low row bar) to the lower pulley.
2. Stand on the foot plate facing the machine. Bend your torso toward the machine at a 45-degree angle with your arms outstretched and grasping the handle.
3. Focus on using the muscles of your back to pull your elbows back and your hands into your chest.
4. Return slowly to the starting position.

**FRONT SHOULDER RAISE**

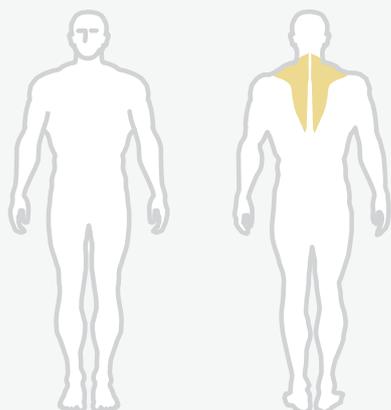
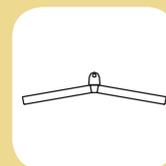
STATION  
**5**



1. Attach the short handle (low row bar) to the lower pulley.
2. Stand on the foot plate facing the machine and gripping the handle using an overhand grip (palms facing down).
3. Raise the handle, while keeping the arms straight, until the bar reaches shoulder height.
4. Return slowly to the starting position.

# SHOULDER SHRUGS

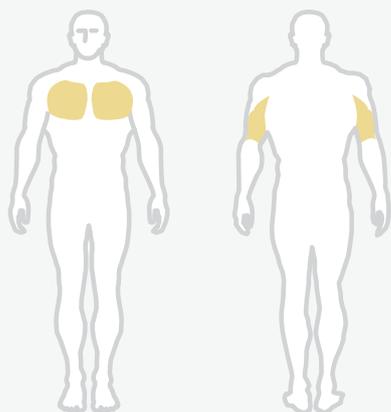
STATION  
**5**



1. Attach the short handle (low row bar) to the lower pulley.
2. Stand on the foot plate facing the machine.
3. Grasp handle with an overhand grip and raise the shoulders straight up towards the ears.
4. Return slowly to the starting position.

**TRICEP DIPS**

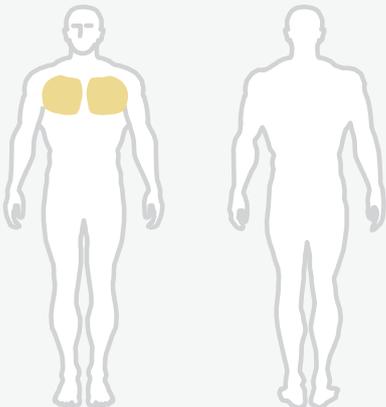
STATION  
**6**



1. Face the VKR station and grip the dip handles firmly.
2. Use the step to assist in getting into the upright position with all your weight supported by your arms and hands.
3. Slowly bend your elbows until they reach 90 degrees and then press your body back up to the starting position.

**CABLE CONVERGING  
CHEST PRESS**

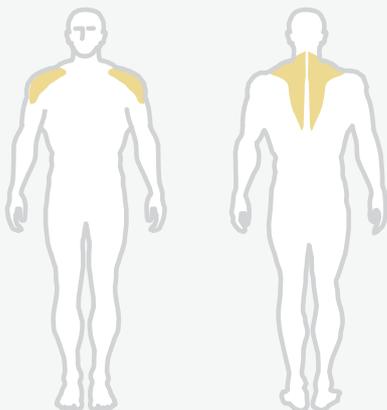
STATION  
**7**



1. Adjust the free-motion arm to the upward position.
2. Adjust the back pad to the desired starting position.
3. Hold the arm straps at chest height and adjust seat if needed.
4. Press straps forward and in until hands come together.
5. Slowly bring arms back to the starting position.

**CABLE CONVERGING SHOULDER PRESS**

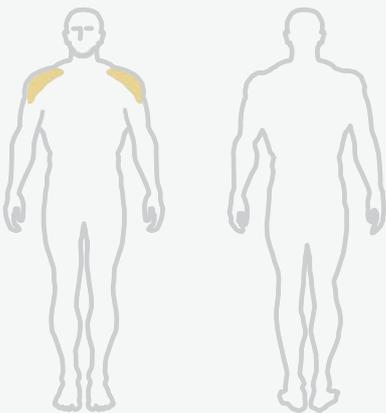
STATION  
**7**



1. Adjust the free-motion arm to the upward position.
2. Tip your torso forward about 30 to 45 degrees. Adjust the back pad to support your back while in this position.
3. Hold the arm straps at chest height and adjust seat if needed.
4. Press straps directly above head and touch together while focusing on shoulder muscles.
5. Slowly bring arms back to the starting position.

**INCLINE CABLE  
CONVERGING CHEST PRESS**

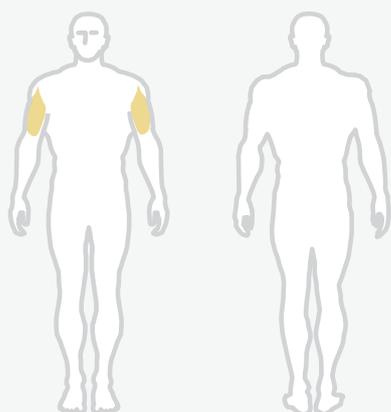
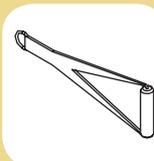
STATION  
**7**



1. Adjust the free-motion arm to the upward position.
2. Adjust the back pad forward about 10 to 15 degrees.
3. Hold the arm straps at chest height and adjust seat if needed.
4. Press hands upward together at a slight incline from the torso while focusing on upper chest and front shoulder muscles.
5. Slowly bring arms back to the starting position.

## CABLE FLY

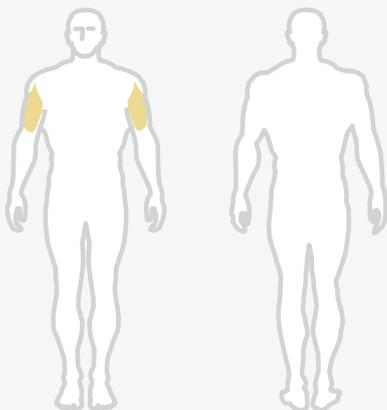
STATION  
**7**



1. Adjust the free-motion arm to the upward position.
2. Hold the arm straps at chest height with palms facing each other and extend your arms as wide as possible.
3. Pull the straps forward until both hands touch.
4. Return slowly to the starting position.

**SEATED CABLE ARM CURL**

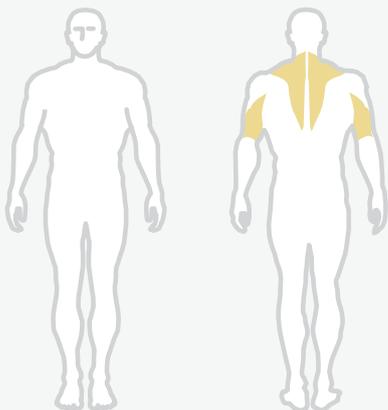
STATION  
**7**



1. Adjust the free-motion arm to the downward position.
2. Sit facing away from the machine with an arm strap handle in each hand and your elbows next to your body near your lower rib cage.
3. Starting with arms extended down, use your biceps to curl your arms up to your chest without moving your elbows forward or backward.
4. Return slowly to the starting position.

**SEATED CABLE TRICEP  
OVERHEAD EXTENSION**

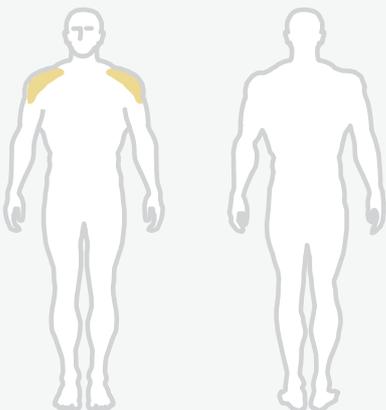
STATION  
**7**



1. Adjust the free-motion arm to the upward position.
2. Sit on the machine and grip an arm strap handle in each hand behind your head.
3. Position your elbows forward and close to the sides of your head. Slowly extend your hands forward until your arms are fully extended.
4. Return slowly to the starting position.

## CABLE LATERAL SHOULDER RAISE

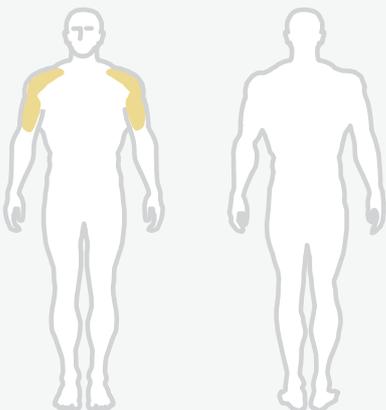
STATION  
**7**



1. Adjust the free-motion arm to the downward position.
2. Stand with your side to the machine while gripping the arm strap.
3. Raise the arm higher than shoulder height without bending your elbow.
4. Slowly bring the arm back to the starting position.
5. Complete repetitions and repeat on opposite side.

**DYNAMIC CABLE FLY**

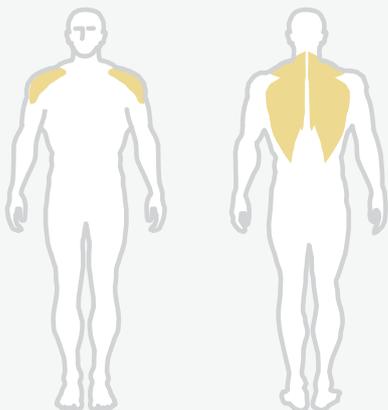
STATION  
**7**



1. Adjust the free-motion arm to the upward position.
2. Stand beside the machine with the free-motion arm strap in your hand.
3. Start with your arm low and extended back from your body.
4. Sweep your arm up and across the front of your chest while twisting your torso forward. End with your arm slightly above your shoulder and stretched forward.
5. Return slowly to the starting position. Complete repetitions and repeat on opposite side.

**DYNAMIC CABLE REAR  
DELT FLY**

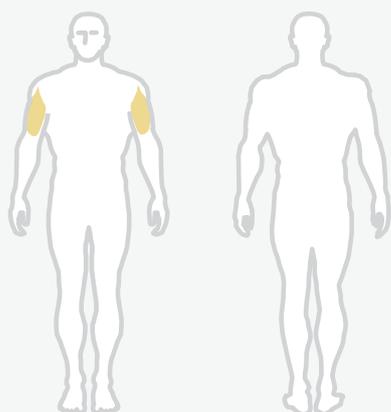
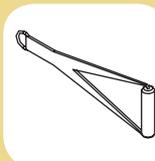
STATION  
**7**



1. Adjust the free-motion arm to the upward position.
2. Stand with your side to the machine while gripping the arm strap.
3. Reach across your body to reverse grip the strap. Your start position will place your arm down and across your chest.
4. Using your rear shoulder muscle, pull the strap across your chest and away from your body in an arc, ending with your arm slightly above your shoulder and outstretched away from your body.
5. Slowly bring your arm back to the starting position.
6. Complete repetitions and repeat on opposite side.

## REAR CABLE FLY

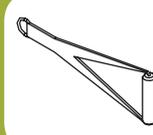
STATION  
**7**



1. Adjust the free-motion arm to the upward position.
2. Stand facing the machine with the arm straps in your hands.
3. Keeping both arms straight, sweep them back and up in an arc as far as you can.
4. Return slowly to the starting position.

**SEATED ABDOMINAL CRUNCH**

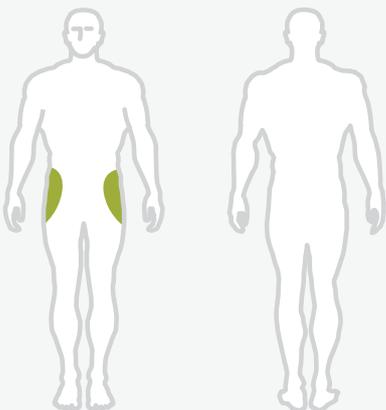
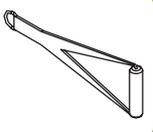
STATION  
**3**



1. Attach the ab strap or free-motion arm straps to the machine.
2. Sit upright with your back supported by the back pad.
3. Hold the straps and bend your torso towards your knees.
4. Return slowly to the starting position.

**ABDOMINAL OBLIQUE CRUNCH**

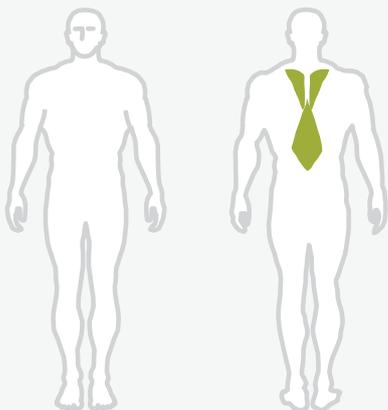
STATION  
**3**



1. Attach the ab strap or free-motion arm straps to the machine.
2. Sit upright with your back supported by the back pad.
3. Hold the straps and bend your torso in a slight twisting motion to the side.
4. Return slowly to the starting position.
5. Complete repetitions and repeat on opposite side.

**LOWER BACK EXTENSION**

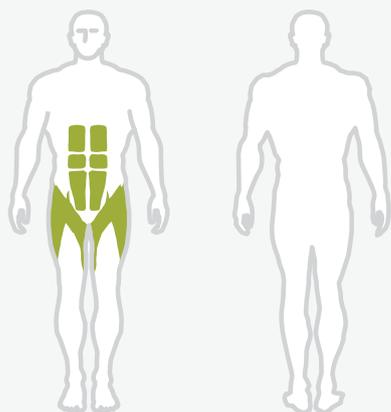
STATION  
**5**



1. Attach the short handle (low row bar) to the machine.
2. Stand on the foot plate facing the machine.
3. Keeping the torso straight, bend forward at the waist while slightly bending the knees and grip the handle overhand.
4. Keeping arms straight, straighten the back and knees into an upright position.
5. Return slowly to the starting position.

## KNEE RAISE

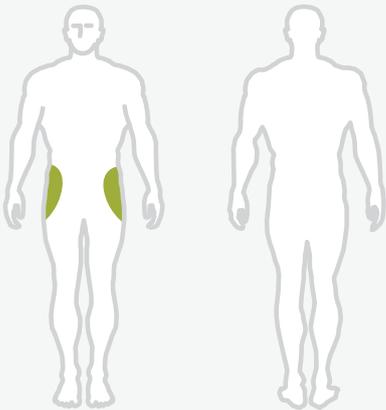
STATION  
**6**



1. Step on the VKR station with back against the back pad.
2. Position arms above the elbow pads and grip the upward handles.
3. Support body weight and slowly lift legs upward, pivoting from hip to full contraction (legs can be either straight or bent at the knee).
4. Return slowly to the starting position.

## SIDE CABLE BENDS

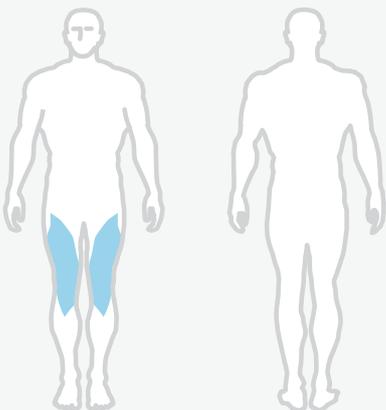
STATION  
**7**



1. Adjust the free-motion handle to the downward position.
2. Stand with your side to the machine while gripping the arm strap.
3. Keep your arm straight while crunching your upper body over and away from the machine.
4. Slowly move back to the starting position.
5. Complete repetitions and repeat on opposite side.

**SEATED LEG EXTENSION**

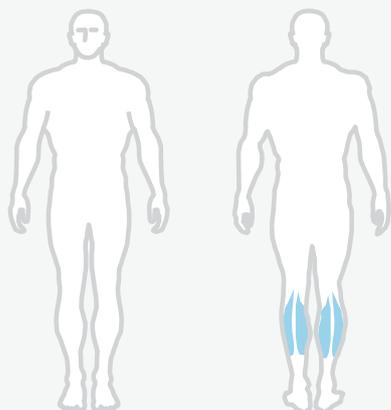
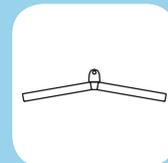
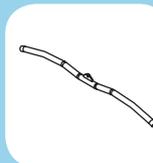
STATION  
**4**



1. Adjust the seat height to place your knees as close as possible to the leg lever pivot.
2. Place the front of your shins behind the leg roller at the bottom of the machine.
3. With your back against the pad, extend your legs forward, straightening but not locking your knees.
4. Return slowly to the starting position.

## TOE RAISE

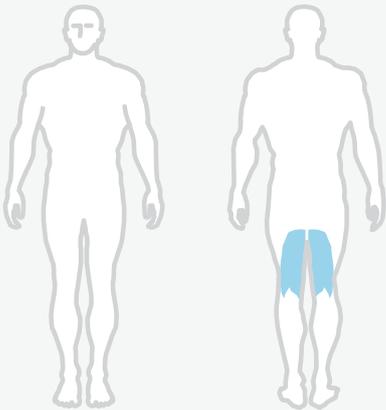
STATION  
**5**



1. Attach the short handle (low row bar) to the machine.
2. Stand on the foot plate facing the machine with your hands at shoulder width on the bar and your arms extended down.
3. Slowly rise up onto your toes.
4. Return slowly to the starting position.

## DEADLIFT

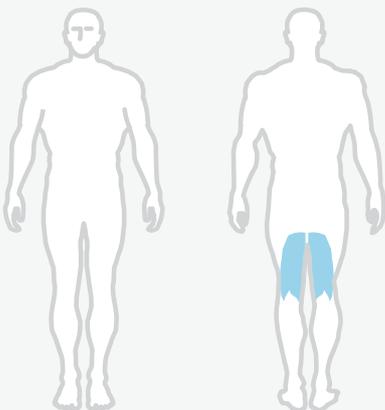
STATION  
**5**



1. Attach the short handle (low row bar) to the machine.
2. Stand on the foot plate facing the machine and grasp the bar using an overhand grip (palms facing down). Keeping the torso straight, bend down using the knees and hips.
3. Focus on using the hamstrings to straighten the legs, while keeping the back and arms straight.
4. Return slowly to the starting position.

**STANDING LEG CURL**

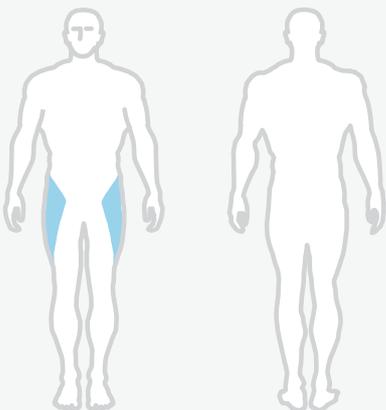
STATION  
**7**



1. Stand facing the machine and adjust the seat pad to hit just above your knee.
2. Hook one leg under the lower roller pad, gripping the press arm for balance.
3. Curl your leg upward and hold the position momentarily before slowly returning to the starting position.
4. Complete repetitions and repeat on opposite side.

# HIP ABDUCTOR LEG RAISE

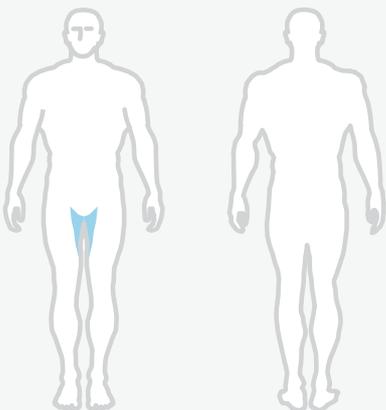
STATION  
**7**



1. Adjust the free-motion arm to the downward position and attach ankle strap.
2. Stand with your side to the machine. The ankle strap cuff should be on your outside leg.
3. Balance on your inside leg and slowly extend the outside leg away from the body as far as you can while stabilizing yourself with your hand.
4. Return slowly to the starting position.
5. Complete repetitions and repeat on opposite side.

**HIP ADDUCTOR LEG RAISE**

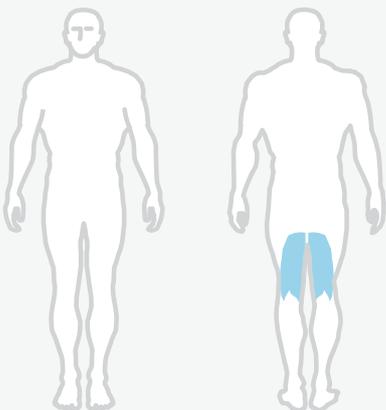
STATION  
**7**



1. Adjust the free-motion arm to the downward position and attach ankle strap.
2. Stand with your side to the machine. The ankle strap cuff should be on your inside leg.
3. Balance on your outside leg and slowly move your inside leg to the outside as far as you can while stabilizing yourself with your hand.
4. Return slowly to the starting position.
5. Complete repetitions and repeat on opposite side.

**FREE-STANDING  
HAMSTRING CURL**

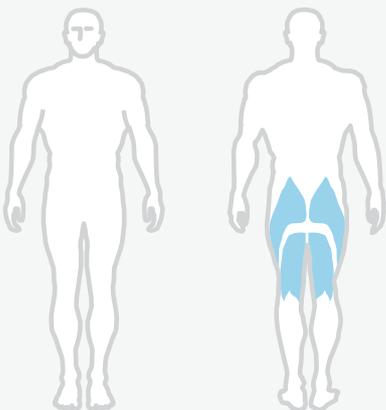
STATION  
**7**



1. Adjust the free-motion arm to the downward position and attach ankle strap.
2. Stand facing the machine with the cuff on your right ankle and hold your hands on the press arm.
3. With your right knee slightly bent, raise your right heel up behind your right thigh.
4. Return slowly to the starting position.
5. Complete repetitions and repeat on opposite side.

**GLUTE KICKBACK**

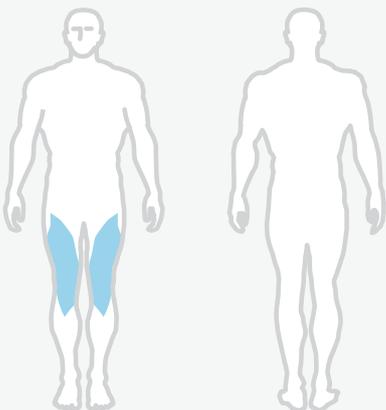
STATION  
**7**



1. Adjust the free-motion arm to the downward position and attach ankle strap.
2. Stand facing the machine with the cuff on your right ankle and hold your hands on the press arm.
3. Keeping your left knee very slightly bent, extend your right leg behind your body without bending the knee. Keep toes pointed straight down toward the floor.
4. Return slowly to the starting position.
5. Complete repetitions and repeat on opposite side.

**STANDING LEG EXTENSION**

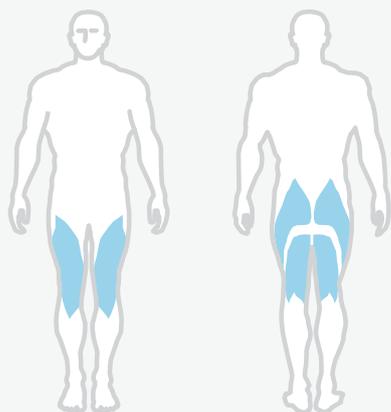
STATION  
**7**



1. Adjust the free-motion arm to the upward position and attach ankle strap.
2. Stand beside the machine with the cuff on your right ankle and hold your hand on the press arm.
3. Start with your right leg curled up and close to the free-motion arm.
4. Extend your curled leg down to the floor until you are standing with both legs together.
5. Return slowly to the starting position.
6. Complete repetitions and repeat on opposite side.

## LEG PRESS

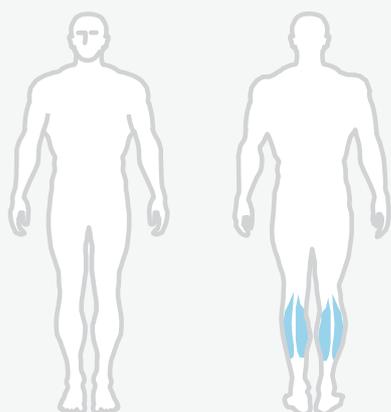
STATION  
**8**



1. Sit on the leg press station and adjust the back pad to a comfortable position.
2. Put your feet on the foot plate and bend your knees to a 90-degree angle.
3. Press your knees straight while gripping the seat support handles.
4. Return slowly to the starting position.

## CALF PRESS

STATION  
**8**



1. Sit on the leg press station and adjust the back pad to a comfortable position.
2. Put your feet on the foot plate with your toes on the lower edge of the foot plate. Keep your legs straight.
3. Press forward with your toes, keeping your legs straight the entire time.
4. Return slowly to the starting position.