

## **FORTEX Animation**

### Introduction:

Your FORTEX unit displays and controls consist of:

The Information Screen which displays programme information, scores and exercise levels, the Exercise Screen with exercise demonstrator, the Exercise Direction Selector, the Power button, the Scroll button and the Select button.

### Information Screen:

Display information includes:

Repetition counter – how many repetitions of each exercise you do.

Score indicator – your top/total score (based on the average force you exerted).

Target score – indicated by a target icon.

Battery level.

Exercise level indicator ranges from 1 to 4, increasing after every 4 sessions to help you track your progress.

Exercise direction – Push or Pull.

Assessment indicator in Personal Trainer.

Percentage increase or decrease you have achieved.

### Exercise Screen:

The exercise demonstrator shows you where and how to hold the unit for each exercise.

Your strength marker represents your Target Score.

The force indicator increases the more effort you apply.

### Exercise Dial:

Sets the unit to Push or Pull mode.

Easy option.

### Power button:

Switches the unit on and off.

Press the power button briefly during an exercise to clear the information screen.

Press the power button briefly at the start of a programme to access the choice of other programmes.

### Scroll button:

Press the scroll button to check your top score.

Press the scroll button twice to check your total score.

Select a programme – Freestyle, Circuit Trainer or Personal Trainer programmes (Muscle Strengthening or Muscle Toning).

Press and hold Scroll and Select together to switch Personal Trainer programmes.

Select button:

Use the Select button to go to the next function.

To switch off the sound effects of your unit, activate the Mute function – press and hold the Select button for 3 seconds.

Second section:

**FOR HIM**

**Chest Push**

Exercise key benefits

- Builds muscle around the chest area, for a sculpted and toned torso
- Improves core upper body strength
- Adds bulk and strength to your biceps, improving your look in shirts and tops

Targeted muscle groups

- The pectoral muscles that give definition to your chest, Pectoralis Major and Pectoralis Minor
- Biceps Brachii, the main muscle of the upper arms

**Overhead Push**

Exercise key benefits

- Strengthens key muscle groups across the total shoulder area
- Improves performance when lifting heavy weights
- Increases muscle definition around the top of the back and shoulder blades

Targeted muscle groups

- The Deltoids, the muscles that give true definition to the tops of your shoulders
- The backs of the arms, Triceps Brachii

- The upper back between your shoulder blades, Trapezius

## **Reverse Push**

### Exercise key benefits

- Builds core strength in the upper, mid and lower back
- Strengthens and tones the areas around the rib cage
- Adds real definition to your back, giving you a 'V' upper body shape

### Targeted muscle groups

- The main back muscles that give support to the spine, Latissimus Dorsi
- The backs of the arms, Triceps Brachii
- The muscle at the centre of the upper back, either side of the spine, Trapezius

## **Chest Pull**

### Exercise key benefits

- Builds muscle mass and definition at the backs of the arms
- Improves upper body strength for pulling and lifting towards you
- Strengthens and tones your upper back and sides

### Targeted muscle groups

- The backs of the arms, Triceps Brachii
- The Rhomboids, situated between the shoulder blades
- The main muscles that give power and strength to your back, Latissimus Dorsi

## **FOR HER**

## **Chest Push**

### Exercise key benefits

- Firms and tones your bust, exercising the pectoral muscles that give you uplift.
- Tones and tightens upper chest, getting rid of unsightly bulges around the underarm area.
- Works to strengthen the biceps, giving definition and tone to your upper arms.

### Targeted muscle groups

- Muscle groups that keep the chest tight and toned, including pectoralis major and pectoralis minor
- Muscles in the upper arms, in particular Biceps Brachii

## **Overhead Push**

### Exercise key benefits

- Firms and tones around the shoulders
- Tightens loose muscle in the backs of the upper arms, getting rid of 'batwing' arms
- Works the top of your back for a great upper body shape

#### Targeted muscle groups

- The muscles that give the tops of the shoulders definition, the Deltoids
- The backs of the arms, Triceps Brachii
- Upper trapezius muscle, or upper back

### **Reverse Push**

#### Exercise key benefits

- Works the centre of your back, giving your back a smooth, toned look
- Tightens and tones around your rib cage, getting rid of unsightly bulges around your bra
- Strengthens the backs of the arms

#### Targeted muscle groups

- Your major back muscles that tone your back and support your spine, Latissimus Dorsi
- The muscles that work your upper back and shoulders, Middle and Lower Trapezius
- The backs of the arms, Triceps Brachii

### **Chest Pull**

#### Exercise key benefits

- Perfect for toning up flabby arms
- Targets 'hard to reach' area at the backs of the arms
- Tightens upper back between your shoulder blades for muscle definition

#### Targeted muscle groups

- The backs of the arms, Triceps Brachii
- The muscle groups that work your shoulder blades, Rhomboids
- The main muscles that support your spine, Latissimus Dorsi