



How The Burn Machine® Works

All human physical motion is asymmetrical – endeavors are performed with some muscle groups working independently of others that are at rest or in a support mode. Accordingly, we should exercise asymmetrically, mirroring all physical activity.

The Burn Machine® provides two distinctive types of workouts. First, the horizontal center bar connecting 360-degree, ergonomically-designed, rotating grips has an **Asymmetrical Burn Counterweight** that can be moved from side to side, enabling **symmetrical and asymmetrical workouts** without changing machines. Secondly, utilizing the 360-degree grips, The Burn Machine® allows for **total control in strength training** by allowing the user to find the most comfortable position – all designed for development of the critical core strength and improved range of motion.

Four of the six **Burn Machine®** models (**Intermediate & Professional Cross Trainer Burn Machine®**; **Universal Burn Machine®**; and the **Ultimate Burn Machine®**) have a center bar with a revolutionary and patented sliding Asymmetrical Burn Counterweight that can be positioned either to the right, left, or center of the center bar. This changes your body's center of gravity and places it in an asymmetrical position for a more intense workout. As you exercise, more stress is placed on the heavier side of the device, producing more muscle burn with fewer repetitions.

Use The Burn Machine just 15 minutes a day to do any of the below exercises. You can vary each exercise by rotating your hand placement with the **360-degree rotating grips**. You can use static hand placement (rotate your hands after each rep) or slowly rotate your hands while you are performing each exercise. Change the position of the Asymmetrical Burn Counterweight for a more intense workout.

Shoulders

Arnold Press
Military Press/Press behind the neck
Front Overhead Press
Upright Row (close grip)
Front Shoulder Raises

Chest

Flat Bench Press
Incline Bench Press
Decline Bench Press

Triceps

Overhead Triceps Extension
Lying Triceps Extension
Incline Triceps Extension

Biceps

Curl
Reverse Curl
Hammer Curl
Supinated Curl

Quads

Squat
Front Squat
Hack Squat
Step Ups
Lunge

Hamstrings

Lunge
Straight Leg Dead Lift
Romanian Dead Lift

Trapezius/Neck

Shrugs
Upright Rowe (Wide Grip)

Back

Bent Row
One Arm Bent Row
Dead Lift
Good Mornings

Calves

Seated Calve Raises

Abdominals

Weighted Sit-ups