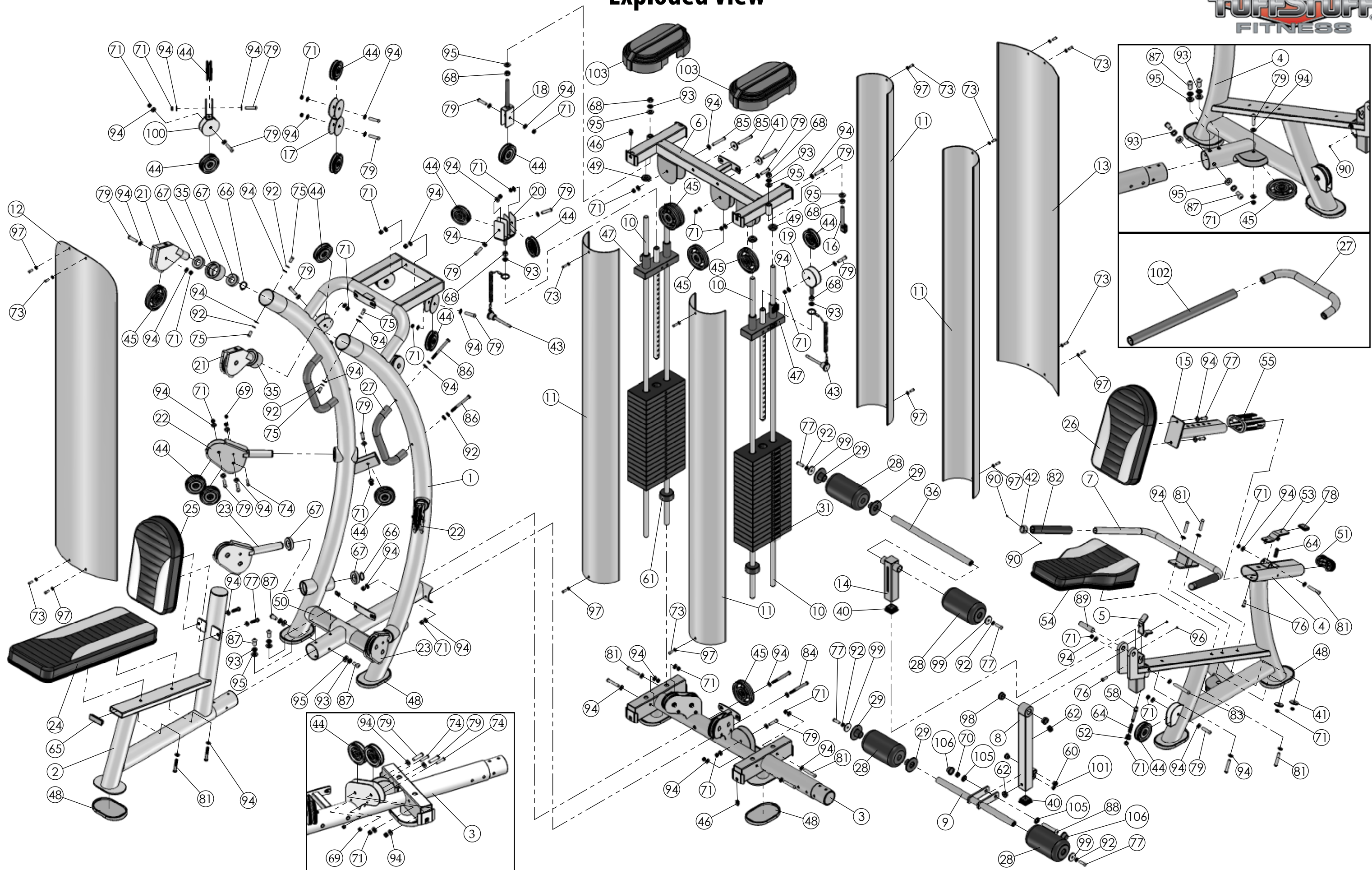


Exploded View



Basic Exercise Guide



Use this equipment only for the exercises as shown. Know your limitations. If you are new to weight training, always start with lighter weight, learn how to perform the exercise correctly and train at a controlled rate of speed. Warm up properly with stretchings, calisthenics or cardiovascular exercises. Never hold your breath – general rule of thumb is to exhale when you exert. For additional recommended exercises please refer to DVD.

⚠ WARNING Before working out, read and understand the Owner's Manual, all danger, warning and caution labels listed on pages 4-7. This equipment is for LIGHT COMMERCIAL use only. Obtain a medical examination before beginning any exercise program. If you feel faint, dizzy or pain, stop exercising immediately.



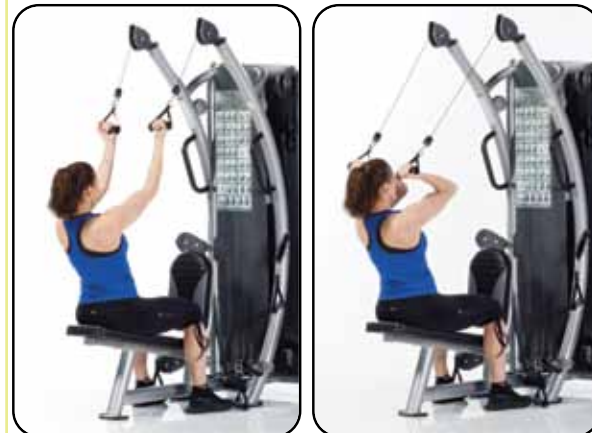
TRICEP PRESSDOWN



TRICEP KICKBACK



BICEP CURL



OVERHEAD CURL



AB CRUNCH



SIT UPS

Basic Exercise Guide



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CORE ROTATION



INNER THIGH



OUTER THIGH



SQUATS



LEG EXTENSION



STANDING LEG CURL