


Exercise

Intended Use


The intended use of this machine is to aid or improve general physical fitness and exercise for commercial use.

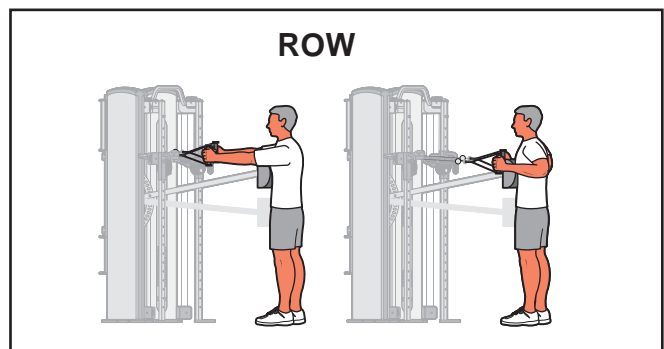
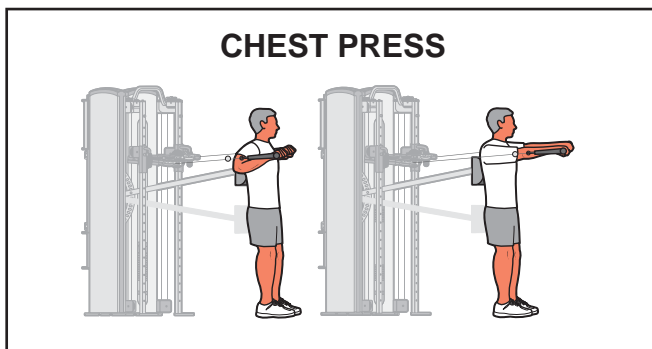
Instructions

 Read and understand all instructions and warnings prior to using this machine in the Safety section of the Owner's Manual.

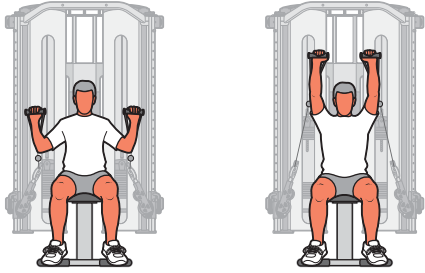
All adjustment points on the machine have yellow handles or knobs.

1. Select appropriate resistance.
2. Adjust handles for proper pulley height.
3. Rotate pulleys to desired angle.
4. Adjust stabilization arm to desired angle.
5. Adjust stabilization pad to desired position.
6. Ensure all adjustment knobs are locked into place.
7. Position stabilization arm and pad all the way in and all the way down when finished.

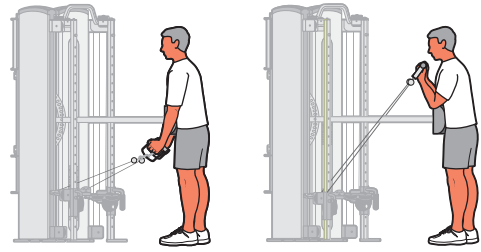
 **CAUTION:** Use only in manner depicted
To avoid serious injury, use equipment only as describe in placards located on each machine.



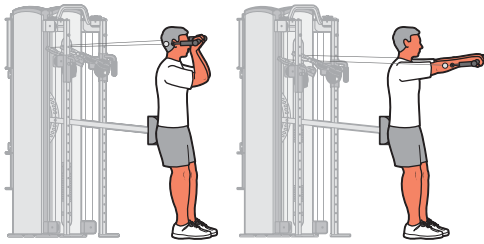
SEATED PRESS



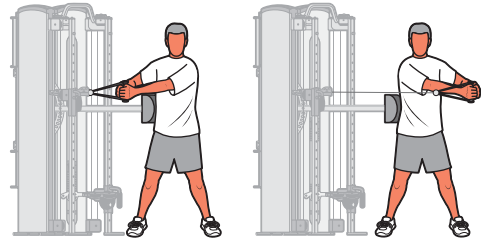
ARM CURL



ARM EXTENSION



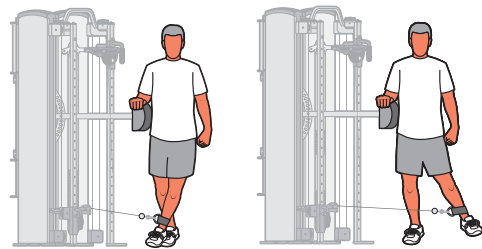
TRUNK ROTATION



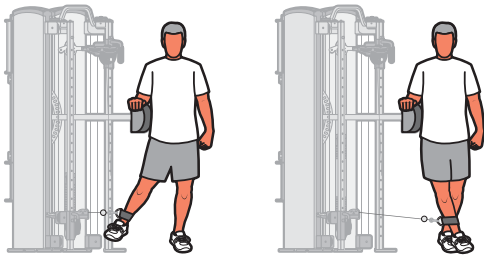
SQUAT



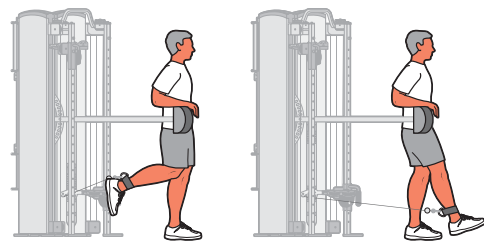
HIP ABDUCTION



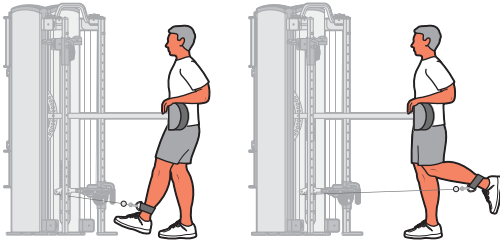
HIP ADDUCTION



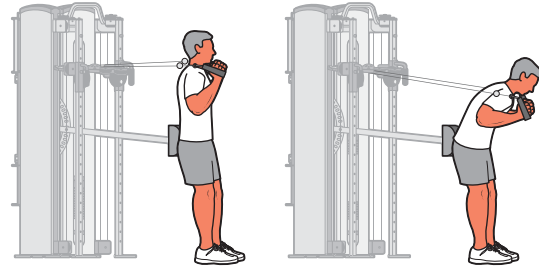
HIP FLEXION-KNEE EXTENSION



HIP EXTENSION-KNEE FLEXION



TRUNK FLEXION



TRUNK EXTENSION

