



STANDING LAT PULL DOWN
 • Seated on the machine, grasp the bar with both hands.
 • Pull the bar down towards your chest.
 • Lower the bar back to the starting position.



SEATED LAT PULL DOWN
 • Seated on the machine, grasp the bar with both hands.
 • Pull the bar down towards your chest.
 • Lower the bar back to the starting position.



STANDING OVERHEAD PRESS
 • Standing on the machine, grasp the bar with both hands.
 • Press the bar overhead.
 • Lower the bar back to the starting position.



SEATED OVERHEAD PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar overhead.
 • Lower the bar back to the starting position.



SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar forward.
 • Lower the bar back to the starting position.



SEATED SHOULDER PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar overhead.
 • Lower the bar back to the starting position.



SEATED CHEST FLY
 • Seated on the machine, grasp the bar with both hands.
 • Fly the bar out to the sides.
 • Lower the bar back to the starting position.



SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar forward.
 • Lower the bar back to the starting position.



SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar forward.
 • Lower the bar back to the starting position.



STANDING SHOULDER PRESS
 • Standing on the machine, grasp the bar with both hands.
 • Press the bar overhead.
 • Lower the bar back to the starting position.



SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar forward.
 • Lower the bar back to the starting position.



SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar forward.
 • Lower the bar back to the starting position.



STANDING SHOULDER PRESS
 • Standing on the machine, grasp the bar with both hands.
 • Press the bar overhead.
 • Lower the bar back to the starting position.



STANDING SHOULDER PRESS
 • Standing on the machine, grasp the bar with both hands.
 • Press the bar overhead.
 • Lower the bar back to the starting position.



SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar forward.
 • Lower the bar back to the starting position.



SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar forward.
 • Lower the bar back to the starting position.



STANDING SHOULDER PRESS
 • Standing on the machine, grasp the bar with both hands.
 • Press the bar overhead.
 • Lower the bar back to the starting position.

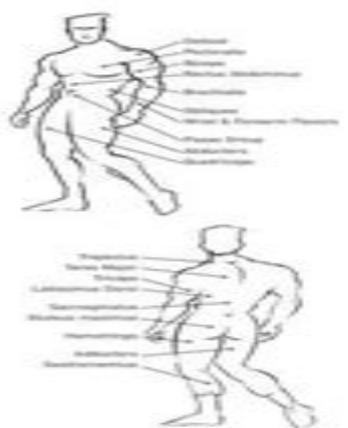


SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar forward.
 • Lower the bar back to the starting position.



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SETTING UP THE MACHINE
 • Before using the machine, make sure the weight is set to zero.
 • Adjust the seat and backrest to the desired position.
 • Select the desired exercise and weight.

EXERCISES
 • Standing Lat Pull Down
 • Seated Lat Pull Down
 • Standing Overhead Press
 • Seated Overhead Press
 • Seated Chest Press
 • Seated Shoulder Press
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