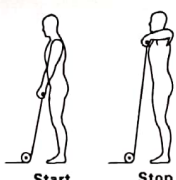


SHOULDERS

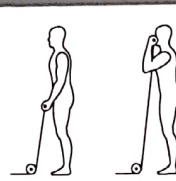
Upright Row



Start Stop

ARMS

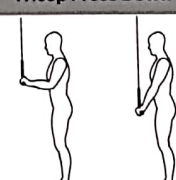
Bicep Curl



Start Stop

ARMS

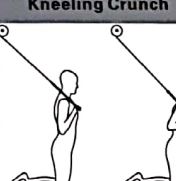
Tricep Press Down



Start Stop

CORE


Kneeling Crunch



Start Stop

CORE

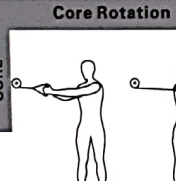
Dead Lift



Start Stop

CORE

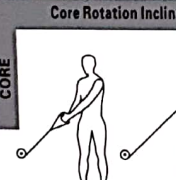
Core Rotation



Start Stop

CORE

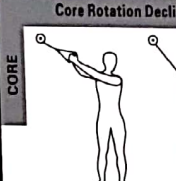
Core Rotation Incline



Start Stop

CORE


Core Rotation Decline



Start Stop

LOWER BODY

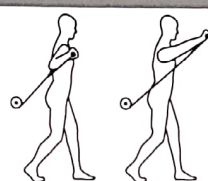
Squat



Start Stop

CHEST

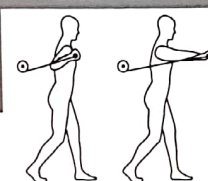
Incline Press



Start Stop

CHEST

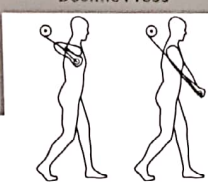
Chest Press



Start Stop

CHEST

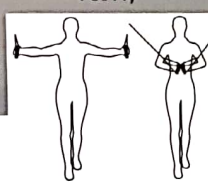
Decline Press



Start Stop

CHEST

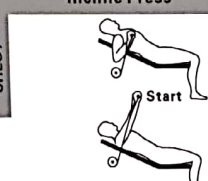
Pec Fly



Start Stop

CHEST

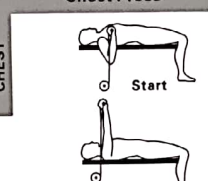
Incline Press



Start Stop

CHEST

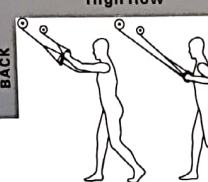
Chest Press



Start Stop

BACK

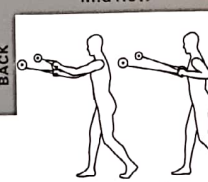
High Row



Start Stop

BACK

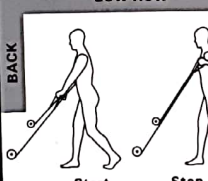
Mid Row



Start Stop

BACK

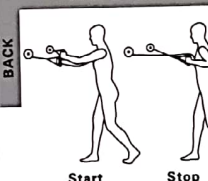
Low Row



Start Stop

BACK

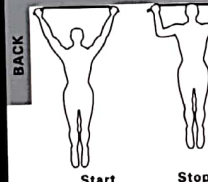
Rear Deltoid



Start Stop

BACK

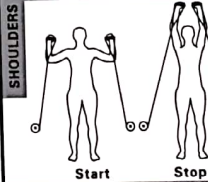
Pull Up



Start Stop

SHOULDERS

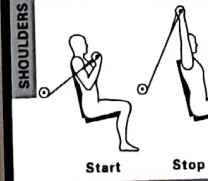
Shoulder Press



Start Stop

SHOULDERS

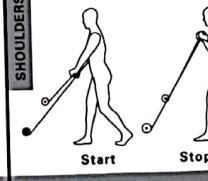
Seated Shoulder Press



Start Stop

SHOULDERS

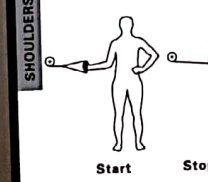
Lateral Raise



Start Stop

SHOULDERS

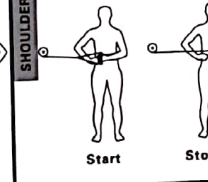
Internal Rotation



Start Stop

SHOULDERS

External Rotation



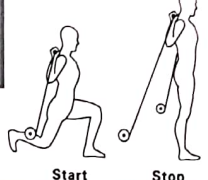
Start Stop

Attention:

1. Read and understand all instructions before using this equipment. Consult a fitness instructor about proper form. Failure to use the equipment properly could result in serious injury.
2. Inspect equipment for loose, worn or frayed parts. If in doubt about a certain part DO NOT use this machine.
3. Keep hands and feet away from moving parts. DO NOT attempt to free any jammed part by yourself.
4. Always consult a physician before starting any exercise program.
5. Stop your workout immediately if you feel faint or dizzy.

LOWER BODY

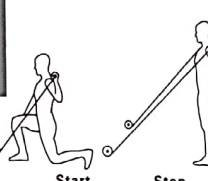
Lunge



Start Stop

LOWER BODY

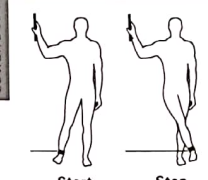
Lunge-Decelerating



Start Stop

LOWER BODY

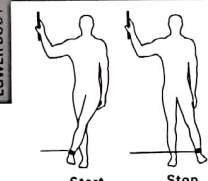
Hip Adduction



Start Stop

LOWER BODY

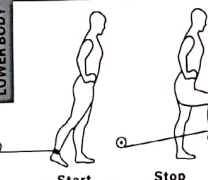
Hip Abduction



Start Stop

LOWER BODY

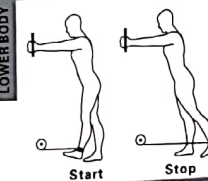
Hip Flexion



Start Stop

LOWER BODY

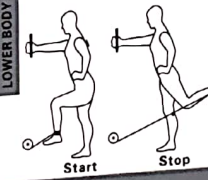
Hip Extension



Start Stop

LOWER BODY

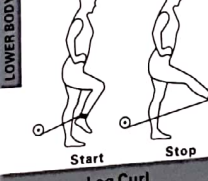
Kick Back



Start Stop

LOWER BODY

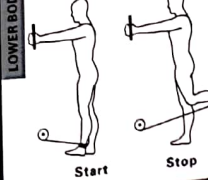
Leg Extension



Start Stop

LOWER BODY

Leg Curl



Start Stop