

Dual Adjustable Pulley

Chest



Incline Press



Chest Press



Decline Press



Fly

Back



High Row



Row



Upright Row



Reverse Fly

Lower Body



Hip Extension



Leg Raise



Hip Adduction



Hip Abduction

Core



Kneeling Crunch



Core Rotation



Incline Rotation



Decline Rotation

Shoulders



Shoulder Press



Lateral Raise



External Rotation



Internal Rotation



Fitness Safety

- Read all warnings posted on the machine.
- Stay clear of weights and moving parts. Keep observers, children and pets at a safe distance.
- Do not allow children to play on equipment.
- Make sure the weight stack selector pin is fully inserted.
- Inspect machine for worn or loose components prior to use. Pay close attention to cables and their connections. Immediately notify facility manager of any worn parts before use.
- Do not wear loose clothing or jewelry while using this equipment.
- Do not attempt to lift more weight than you can comfortably handle.
- Consult a physician before starting your exercise program. If you feel faint, dizzy or experience pain, stop immediately and talk to you doctor.
- Contact a personal trainer for more advanced exercise options.