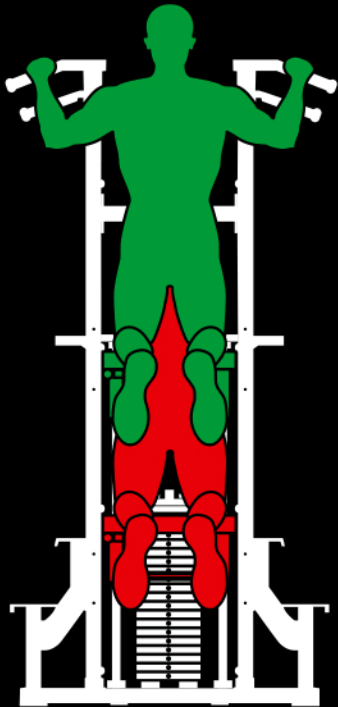




CT CHIN/DIP ASSIST

LINE



**ASSISTED
CHIN-UP/PULL-UP**



**ASSISTED
DIP**

WARNING

**ONLY ENTER OR LEAVE THIS MACHINE FROM THE START POSITION
WITH THE PAD AT ITS HIGHEST POSITION**

1. Pin the desired weight assistance before using this machine.
2. Grasp the desired grip for chin-up or dip exercise.
3. Support yourself with the handles as you kneel on the pad.
4. Perform the exercise in a controlled manner.
5. Support yourself with the handles as you exit the machine.
6. Fold the pad up to exercise unassisted.

**Consult a physician and an exercise professional
before starting any exercise program.**