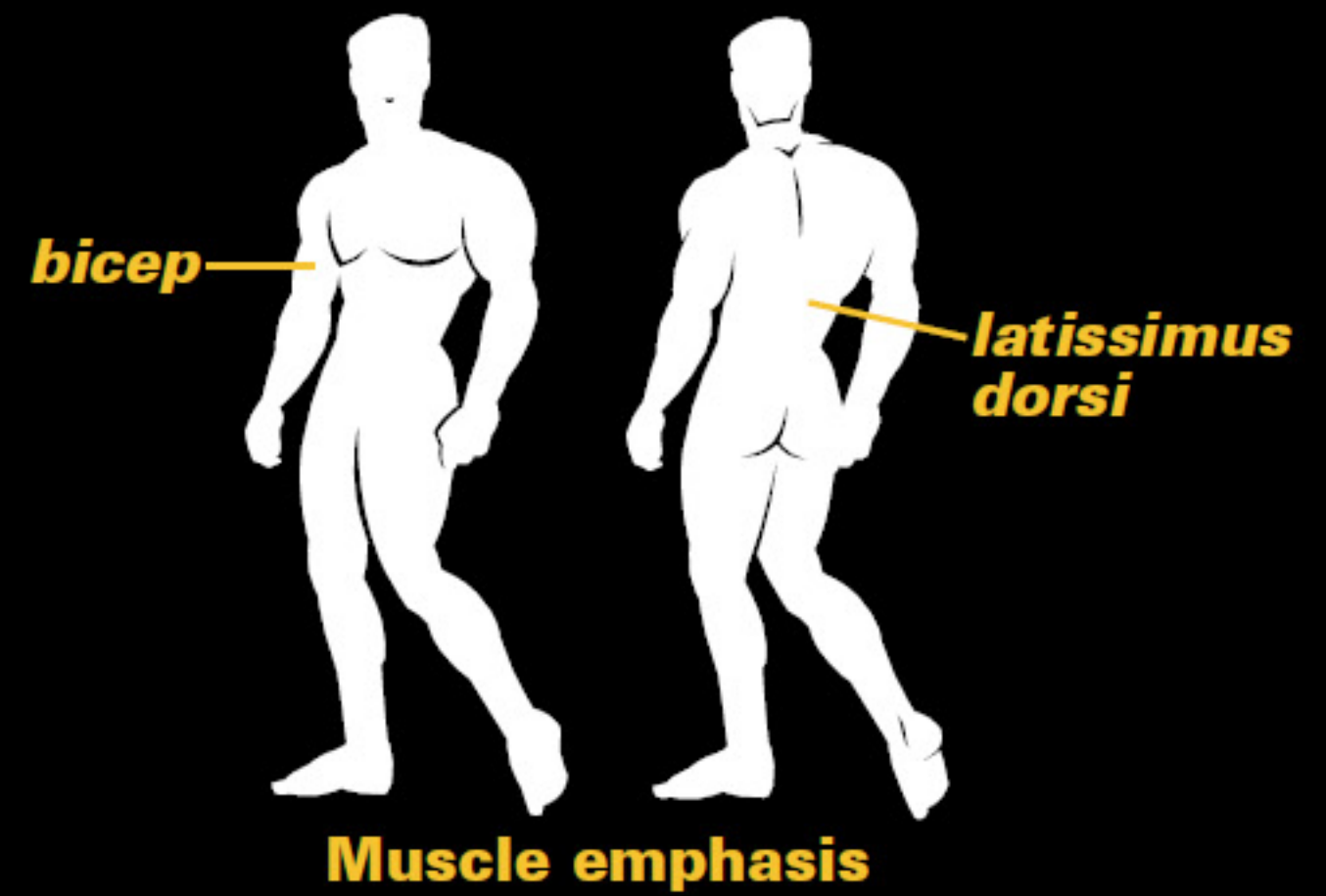


Arms & Back (latissimus dorsi)

LAT PULL



1. Select desired weight.
2. Adjust seat pad to the desired position.
3. Grasp the lat pull handles.
4. Secure your body by positioning your knees within the thigh hold down pads.
5. Exhale while pulling the lat pull handles towards your upper chest.
6. Inhale while returning to the start position in a slow and controlled manner.



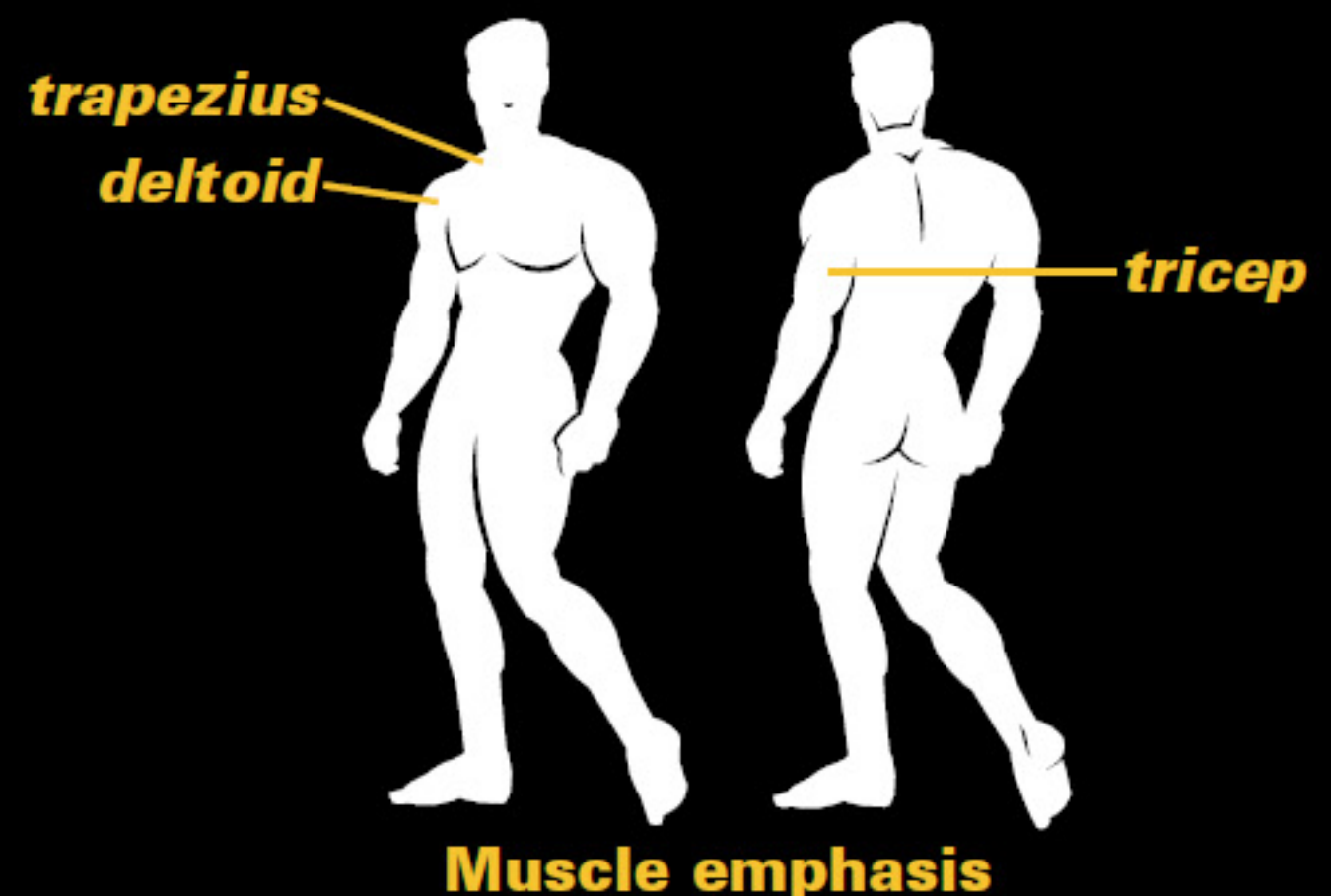
Always consult a physician or exercise professional before starting this or any exercise program

Arms & Shoulders (deltoids)

SHOULDER PRESS



1. Select desired weight.
2. Adjust seat so the press handles are at shoulder level.
3. Exhale while pushing the press handles overhead to a full extension.
4. Inhale while returning to the start position in a slow and controlled manner.



Always consult a physician or exercise professional before starting this or any exercise program