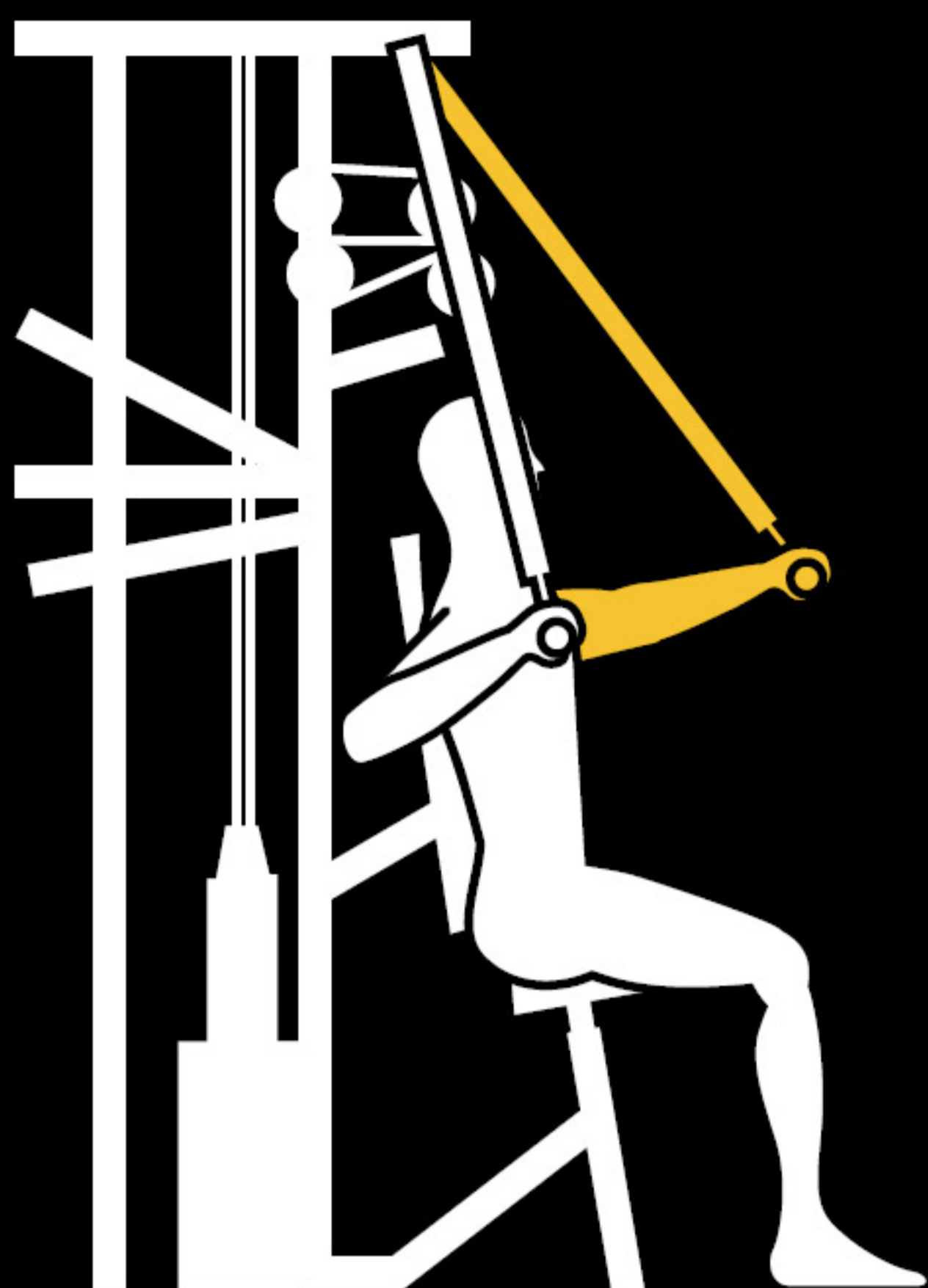
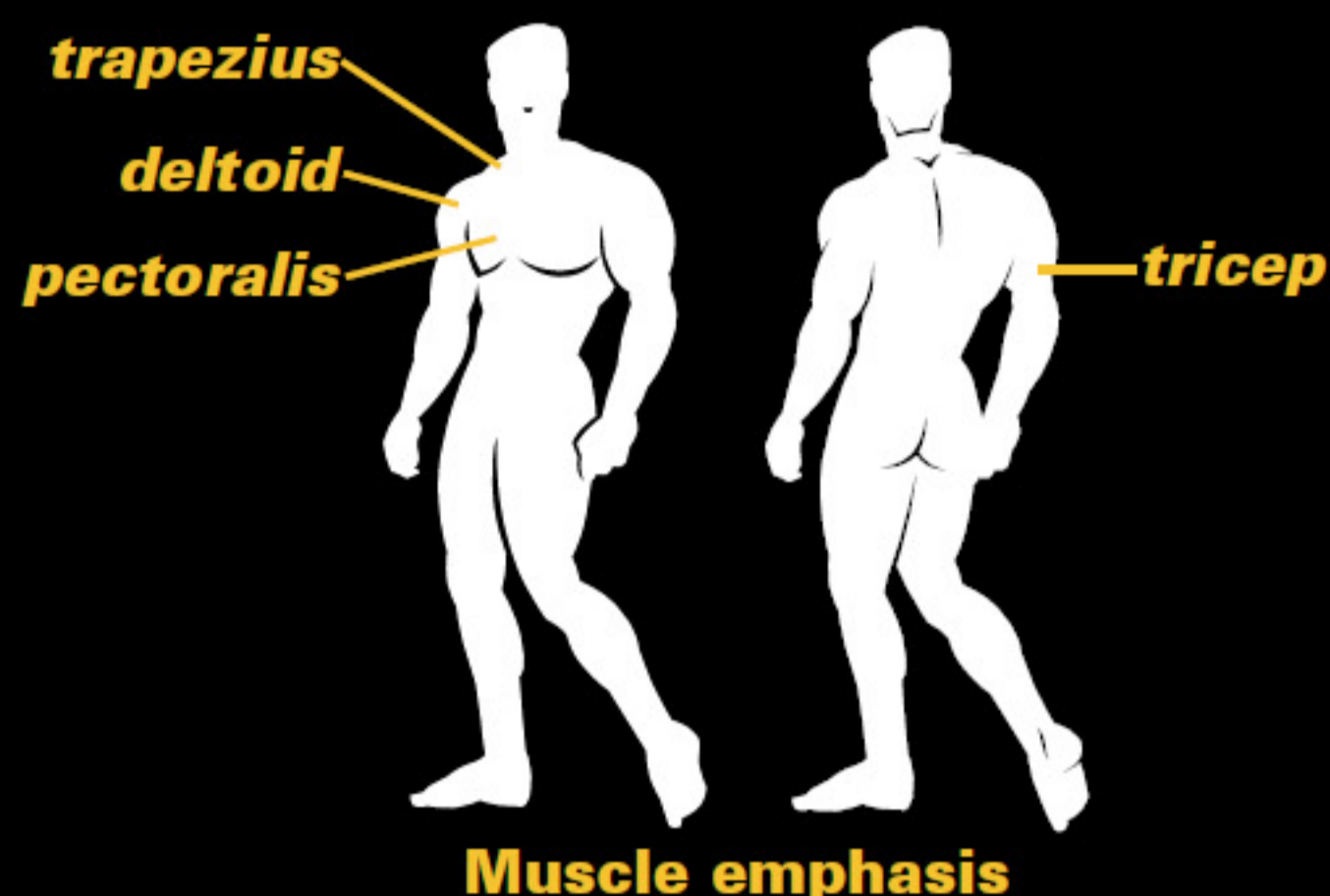


Chest, Shoulders & Triceps

STRAIGHT PRESS



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



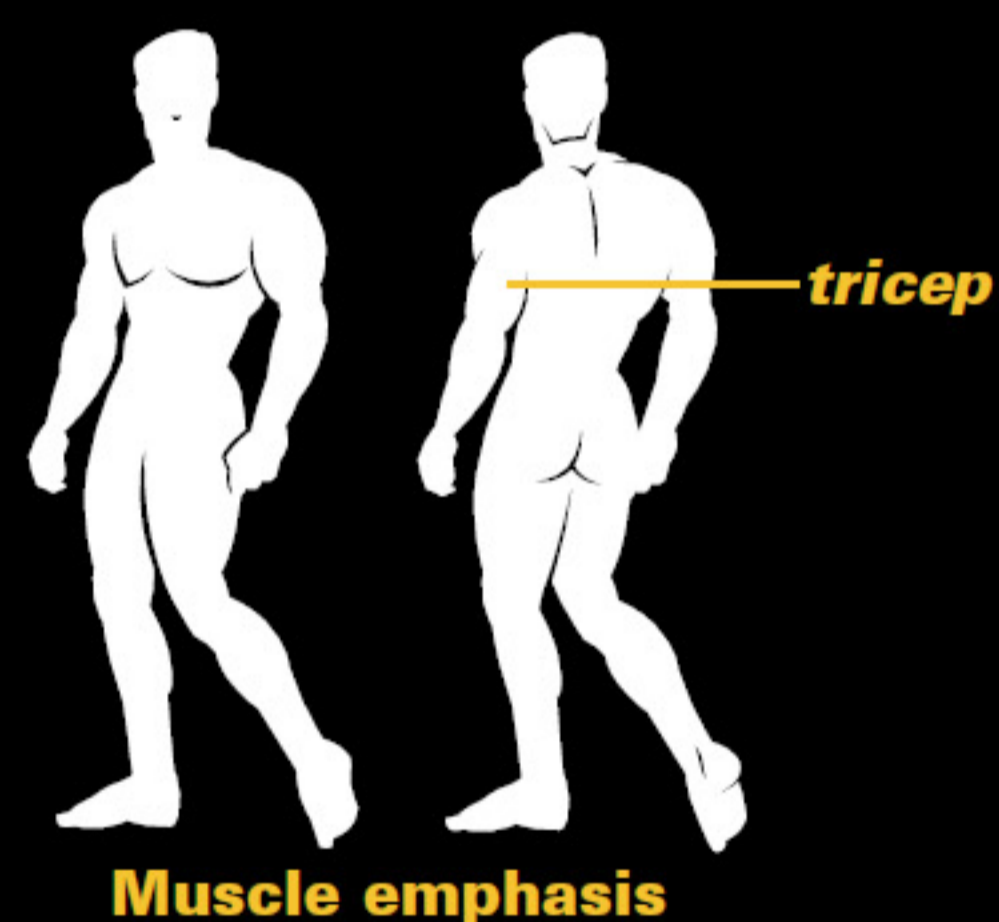
Always consult a physician or exercise professional before starting this or any exercise program

Back of Arms (triceps)

TRICEP EXTENSION



1. Select desired weight.
2. Adjust seat height to the desired position.
3. While in the seated position reach back and grasp the tricep strap, positioning it behind your head.
4. With your lower back firmly against the back pad, exhale while pushing the strap over your head and away from your body to a full extension.
5. Inhale while returning to the start position in a slow and controlled manner.



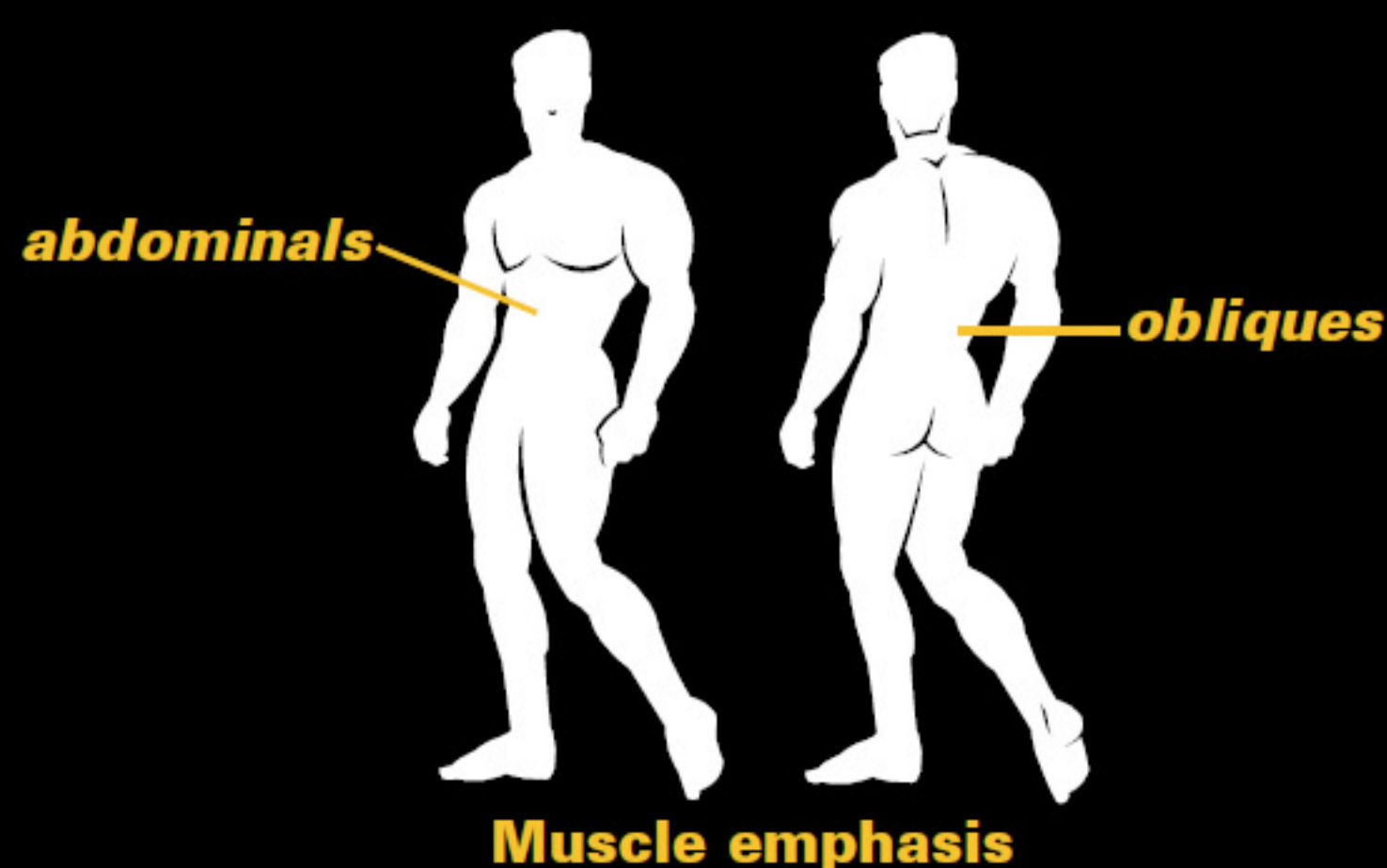
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Mid Section (abdominals)

ABDOMINAL CRUNCH



1. Select desired weight.
2. Adjust seat height to the desired position.
3. While in the seated position reach back and grasp the strap, positioning it behind your neck.
4. With your lower back firmly against the back pad, exhale while driving your elbows downward towards your hips.
5. Inhale while returning to the start position in a slow and controlled manner.



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