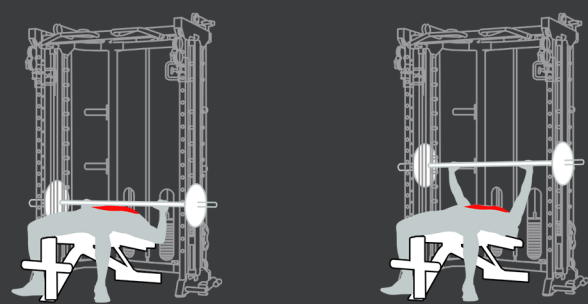


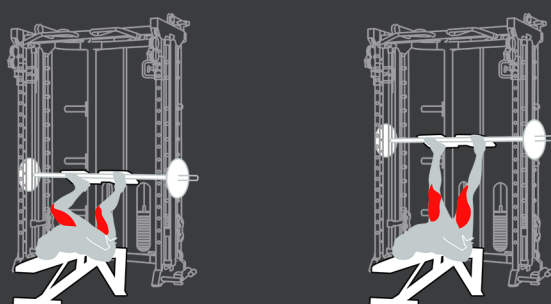
WARNING

- 1.All warnings and instructions should be read and proper instruction obtained prior to use. Use this equipment correctly.
- 2.Use this equipment for its intended purpose ONLY. DO NOT attempt to make any mechanical modifications to this equipment.
- 3.Obtain a medical advice before beginning an exercise program.
- 4.Keep body, hair, and clothing free and clear of all moving parts.
- 5.Inspect the machine before use. DO NOT use machine if it appears damaged or its cables appears broken or worn out.
- 6.Inform mechanical or administration staff if equipment broken or equipment is not able to use.
- 7.NEVER incrementally increase the weight resistance. Only use the means provided directly from the manufacturer.
- 8.Keep children under away from this strength training equipment. Teenagers must be supervised at all times while using this equipment.

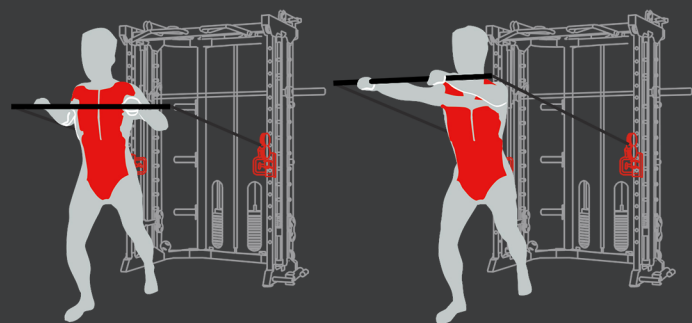
DECLINE PRESS



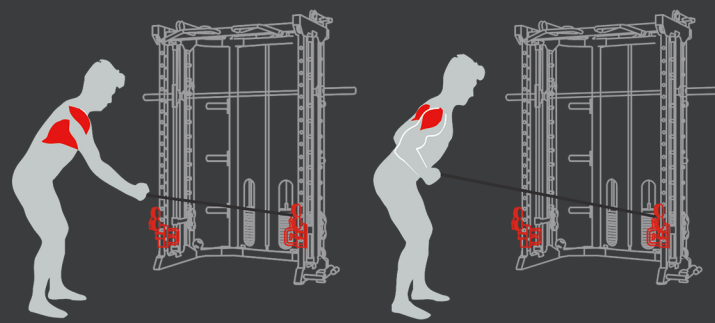
KICK BACKWARD



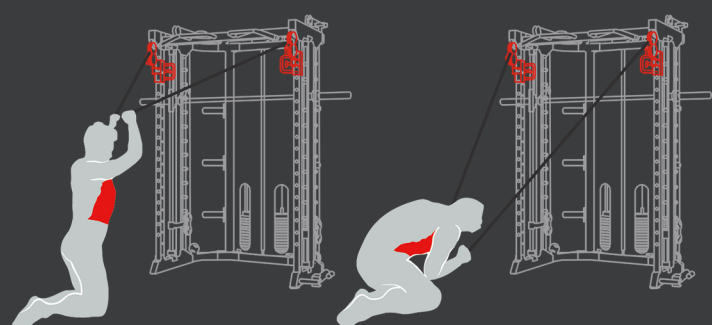
CROSS BAR PUSH CHEST



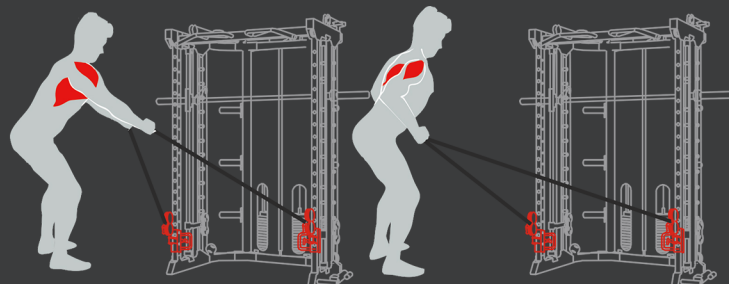
SINGLE ARM ROPE ROWING



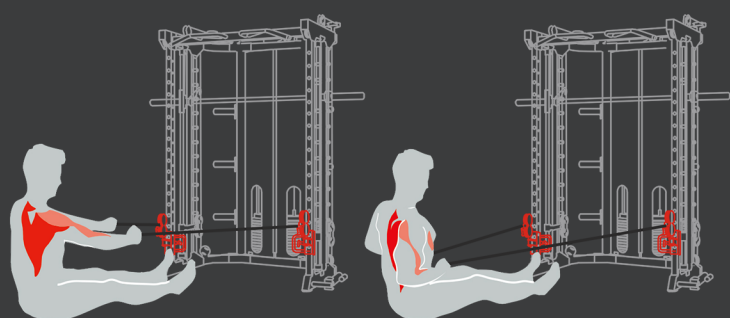
ROPE WEB



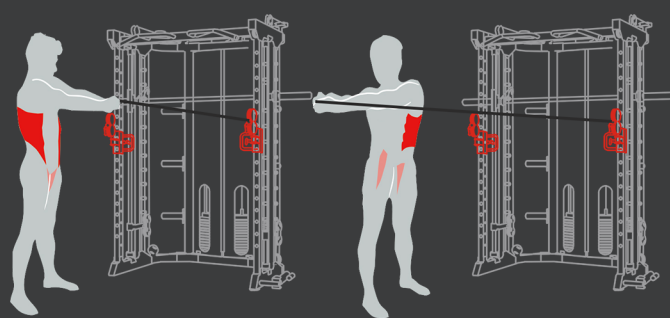
ROPE ROWING



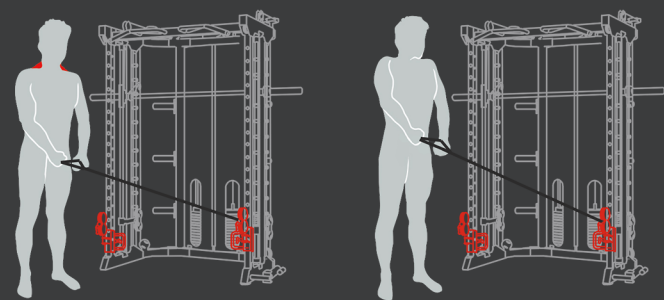
SIT AND PULL BACK



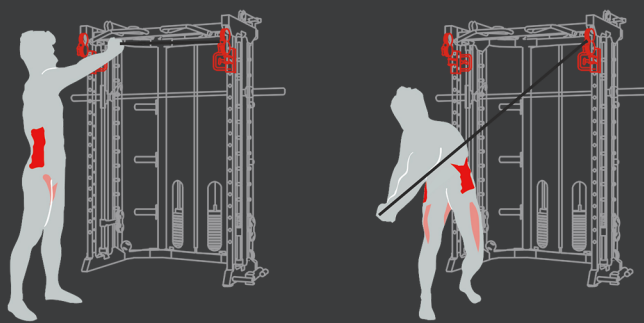
STANDING FORWARD ROLL



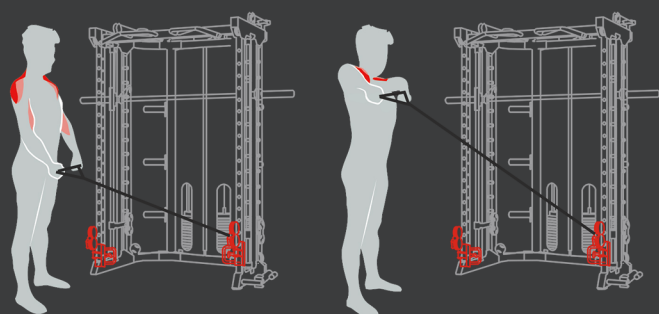
ROPE SHRUGS



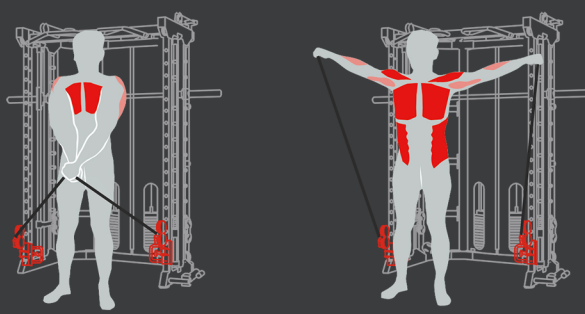
ROPE LOGGING



ROPE BENDING



ROPE SIDE LIFTING



550mm 250mm