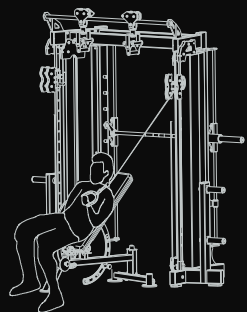
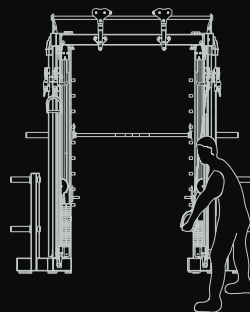


# WARNING

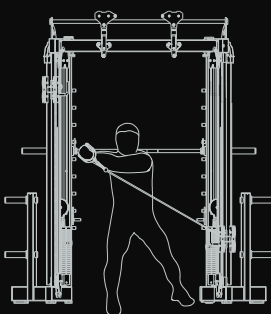
- 1.All warnings and instructions should be read and proper instruction obtained prior to use. Use this equipment correctly.
- 2.Use this equipment for its intended purpose ONLY. DO NOT attempt to make any mechanical modifications to this equipment.
- 3.Obtain a medical advice before beginning an exercise 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.



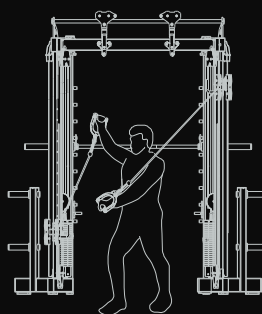
ABDOMINAL CRUNCH



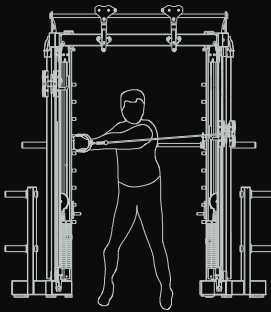
PERSON WOOD CHOP



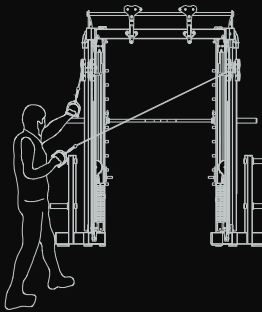
WOOD CHOP HIGH TO HIGH



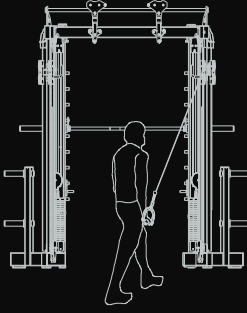
INCLINE-DECLINE PRESS



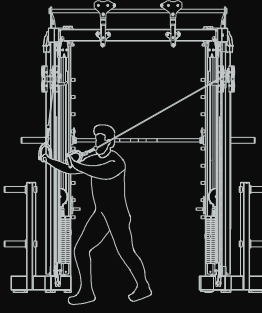
TWIST



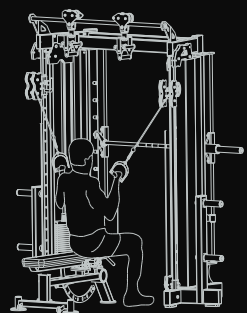
ROW



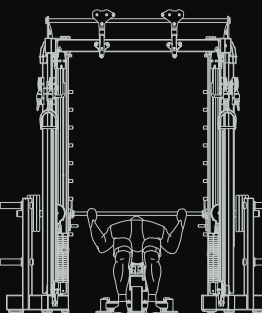
SINGLE ARM TRICEP



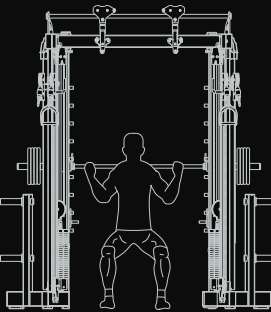
CHEST PRESS



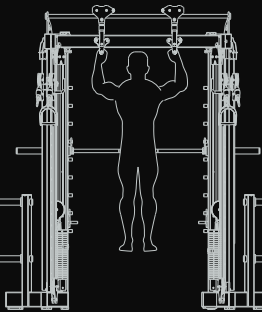
LAT PULL



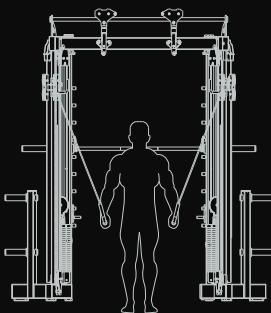
SMITH BENCH PRESS



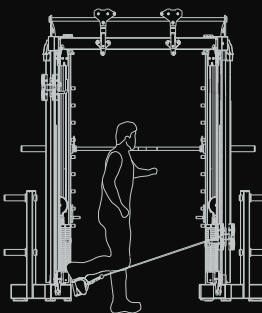
SMITH SQUAT



PULL UP



CHEST MUSCLE



HAMSTRING

550mm 260mm