

Cable Motion Dual Adjustable Pulley

Shoulders	Back	Chest	Lower Body	Core	Alternate
					
Shoulder Press	High Row	Incline Press	Squat	Kneeling Crunch	Seated Chest Press
					
Lateral Raise	Row	Chest Press	Hip Adduction	Romanian Dead Lift	Lunge with Bar
					
External Rotation	Low Row	Decline Press	Hip Abduction	Core Rotation	Squat with Bar
					
	Rear Deltoid	Fly	Hip Flexion	Incline Rotation	Shoulder Press



Fitness Safety

- Read all warnings posted on the machine.
- Stay clear of weights and moving parts. Keep observers, children and pets at a safe distance.
- Do not allow children to play on equipment.
- Make sure the weight stack selector pin is fully inserted.
- Inspect machine for worn or loose components prior to use. Pay close attention to cables and their connections. Immediately notify facility manager of any worn parts before use.
- Do not wear loose clothing or jewelry while using this equipment.
- Do not attempt to lift more weight than you can comfortably handle.
- Consult a physician before starting your exercise program. If you feel faint, dizzy or experience pain, stop immediately and talk to you doctor.
- Contact a personal trainer for more advanced exercise options.



Decline Rotation



Golf Swing