

Cable Motion Dual Adjustable Pulley

Chest



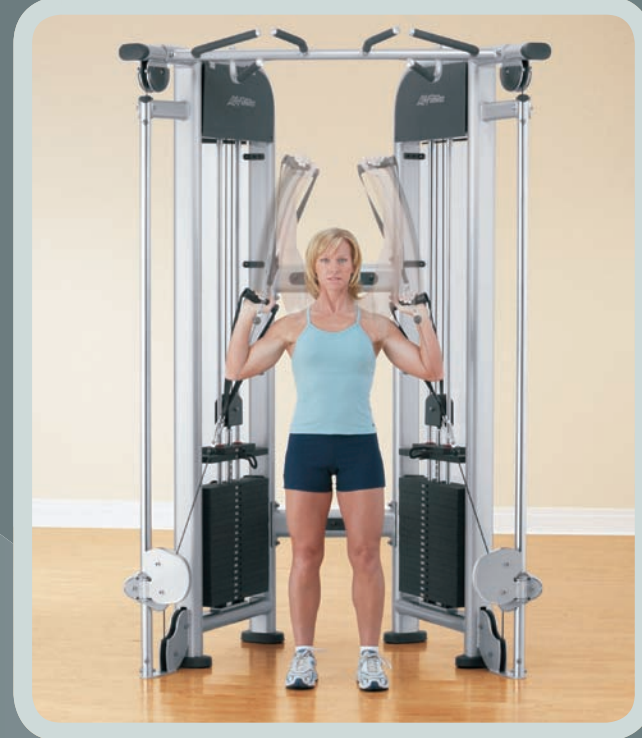
Incline Press

Back



High Row

Shoulders



Shoulder Press

Core



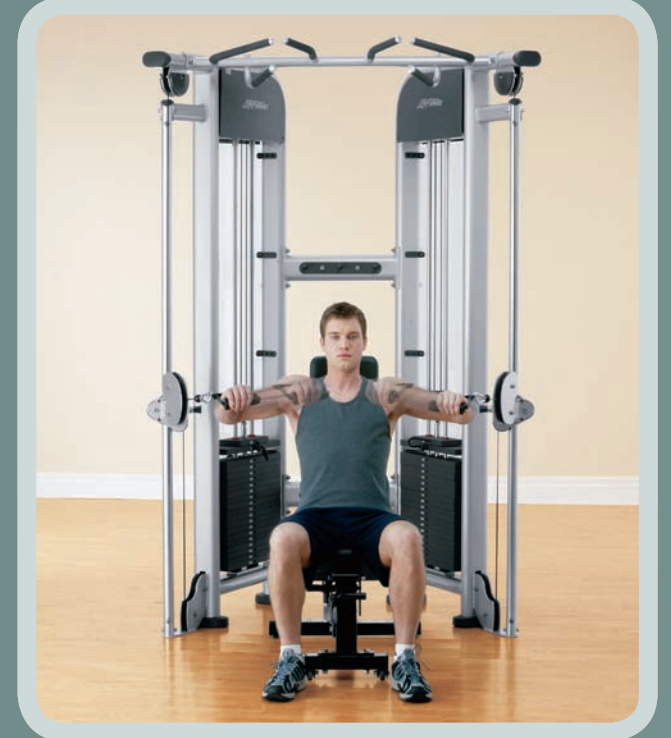
Kneeling Crunch

Lower Body



Squat

Alternate



Seated Chest Press



Chest Press



Row



Lateral Raise



Romanian Dead Lift



Hip Abduction



Lunge With Bar



Decline Press



Low Row



Internal Rotation



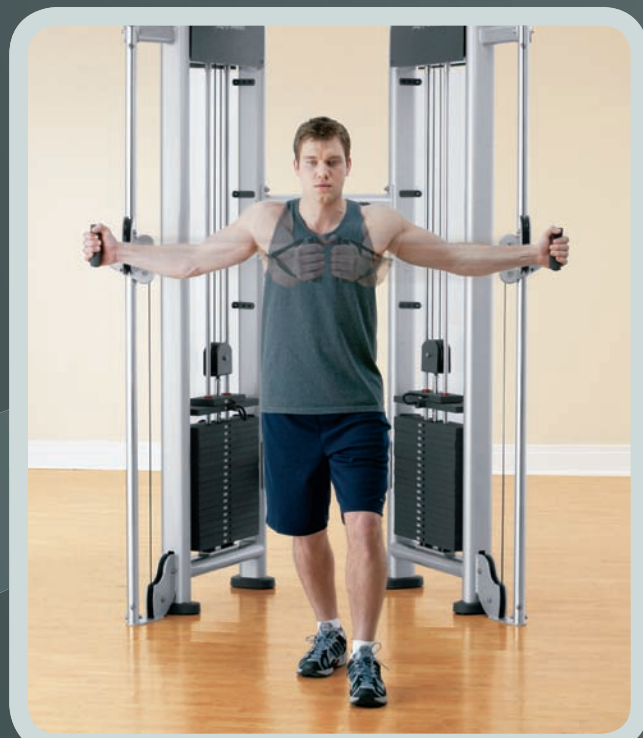
Core Rotation



Hip Abduction



Squat With Bar



Fly



Rear Deltoid



External Rotation



Incline Rotation



Hip Flexion



Shoulder Press



Decline Rotation



Hip Extension



Golf Swing



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.
- Be certain 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, dangling clothing or jewelry while using this equipment.
- Do not attempt to lift more weight than you can comfortably handle.
- Consult a physician prior to commencing your exercise program. If you feel faint, dizzy or experience pain, stop and consult your physician.
- Contact a personal trainer for more advanced exercise options.

If you have any questions on the proper use of the equipment, please call Life Fitness at 1800 689 622.