

Optima Series Dual Adjustable Pulley

Chest



Incline Press



Chest Press



Decline Press



Fly

Back



High Row



Row



Low Row



Rear Deltoid

Shoulders



Shoulder Press



Lateral Raise



Internal Rotation



External Rotation

Core



Kneeling Crunch



Core Rotation



Incline Rotation

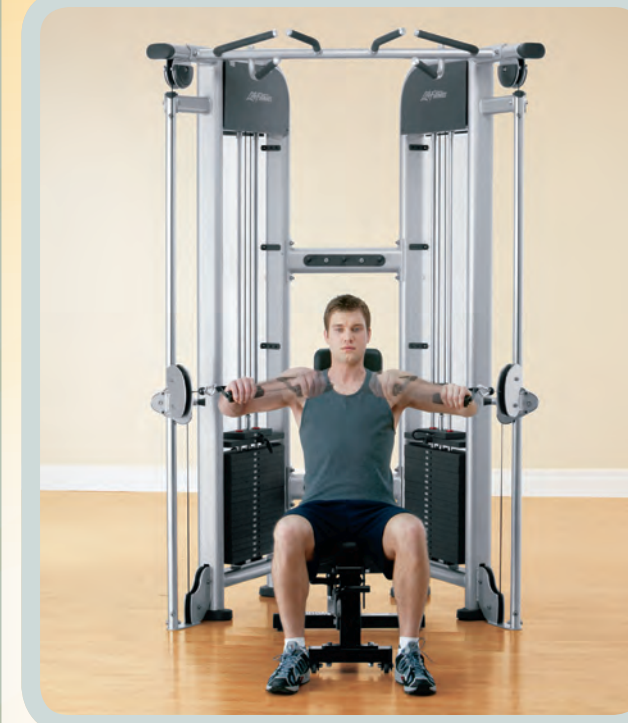


Decline Rotation

Alternate



Squat



Seated Chest Press



Romanian Dead Lift



Shoulder Press



www.lifefitness.com | (+1) 847.288.3300 | 800.634.8637

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 800.634.8637. Outside the US and Canada, call (+1) 847.288.3300.

Optima
SERIES

LFA
LIFE FITNESS ACADEMY

LifeFitness
WHAT WE LIVE FOR