

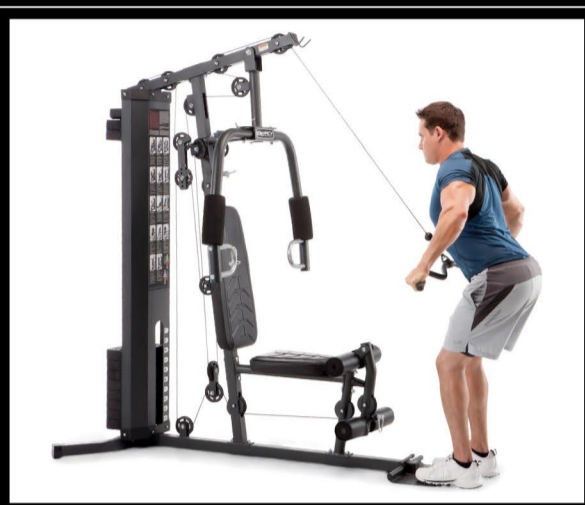
WEIGHT STACK ADJUSTMENT

BEFORE STARTING ANY EXERCISE ROUTINE, IDENTIFY YOUR STARTING WEIGHT FOR EACH MUSCLE GROUP AND MAKE NOTE OF IT. EVERY MUSCLE GROUP WILL REQUIRE A DIFFERENT WEIGHT SELECTION. FOR EXAMPLE, YOU MAY BE ABLE TO CHEST PRESS 100LBS BUT ONLY LEG PRESS 30LBS. MAKE SURE TO ALWAYS INSERT THE PIN ALL THE WAY BEFORE STARTING A REP.

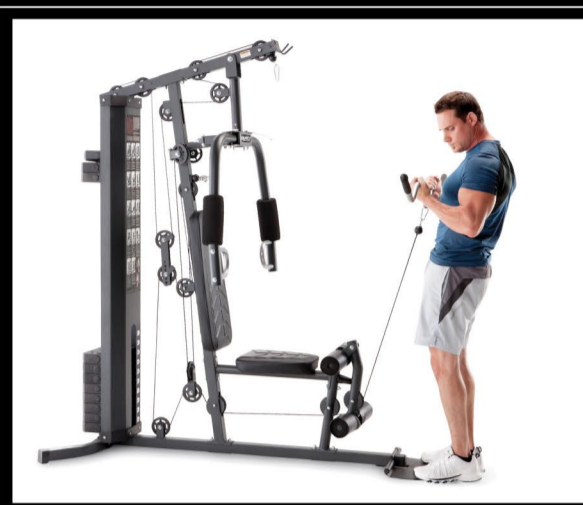
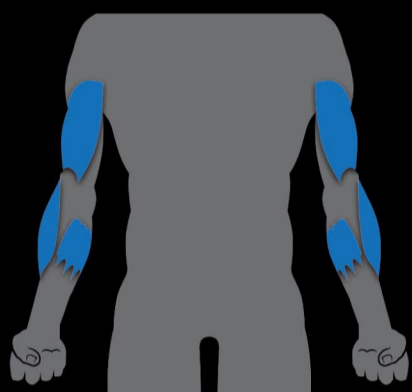


SAFETY FIRST

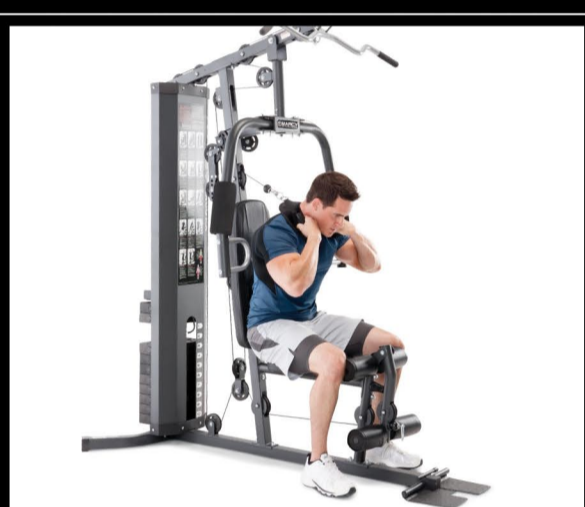
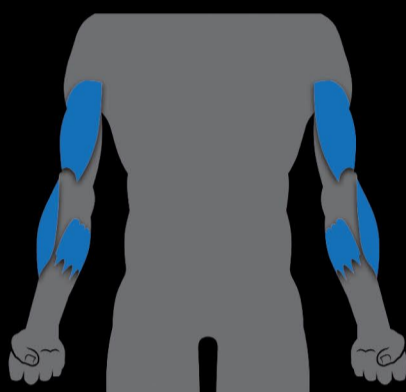
THIS MACHINE HAS A HIGH, MID, AND LOW PULLEY TO TARGET EACH MUSCLE GROUP AT DIFFERENT ANGLES. MAKE SURE TO ALWAYS STEP ON THE FOOT PLATE WHEN USING THE PULLEY SYSTEM.



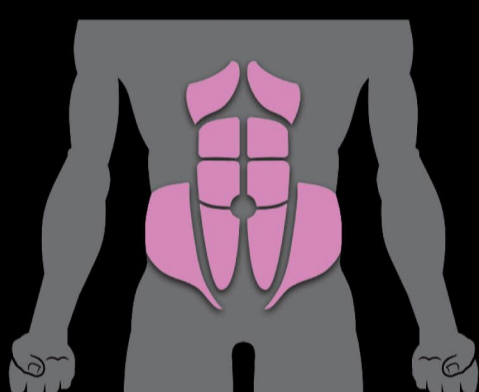
TRICEP PUSH-DOWN MUSCLE EMPHASIS: TRICEPS



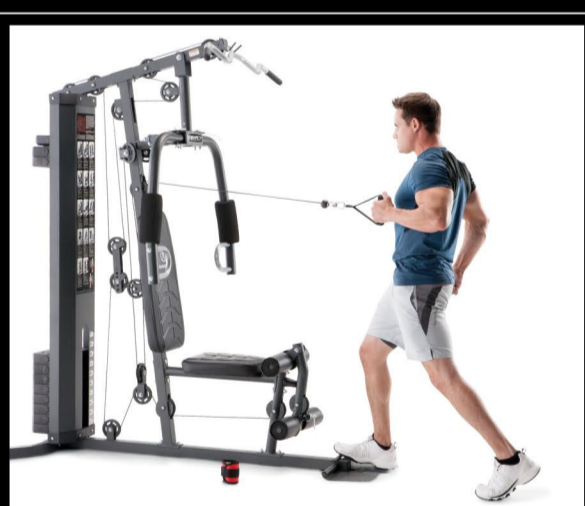
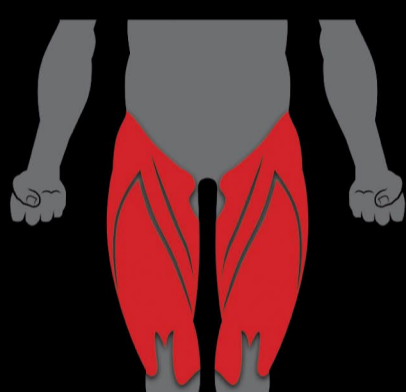
STANDING BICEP CURL MUSCLE EMPHASIS: BICEPS



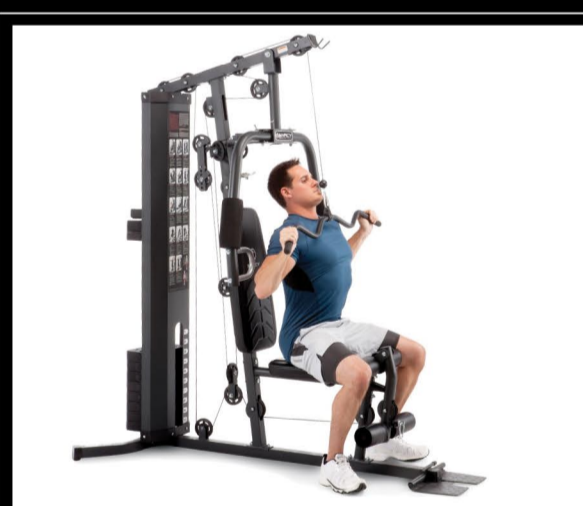
ABDOMINAL CRUNCH MUSCLE EMPHASIS: ABS/CORE



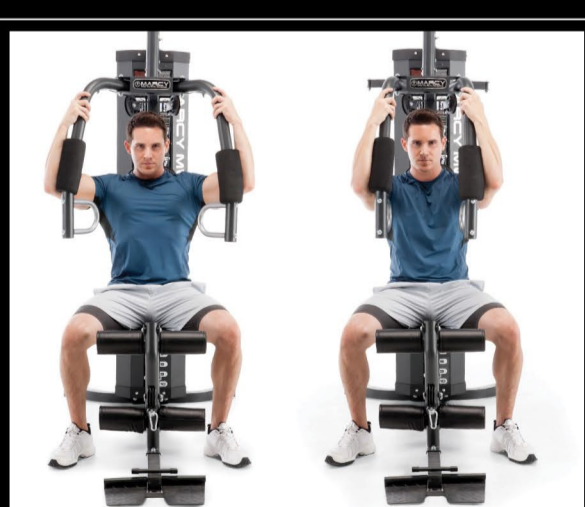
LEG EXTENSION MUSCLE EMPHASIS: QUADRICEPS



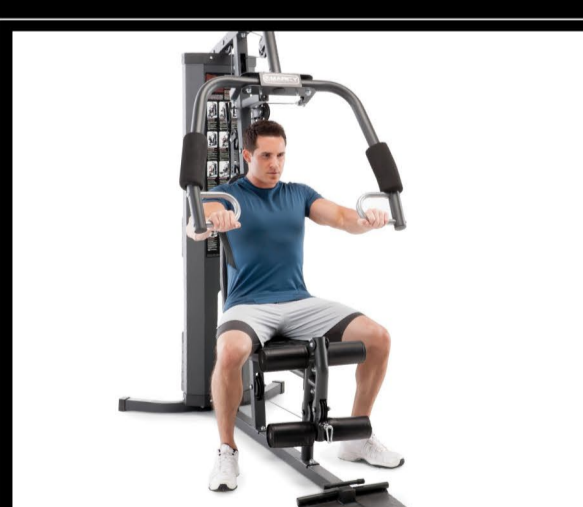
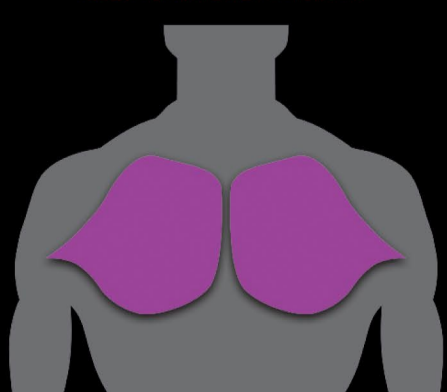
SINGLE ARM CABLE ROW MUSCLE EMPHASIS: LATISSIMUS DORSI



WIDE LAT PULL-DOWN MUSCLE EMPHASIS: LATISSIMUS DORSI



PECTORAL FLY MUSCLE EMPHASIS: PECTORALIS



SEATED CHEST PRESS MUSCLE EMPHASIS: PECTORALIS

