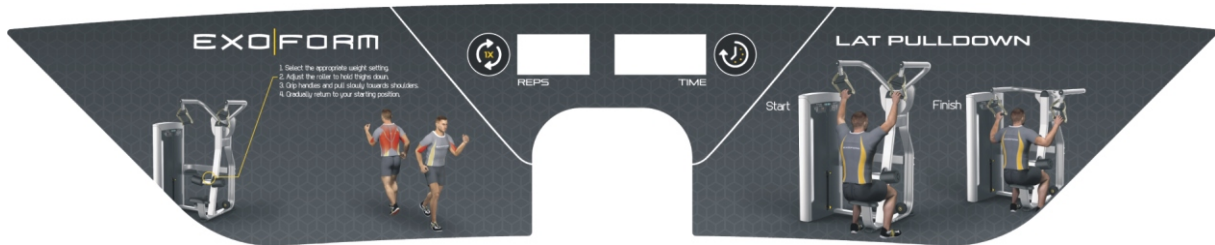


Exercise Instructions



1. Select the appropriate weight setting.
2. Adjust the roller to hold thighs down.
3. Grip handles and pull slowly towards shoulders.
4. Gradually return to your starting position.



Start



Finish

