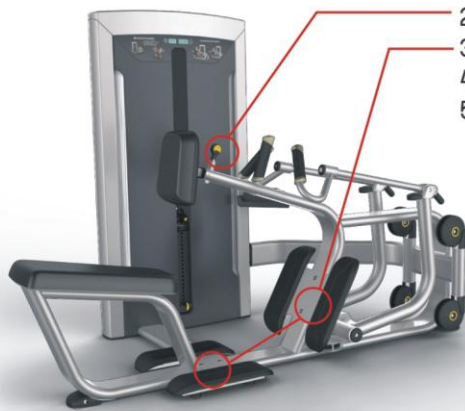
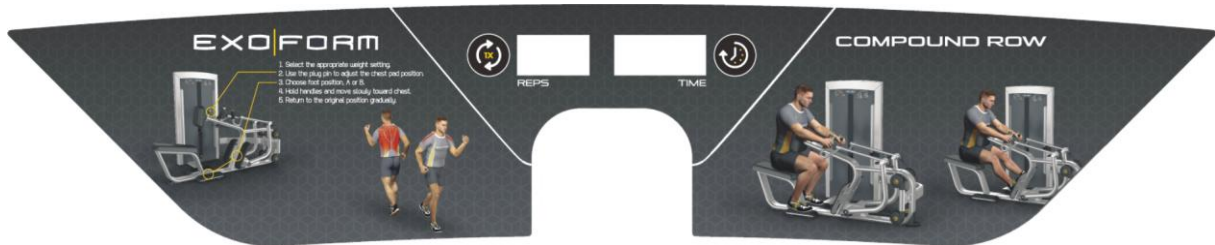


Exercise Instructions



1. Select the appropriate weight setting.
2. Use the plug pin to adjust the chest pad position.
3. Choose foot position, A or B.
4. Hold handles and move slowly toward chest.
5. Return to the original position gradually.



Start



Finish

