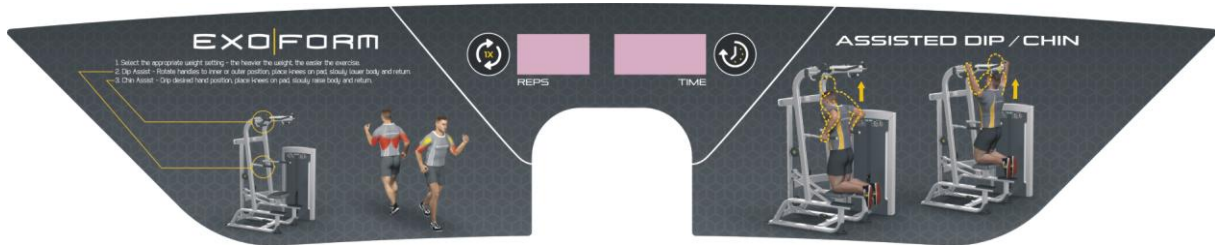


Exercise Instructions



1. Select the appropriate weight setting - the heavier the weight, the easier the exercise.
2. Dip Assist - Rotate handles to inner or outer position, place knees on pad, slowly lower body and return.
3. Chin Assist - Grip desired hand position, place knees on pad, slowly raise body and return.

