

FUNCTIONS



Front Press



Back Press



Bench Press



Incline Bench Press



Seated Cable Row



T-Bar Row



Barbell Row



Barbell Twist



Standing Chest Press



Squats



T-Bar Twist



Pull Down



Decline Pectoral Fly



Flat Pectoral Fly



Incline Pectoral Fly



Incline Pectoral Fly
Back Torque Line



Standing Biceps Curl



Triceps Push Down



Tricep Dips

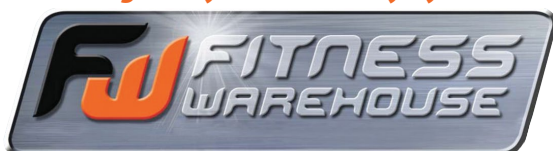


Pull up

BENCH NOT INCLUDED

**May differ from actual product*

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