


Exercise

Intended Use

The intended commercial use of this machine is to aid exercise and improve general physical fitness.

Instructions

 Read and understand all instructions and warnings prior to using this machine in the Safety section of the Owner's Manual.

All adjustment points on the machine have yellow handles or knobs.

Lat Pull -


1. Adjust arm assembly to the vertical position.
2. Adjust thigh pad for stabilization during exercise.
3. Grasp handles and sit with with thighs under pad.

Row -



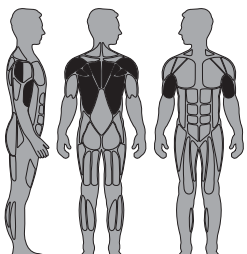




1. Adjust arm assembly to the horizontal position.
2. Grasp handles and sit with thighs under pad and feet on foot rest.

Lat Pull -

1. Pull handles down until elbows are by sides and hands are approximately level with shoulders.
2. **Row** - Pull handles back to chest.

 **CAUTION:** *Serious injury can result if precautions are not followed. Use equipment only as described in placards located on each machine. Failure to use in the manner depicted can result in injury.*

LAT/ROW

		<p>START/FINISH LAT PULL</p>	
		<p>START/FINISH ROW</p>	<p>Motions Developed Shoulder Flexion, Elbow Extension</p> <p>Muscles Used</p> <ul style="list-style-type: none">  Latissimus Dorsi, Teres Major, Biceps, Lower Trapezius, Middle Trapezius,  Rear Deltoid, Rhomboid