

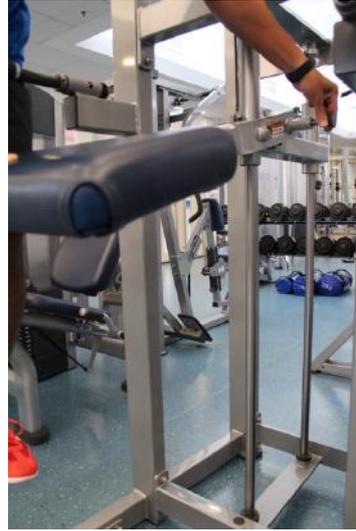


## Muscle Group: Lats

### Machine Exercise: Assisted Pull Up



Pull out the handle for adjustment of the weight.



Pull out the handle to adjust the height of the knee pad.



Reach for the upper handles and place your knees on the pad.



Pull your whole body up while keeping a straight body posture.



## Muscle Group: Upper Back

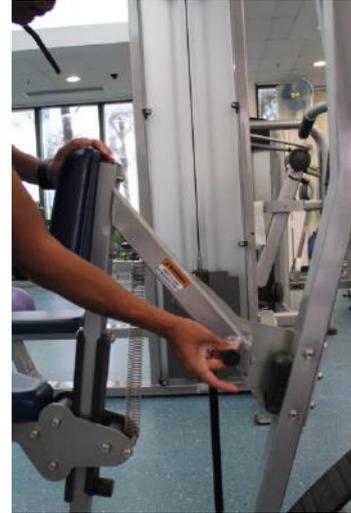
### Machine Exercise: Seated Row



Pull out the handle for adjustment of the weight.



Pull the handle up to adjust the seat. Move the seat so that the handles are aligned with the shoulders.



Pull the handle to adjust the chest pad. Move the pad forward or backward so that your arms can just reach the handles.



Hold the handles with both arms. Keep the back straight with both feet on the ground.



Pull the handles backwards by bending the arms and pulling your shoulder blades together.



## Muscle Group: Back

### Machine Exercise: Reverse flye



Pull out the handle for adjustment of the weight.



Pull the handle up to adjust the position of the handles.



Pull the handle up to adjust the seat so arms are horizontal



Sit up straight and stretch the arm out to hold the handles.



Move your hands towards the back and side while using your back muscles.

## Muscle Group: Back, Lats

### Machine Exercise: Lat Pulldown



Pull out the handle for adjustment of the weight.



Pull the handle to adjust the pads. Raise or lower the pads so that it locks your legs.



Hold the handles with straight arms while seated. Keep your back straight while facing forward.



Pull the handle down while bending the arms. Try to align the handles with the shoulders or touch your body with your elbows.

## Muscle Group: Lats

### Machine Exercise: Chin Up



Stand on the machine and reach for the upper handles with both hands.



Step off the machine while holding the handles and hang on both arms.



Pull your whole body up while keeping a straight body posture.