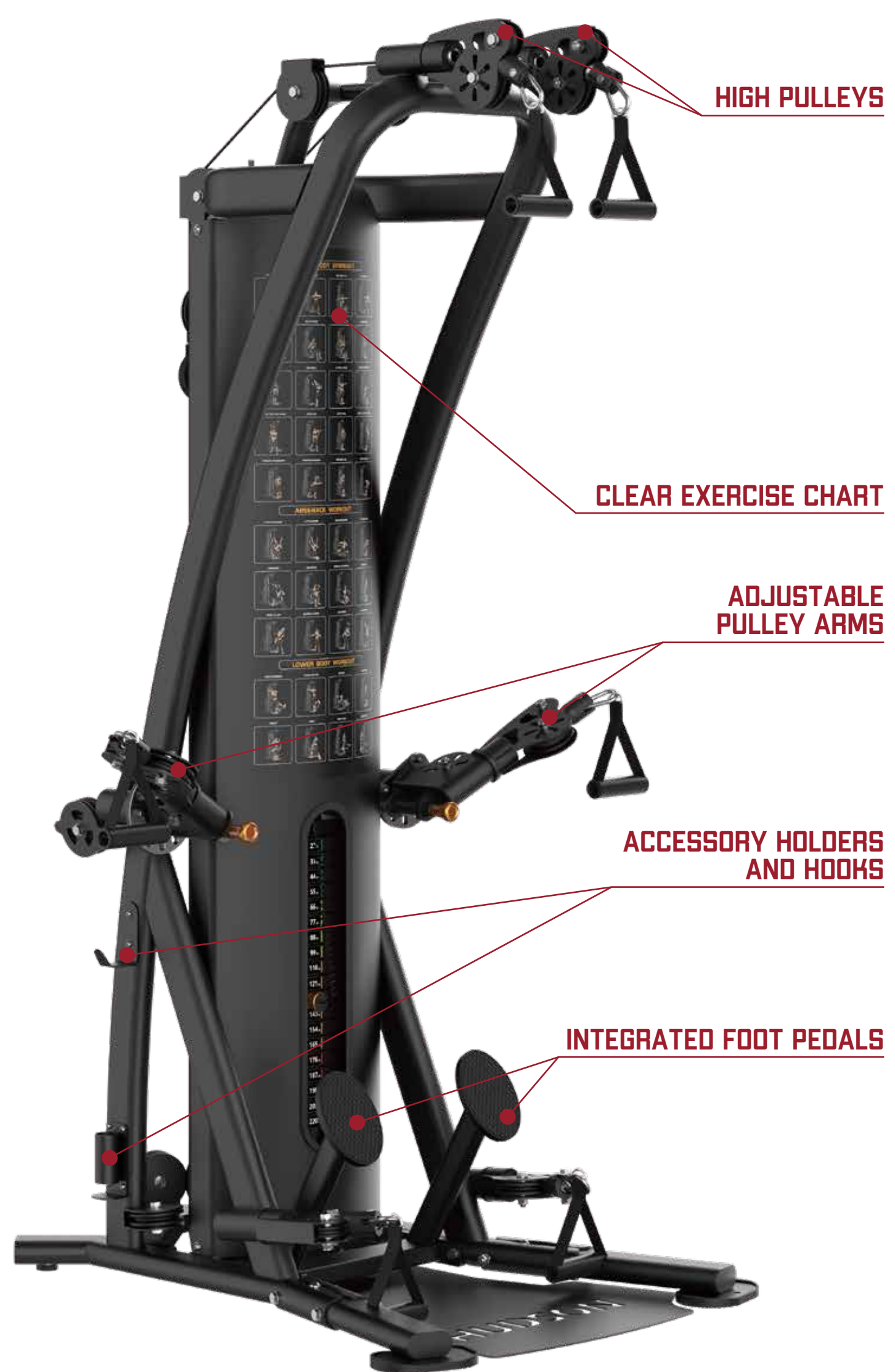


EAST HAMPTON

UPPER BODY WORKOUT

CHEST PRESS 1. Adjust back pad. 2. Grasp both strap handles from low pulley. 3. Exercise. 	CHEST PRESS 1. Grasp both strap handle from low pulley. 2. Exercise. 	PECTORAL FLY 1. Grasp both strap handles from high pulleys. 2. Exercise. 	PECTORAL FLY 1. Adjust back pad. 2. Grasp both strap handles from low pulley. 3. Exercise. 	BENCH PRESS 1. Adjust back pad. 2. Grasp both strap handles from low pulley. 3. Exercise. 	INCLINE PRESS 1. Adjust back pad. 2. Grasp both strap handles from low pulley. 3. Exercise. 
SHOULDER PRESS 1. Adjust back pad. 2. Grasp both strap handles from low pulley. 3. Exercise. 	UPRIGHT ROW 1. Grasp both strap handles from low pulley. 2. Exercise. 	SHRUG 1. Grasp both strap handle from low pulley. 2. Exercise. 	REAR DELT 1. Grasp both strap handle from high pulleys. 2. Exercise. 	LATERAL RAISE 1. Grasp both strap handle from low pulley. 2. Exercise. 	SEATED FRONT DELT 1. Adjust back pad. 2. Grasp both strap handles from low pulley. 3. Exercise. 
SPECIAL FEATURES: - Space-saving design requires minimal space. - Open frame design with three sets of pulleys for a total body workout experience. - Exercise variety with unique HG20-MA bench. 180 degrees rotating swivel middle pulleys increase exercise variety. - Clear exercise chart demonstrating exercises with proper form. - Integrated foot pedals. - Accessory holders and hooks. - Standard 105 kgs weight stacks. 		FRONT DELTOID RAISE 1. Grasp both strap handle from low pulley. 2. Exercise. 	OFFER UPS 1. Grasp both strap handles from low pulley. 2. Exercise. 	BICEPS CURL 1. Grasp both strap handles from low pulley. 2. Exercise. 	HIGH PULLEY BICEPS CURL 1. Grasp both strap handles from adjustable pulley arms. 2. Exercise. 
		TRICEPS PUSHDOWN 1. Grasp both strap handles from high pulleys. 2. Exercise. 	TRICEPS EXTENSION 1. Grasp both strap handles from high pulleys. 2. Exercise. 	REVERSE CURL 1. Grasp both strap handles from low pulley. 2. Exercise. 	TRICEP KICKBACK 1. Grasp both strap handles from low pulley. 2. Exercise. 

ABS&BACK WORKOUT

LAT PULLDOWN 1. Adjust back pad. 2. Grasp both strap handles from high pulleys. 3. Exercise. 	LAT PULLDOWN 1. Grasp both strap handles from high pulleys. 2. Exercise. 	SEATED MID ROW 1. Grasp both strap handles from low pulley. 2. Exercise. 	STANDING ROW 1. Grasp both strap handles from low pulley. 2. Exercise. 
HIGH ROW 1. Adjust back pad. 2. Grasp both strap handles from high pulleys. 3. Exercise. 	AB CRUNCH 1. Adjust back pad. 2. Grasp both strap handles from high pulleys. 3. Exercise. 	KNEELING AB CRUNCH 1. Grasp both strap handles from high pulleys. 2. Exercise. 	DEAD LIFT 1. Grasp both strap handles from low pulley. 2. Exercise. 
TWIST & LIFT 1. Grasp strap handles from low pulley. 2. Exercise. 	BASEBALL SWING 1. Grasp strap handles from low pulley. 2. Exercise. 	SIDE BENDS 1. Grasp strap handles from low pulley. 2. Exercise. 	GOLF SWING 1. Grasp both strap handles from high pulleys. 2. Exercise. 

LOWER BODY WORKOUT

LEG EXTENSION 1. Attach ankle/thigh strap around ankle. 2. Grasp main frame for stability. 3. Exercise. 	STAND LEG CURL 1. Attach ankle/thigh strap around ankle. 2. Grasp main frame for stability. 3. Exercise. 	LEG CURL 1. Attach ankle/thigh strap around ankle. 2. Grasp back pad for stability. 3. Exercise. 	CALF RAISE 1. Grasp both strap handles from low pulley. 2. Exercise. 
SQUAT 1. Grasp both strap handles from low pulley. 2. Exercise. 	LUNGE 1. Grasp both strap handles from low pulley. 2. Exercise. 	INNER THIGH 1. Attach ankle/thigh strap around ankle. 2. Exercise. 	OUTER THIGH 1. Attach ankle/thigh strap around ankle. 2. Grasp main frame for stability. 3. Exercise. 