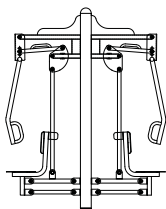




CHEST PRESS

SINGLE 78000045

2-PERSON 78000009



INSTRUCTIONS:

Sit on seat. Grip handles with hands and push straight forward until arms are extended. Hold and slowly return to start position. Do not lock your elbows.

FUNCTION:

Strengthens chest, shoulders, upper and mid abs, forearms, and triceps.

EXERCISE INTENSITY:

Use this equipment only within your own physical capabilities.

NOTICE:

1. Not suitable for people with general health conditions.
2. Do not over exert yourself.
3. Keep fingers, toes, hair or other body parts away from equipment elements during exercise.

