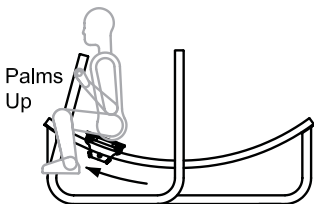




ROLLER FIT 4-IN-ONE EXERCISE MACHINE 78001001



INSTRUCTIONS:

ARM CURL: Sit on seat as shown and grasp the end handle bars with your palms up and begin to pull yourself up towards the handle bars using your biceps. Relax your curl to lower yourself and repeat.

FUNCTION:

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

EXERCISE INTENSITY:

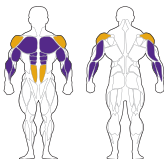
Use this equipment only within your own physical capabilities.

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.

 **TARGET
MUSCLES**

 **SECONDARY
MUSCLES**

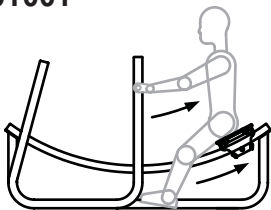


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ROLLER FIT 4-IN-ONE EXERCISE MACHINE 78001001



INSTRUCTIONS:

CHEST PRESS: Sit on the seat as shown with your hands grasping the centre handle bars and begin to push yourself away from the bars and up the track. Relax your arms to lower yourself and repeat. Use your legs to assist if required.

FUNCTION:

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

EXERCISE INTENSITY:

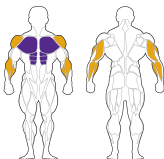
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 **TARGET
MUSCLES**

 **SECONDARY
MUSCLES**

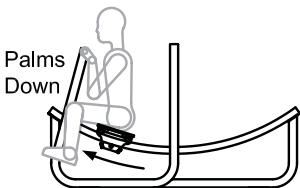


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ROLLER FIT 4-IN-ONE EXERCISE MACHINE 78001001



INSTRUCTIONS:

LAT PULL: Similar to the Arm Curl, but grasp the end handle bars with your palms down. Pull yourself up toward the handle bars. Relax to lower yourself and repeat.

FUNCTION:

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

EXERCISE INTENSITY:

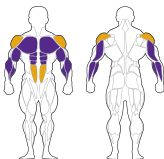
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 **TARGET
MUSCLES**

 **SECONDARY
MUSCLES**

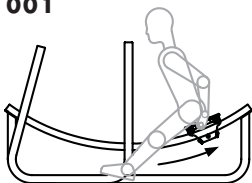


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ROLLER FIT 4-IN-ONE EXERCISE MACHINE 78001001



INSTRUCTIONS:

LEG PRESS: Sit on the seat as shown and firmly hold the handles on the side of the seat. Place the balls of your feet on the centre foot bar and push yourself up the track with your legs. Push until your legs are almost totally straight, but do not lock your knees. Relax your legs to lower yourself and repeat.

FUNCTION:

Strengthens quadriceps, hamstrings, calves, glutes, and abdominals.

EXERCISE INTENSITY:

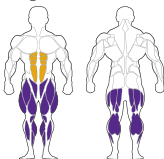
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