































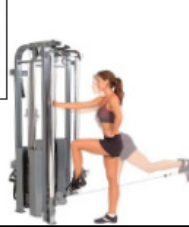




SAMPLE EXERCISE AVAILABLE WITH BASIC FUNCTIONAL TRAINER

Incline Press CHEST 	Chest Press CHEST 	Decline Press CHEST 	Pec Fly CHEST 	Incline Press CHEST 	Chest Press CHEST 
High Row BACK 	Mid Row BACK 	Low Row BACK 	Rear Deltoid BACK 	Pull Up BACK 	Shoulder Press SHOULDERS 
Seated Shoulder Press SHOULDERS 	Lateral Raise SHOULDERS 	Internal Rotation SHOULDERS 	External Rotation SHOULDERS 	Upright Row SHOULDERS 	Bicep Curl ARMS 
Tricep Press Down ARMS 	Kneeling Crunch CORE 	Dead Lift CORE 	Core Rotation CORE 	Core Rotation Incline CORE 	Core Rotation Decline CORE 
Golf Swing CORE 	Squat LOWER BODY 	Lunge LOWER BODY 	Lunge - Decelerating LOWER BODY 	Hip Adduction LOWER BODY 	Hip Abduction LOWER BODY 
Hip Flexion LOWER BODY 	Hip Extension LOWER BODY 	Kick Back LOWER BODY 	Leg Extension LOWER BODY 	Leg Curl LOWER BODY 	<p>WARNING:</p> <ul style="list-style-type: none"> Stay clear of weights and moving parts Keep children, children and pets at a safe distance Do not allow children to play on equipment Be certain that weight stack selector pin is fully inserted Before using your unit or start any exercise program, consult your physician If you feel faint, dizzy or experience pain, stop and consult your physician Do not attempt to lift more weight than you can comfortably handle Do not wear loose, dangling clothing or jewelry while using this unit Contact your personal trainer for more advanced exercise options Always make sure your unit is being used to ensure that all parts are in working order <p><small>Note: Some exercises shown require the user to be performed for each side of the body</small></p>