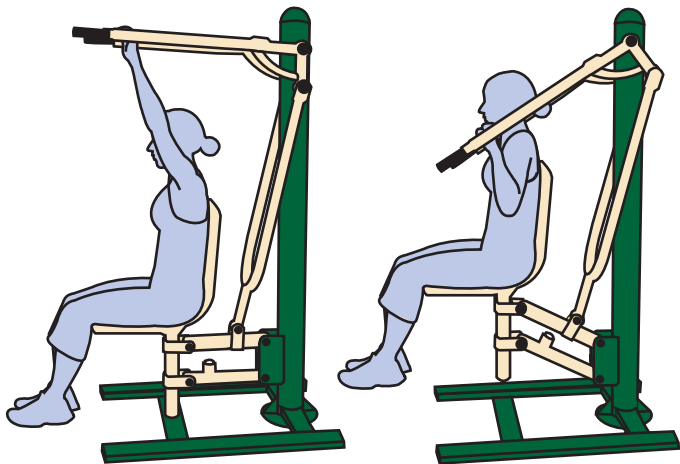


SEATED LAT PULL

Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

The Seated Lat Pull develops strength in your upper back, shoulders, and biceps.

1. Sit on the seat with your back straight and grasp the handles above you.
2. Slowly exhale and focus on your upper back and rear shoulders to pull the handles down.
3. Inhale and slowly return to the start position.
4. Repeat 8-12 times.
5. For variation, try different grip positions, extend your knees, or use one arm at a time.



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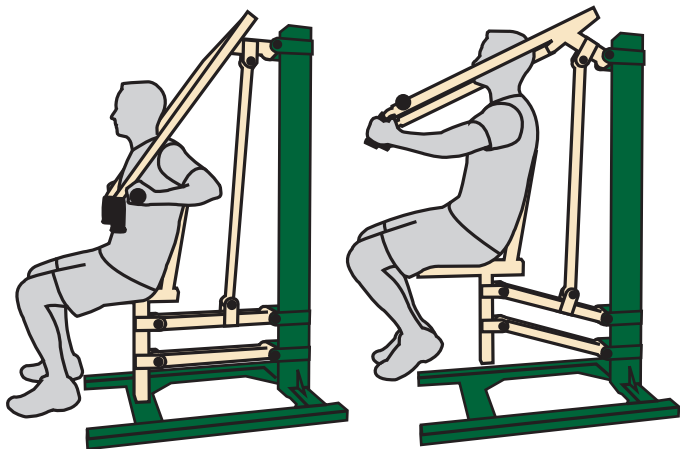
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SEATED CHEST PRESS

Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

The Seated Chest Press develops strength in the chest, front of the shoulders, and triceps.

1. Sit on the seat with your back straight and grasp the handles.
2. Slowly exhale and push out.
3. Inhale and slowly return to the start position.
4. Repeat 8-12 times.
5. For variation, try different grip positions, extend your knees, or use one arm at a time.



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