

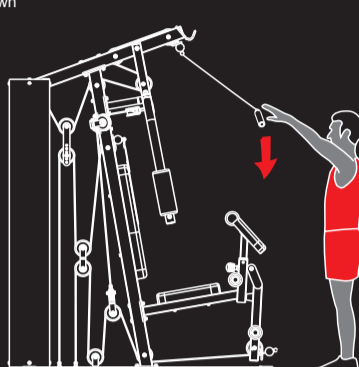
### High pull section movement instruction

Sitting pull down



### High pull section movement instruction

Standing pull down



### Multifunctional push arm movement instruction

Sitting chest press



### Multifunctional push arm movement instruction

Sitting chest clip



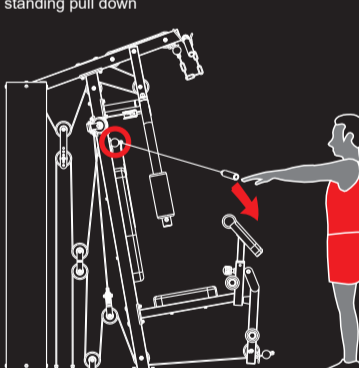
### Abdominal band exercise instruction

Abdominal band sitting pull



### Abdominal band exercise instruction

Abdominal band standing pull down



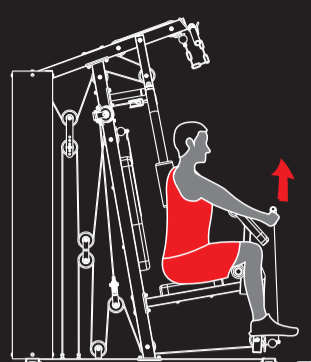
## Important security guidelines for users

Please follow the guidelines below to keep the equipment in proper working condition: **IMPORTANT:** Do not modify the equipment or any of its components, or permanently remove any part of the equipment. Do not use accessories that are not recommended by our company, as such accessories may cause injury.

- Regular maintenance must be performed by a qualified technician.
- Ensure that fitness instructors, fitness club personnel and maintenance technicians understand how to use the equipment, are familiar with important safety guidelines, and can recognize potential problems such as frayed cables or broken welds.
- The fitness club and its staff must be highly attentive to exercise in order to maintain the quality of the fitness environment. Whenever possible, fitness clubs should always have personnel who understand the safe operation of the equipment and have been trained to identify potential problems directly monitor the fitness equipment.
- If any member of the fitness club observes unsafe use of equipment, he or she should inform the user directly, demonstrate proper use, and review the user's important safety information.
- It is recommended that a copy of the important user safety information be posted prominently near the equipment.
- Ensure that the equipment is stable and placed on a solid surface. The equipment is of freestanding design; however, the equipment can also be bolted to the ground for reinforcement. It is strongly recommended that the equipment be bolted to the ground to reduce the risk of misuse and tipping. Consult a professional construction engineer for proper tightening as the ground structure may change.
- Make sure there is enough space around the equipment to allow for safe operation. For most equipment, the general rule is to maintain a distance of 4 feet (1.2 meters) between the center of the user and the center of the space. For functional exercise equipment, make sure that the operating space is sufficient to allow the cable to fully deploy in any direction.
- When maintaining the equipment or its surrounding area, place an "equipment failure" sign on the equipment. Do not allow the user to operate the equipment until the inspection is complete and the equipment is operational. If a piece of equipment is in need of repair, suspend its use until it is repaired. Place an "equipment malfunction" sign on the equipment and make sure fitness club personnel know not to allow anyone to use the equipment until it is operational.
- Do not attempt to release any jammed components when handling weights, as this could cause injury. With the help of another person, carefully place the weight block back into the correct position. Make the top plate rest on the first weight block.
- Do not allow the equipment to be used if the top plate or weight block is embedded in the raised position. With the help of another person, carefully return the equipment to the correct position so that the top plate is resting on the first weight block. Check the cable to make sure it is in all the pulleys.
- If a weight block could fall and hit the user, it is highly recommended to use an aid or leveling device. Do not place the equipment outdoors or on wet surfaces.

### Low pull section movement instruction

Priest bench bend



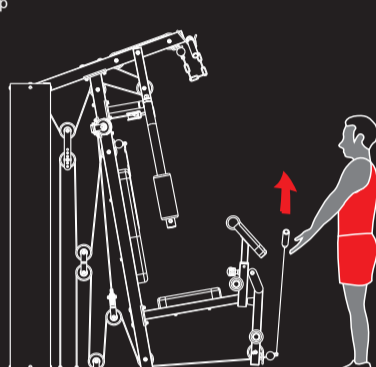
### Low pull section movement instruction

Sitting leg lift



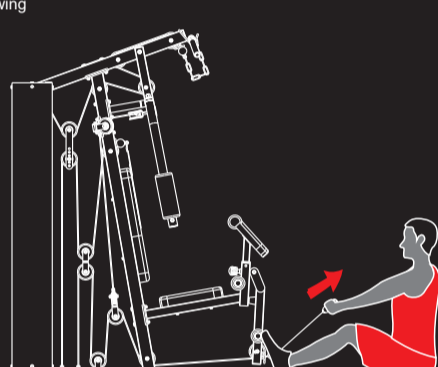
### Low pull section movement instruction

Standing pull-up



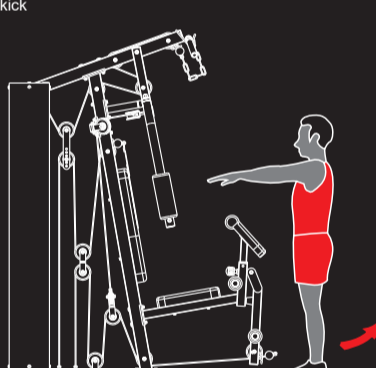
### Low pull section movement instruction

Seated rowing



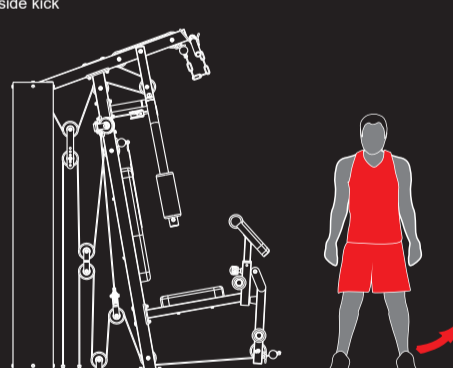
### Low pull section movement instruction

Strap-on back kick



### Low pull section movement instruction

Strap-on side kick



## Important safety information for users

Before starting a fitness program, have your doctor give you a thorough physical examination. Basic precautions should always be taken when using fitness equipment, including:

- If you don't know how to operate a piece of equipment, ask someone at the fitness club (such as a fitness instructor) to show you how to use it and explain any safety precautions.
- Do not allow children to use or be near the equipment. Do not leave children unsupervised around the equipment.
- Use this equipment only for its intended purpose. Do not use attachments that are not recommended by the manufacturer, as such attachments may cause injury.
- Wear workout appropriate clothing and shoes-do not loosen clothing.
- Do not overexert yourself or exert yourself too much. Use sound judgment when exercising with weighted blocks. Avoid using heavy weights as they may cause injury.
- If you feel pain or abnormalities, stop exercising immediately and consult your doctor.
- Keep your head, limbs, fingers, and hair away from all moving parts while using the equipment. Keep hands away from rack pins.
- Do not drop or insert any objects into any openings in the equipment.
- Always inspect the equipment before using it. If you notice a potential problem, contact the Fitness Club immediately. Do not use the equipment until the Fitness Club has verified that it is working properly. Do not repair damaged or jammed equipment.
- Do not use the equipment outdoors or on wet surfaces.
- Do not drop or abruptly lower weights during a workout.
- Make sure the selector pin is fully inserted. Use only the pins provided by the manufacturer. If you are unsure, contact the appropriate person at the health club.
- Never embed a weight block in an elevated position. Do not use the equipment if the top plate or weight block is embedded in the elevated position. In this case, notify the health club so that they can repair the equipment and make sure it is working properly.
- Do not use the equipment if it is labeled "Equipment Malfunction". Read all posted instructions, including all safety instructions and warnings.