

88" Dual Adjustable Pulley



Assembled Size: 60"L x 40"W x 88"H
Carton Size: 92" x 52" x 24"

Net Weight: 850 lbs
Gross Shipping Weight: 925 lb
2 x 200 lb Weight Stack



INTRO



EXERCISES

88" Dual Adjustable Pulley Exercises

Legs Chest Back Shoulders Arms Abs



Inner Thigh Kicks



Outer Thigh Kicks



Glute Kicks



Squat



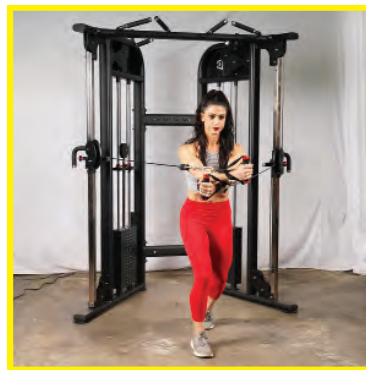
Flat Bench Press



Incline Chest Press



Standing Chest Press



Standing Pec Flys



Wider Grip Chins



Palms Opposing Grip



Close Grip Chins



Standing Lat Rows



Rear Deltoid



Side Lateral Raise



Rear Deltoid



Shoulder Press



Top Deltoid



**Single Arm
Shoulder Press**



Shrugs



Bicep Curls



Tricep Extensions



Bicep Curls



Straight Leg Ab Crunch



Bent Knee Ab Crunch

Exercises

1. Shoulder Press
2. Rear Deltoid
3. Pec Flys
4. Standing Chest Press
5. Standing Bicep Curls
6. Standing Rows
7. Inner Thigh Kicks
8. Outer Thigh Kicks
9. Rear Glute Kicks
10. Incline Chest Press
11. Flat Bench Press
12. Single Arm Tricep Press
13. Shrugs
14. Squats
15. Side Lateral Raise
16. Wide Grip Chins
17. Palm Opposing Chins
18. Close Grip Chins
19. Underhand Chins
20. Straight Leg Ab Crunch
21. Bent Knee Ab Crunch

With Optional Flat Incline Bench



1. Seated Shoulder press
2. Seated Incline Press
3. Lying Bench Press

HOME FITNESS PRODUCTS WARRANTY

All Installation and freight charges are the responsibility of our customers

ON ALL WARRANTY ISSUES, PLEASE CONTACT THE MUSCLE D FITNESS DEALER FROM WHOM YOU PURCHASED THE EQUIPMENT. MUSCLE D Fitness warrants its products against defects in material and workmanship. This warranty is extended only to the original purchaser. During the warranty period, this product will be repaired or replaced, at Muscle D Fitness's option, at no charge under the following conditions.

STRENGTH EQUIPMENT:

MOVING PARTS: Pulleys, bushings, ball bearings, and cables are guaranteed against defects in materials and workmanship for a period of ONE year from the date of purchase.






FRAMES & WELDS: 10 years from the date of purchase.

UPHOLSTERY: 90 days from the date of purchase. Misuse & abuse voids warranty. Any cuts or tears while opening the packaging are not covered.

LABOR: 12 months from the date of purchase.

RETURN POLICY: All sales are final. Any returns are subject to 30% of invoice amount for restocking fee.

SOCIAL MEDIA

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