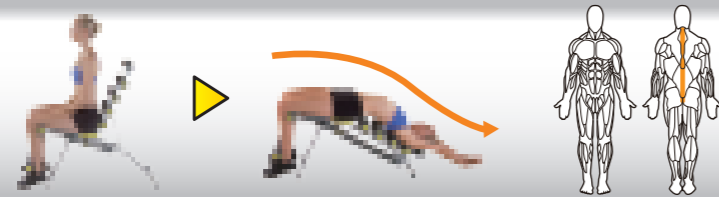




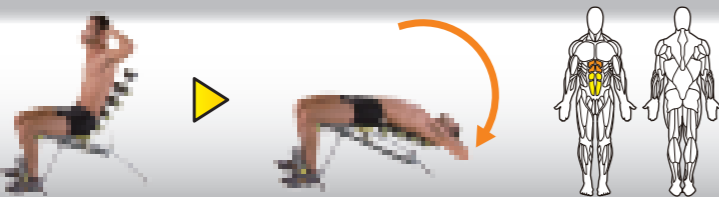
CIRCUIT TRAINING

● Intensive training section ● Minor training section

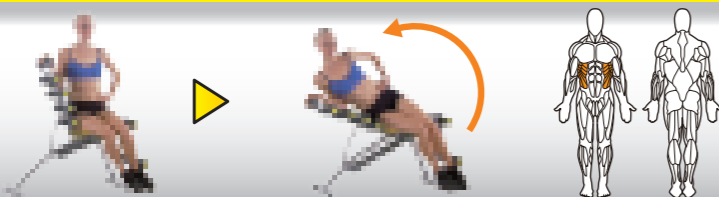
STRETCH



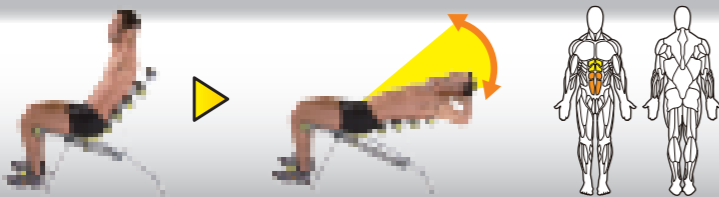
SIT UP



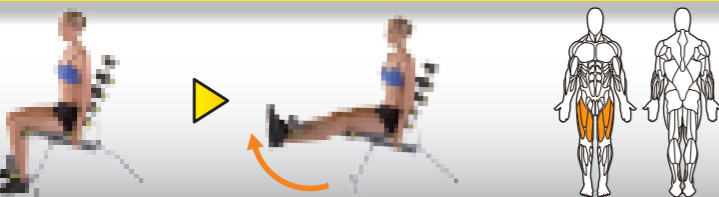
LYING SIDE RAISES



CRUNCHES



LEG EXTENSION

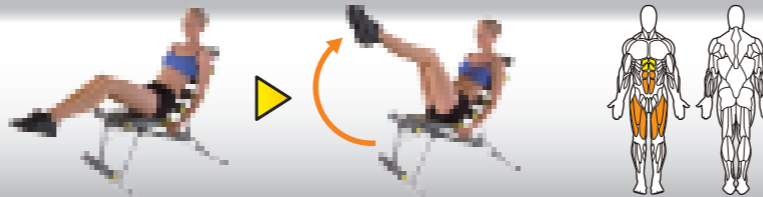


⚠ You can always select the stretch strength by adjusting seat lock holes.

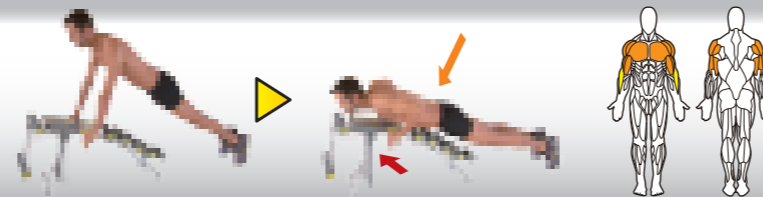
STRENGTH TRAINING

● Intensive training section ● Minor training section

LEG RAISES

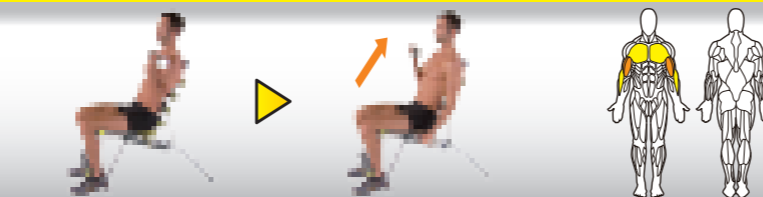


PUSH UP

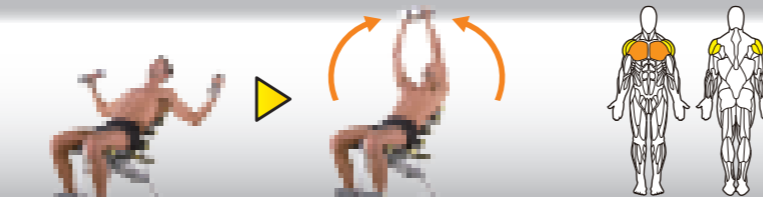


⚠ Please make sure the pin is tightly fasten.

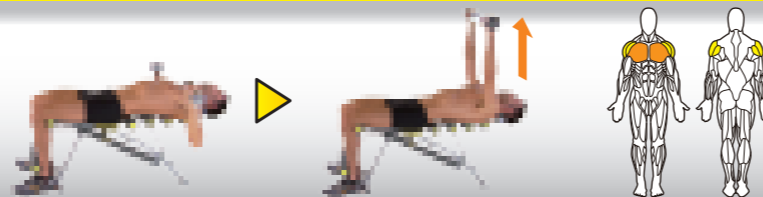
BICEPT CURL



DUMBBELL INCLINE FLY



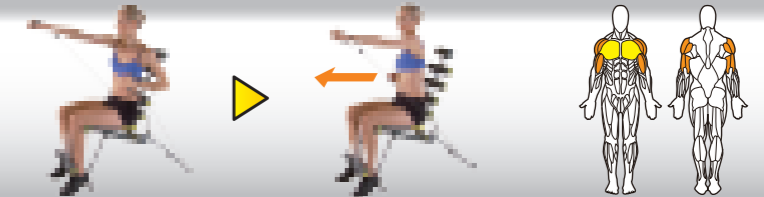
FLAT DUMBBELL PRESS



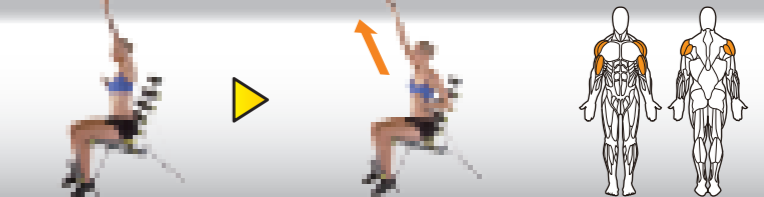
CABLE EXERCISES

● Intensive training section ● Minor training section

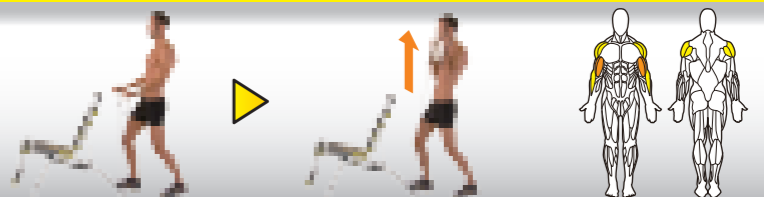
ALTERNATING PRESS



ALTERNATING RAISE



SHOULDER RAISE



⚠ Be sure one foot is steady step on to the main frame.

REAR DELTOID RAISE



⚠ Make sure the main frame and seatback tube are stable by using the lock pin to fasten on, and your body is stability withhold the Rock Gym.

PULL ROPE CHEST PRESS

