

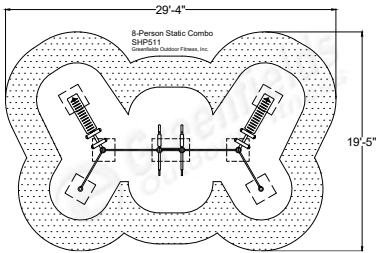


Target muscles
Secondary muscles

- Strengthens chest, shoulders, upper and mid abs, forearms, biceps, triceps, obliques
- Can be used by 8 people simultaneously

Exercise stations:

- Assisted Push-ups
- Incline Sit-ups
- Incline Leg Raises
- Assisted Pull-ups
- Leg/Knee Raises
- Parallel Pull-ups
- Chin/Pull Ups



SHP2009-5-11 8-Person Static Combo Unit:

This unit offers the following exercises:

1. Assisted Pull ups
2. Chin/Pull Ups
3. Leg/Knee Raises
4. Parallel Pull Ups
5. Assisted Push Ups
6. Incline Sit Ups
7. Incline Leg Raises

This one unit may serve up to 8 people at a time.

