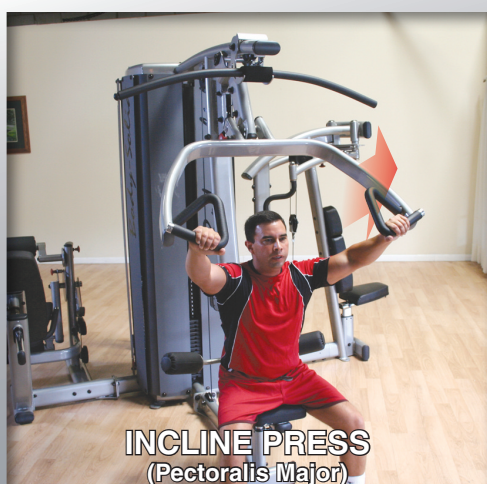
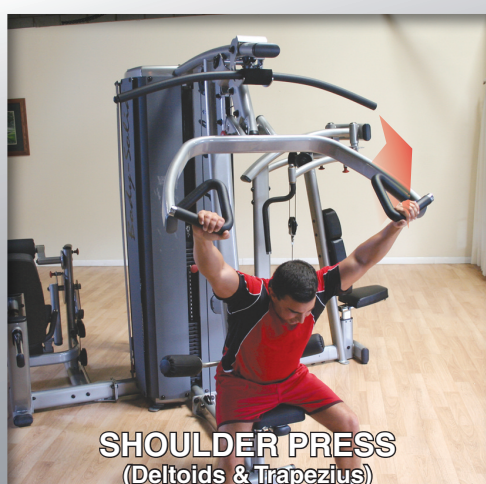


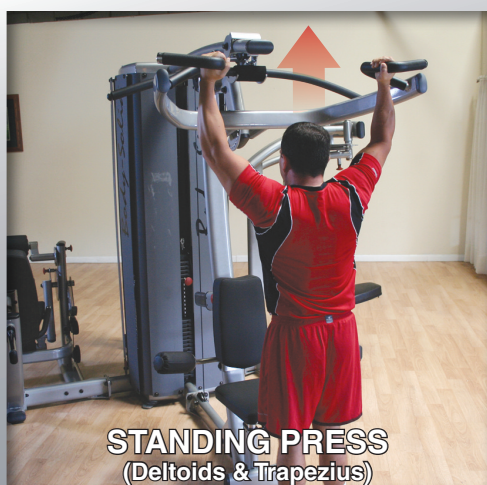
# MULTI-PRESS STATION



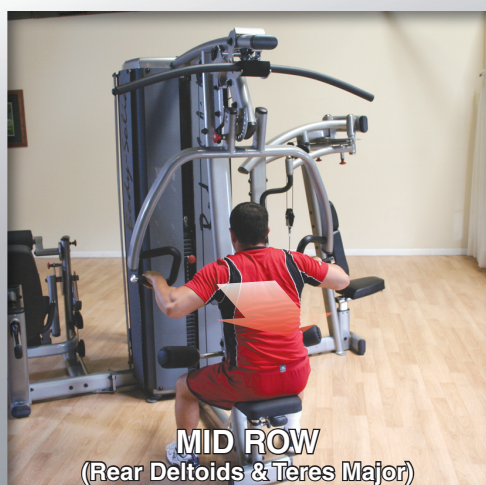
**INCLINE PRESS**  
(Pectoralis Major)



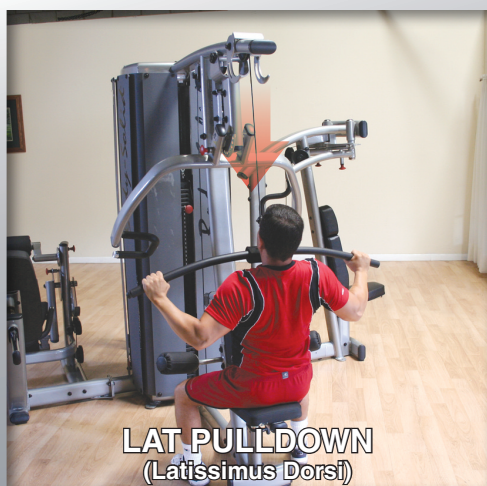
**SHOULDER PRESS**  
(Deltoids & Trapezius)



**STANDING PRESS**  
(Deltoids & Trapezius)



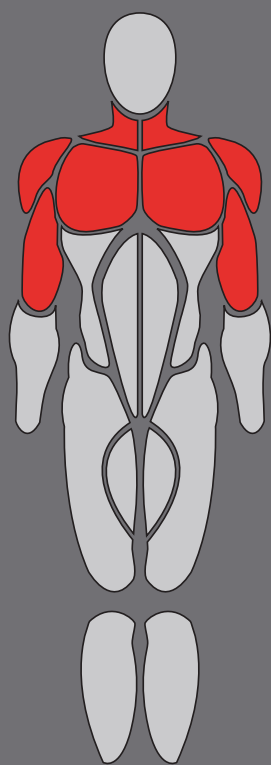
**MID ROW**  
(Rear Deltoids & Teres Major)



**LAT PULLDOWN**  
(Latissimus Dorsi)



**CHEST PRESS**  
(Pectorals)



## Muscle Group:

Pectorals  
Deltoids  
Biceps  
Triceps  
Trapezius  
Teres Major (lats)  
Latissimus Dorsi (lats)

