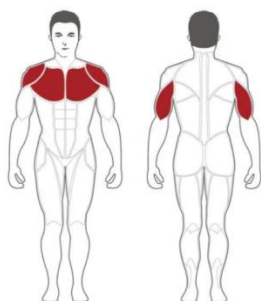


Lean back on the extra thick, custom sewn, double stitched pads and feel the adrenaline flow. Place your hands on the multi-position grips, and as you look upto the ceiling at a 35 degree angle, you are ready for the upper chest workout of your life.



Muscle Group:

Pectorals

Deltoids

Triceps



This incline press machine is built for the most brutal of workouts, The 2" x 4" mainframe was structurally designed to resist torsional flex and wear. With this machine your upper pectorals and Triceps are in for a serious workout.

In just a short time, your body will be as well built and well proportioned as the machine itself.

INSTRUCTIONS

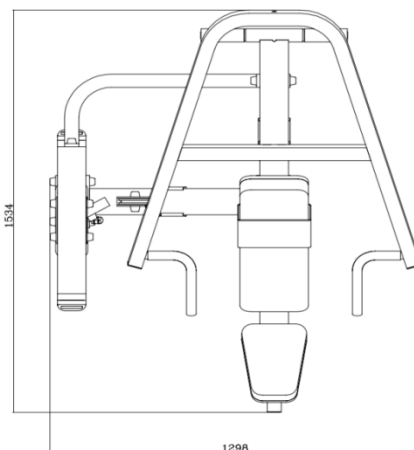
- 1 Read all Caution - Warning Labels before using this equipment. Check all cables and connections before starting.
- 2 Insert pin into weight stack at desired resistance level.
- 3 Adjust seat pad so that handles bisect upper chest area and sit with your back firmly against the back pad.
- 4 Position your feet firmly on the floor and position both hands securely in an overhand grip or with palms facing each other.
- 5 Slowly press forward and upward at a smooth, moderate pace while maintaining a comfortable exercise movement.
- 6 Pause for a moment, then slowly return to the start position and repeat the movement.



START



FINISH



- Low center of gravity that maximalises workout stability
- Fully ajustable seat
- Highly-polished, chrome plated solid steel guide rods and selector rods
- Extra-tough, tear-resistant Durafirm upholstery is double-stitched
- Selectorized weight stack 95 kg
- Fiberglass reinforced nylon pulleys with v-grooved channels
- Nylon-coated, self-lubricating, aircraft-quality steel cables
- Double, powder-coat finish protects against scratching, chipping and peeling
- 5 x 10 cm high-tensile strength steel. All 4-side welded
- Ideal for private & commercial use

THE MACHINE
FOR YOUR WORKOUT

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