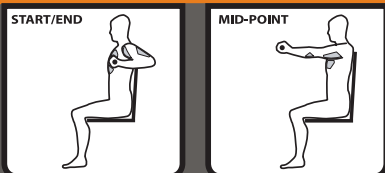
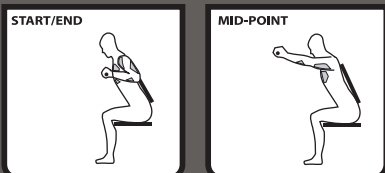


1860

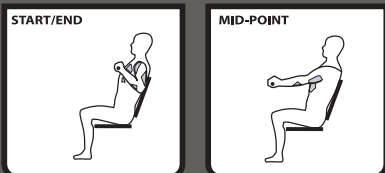
PRESSING STATION



CHEST PRESS



INCLINE PRESS



DECLINE PRESS

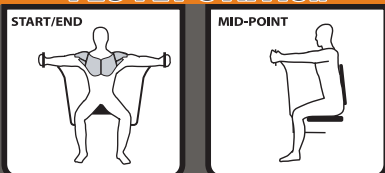


SHOULDER PRESS



SEATED MID ROW

PEC FLY STATION

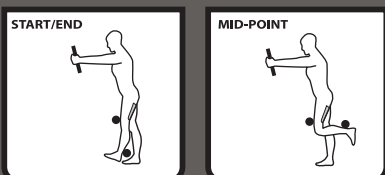


PEC CONTRACTOR

LEG STATION

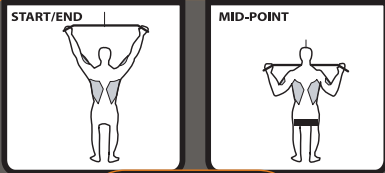


LEG EXTENSION

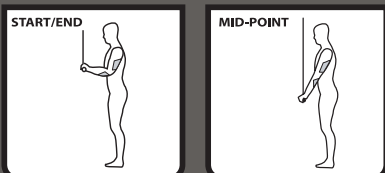


LEG CURL

HIGH PULLEY STATION

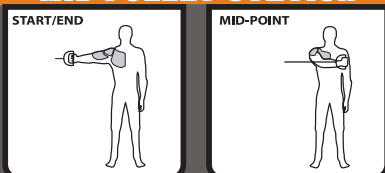


LAT PULL DOWN

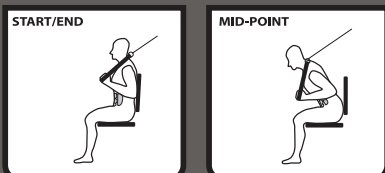


TRICEP PUSHDOWN

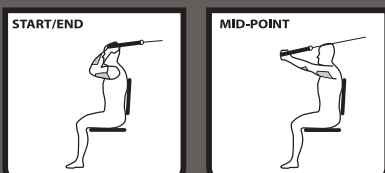
MID PULLEY STATION



PECTORAL CROSSOVER

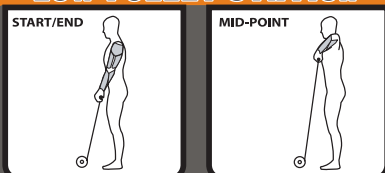


AB CRUNCH

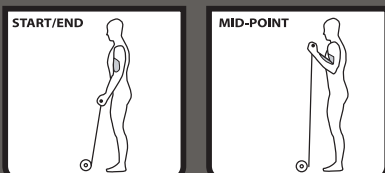


TRICEP EXTENSION

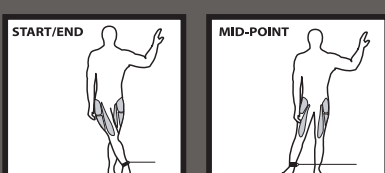
LOW PULLEY STATION



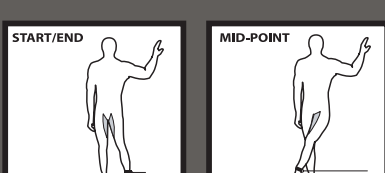
UPRIGHT ROW



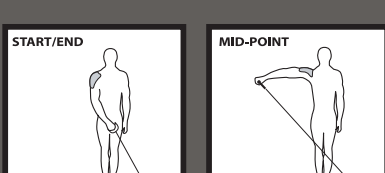
ARM CURL



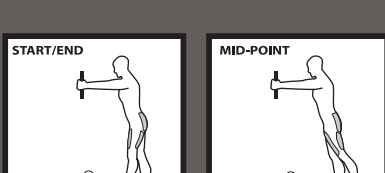
OUTER THIGH



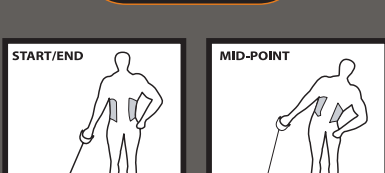
INNER THIGH



DELTOID RAISE



BACK KICK



SIDE BEND

For any questions regarding exercises please consult with your Keys Fitness dealer or professional instructor for demonstration and instruction on the proper form and use of this machine.

WARNING! Consult a physician prior to use to insure physical readiness to exercise on this machine. Set weight proportionate to physical fitness level. Keep away from moving parts. Be sure to inspect equipment prior to use for loose connections, damaged cables or worn parts. Do not use until parts are properly replaced. Call your Keys Fitness dealer with questions or concerns.