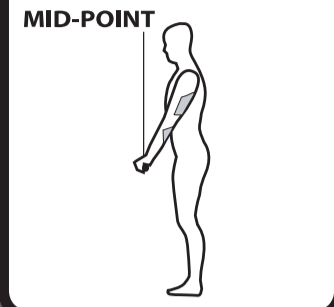
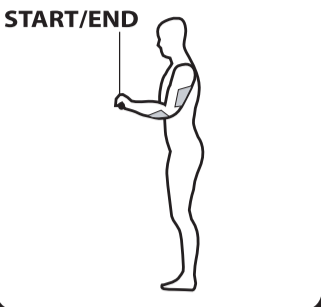
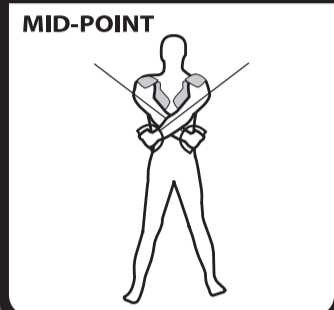
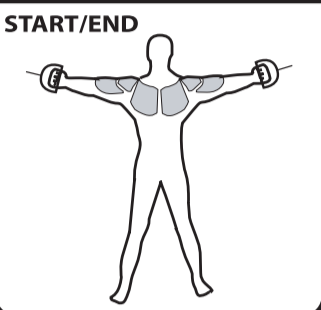




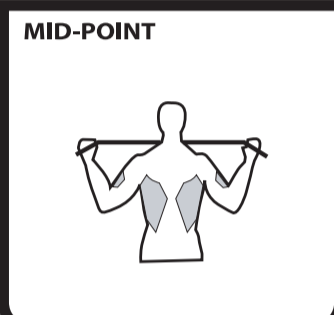
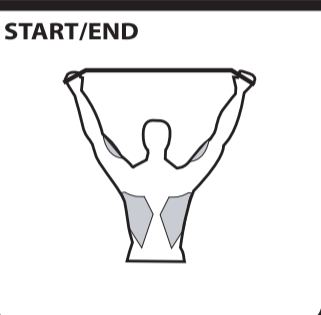
HIGH PULLEY STATION



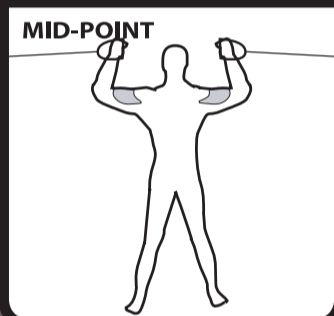
TRICEP PUSHDOWN



DUAL CROSSOVER



PULL UP

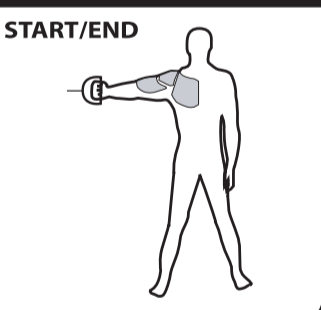


DUAL ARM CURL

MID PULLEY STATION



TRICEP EXTENSION

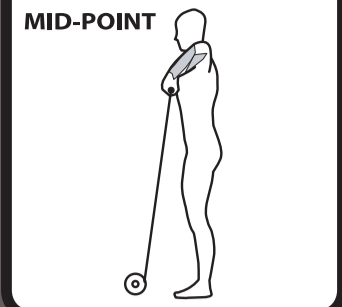
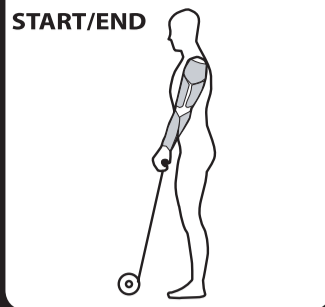


PECTORAL CROSSOVER

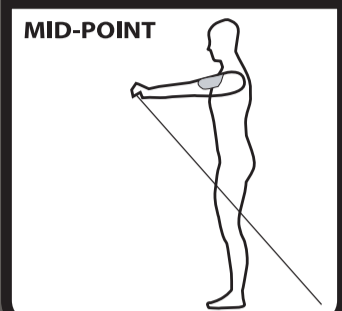
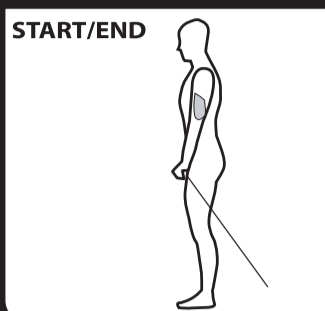
For any questions regarding exercises please consult with your Keys Fitness dealer or professional instructor for demonstration and instruction on the proper form and use of this machine.

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.

LOW PULLEY STATION



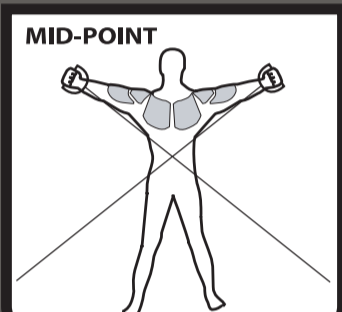
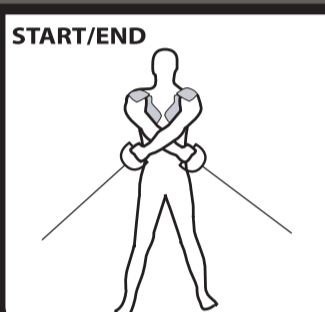
UPRIGHT ROW



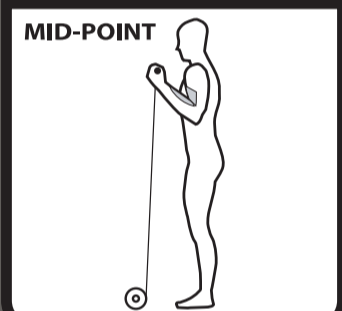
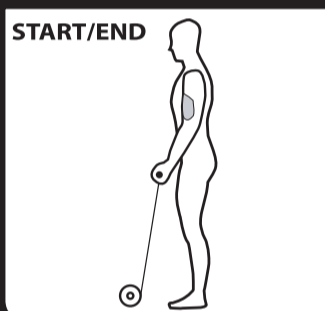
FRONT DELTOID RAISE



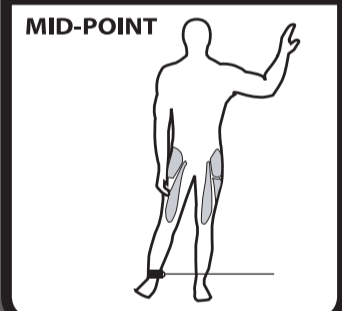
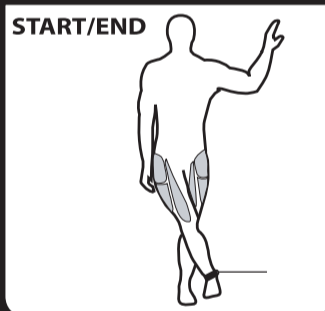
SIDE DELTOID RAISE



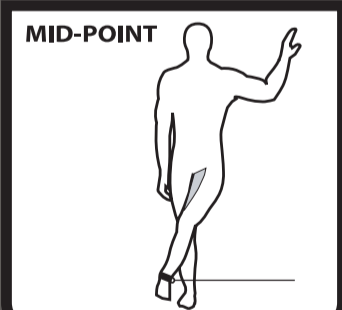
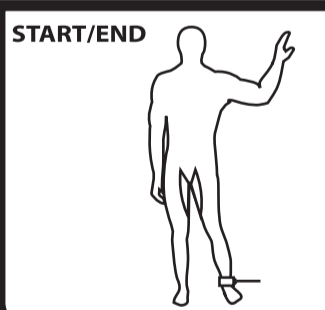
DUAL DELTOID RAISE



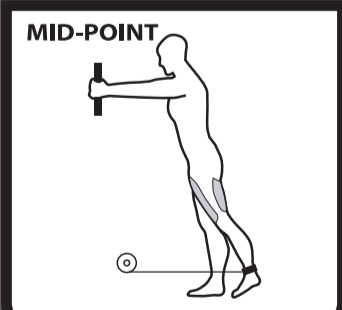
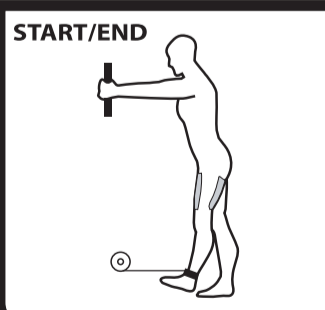
ARM CURL



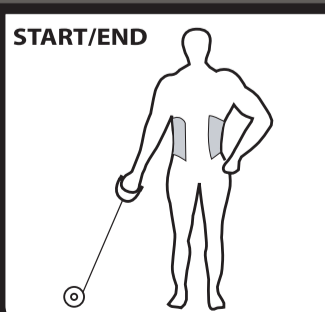
OUTER THIGH



INNER THIGH



BACK KICK



SIDE BEND