



# SINGLE STACK MULTIGYM



INTRO



EXERCISES

**Assembled Size:** 65"L x 52"W x 82"H 550 lb  
**Carton Size:** (2 combined crates): 83" x 42" x 24"

**Net Weight:** 547 lb  
**Gross Shipping Weight:** 672 lb  
1 x 200 lb Weight Stack

# Single Stack Multi Gym Exercise

Legs

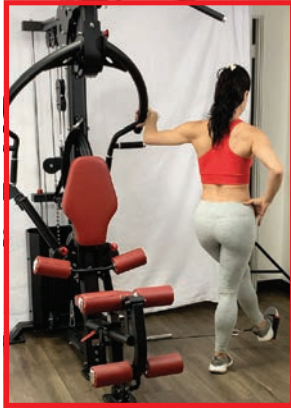
Chest

Back

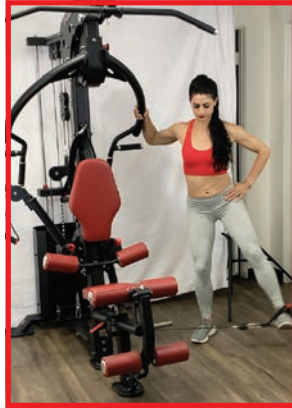
Shoulders

Arms

Abs



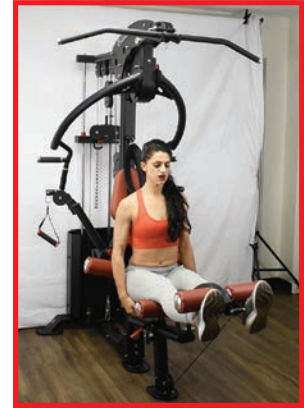
Inner Thigh Kicks



Outer Thigh Kicks



Glute Kicks



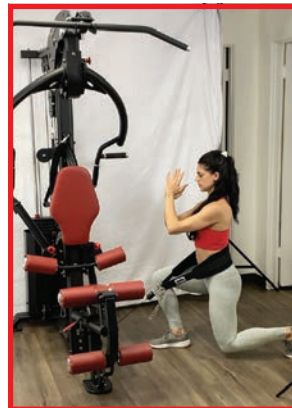
Leg Extension



Standing Leg Curls



Squats



Single Leg Squats



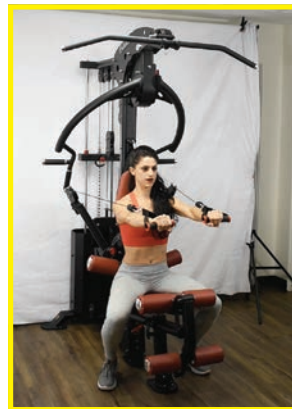
Horizontal Chest Press



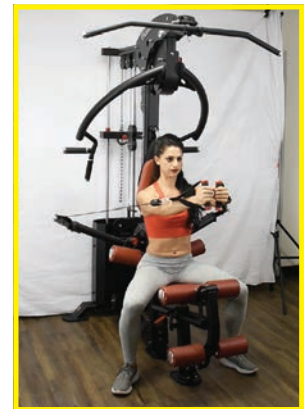
Vertical Chest Press



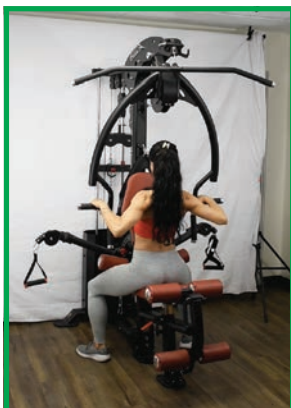
Incline Chest Press



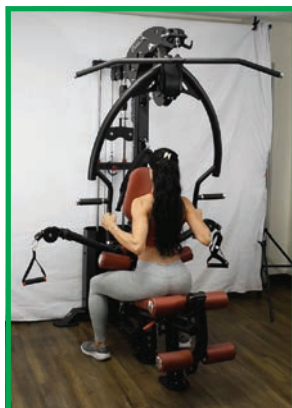
Deep Chest Press



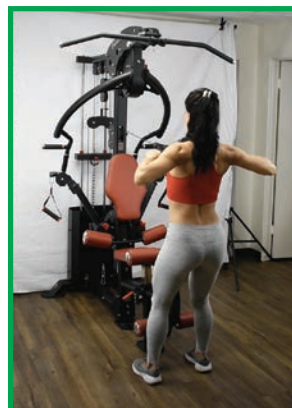
Crossover Pec Flys



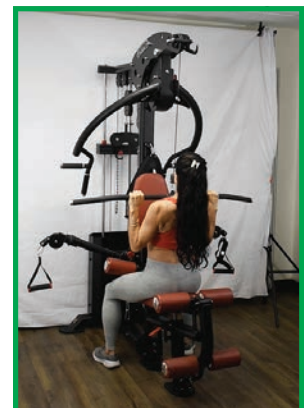
Horizontal Seated Rows



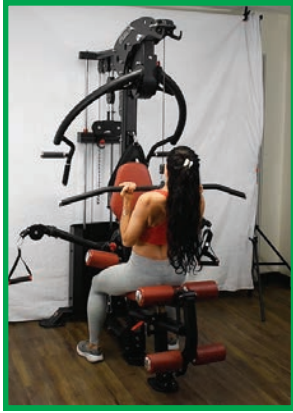
Vertical Seated Rows



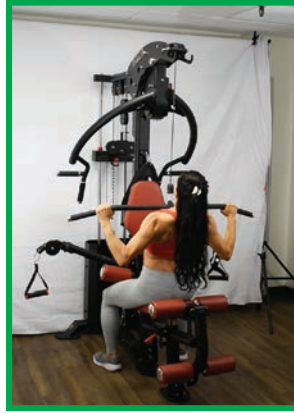
Standing Lat Rows



Close Grip Lat Pulldowns



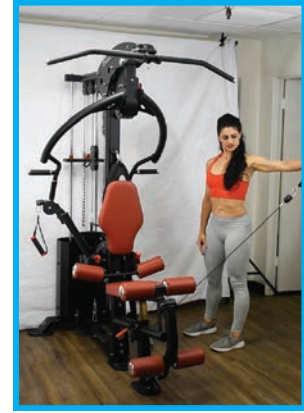
**Underhand Lap Pulldowns**



**Wide Grip Lat Pulldowns**



**Shoulder Press**



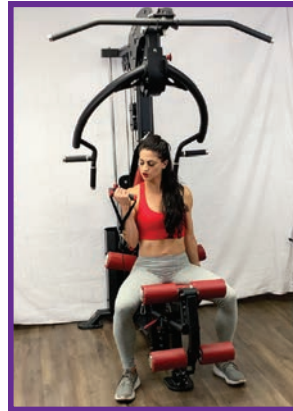
**Side Lateral Raise**



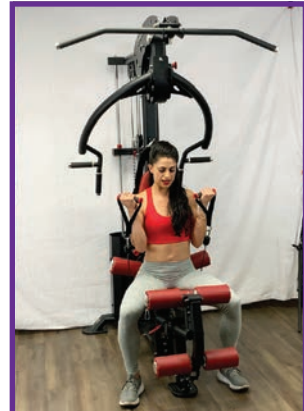
**Upright Deltoid Raise**



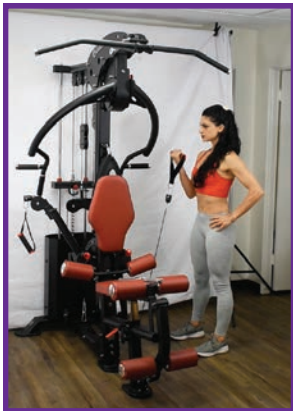
**Front Lateral Raise**



**Single Arm Biceps Curls**



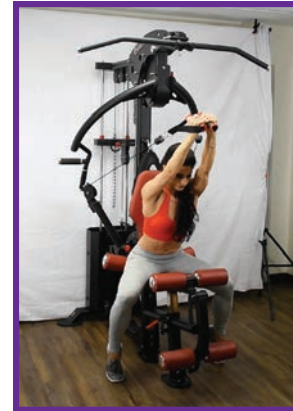
**Double Arm Biceps Curls**



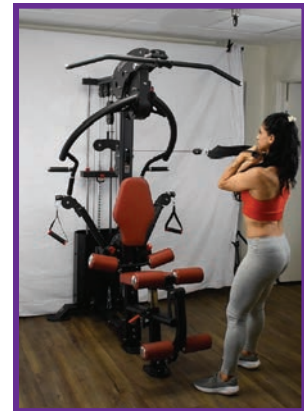
**Single Arm Curls**



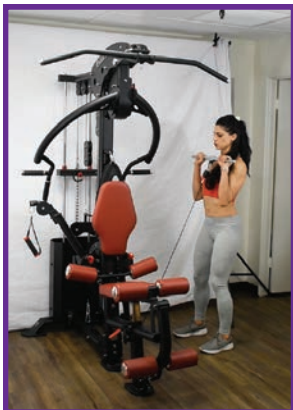
**Tricep Pressdowns**



**Triceps Extension**



**Standing Arm Curls**



**Revolving Bar Curls**



**Underhand Revolving Bar Curls**



**Ab Crunches**



**Oblique Crunches**

# Exercises

1. Vertical Handle Chest Press
2. Horizontal Handle Chest Press
3. Shoulder Press
4. Incline Chest Press
5. Ab Crunches
6. Oblique Crunches
7. Seated Rows
8. Close Grip Lat Pulldown
9. Underhand Lat Pulldown
10. Wide Grip Lat Pulldown
11. Tricep Pressdowns
12. Lat Pressdowns
13. Crossover Pec Flys
14. Deep Chest Press
15. Tricep Extension
16. Single Arm Tricep Extension
17. Single Arm Curls
18. Revolving Bar Curls
19. Upright Deltoid Rows
20. Side Lateral Raises
21. Front Lateral Raises
22. Standing Arm Curls
23. Leg Extension
24. Standing Leg Curls
25. Outer Thigh Kicks
26. Inner Thigh Kicks
27. Glute Leg Kicks
28. Squats
29. Single Leg Squats
30. Side Leg Thrusts
31. Jump Squats
32. Double Arm Bicep Curls
33. Single Arm Bicep Curls

## HOME FITNESS PRODUCTS WARRANTY

All Installation and freight charges are the responsibility of our customers

**ON ALL WARRANTY ISSUES, PLEASE CONTACT THE MUSCLE D FITNESS DEALER FROM WHOM YOU PURCHASED THE EQUIPMENT.** MUSCLE D Fitness warrants its products against defects in material and workmanship. This warranty is extended only to the original purchaser. During the warranty period, this product will be repaired or replaced, at Muscle D Fitness's option, at no charge under the following conditions.

**STRENGTH EQUIPMENT:**

**MOVING PARTS:** Pulleys, bushings, ball bearings, and cables are guaranteed against defects in materials and workmanship for a period of ONE year from the date of purchase.






**FRAMES & WELDS:** 10 years from the date of purchase.

**UPHOLSTERY:** 90 days from the date of purchase. Misuse & abuse voids warranty. Any cuts or tears while opening the packaging are not covered.

**LABOR:** 12 months from the date of purchase.

**RETURN POLICY:** All sales are final. Any returns are subject to 30% of invoice amount for restocking fee.

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