

# DAP/SMITH COMBO



INTRO



EXERCISES

21 positions per adjustable column  
4 plate holders  
46" deep W x 88" W x 87" H

**Net weight:** 1180 lb  
**Gross Shipping Weight:** 1250 lb  
2 x 200 lb Weight Stacks

# DAP/Smith Exercises

■ Legs
 ■ Chest
 ■ Back
 ■ Shoulders
 ■ Arms
 ■ Abs



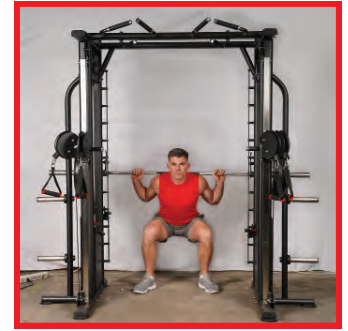
Glute Kicks



Inner Thigh Kicks



Outer Thigh Kicks



Squats



Dead Lifts



Sumo Squats



Squats



Chest Press



Incline Chest Press



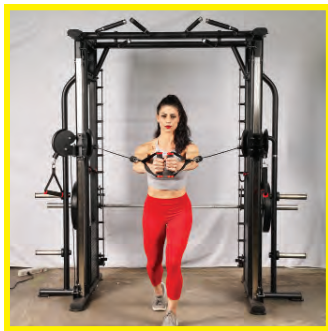
Lying Bench Press



Incline Chest Press



Standing Chest Press



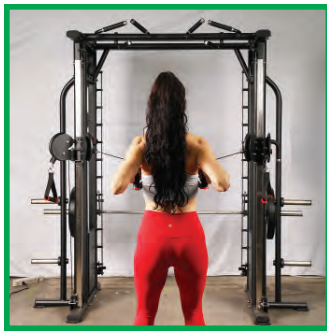
Standing Pec Flys



Standing Incline Chest Press



Rear Deltoid



**Standing Lat Rows**



**Close Grip Chins**



**Palms Opposing Chins**



**Wide Grip Chins**



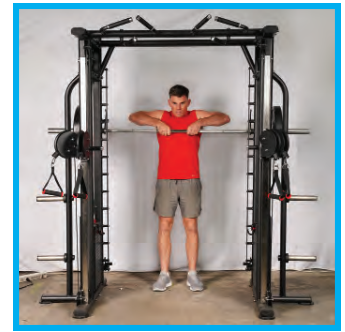
**Bentover Rows**



**Shoulder Press**



**Shrugs**



**Upright Rows**



**Shoulder Press**



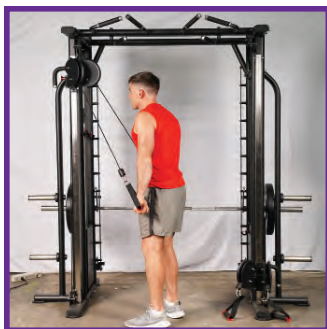
**Side Lateral Raise**



**Front Deltoid Raise**



**Bicep Curls**



**Lat Pressdown**



**Tricep Extension**



**Tricep Extension**



**Seated Bicep Curl**



**Rotarty Torso**



**Knees Up Ab Crunch**



**Straight Leg Ab Crunch**

# Exercises

## Dual Adjustable Pulley

1. Standing Chest Press
2. Standing Chest Crossover Flys
3. Side Deltoid Lateral Raise
4. Rear Deltoid Lateral Raise
5. Bicep Curls
6. Tricep Extension
7. Lat Pressdowns
8. Upright Rows
9. Standing Shrug
10. Standing Lat Rows
11. Rear Glute Kicks
12. Outer Thigh Kicks
13. Inner Thigh Kicks
14. Squats
15. Single Leg Squats/Thrusters
16. Rotary Torso Twists
17. Wide Grip Chins
18. Underhand Grip Chins
19. Palm Opposing Grip Chins

## Smith Bar

1. Squats
2. Sumo Squats
3. Upright Rows
4. Bentover Rows
5. Dead Lifts

with Optional Flat Incline Bench



### Smith Bar Side

1. Bench Presses
2. Incline Presses
3. Shoulder Presses

### Dual Adjustable Pulley Side

1. Flat Bench Presses
2. Incline Bench Presses
3. Shoulder Presses
4. Lying Pec Flys
5. Single Arm Bentover Rows

## 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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