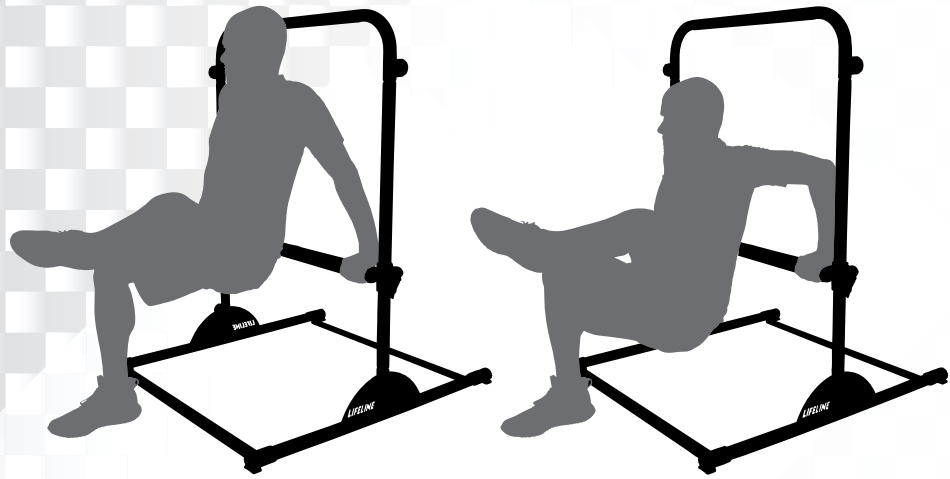


# EXER TOWER EXERCISE CHART

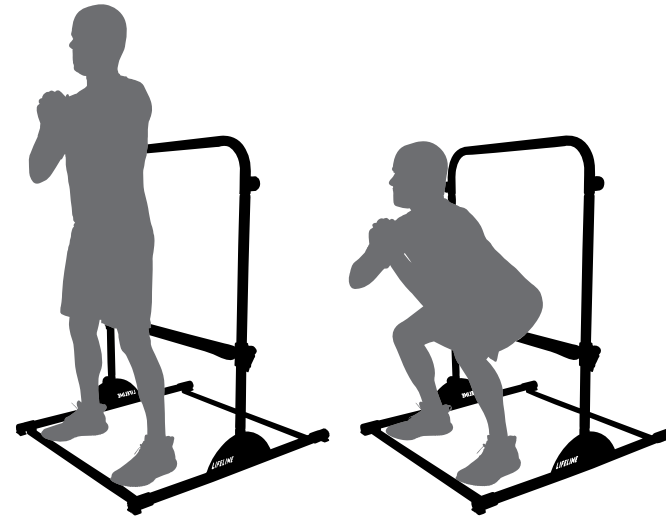
## UPPER BODY

## LOWER BODY

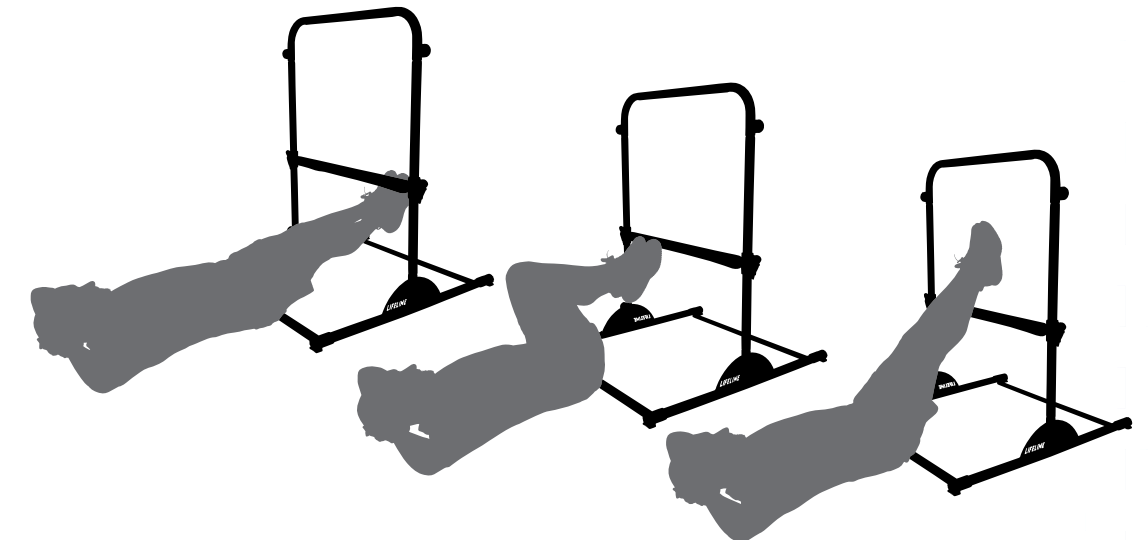
## CORE



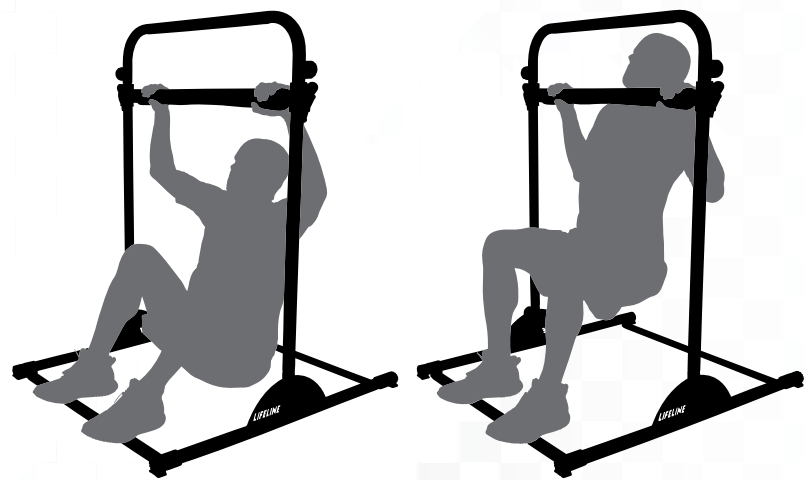
**DIP**



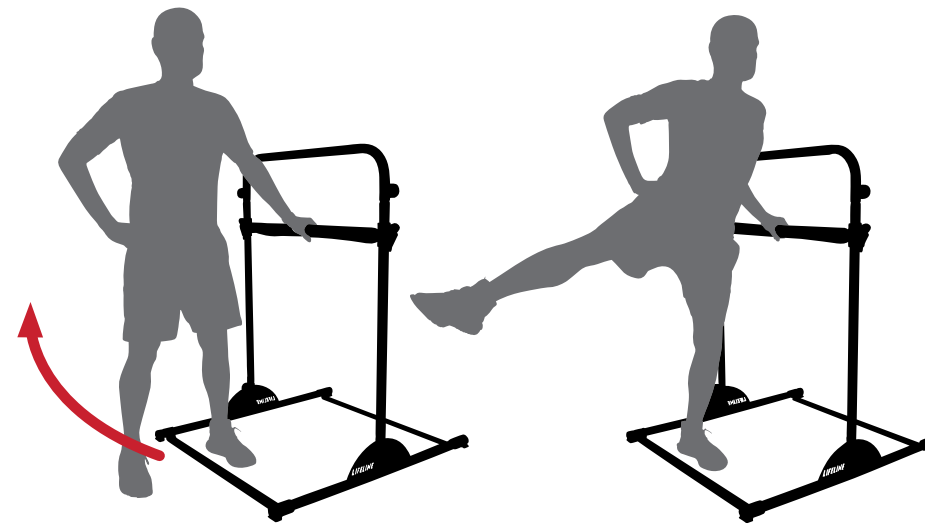
**SQUAT TO BAR**



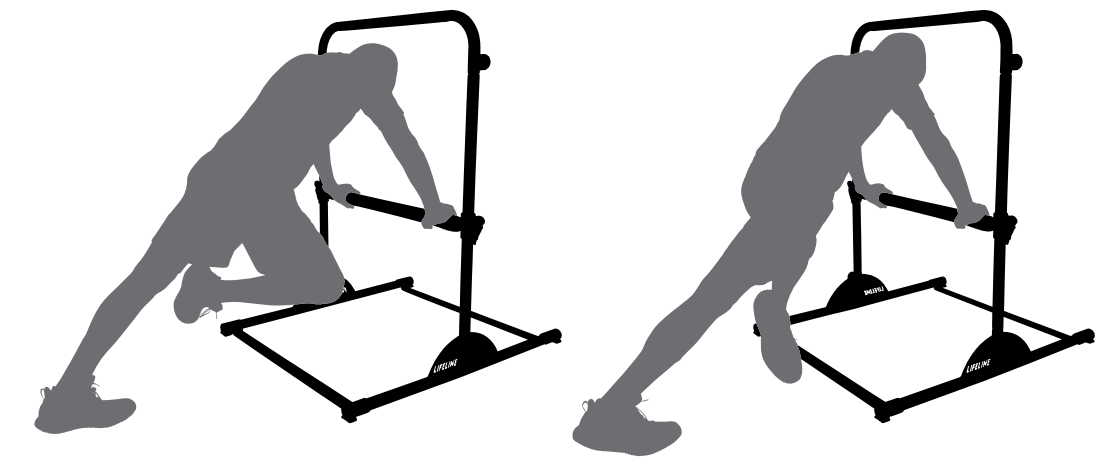
**CRUNCH - OVER/UNDER BAR**



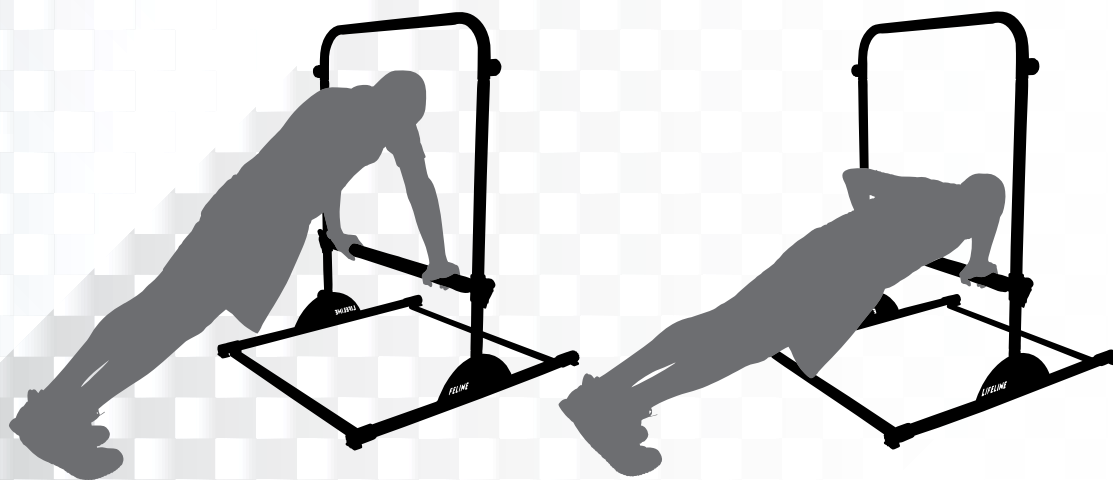
**PULL-UP**



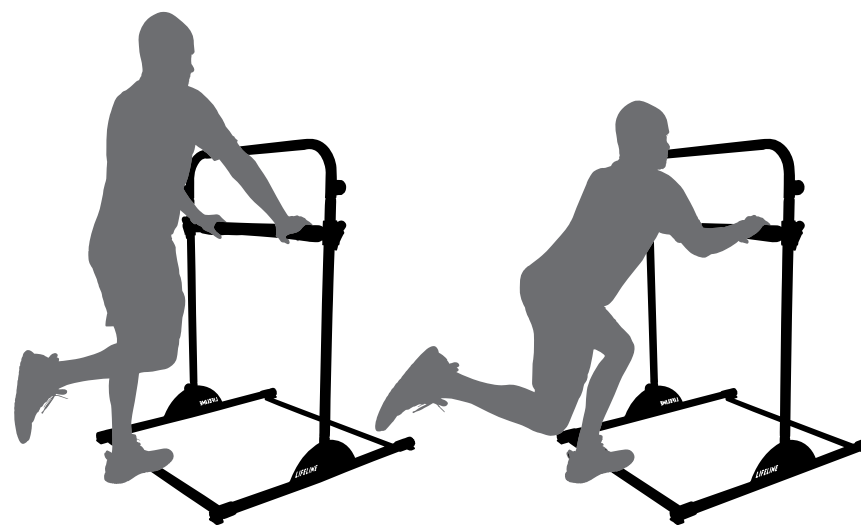
**LATERAL LEG LIFT**



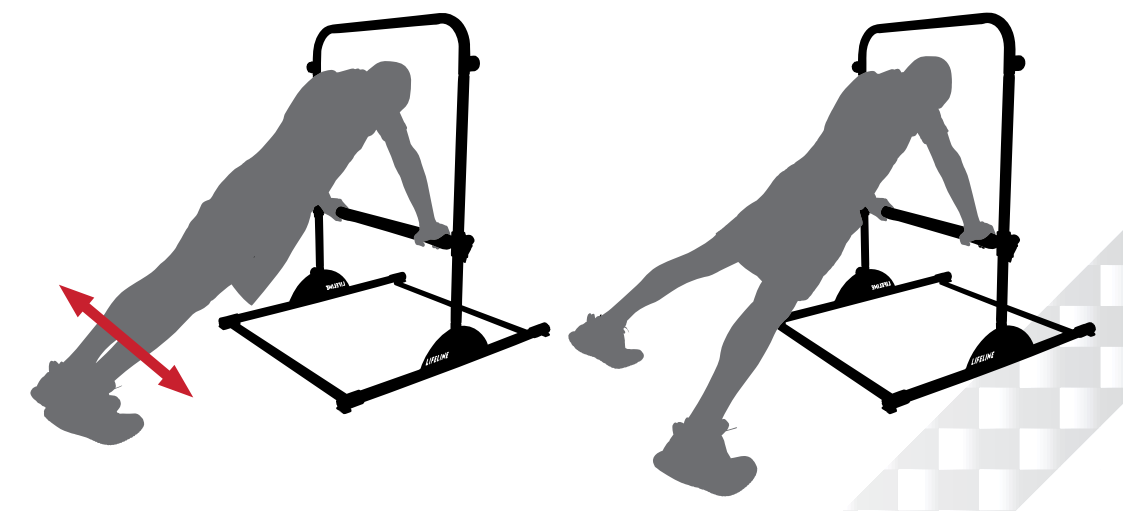
**MOUNTAIN CLIMBER - SOLE IN**



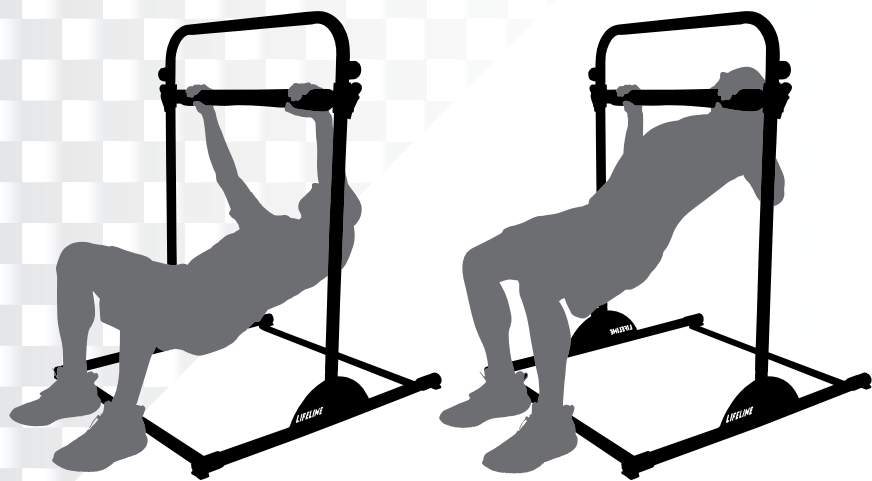
**PUSH-UP**



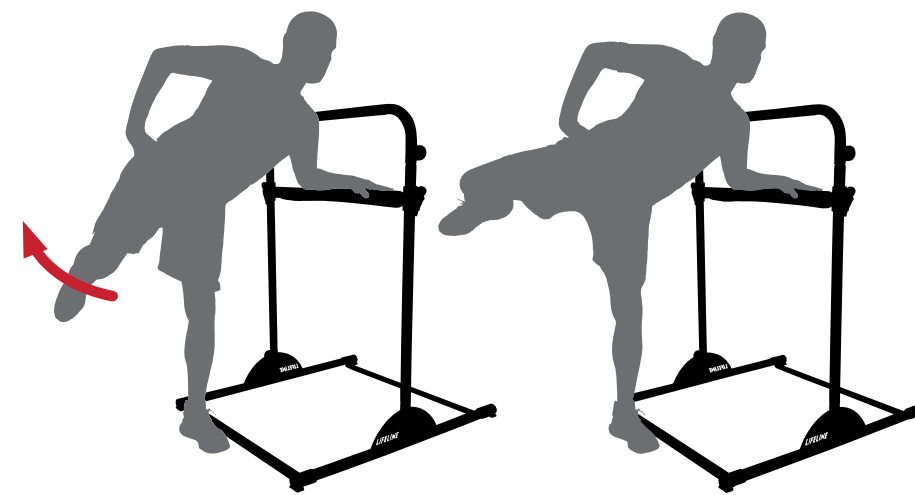
**SINGLE LEG SQUAT**



**PLANK JUMP - NARROW TO WIDE**



**ROW**



**BENT KNEE LEG PULSE**



**SIT-UP TO BAR TOUCH**

### ⚠️ WARNINGS:

- » Not all exercises are suitable for everyone. Any exercise program may result in injury. To reduce risk of injury, please consult your doctor before beginning any physical fitness program.
- » This training equipment is not a toy. Keep children away from the machine at all times. DO NOT leave children unattended in the same room with the equipment.
- » If you feel dizzy or light-headed, discontinue equipment use immediately and seek medical attention. Always check equipment for worn or damaged parts before using. Never use damaged equipment. Contact Escalade Sports for a replacement.
- » Never release or adjust fitness equipment when under tension or in use.

- » Never place any part of equipment around your neck.
- » Always wear appropriate clothing and shoes when using equipment.
- » Warm up and stretch before using equipment. Breathe naturally and exercise with controlled movements.
- » Drink plenty of fluids before, during and after exercise.
- » Do not expose equipment to extreme temperatures. Do not store equipment in direct sunlight or near a heat source.
- » This product may contain latex. If you have allergies to latex, do not use this product.

- » Equipment should only be used as directed and for its intended use. Escalade Sports assumes no liability for accidents or damage that may occur with the use of Escalade Sports products.
- » Keep hands away from all moving parts. ALWAYS ensure the Adjustable Bar is level and properly secured on BOTH sides before use.
- » Always perform exercises in a downward manner to avoid tilting the unit.
- » Position the machine on an obstruction free, level surface and ensure there is sufficient room around the machine to perform exercises.