



**Exercise Chart for the DF9600  
FID Dumbbell Bench Deltech Fitness**

**Bench Press**



**Start**



**Finish**

**Incline Bench Press**



**Start**



**Finish**

**Decline Bench Press**

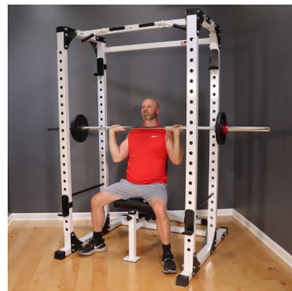


**Start**

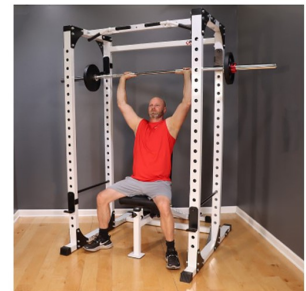


**Finish**

**Military Press**

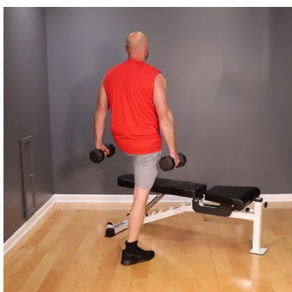


**Start**

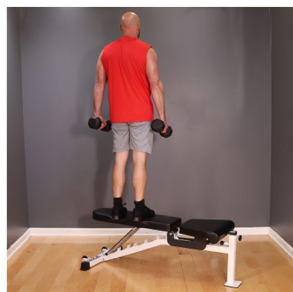


**Finish**

**Incline Dumbbell Fly**

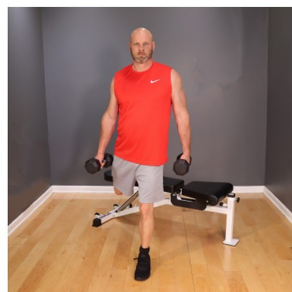


**Start**

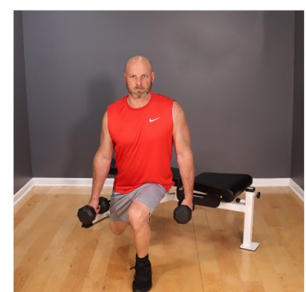


**Finish**

**Decline Dumbbell Fly**



**Start**



**Finish**