



Exercise Chart for the DF9600
FID Dumbbell Bench Deltech Fitness

Incline Curl



Start



Finish

Incline Alternating Curl



Start



Finish

Triceps Kickback



Start



Finish

Triceps Push up



Start

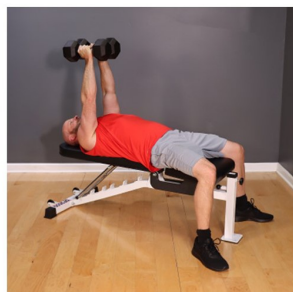


Finish

French Press

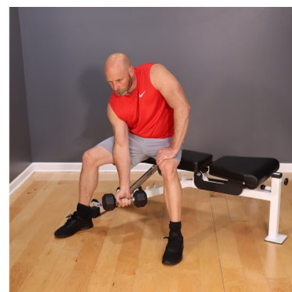


Start



Finish

Concentration Curl



Start



Finish