



Exercise Chart for the DF1200BL
Lat Attachment by Deltech Fitness

Lat Pull Down

Behind The Neck Pull Down



Start



Finish



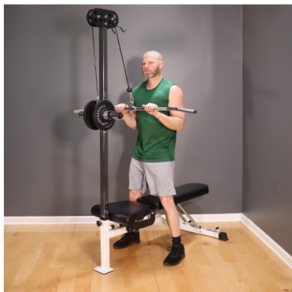
Start



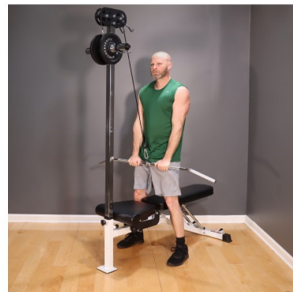
Finish

Tri Push Down

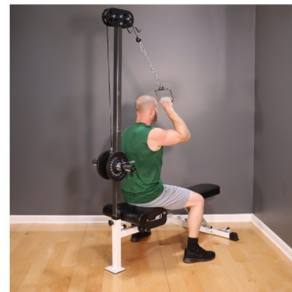
Triceps Chop



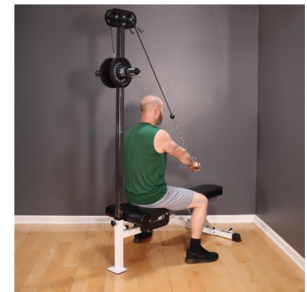
Start



Finish



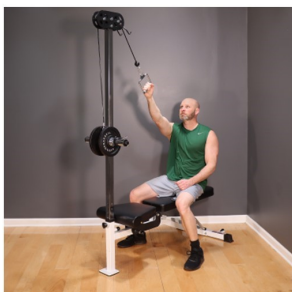
Start



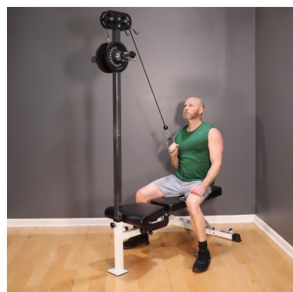
Finish

Single Hand Row

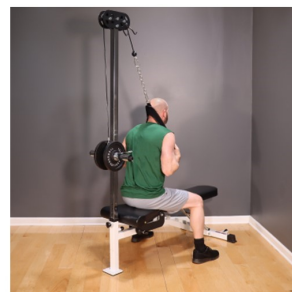
Ab Crunch



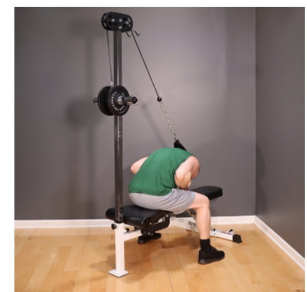
Start



Finish



Start



Finish