



**Exercise Chart for the DF1200BL
Lat Attachment by Deltech Fitness**

Rope Tri Push Down

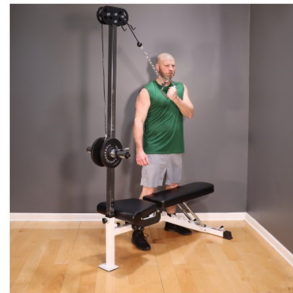
Shoulder Cross



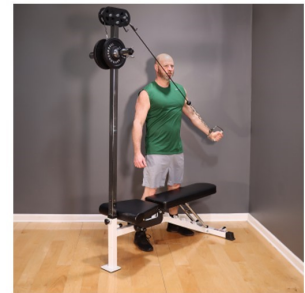
Start



Finish

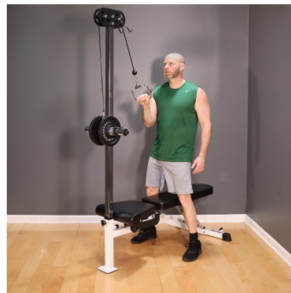


Start



Finish

Single Tri Push Down



Start



Finish

**Note: Some exercises require additional handles
sold separately.**

www.deltechfitness.com