



# Exercise Chart for the DF825 Power Rack by Deltech Fitness

## Bench Press



Start



Finish

## Incline Bench Press



Start



Finish

## Decline Bench Press



Start



Finish

## Military Press

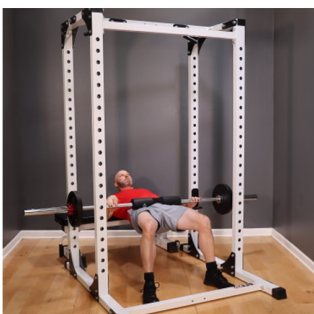


Start



Finish

## Hip Thrust



Start

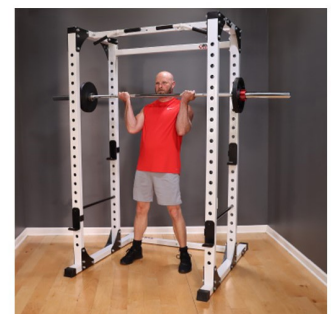


Finish

## Standing Curl



Start



Finish