



**Exercise Chart for the DF825
Power Rack by Deltech Fitness**

Squat



Start



Finish

Calf Raise



Start



Finish

Bent Over Row



Start



Finish

Front Squat

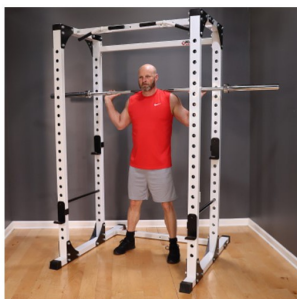


Start



Finish

Good Mornings



Start

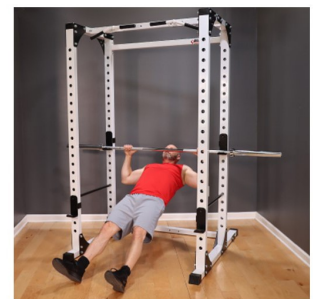


Finish

Inverted Row



Start



Finish