



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

Wide Grip Pull Up

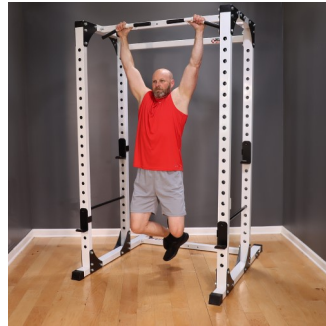


Start



Finish

Knee Raise



Start



Finish

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