



# Lower Body Exercise Chart for the DF910 Lat Machine by Deltech Fitness

## Lat Pull



Start

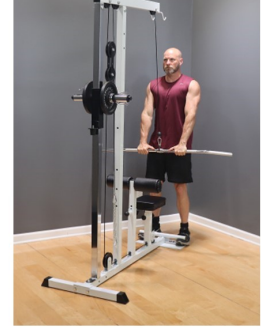


Finish

## Triceps Extension

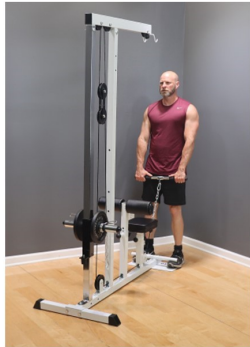


Start



Finish

## Upright Row



Start

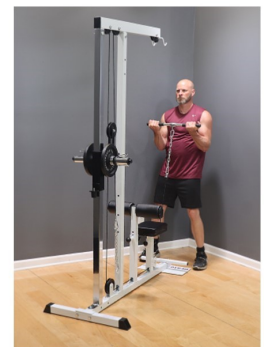


Finish

## Curl



Start



Finish

## Bent Over Row



Start

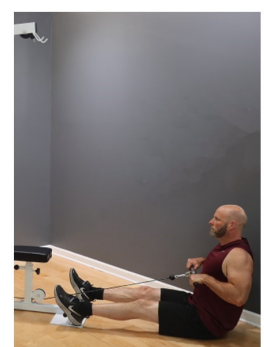


Finish

## Seated Row



Start



Finish