



Exercise Chart for the DF910 Lat Machine by Deltech Fitness

Shrug



Start



Finish

Calf Raise



Start

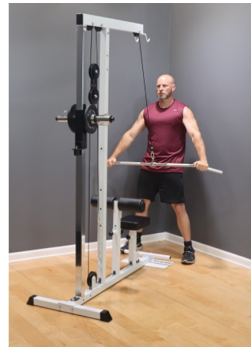


Finish

Straight Arm Lat pull

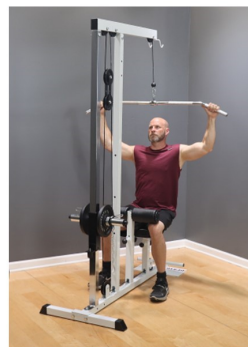


Start



Finish

Behind the Neck Lat Pull



Start

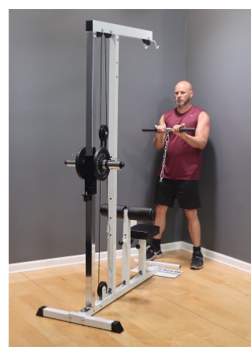


Finish

Wrist Twist



Start



Finish

Squat



Start



Finish