



Exercise Chart for the DF910 Lat Machine by Deltech Fitness

You need other attachments for

Abdominal Crunch



Start

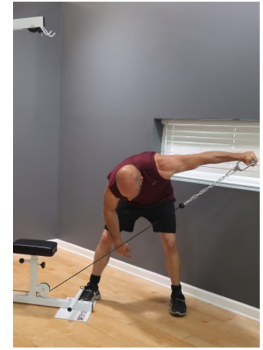


Finish

Rear Delt Raise



Start



Finish

Face Pull



Start

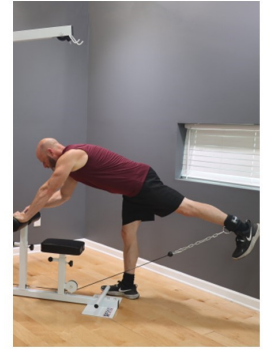


Finish

Kick Back



Start



Finish

Inner Thigh extension



Start

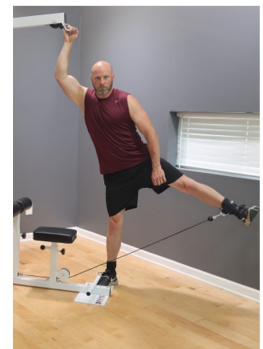


Finish

Outer Thigh



Start



Finish