

Exercise Chart for the

DF910 Lat Machine by Deltech Fitness



Some exercises require additional equipment

Reverse Curl

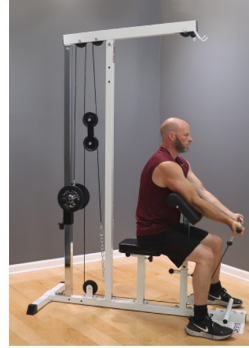


Start

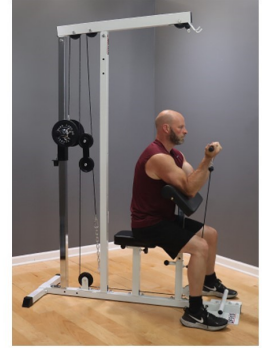


Finish

Preacher Curl



Start



Finish

Single Hand Chop



Start

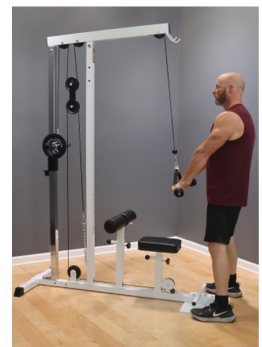


Finish

Triceps Ext with Rope



Start



Finish

Deadlift



Start



Finish

Romanian Deadlift



Start



Finish