



**Exercise Chart for the DF9600
FID Dumbbell Bench Deltech Fitness**

Arnold Press

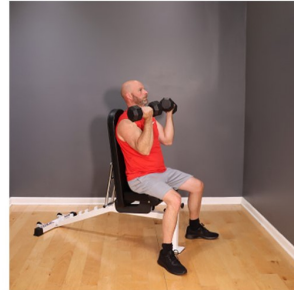


Start



Finish

Incline Bench Press

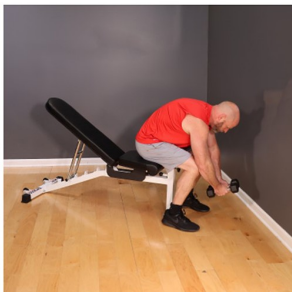


Start

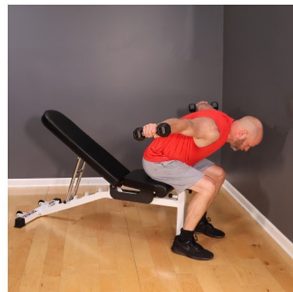


Finish

Seated Delt Rise



Start

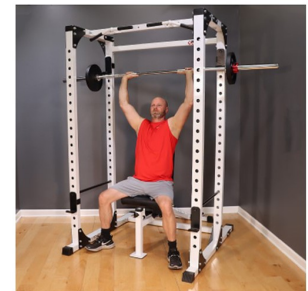


Finish

Military Press

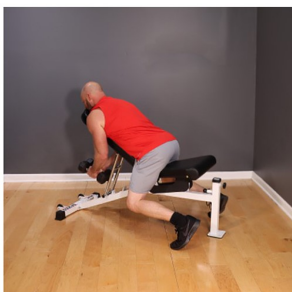


Start

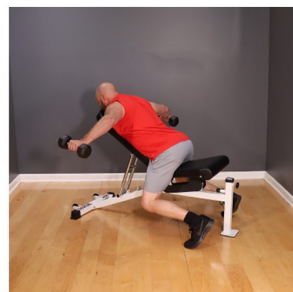


Finish

Incline Delt Raise



Start



Finish

