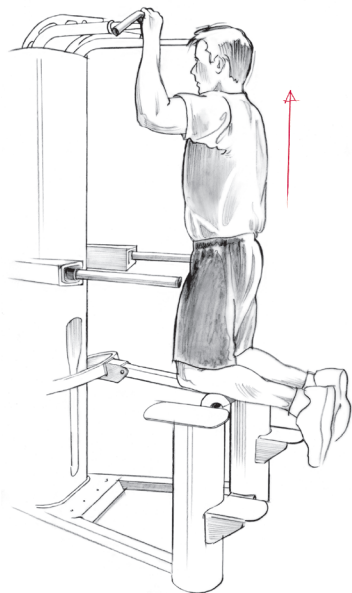


ASSISTED CHIN-UPS



Benefits: Lats, musculature of scapular region, biceps, forearms.

Position: Climb up and grasp upper bar at chosen position. Kneel on pads or stand on support bar (depending on machine configuration). Lower body until arms are almost fully extended.

Action: Pull body up and at top of motion squeeze shoulder blades down and together. Hold position momentarily and return.

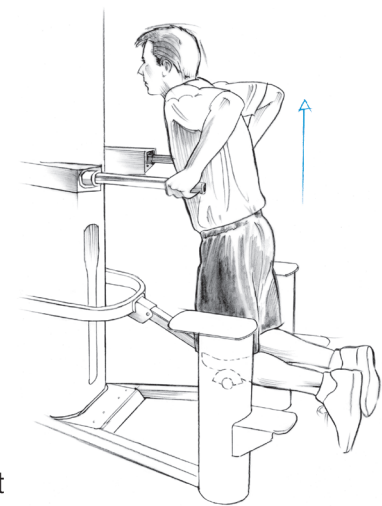
Tips: Vary grip width and use an under-hand or a standard grip to target muscles differently.

Note: Amount being lifted is body weight less weight stack weight. To perform unassisted chin-ups, fold the support bar against the column.

Important: Read all product labels before exercising. Let the support bar return to its uppermost position before getting off.

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ASSISTED DIPS



Benefits: Lower pectorals, deltoids, triceps.

Position: Adjust handles to a comfortable shoulder width. Kneel on pads or stand on support bar (depending on machine configuration). Support body weight on extended arms.

Action: Lower body until upper arms are parallel to floor, return to starting position. Don't lock out the elbows.

Tips: Keep head up and body vertical.

Note: Amount being lifted is body weight less weight stack weight. To perform unassisted dips, fold the support bar against the column.

Important: Read all product labels before exercising. Let the support bar return to its uppermost position before getting off.

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