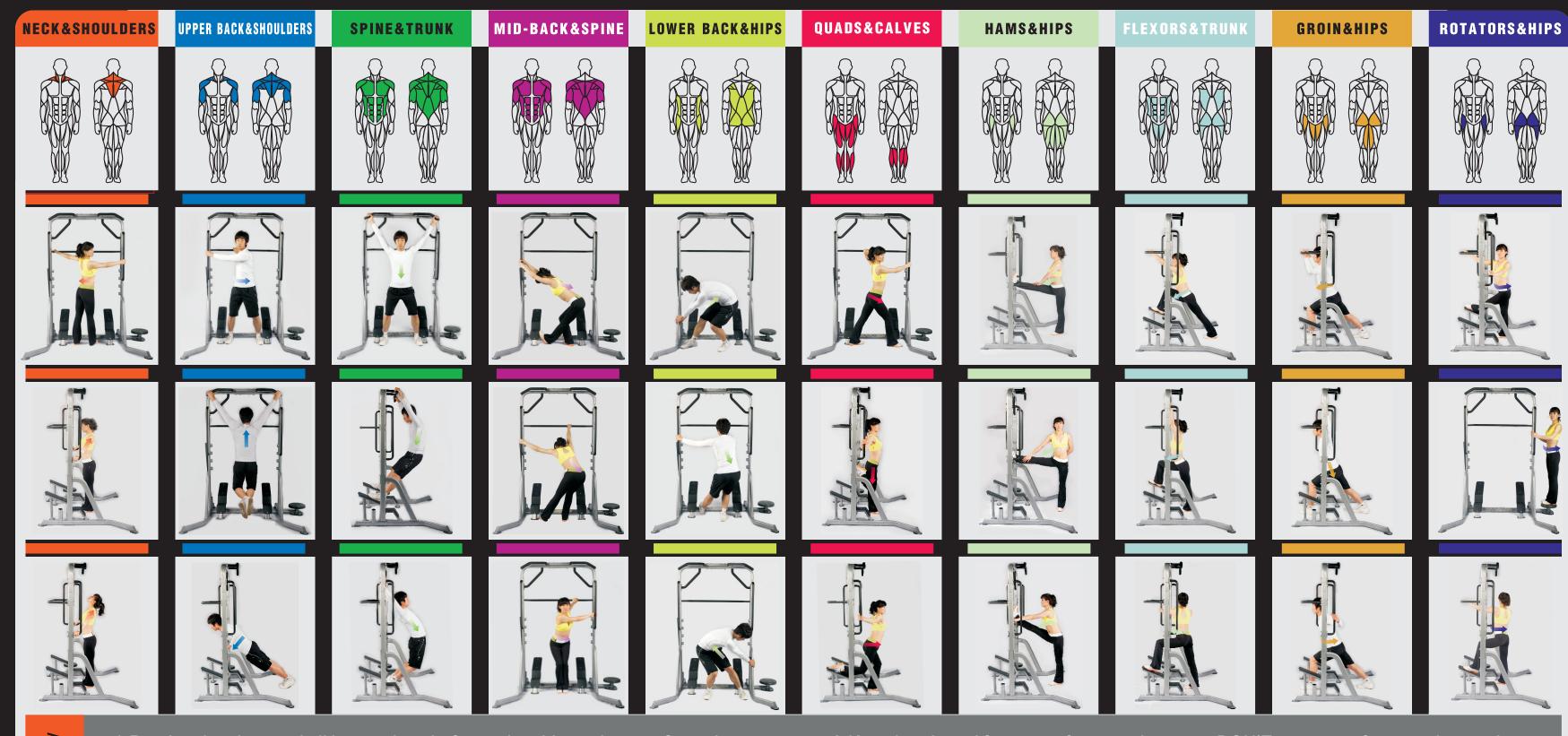
STRETCH



- 1.Read and understand all instructions before using this equipment.Consult a fitness instructor about proper form .Failure to use equipment properly could result in serious injury.
- result in serious injury.

 2.Inspect equipment for loose, worn or frayed parts. If in doubt about a certain part DON'T use this machine.
- 3. Keep hands and feet away form moving parts. DON'T attempt to free any jammed part by yourself.
- 4. Always consult a physician before starting any exercise program.
- 5.Stop your workout immediately if your feel faint or dizzy.