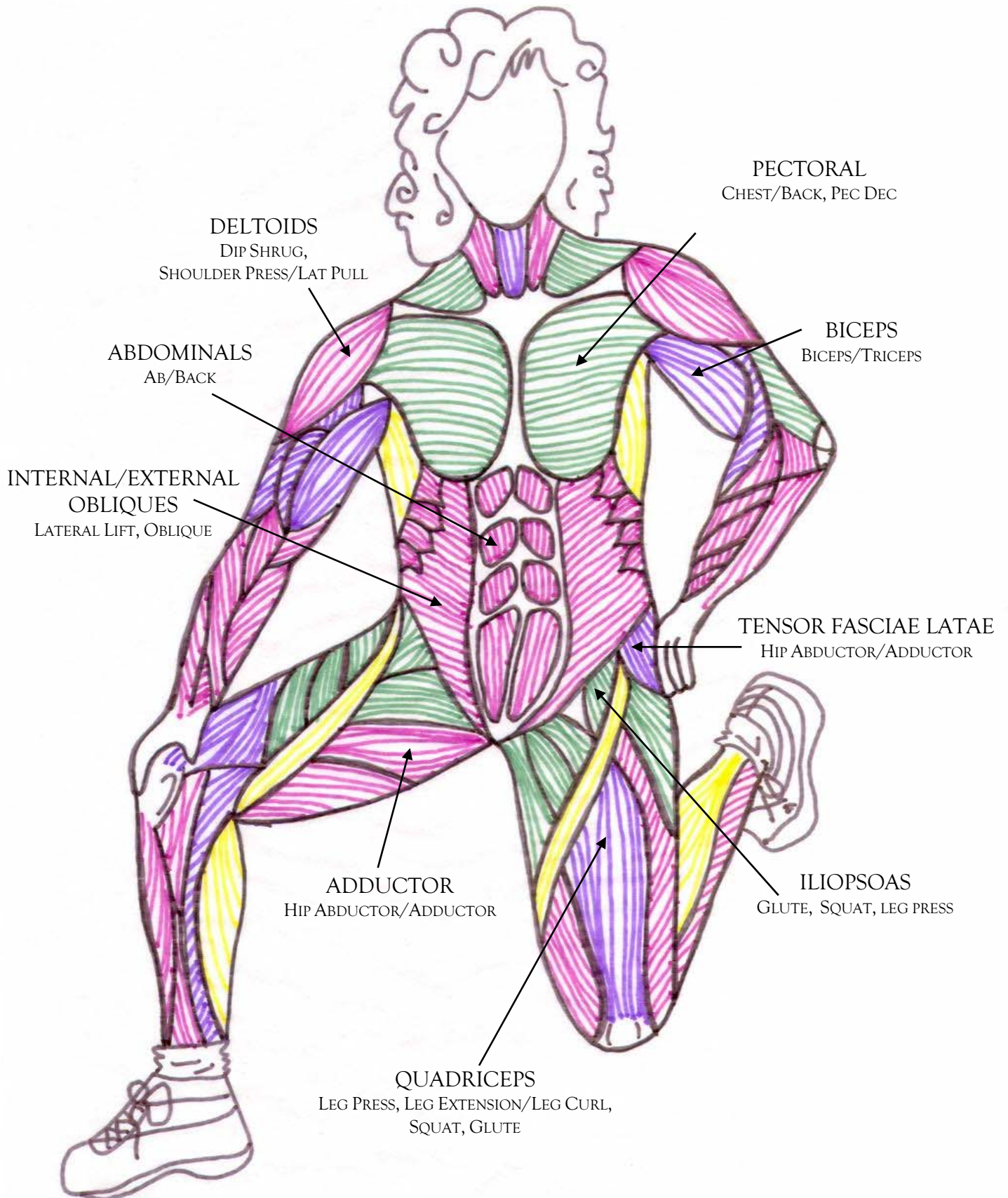


# FRONT MUSCLES/MACHINE DIAGRAM

THE NAME OF THE MUSCLE GROUPS WILL BE IN THE LARGER PRINT.



# BACK MUSCLES / MACHINE DIAGRAM

THE NAME OF THE MUSCLE GROUP WILL BE IN THE LARGER PRINT

