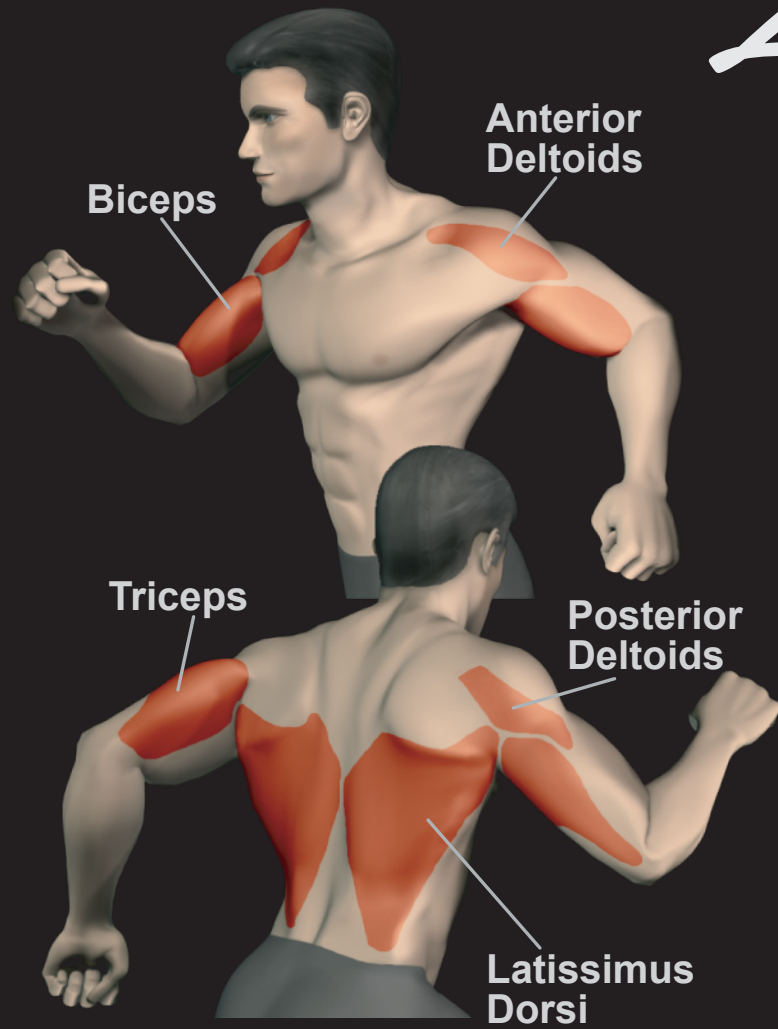


# LifeFitness®



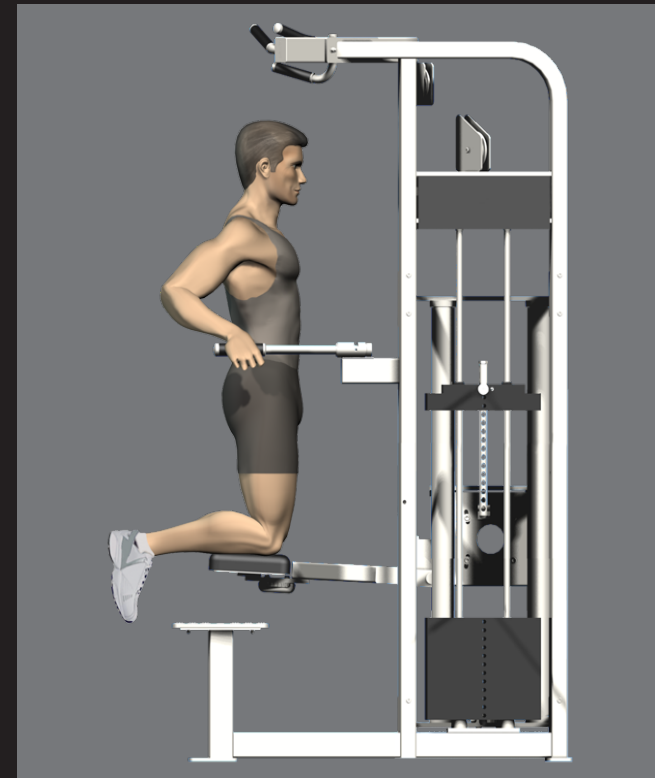
#### DIP ASSIST:

1. Step up and rotate handles to inner or outer position.
2. Grip handles and place knees on pad.
3. Lower body with a controlled movement, keeping torso upright and shoulders back. Do not exceed your comfortable range of motion. Return slowly.
4. When finished, bring knee pad all the way up to bring weight stack to rest.
5. Carefully step backwards onto steps and back down to floor.

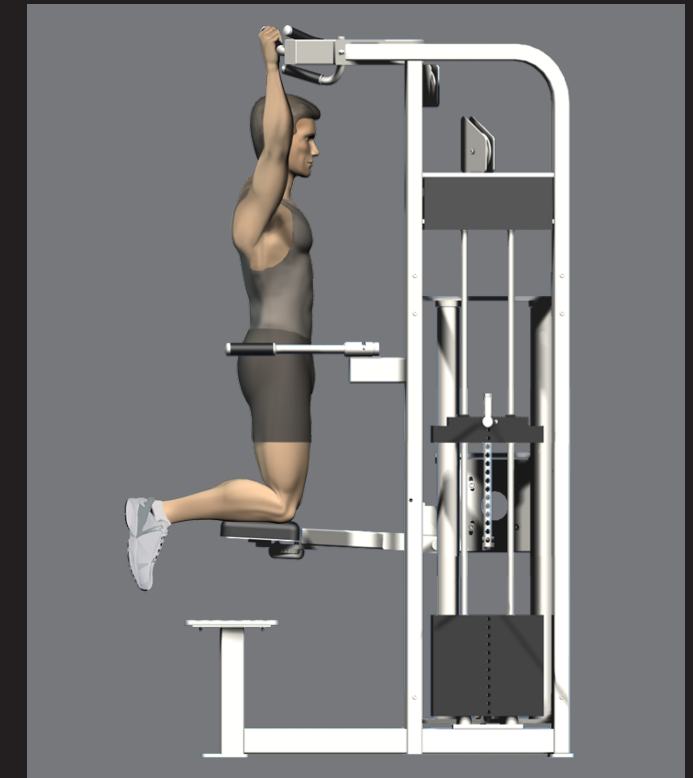
#### CHIN ASSIST:

1. Step up and grip desired hand position. Place knees on pad.
2. Slowly pull body upwards then return with controlled movement, keeping chest up throughout exercise.
3. When finished, bring knee pad all the way up to bring weight stack to rest.
4. Carefully step backwards onto steps and back down to floor.

### DIP START POSITION



### CHIN START POSITION



## ASSISTED DIP/CHIN