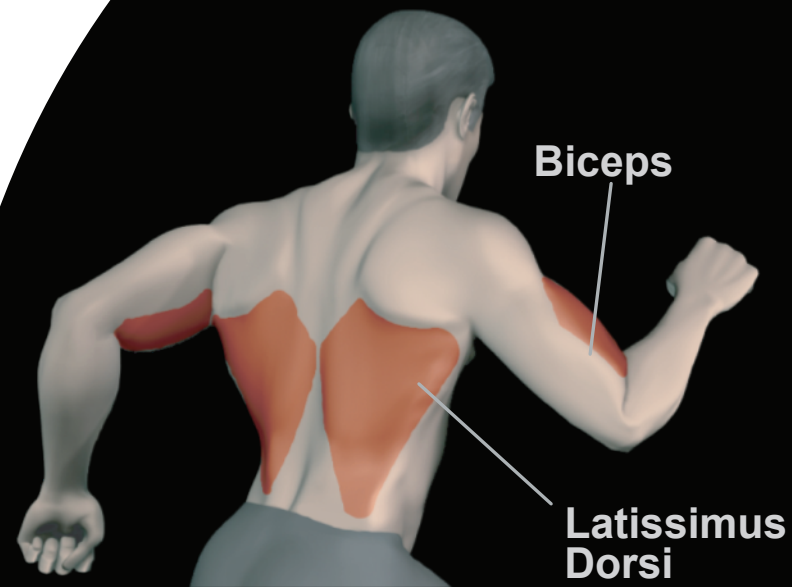
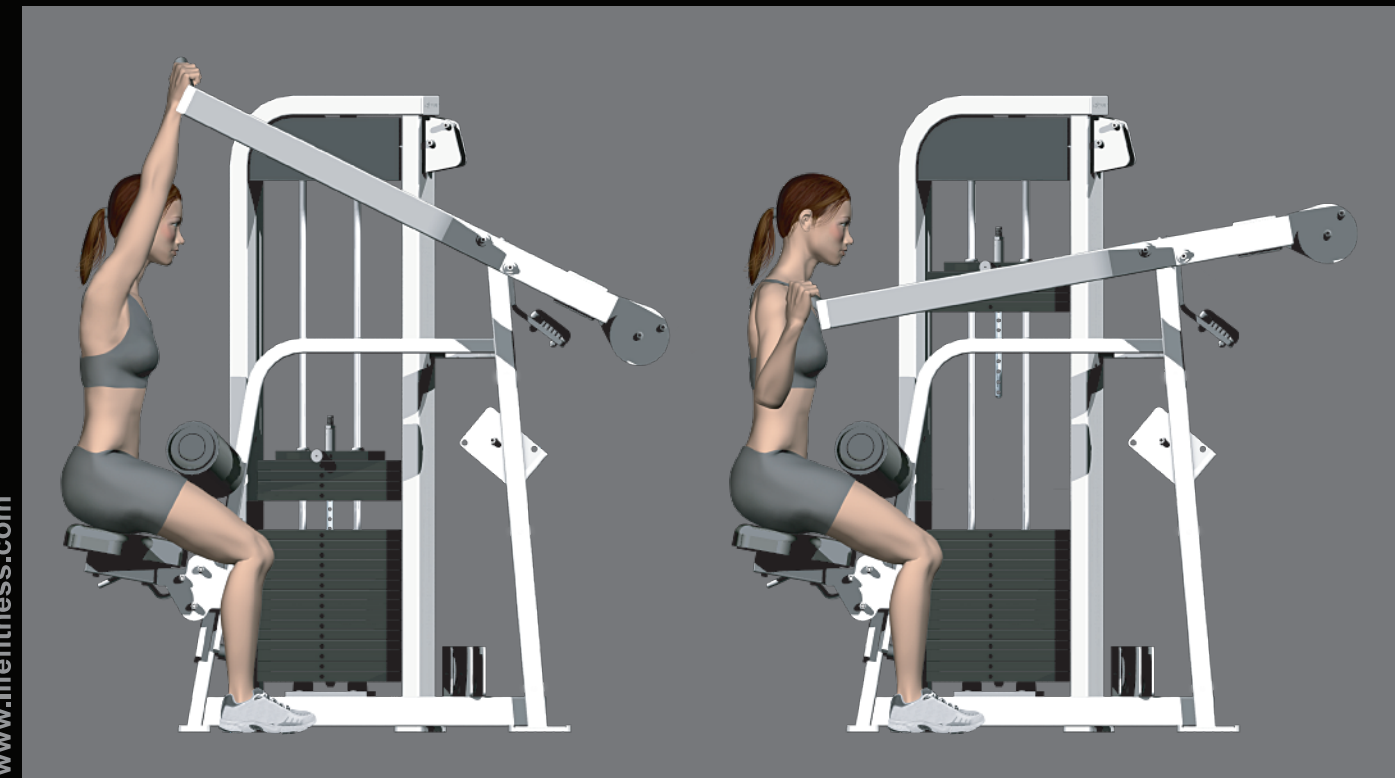


*LifeFitness*<sup>®</sup>



1. Adjust seat height to secure legs under the roller pads.
2. Stand up and grip handles in desired position, then sit down with thighs under roller pads.
3. Pull handles down, keeping chest up and elbows under hands
4. When finished, straighten arms and carefully stand up until weight stack comes to rest.

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**FIXED PULLDOWN**