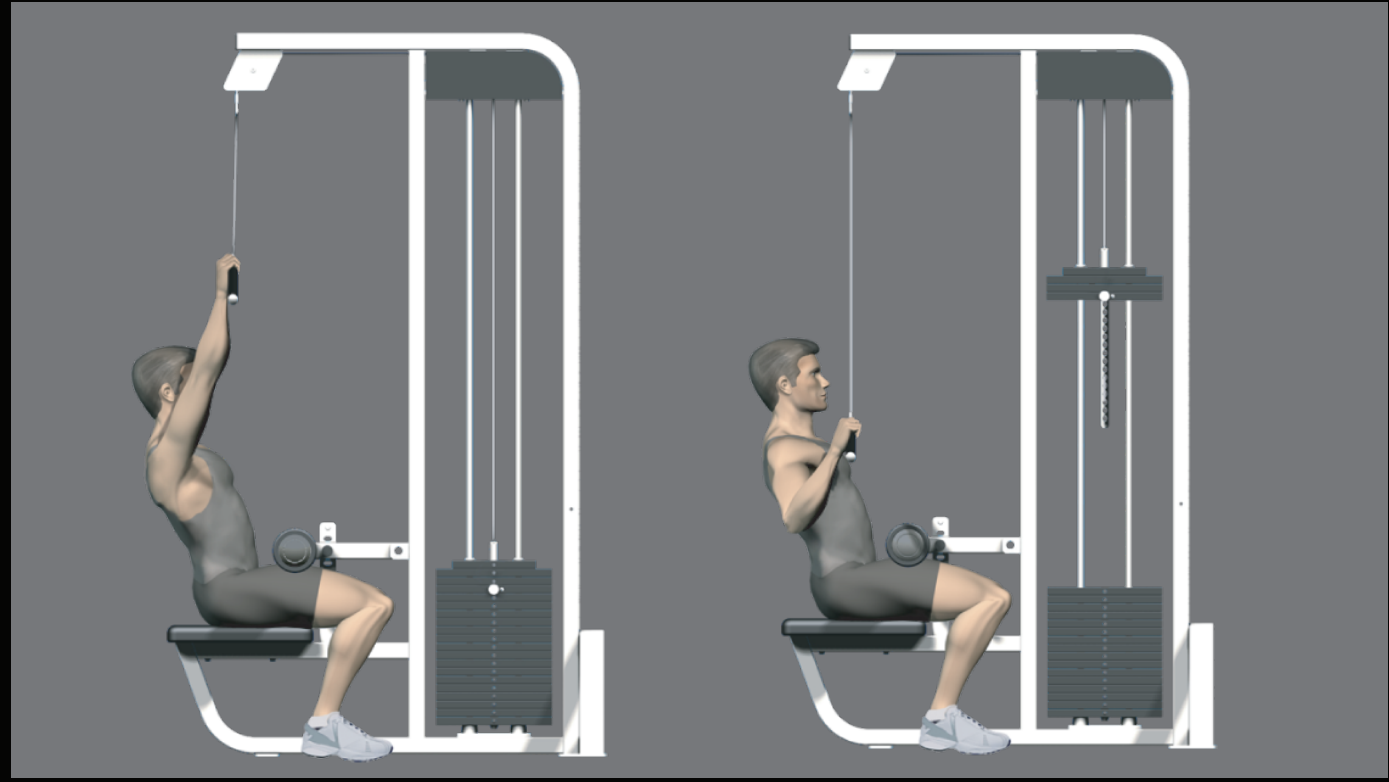
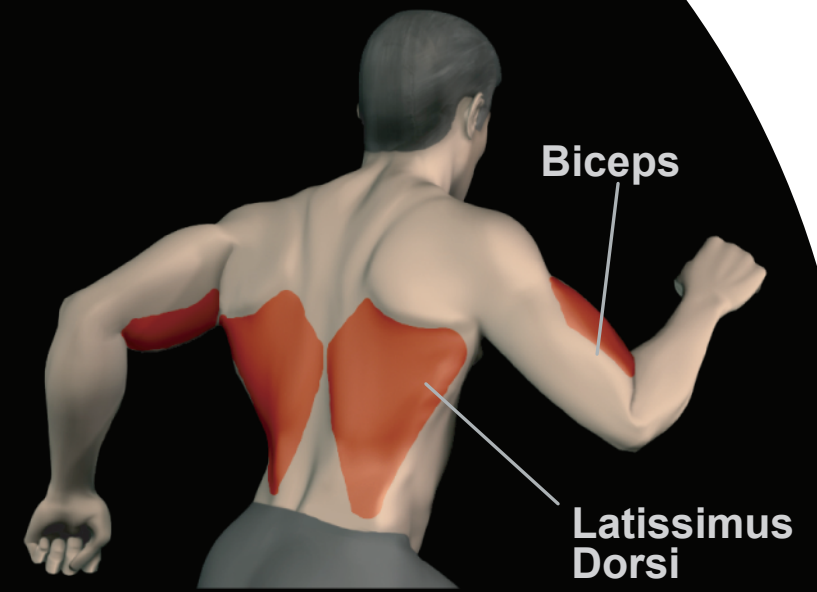


*LifeFitness*<sup>®</sup>

1. Sit and adjust thigh pads to secure legs in position.
2. Stand up and grip bar in desired position. Pull down then sit with thighs under pads.
3. Pull bar down to the front of chest, keeping chest up and elbows under hands.
4. When finished, straighten arms and carefully stand up until weight stack comes to a rest.

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# LAT PULLDOWN