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chest press to pec dec station*

*High pulley operates for lat
pulldowns, tricep pushdowns
and ab crunches*

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for perfect grip position*

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provides lumbar support for
your back*

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generates up to 75kg
genuine resistance*

*Leg Developer to be used for
leg extensions for your quadriceps*

*Low pulley operates for
seated rows, bicep curls,
lat raises and upright
rows*

*Heavy duty steel framework
enhances durability and stability*

Straight bar and lat bar included -

Everlast Home Multi Gym Instruction Manual

Xiang Xie



Everlast Home Multi Gym Instruction Manual:

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