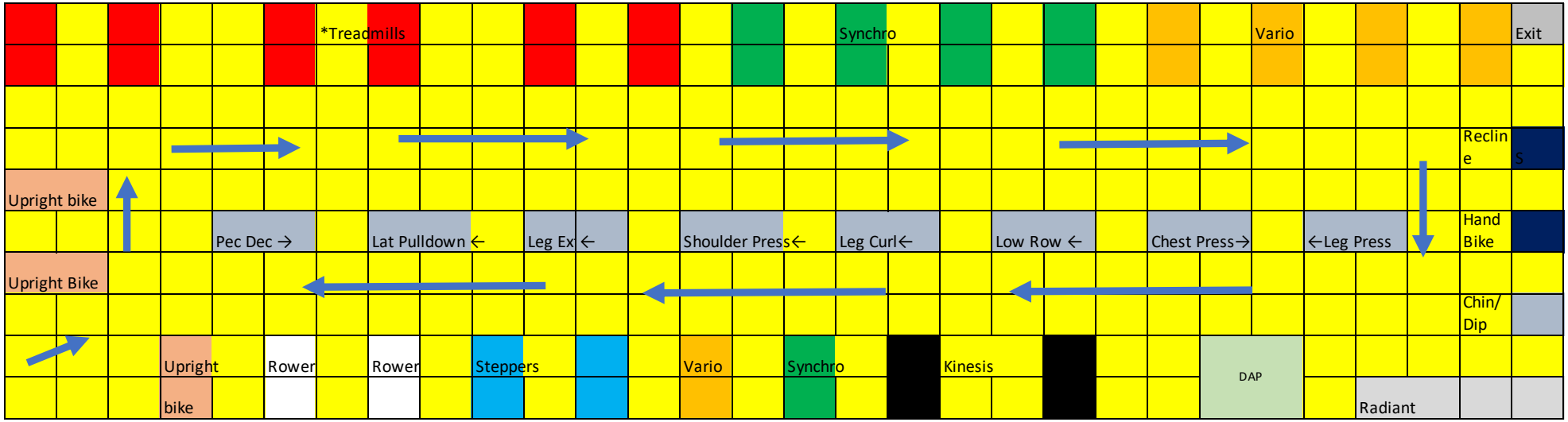
*Treadmills
Synchro
Vario
Exit
Recline
S
Upright bike
Pec Dec →
Lat Pulldown ←
Leg Ex ←
Shoulder Press←
Leg Curl←
Low Row ←
Chest Press→
←Leg Press
Hand Bike
Upright Bike
Chin/ Dip
Upright bike
Rower
Rower
Steppers
Vario
Synchro
Kinesis
DAP
Radiant