

# **ADJUSTABLE**

ADJUST THE WEIGHT IN 5 KG INCREMENTS UP TO 60 KG



# VERSATILITY

WORK ALL YOUR MUSCLES, SAFELY.



# COMPACT DESIGN

TAKES UP LITTLE FLOOR SPACE ONCE THE ARMS AND SEAT ARE FOLDED.



# **FLEXIBILITY**

ADJUSTABLE, RETRACTABLE SEAT. COLLAPSIBLE FOOTRESTS FOR HORIZONTAL ROWS



# **Manual For Compact Home Gym**

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