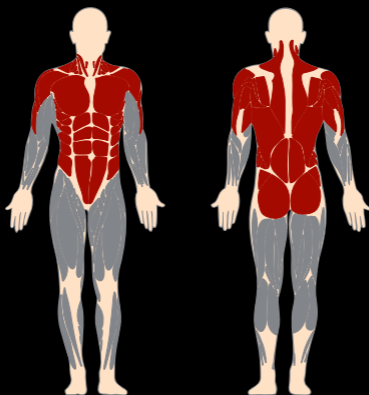


IVE

IVE CHIN UP / DIP FLYING PULL-UP



MUSCLES TRAINED

**ABDOMINALS / OBLIQUES / TRICEPS / GLUTES
BACK / CHEST/ SHOULDERS**

Before you start the training, do a warm-up.

If you notice any faults in the device, stop training and contact the service.

Do not let children use this device.

Teenagers should only use the device under adult supervision.

Keep all people at a safe distance from the machine during your training.

Before you start training, you should consult a doctor in order to monitor your health.

Maximum user weight 200 kg.

**SCAN QR
EXERCISES**



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