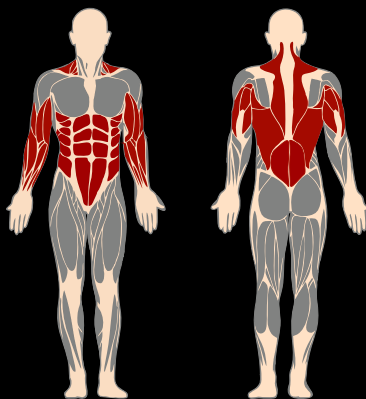


IVE MULTI FUNCTIONAL RACK

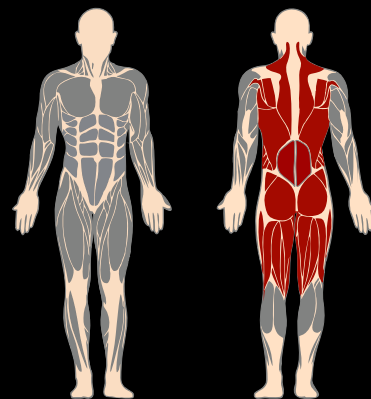
Pull-Up / 7-Grip



MUSCLES TRAINED

BACK / SHOULDERS / BICEPS / FOREARMS

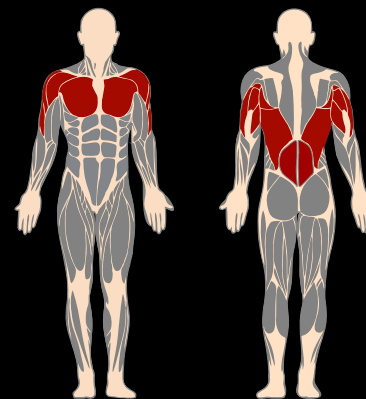
Back Extension



MUSCLES TRAINED

ABDOMINALS / OBLIQUES
BACK / BUTTOCKS

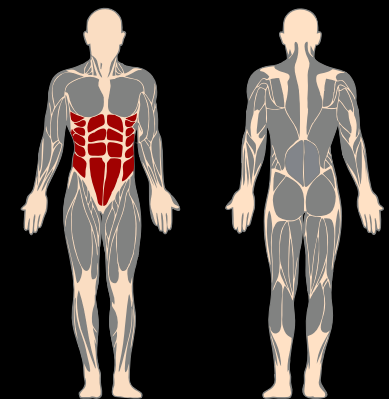
Dip Station



MUSCLES TRAINED

TRICEPS / CHEST / BACK

Abdominal Bench



MUSCLES TRAINED

ABDOMINALS / OBLIQUES

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.



EXERCISES

IVE

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