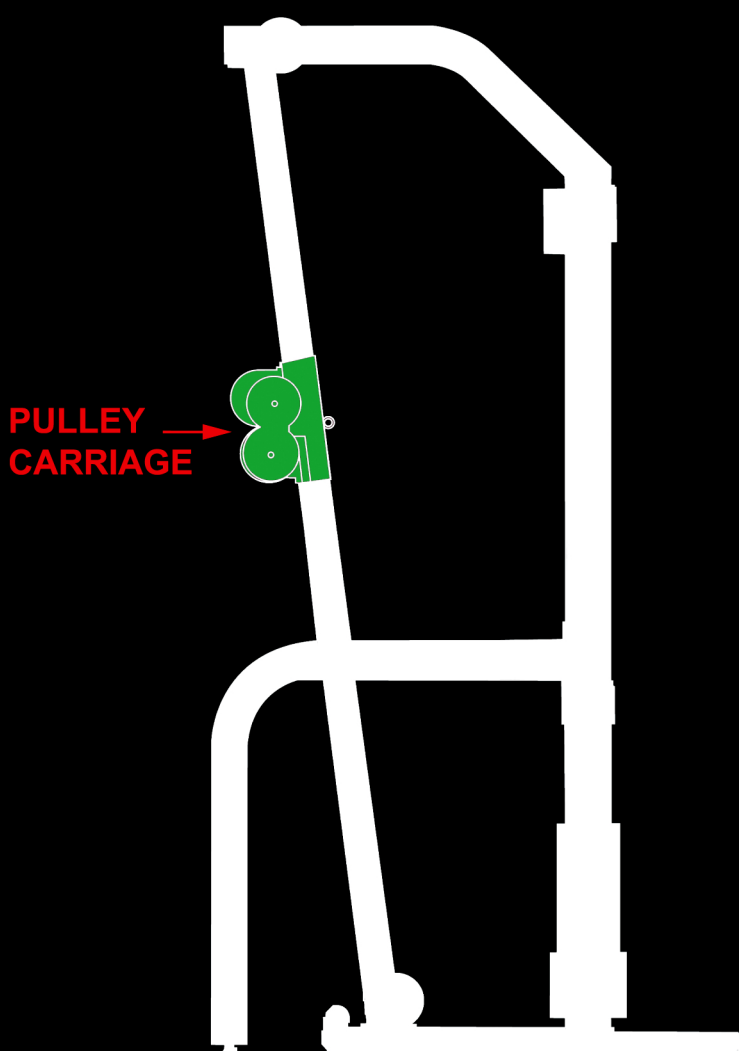


# CT LINE



## CABLE COLUMN



1. Adjust pulley cable to proper height for desired exercise.
2. Select desired weight:  
One handle = 25% amount of weight pinned.  
Two handles = 50% amount of weight pinned.
3. Only exercise in front of the equipment as defined by the diagram below.

Consult a physician and exercise professional before starting any exercise program.

