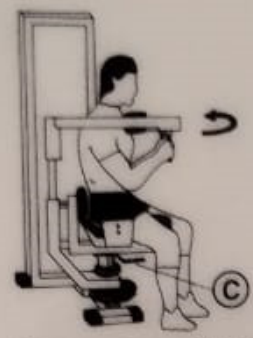
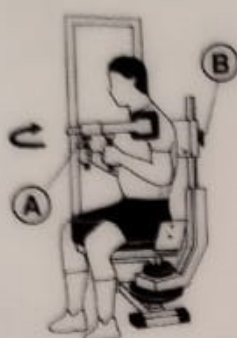




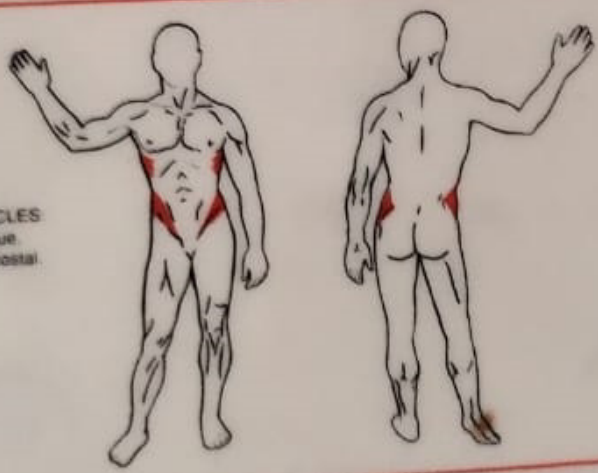




## ROTARY TORSO

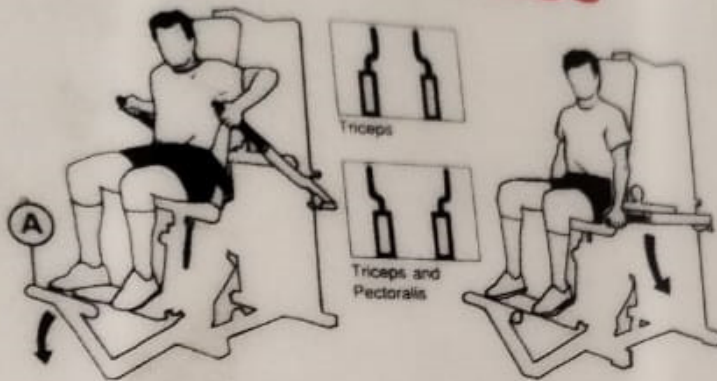


- 1 Adjust the sliding shoulder support using knobs **A** and **B**. (You should be leaning slightly forward with the front of your shoulders resting on the support)
- 2 Select the working load and get onto the platform, resting your hips against the back of the seat
- 3 Take hold of a handle with the right hand and position the rest in front of your shoulders
- 4 Release the lever **C** and turn your torso to the degree of rotation required
- 5 Release lever **C** and make sure that the seat is locked in position. Place both hands on the handles and perform the exercise.
- 6 To perform the exercise on the other side, release lever **C** and repeat operations 4 and 5



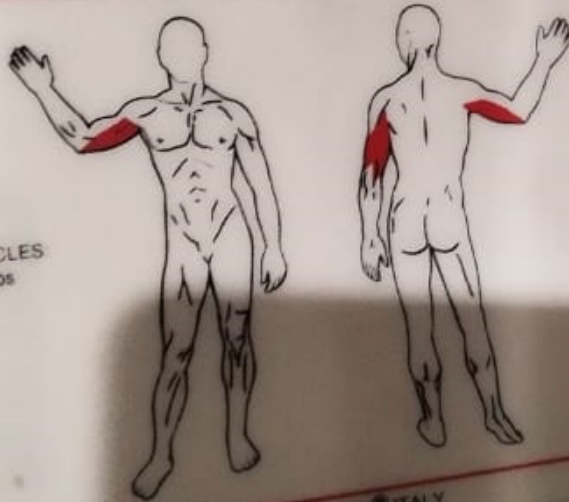
MUSCLES:  
Oblique  
Intercostal

# TRICEPS PRESS



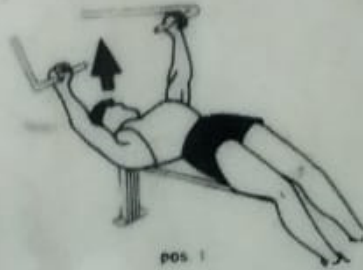
- 1 Choose the desired work load. Adjust seat height so that your shoulder is lined up with the end of the hand grips (seated on the machine with arms at the side of the body)
- 2 Fasten the belt and push the lever (A) to lift the weights
- 3 Place hands on the hand grips and remove feet from lever (A); continue as shown in the picture.

MUSCLES  
Triceps



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# PEK DEK



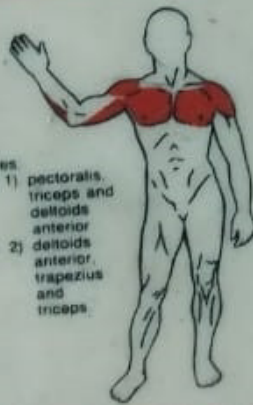
**1** Choose the desired work load

**2** Place the bench exactly between the handles

**3** Adjust handles height: as shown on Pos. 1 for greater emphasis on the pectoralis, as shown on Pos. 2 for greater emphasis on the deltoids

**4** In both cases adjust handles according personal size

muscles  
(Pos. 1) pectoralis,  
triceps and  
deltoids  
anterior  
(Pos. 2) deltoids  
anterior,  
trapezius  
and  
triceps.



TECHNOGYM® ITALY

**TECHNOGYM**

47035 Gambettola (FO) - Italy  
Via S. Perticari, 20 - tel. 0547/56047

Serial N°

M450.....300228

ROTARY TORSO Kg. 50 SUPEREXECU  
TIVE

AVVERTENZE

1. Utilizzare la macchina solo come indicato sul depliant e al carico max di 120 Kg.
2. Verificare ogni 15 gg. la tenuta o lo stato di usura della macchina e principalmente dei cavi seguendo il manuale di manutenzione Technogym.
3. Macchina da utilizzare solo da persone in stato di buona salute e dietro controllo di istruttori e medici.

WARNINGS

1. Use the Equipment only as described on depliants, with a max. load of 120 Kg.
2. Control every 15 days resistance and wearing out of the Equipment and, mainly of the cables following Technogym maintenance guide.
3. The machine must be used only by people in perfect health and under supervision of fitness instructors and doctors.



47035 Gambettola (FO) - Italy  
Via G. Perticari, 20 - tel. 0547/56047

Serial N°

M113....300343

PEK DEK EXECUTIVE nov. a bilan  
Classe KG 100

AVVERTENZE

1. Utilizzare la macchina solo come indicato sul depliant e al carico max di 120 Kg.
2. Verificare ogni 15 gg. la tenuta o lo stato di usura della macchina e principalmente dei cavi seguendo il manuale di manutenzione Technogym.
3. Macchina da utilizzare solo da persone in stato di buona salute e dietro controllo di istruttori e medici.

WARNINGS

1. Use the Equipment only as described on depliants, with a max. load of 120 Kg.
2. Control every 15 days resistance and wearing out of the Equipment and mainly of the cables following Technogym maintenance guide.
3. The machine must be used only by people in perfect health and under supervision of fitness instructors and doctors.



**TECHNOGYM**

ETEC S.p.A. Sarnano (PG) - Italy  
Via S. Partigiani, 20 - tel. 0547/56047

Serial N°

4445.....300172

DEEPS PRESS KG 100 SUPEREXEC  
P. 12

AVVERTENZE

1. Utilizzare la macchina solo come indicato sul depliant e al carico max di 120 Kg.
2. Verificare ogni 15 gg. la tenuta e lo stato di usura della macchina e principalmente dei cavi seguendo il manuale di manutenzione Technogym.
3. Macchina da utilizzare solo da persone in stato di buona salute e dietro controllo di istruttori e medici.

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