

No	Name	Picture	L×W×H(MM)	Weight(KG)
N01	SHOULDER PRESS		1800*1300*1470	186
N02	ROWING AT A LOW POSITION		2010*1300*1170	193
N03	LEVERAGE HIGH ROW		1300*2180*1850	201
N04	LOWER PULL OF LATISSIMUS DORSI MUSCLE		2060*1300*2030	184
N05	DIAGONAL PRESS		1930*1300*1300	187
N06	CHEST PRESS		1800*1500*1470	218

N07	HIP DRIVE		1570*1520*890	114
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N08	ABDOMIN AL CRUNCH		1570*1560*1560	209
N09	DEADLIFT SHRUG		1880*1560*790	113
N10	BICEPS CURL		1550*1570*1040	211
N11	DIAGONAL LEG PRESS		2290*1820*1470	258