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Before you begin installation, please contact Greenfields at (888)-315-9037 or csc@greenfieldsfitness.com for up to date installation instructions.
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UNIT LIST

SGR2005-1-21  4-Person Lower Body Combo
SGR2005-1-22  4-Person Pendulum
SGR2005-1-26  2-Person Ski
SGR2005-1-42  2-Person Back & Arms Combo
SGR2005-1-47-W Accessible Vertical Press
SGR2005-1-48-W Accessible Lat Pull
SGR2005-1-48A-W Accessible Chest Press
SGR2005-1-48E Combo Butterfly & Reverse Fly
SGR2005-1-77  8-Person Static Combo
SGR2005-1-104N 4-Person Leg Press
SGR2005-1-105 Announcement Board

These 10 units may serve up to 32 people at a time.

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This unit offers the following exercises:

1. Dips
2. Assisted Squats
3. Chin/Pull-Ups
4. Parallel Pull-Ups
5. Leg/Knee Raises
6. Assisted Pull-Ups
7. Incline Leg Raises
8. Incline Sit-Ups
9. Push-Ups

Target muscles:
- Strengthens chest, shoulders, back muscles, upper, mid and lower abs, forearms, biceps, triceps, obliques
- Can be used by 6 people simultaneously

Exercise stations:
- Dips
- Assisted Squats
- Chin/Pull-Ups
- Parallel Pull-Ups
- Leg/Knee Raises
- Assisted Pull-Ups
- Incline Leg Raises
- Incline Sit-Ups
- Push-Ups

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