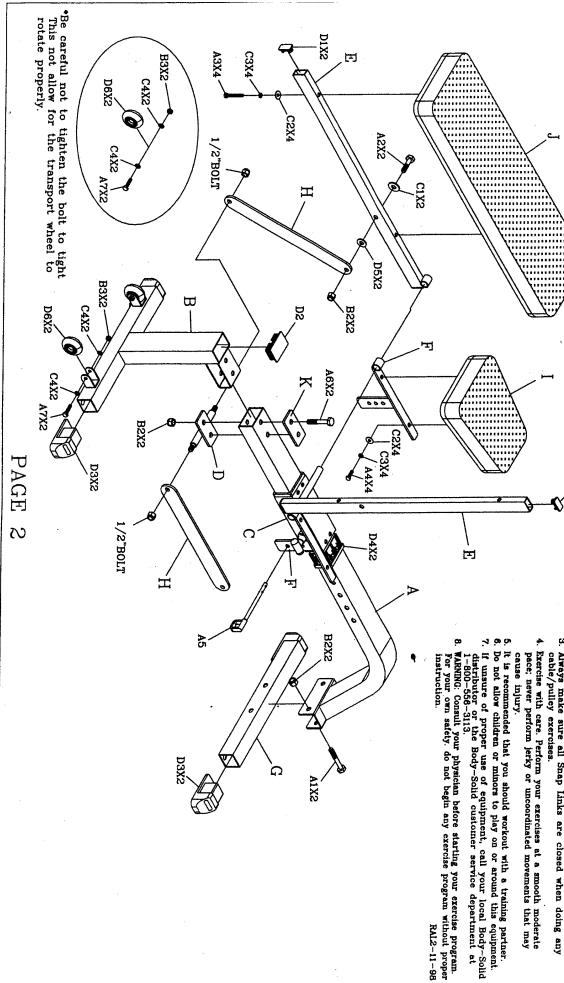


GFI-21



THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

1. Inspect equipment before each workout. Checke that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. Failure to follow these rules may result in serious injury.

2. Keep clear of the cables and all moving parts when the machine is in use.

D1X2

Always make sure all Snap Links are closed when doing any cable/pulley exercises.

Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may