

5605.5633/5315/5316 - Modular Cable Column

The Cable Column is a very versatile machine. With the use of various handles, virtually every body part can be trained.

1. Select appropriate resistance.
2. Adjust pulley height by grasping handle, unlocking twist knob, sliding mechanism to the desired height. Ensure that the twist knob has been locked before releasing handle.
3. Grasp handle securely and lift/lower resistance with smooth, controlled movements.

NOTE: Exercises may be performed in either linear or diagonal patterns.



