

5611 Modular Assisted Chin-Up/Dip and 5345 - Single Station Dip/Chin

1. Select assisted (foot support down) or unassisted (foot support pivots up against tower) dip or chin exercise.
2. Select appropriate resistance.
3. Select wide or narrow grip position.
4. Grasp exercise handles securely.
5. For assisted dip or chin exercise, place feet firmly on the foot support.
6. Lift/lower body with smooth, controlled movements.

NOTE: Exit machine from top step only! Do not exit machine from ground level.

| Plate No. | Assist (Pounds) |
|-----------|-----------------|
| 4 | 16 |
| 5 | 22 |
| 6 | 28 |
| 7 | 34 |
| 8 | 40 |
| 9 | 46 |
| 10 | 52 |
| 11 | 58 |
| 12 | 64 |
| 13 | 70 |
| 14 | 76 |
| 15 | 82 |
| 16 | 88 |
| 17 | 94 |
| 18 | 100 |
| 19 | 106 |
| 20 | 112 |

