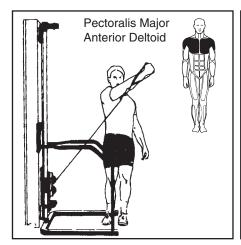
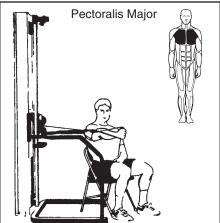
5605.5633/5315/5316 - Modular Cable Column

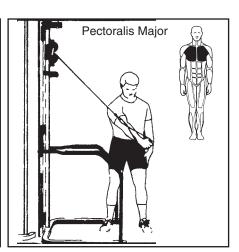
The Cable Column is a very versatile machine. With the use of various handles, virtually every body part can be trained.

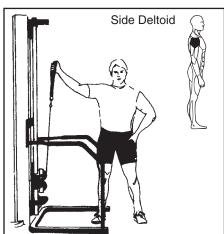
- **1.** Select appropriate resistance.
- **2.** Adjust pulley height by grasping handle, unlocking twist knowb, sliding mechanism to the desired height. Ensure that the twist knob has been locked before releasing handle.
- 3. Grasp handle securely and lift/lower resistance with smooth, controlled movements.

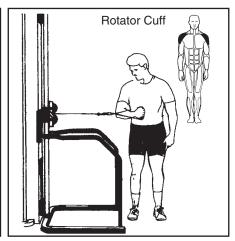
NOTE: Exercises may be performed in either linear or diagonal patterns.

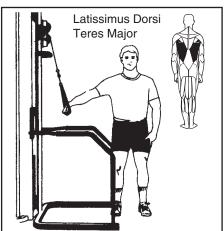












Cybex Modular Owner's Manual

