



Combination Power Push  
& Pull Down Challenger

### **Suggested Usage:**

**Beginners: Up to 5 Reps**

**Intermediate: Up to 7 Reps**

**Advanced: Up to 10 Reps**

### **Instructions:**

Sit on the seat, hold and push the handles forward, hold a moment and then return slowly to original position.

Sit on the seat facing outwards, reach up and pull down the handles, hold a moment and then return slowly to original position. Repeat the cycle.

### **Functions:**

Enhance the muscle strength of arms/chest/shoulders and back.

### **Attention:**

Slow controlled motions will concentrate the exercise on the targeted muscles and will help prevent injury.

### **Warning:**

If you are in any doubt whatsoever about performing physical exercise, please consult a Doctor prior to doing so.

Stop using the equipment immediately should you feel any discomfort at all. This equipment is intended for use by adults and youths with a height greater than 1400 mm BS EN 16630 : 2015

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