

## IBEX RX2300



### LAY DOWN VERTICAL PULL

Main muscle groups worked:  
Arms, Shoulders, Back, Core, Traps



### PRAYING PULL

Main muscle groups worked:  
Core, Shoulders, Arms, Back



### VERTICAL STANDING PULL

Main muscle groups worked:  
Arms, Shoulders, Back, Core, Legs



### SEATED HORIZONTAL PULL

Main muscle groups worked:  
Arms, Shoulders, Back, Core, Legs



### VERTICAL STANDING PULL

Main muscle groups worked:  
Arms, Shoulders, Back, Core, Legs



### LUNGE PULL

Main muscle groups worked:  
Arms, Shoulders, Back, Core, Legs