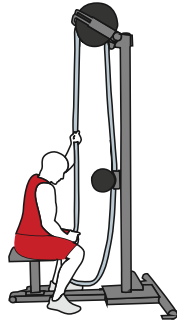


ROPEFLEX®

ORYX RX2500



BALANCE BALL STANDING PULL
Main muscle groups worked:
Arms, Shoulders, Back,
Core, Traps



SEATED VERTICAL PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core



BENT OVER UPWARD PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core, Legs, Traps



HORIZONTAL STANDING PULL
Main muscle groups worked:
Arms, Shoulders, Back,
Core, Traps



STANDING UPWARD PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core, Legs



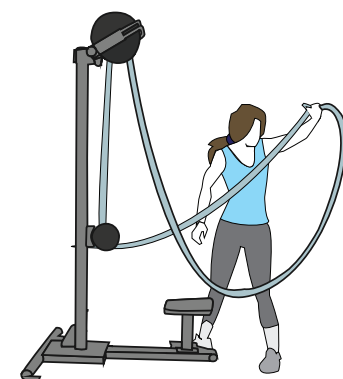
**(BACKWARDS)
HORIZONTAL STANDING PULL**
Main muscle groups worked:
Arms, Shoulders, Back,
Core, Traps



BENT OVER LOWER PULL
Main muscle groups worked:
Arms, Shoulders, Back, Triceps,
Biceps



SIDE BENT OVER LOWER PULL
Main muscle groups worked:
Arms, Shoulders, Back, Triceps,
Biceps



DIAGONAL ARM PULL
Main muscle groups worked:
Arms, Shoulders, Back, triceps,
biceps