

Position 1

Position 2

LUNGE

Anchor: Low

Harness: Hips

Control: Adjusted



LAT PULL

Anchor: High

Handle: Shortened

Control: Adjusted



CHEST PRESS

Anchor: Knee height

Handle: Full length

Control: Full length



HAMSTRING CURL

Anchor: Low

Handle/Harness: Ankle

Control: Adjusted



ROW

Anchor: Knee Height

Handle: Full length

Control: Full length



OVERHEAD PRESS

Anchor: Shin Height

Handle: Full length

Control: Adjusted

