

A COMPLETE STRENGTH FACILITY IN A CORNER OF THE ROOM



AB CRUNCHES



BICEP CURLS



BAT SWINGS



BENT OVER
ROWS



CABLE
CROSSES



CHEST PRESSES



GLUTE
KICKBACKS



GOLF SWINGS



HIP ADDUCTION



LAT ROWS



OBLIQUE
TWISTS



ROTATOR
CUFF PULLS



SHOULDER
PRESSES



STANDING
LEG CURL



WIDE GRIP
PULL-UPS



953
Functional Trainer

Tight on floor space? Need more options in your fitness agenda? With a few attachments and even a utility bench, you can treat your core, upper and lower body to a thorough round of workouts. It can be your gym's jack-of-all-trades. It's literally dozens of exercises on one machine. It's the **Functional Trainer**.

Visit LegendFitness.com today to see more of the world's finest strength equipment, **designed and built in America** with **PASSION**.

LEGEND
FITNESS.com

865.992.7097 or 866.7.LEGEND (toll free)