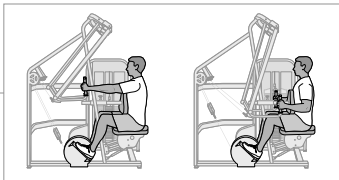


ROW

- Variable resistance assures that resistance provided closely matches the body's capability throughout the range of motion
- Gas spring assisted seat for easy adjustment
- Independent arm motion encourages symmetrical strength development
- Overhead pivot and unequal length four-bar linkage provide a near linear path of motion for consistent loading at the shoulder
- Diverging movement allows forearms to comfortably clear the body
- Foot brace promotes torso stabilization consistent with proper technique
- Adjustable chest pad provides additional stability if desired



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LATERAL RAISE

- Independent arm motion encourages symmetrical strength development
- Horizontal axis allows for simple alignment
- Adjustable chest pad accommodates a variety of user types and provides for better targeting
- Adjustable knee pad accommodates user heights and allows hands to come in front of the legs for a more complete range of motion
- Extended elbow position allows for lower forces at the hand resulting in less shear at the shoulder at full abduction
- Because the elbow is not significantly flexed, the forces applied to external rotation are minimized, reducing stress on the rotor cuff

