



DUAL CABLE CROSS

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Whether working out by yourself or with a partner, the Dual Cable Cross adds versatility to any strength program, helping you build core strength and muscle endurance, while increasing balance and flexibility. To begin your total-body workout, simply select resistance, position arms for the desired movement, grab the handles and follow the exercises below. To target specific areas of the body, follow the Upper Body and Lower Body exercises. For more variety, try challenging yourself with the Integrated exercises that simulate real-life movements.

As with any exercise program, consult your physician before beginning. If you feel dizziness, shortness of breath or nausea, discontinue use. Follow all instructions on machine for correct operation.

UPPER BODY

LOWER BODY

INTEGRATED

