

Tech Rod Gym Exercise Manual

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3 Finger Exercises Every Guitarist Should Know!

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A.) Follow the below instructions to use the Lat Bar. B.) Attach a Tech Rod Cable (#11) to the Right Pulley on the Extension Tube (#43). Attach the other end, L Shaped Connector (#41) to one of the Tech Rod. C.) Attach one 57 " Lat Cable (#35) to the right Pulley on the Upper Pulley Support Bar (#18).

TECH ROD GYM TR-2 - Marcy Pro
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Page 1 Table of Contents Safety Notice Hardware Identifier Assembly Instruction Parts List Warranty Ordering Parts Model TR-2 Retain This Manual for Reference 09-14-04 OWNER'S MANUAL TECH ROD GYM IMPEX INC. 14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746 Tel: (800) 999-8899 Fax: (626) 961-9966 www.impex-fitness.com...

IMPEX TR-2 OWNER'S MANUAL Pdf Download | ManualsLib
Published: 08 July, 2011 The Tech Rod TR-2 can help you sculpt many different areas of your body. The Tech Rod TR-2 home gym helps to bring the power of a gym membership into your house. This fitness system uses resistance bars instead of weights to challenge many different muscle groups in your body.

How to Use the Tech Rod TR-2 Home Gym | SportsRec
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