

OX RX2000



STAND OVER PULL
Main muscle groups worked:
Arms, Shoulder, Traps, Back, Core

LUNGE PULL
Main muscle groups worked:
Legs, Core, Arms, Shoulders, Back



PB (Pilates Ball) PULL
Main muscle groups worked:
Core, Arms, Shoulders, Back

SEATED PULL
Main muscle groups worked:
Back, Traps, Shoulders, Arms, Core



STAND OVER PULL
Main muscle groups worked:
Arms, Shoulder, Traps, Back, Core

BACKWARD PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core

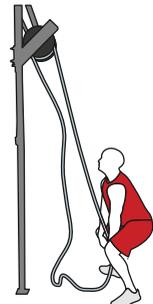


OX2 RX2100



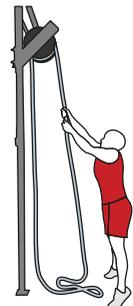
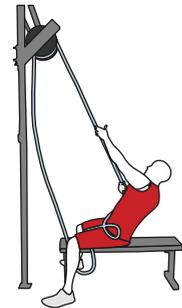
OVERHEAD REVERSE PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core

FORWARD FACING PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core



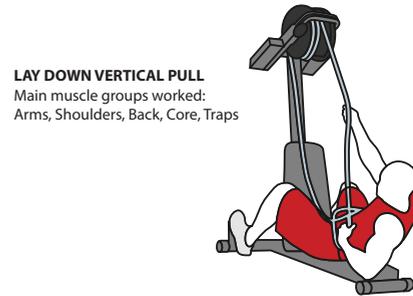
SQUATTING PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core, Legs

BENCH SIT PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core



HIGH PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core, Legs

IBEX RX2300



LAY DOWN VERTICAL PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core, Traps



VERTICAL STANDING PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core, Legs



LUNGE PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core, Legs



SEATED HORIZONTAL PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core, Legs

ORYX RX2500

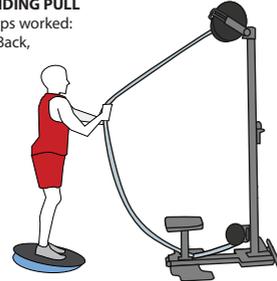


BENT OVER LOWER PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core, Legs, Traps



BENT OVER UPWARD PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core, Legs, Traps

BOSU BALL STANDING PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core, Traps

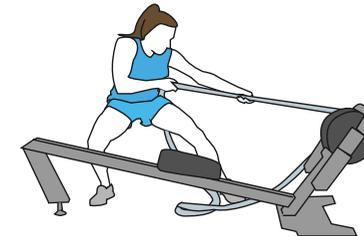


SEATED VERTICAL PULL
Main muscle groups worked:
Arms, Shoulders, Back, Core

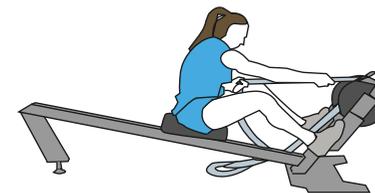
ORYX RX3200



RESERVE STAND OVER PULL
Main muscle groups worked:
Arms, Shoulder, Traps, Back, Core



STAND OVER PULL
Main muscle groups worked:
Arms, Shoulder, Traps, Back, Core



SLIDING SEATED PULL
Main muscle groups worked:
Core, Arms, Shoulders, Back

APEX RX4400

CLASSIC CLIMB
Main muscle groups worked:
Legs, Back Core, Shoulders, Arms



BACKWARD CLIMB
Main muscle groups worked:
Legs, Back Core, Shoulders, Arms



CLASSIC ROPE CLIMB
Main muscle groups worked:
Legs, Back, Core, Shoulders, Traps, Arms

