**Muscles Exercised** – Dip Assist – Triceps, Anterior Delts Chin Assist – Biceps, Lats

**Setup For the Dip Assist**
Rotate the lower bar handles inward or outward. Lower the pad down and lock it into place if assist is desired. Select desired weight. (Note: weight chosen is weight that will be subtracted from body weight when performing exercise. Hence, the more weight selected, the easier the exercise.)

**Performing the Exercise**
Stand on the foot plates and grip the lower bar handles if performing the Dip Assist. Choose a set of upper handles to perform the Chin Assist. Place knees on pad while stepping off of the foot plates. Keep back straight and head up while raising and lowering arms at the elbow. When finished, remove one knee from pad while it is in the down position and step onto foot plate. Remove second knee when pad gets toward top and step onto foot plate.