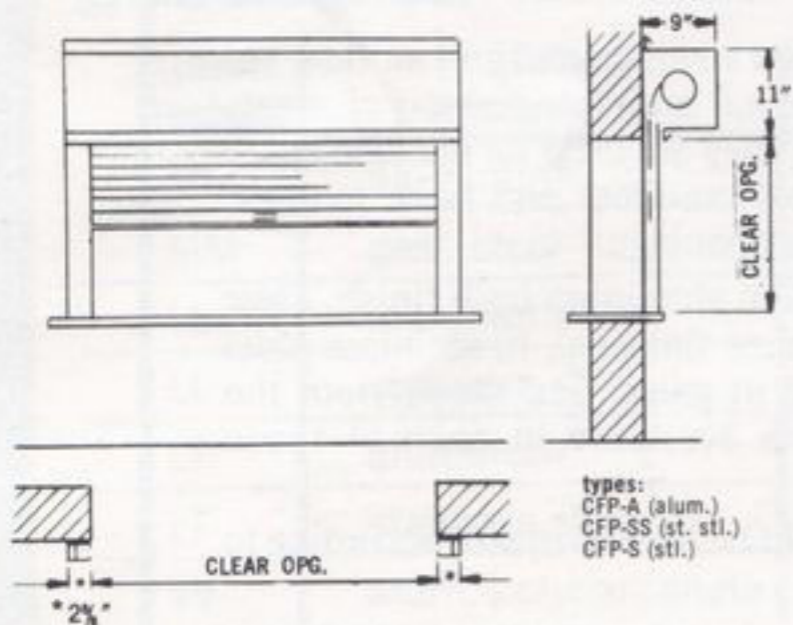
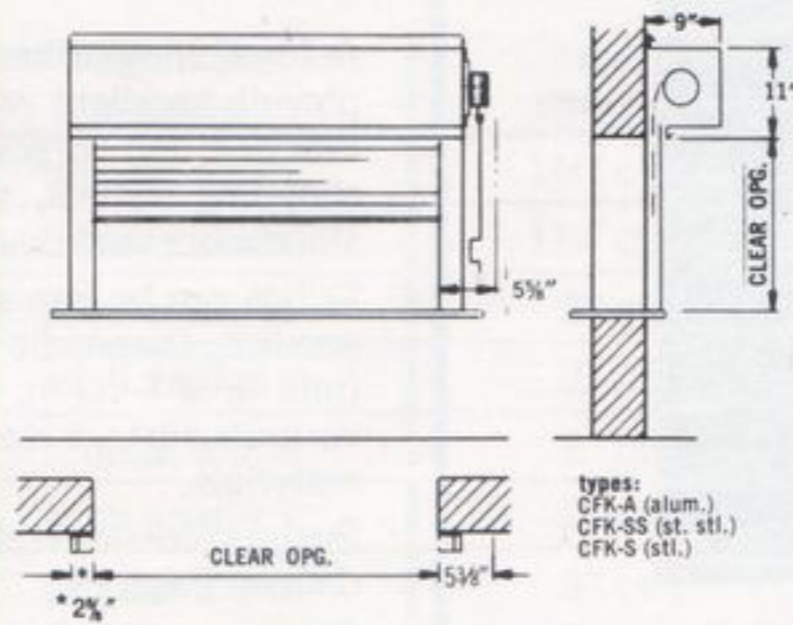


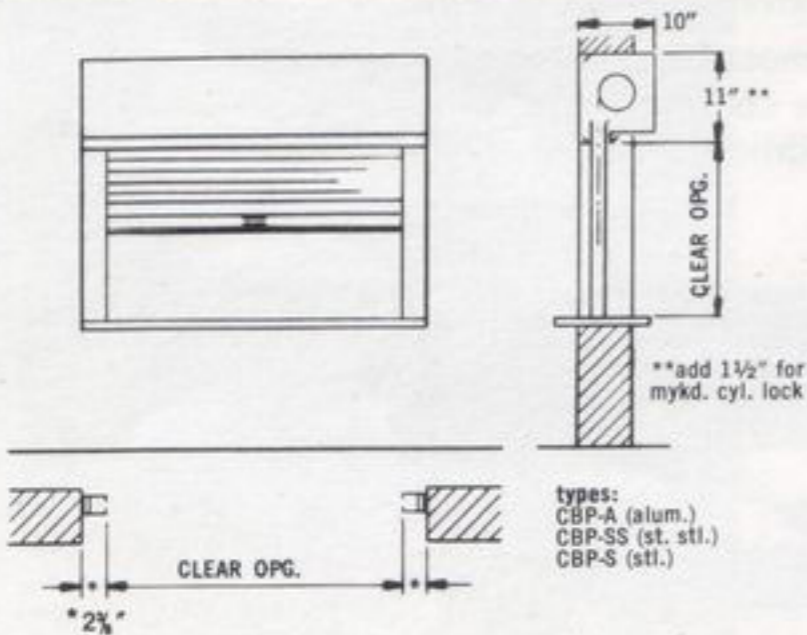
PUSH-UP FACE OF WALL type CFP



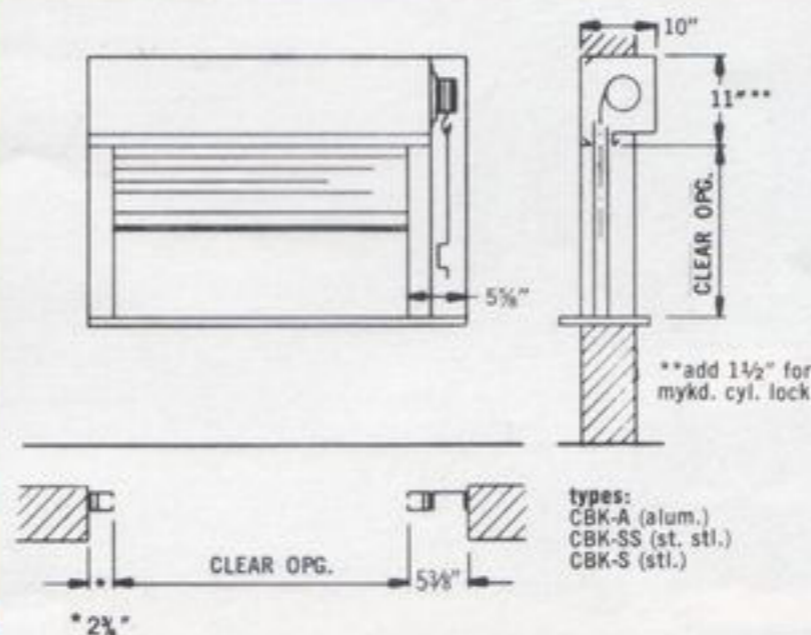
CRANK FACE OF WALL type CFK



PUSH-UP BETWEEN JAMBS type CBP

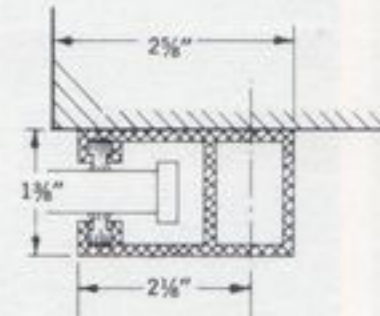


CRANK BETWEEN JAMBS type CBK



guide details

face of wall



between jambs

