

CHEST PRESS

INSTRUCTIONS

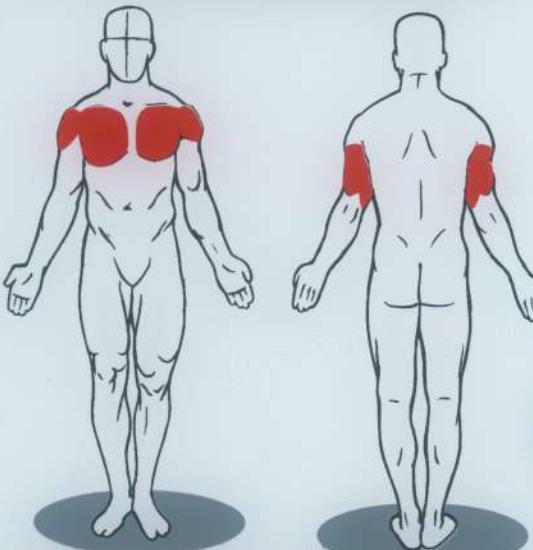
- 1 Read all Caution • Warning Labels before using this equipment.
- 2 Adjust seat pad and sit with your back firmly against back pad.
- 3 Insert pin into weight stack at desired resistance level.
- 4 To bring the hand grips forward place your feet on the kick-assist lever and push downward.
- 5 Securely position both hands in an overhand grip or with palms facing each other.
- 6 Take your feet off the kick-assist lever and let hand grips come back to a comfortable start position.
- 7 Keeping your arms close to your sides, slowly push forward while maintaining a smooth, comfortable exercise movement.
- 8 Pause for a moment, then slowly return to the start position and repeat the movement.



START



FINISH



MUSCLE GROUPS

Pectorals

Triceps

Deltoids

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