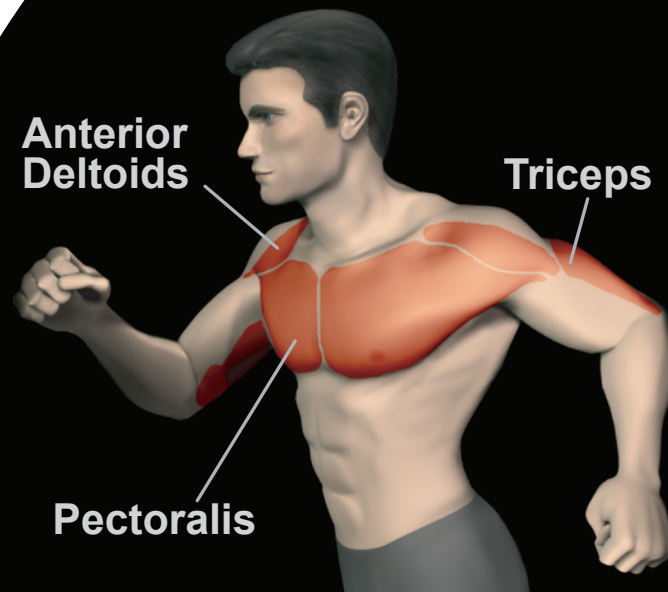
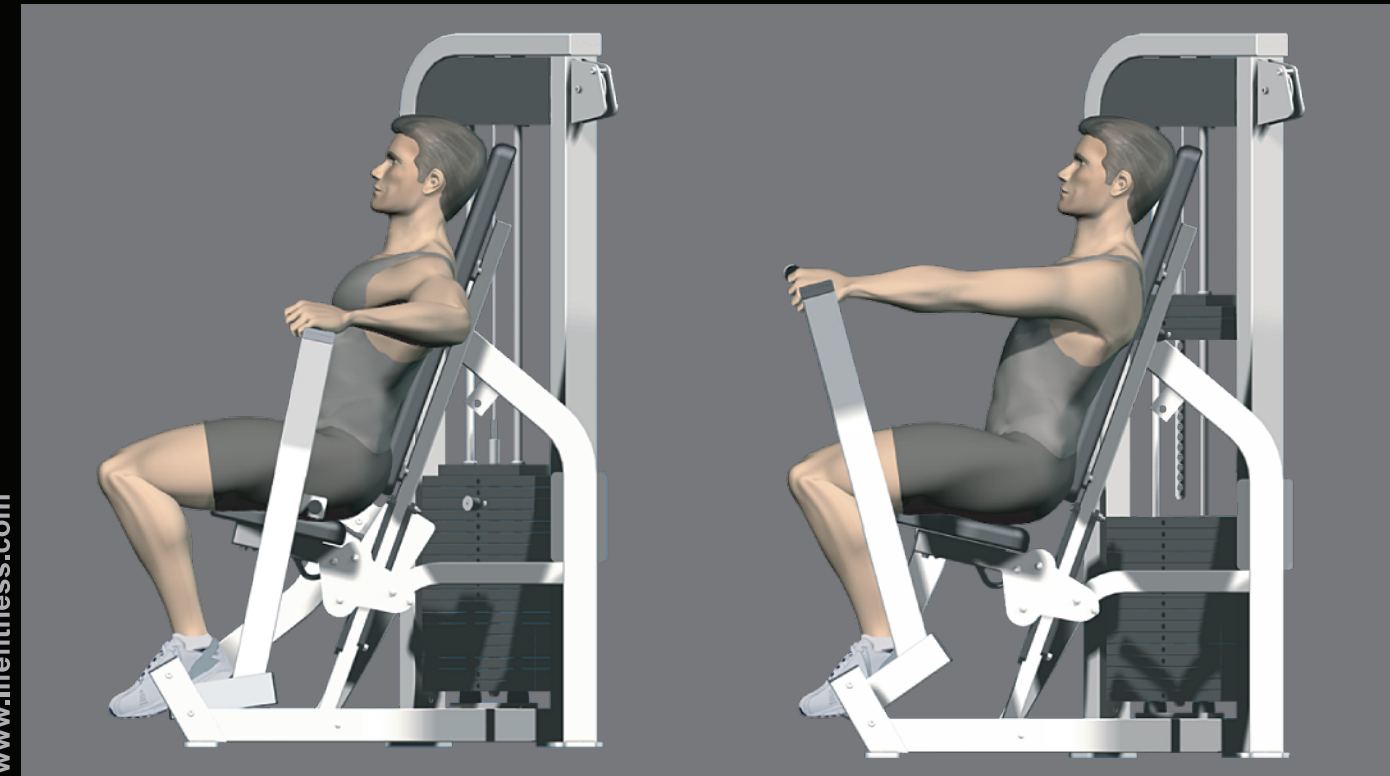


Life Fitness[®]



1. Adjust seat height so handles are at mid-chest.
2. Adjust start position using pull button on side of pressing arm for desired range of motion.
3. Place hands on grips, elbows slightly below shoulders.
4. Press out to a fully extended arm position while keeping shoulders back against pad and return.

www.lifefitness.com



C H E S T P R E S S