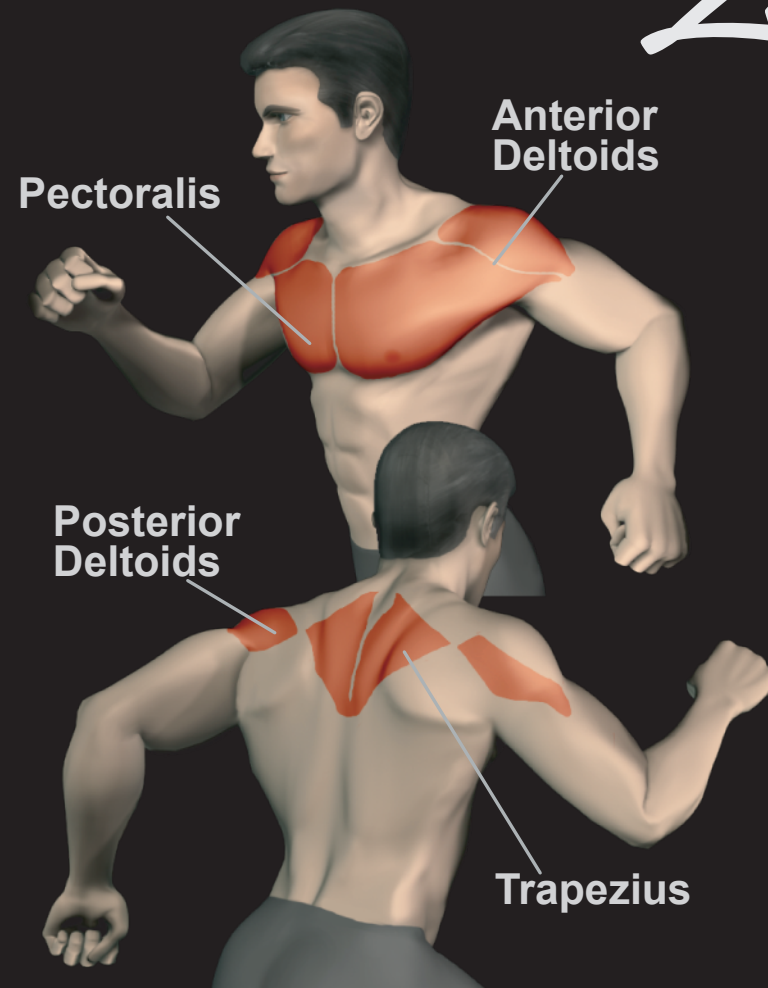


*LifeFitness*<sup>®</sup>



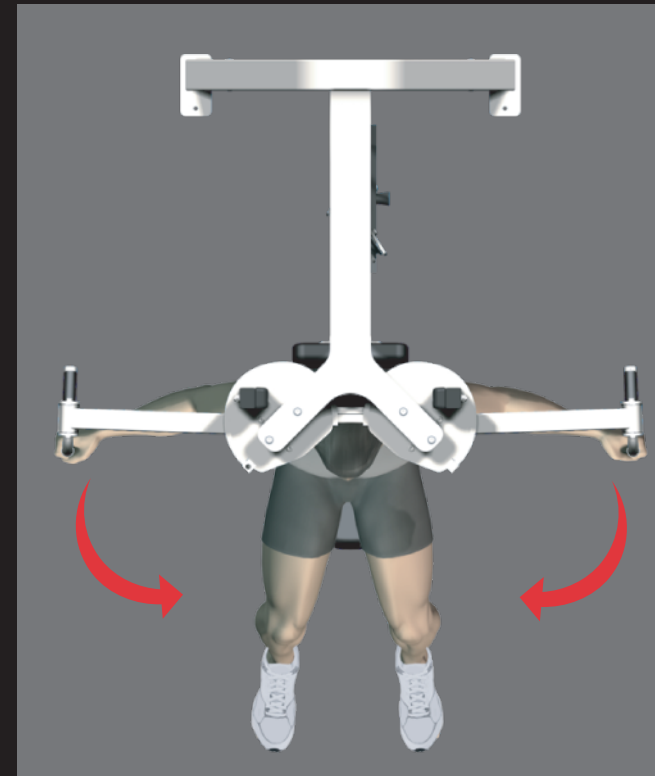
**PECTORAL FLY:**

1. Adjust seat height so elbows are slightly below shoulders.
2. Adjust start position using overhead range of motion adjustments for each arm.
3. Sit with chest up, shoulders back and grip vertical handles with elbows slightly bent. Pull handles together with a smooth motion.
4. Return weight with controlled movement to starting position.

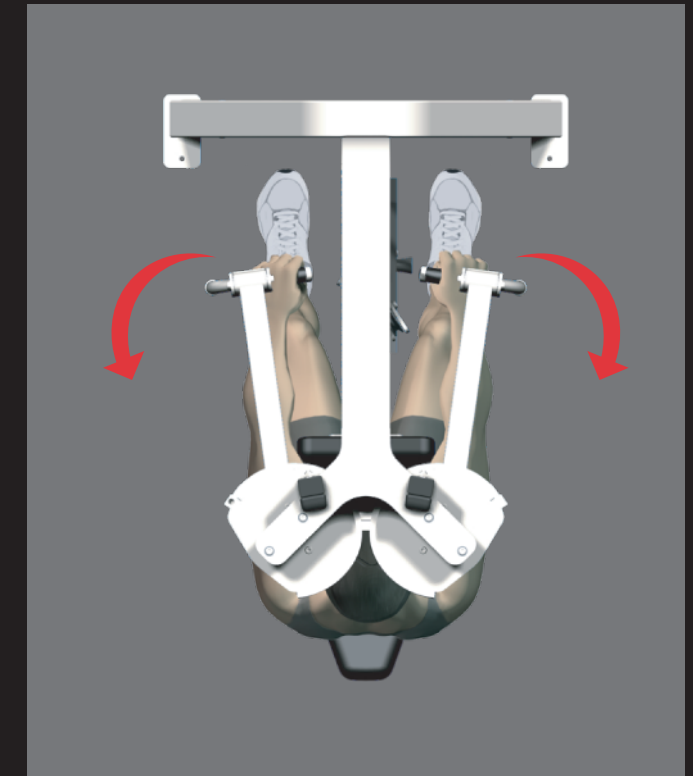
**REAR DELTOID:**

1. Adjust seat height so arms are parallel to floor while holding inside handles.
2. Sit facing pad and grip handles firmly.
3. With elbows bent slightly, rotate handles out and back, keeping elbows at grip height.
4. Return weight with controlled movement to starting position.

**PECTORAL FLY**



**REAR DELTOID**



**PECTORAL FLY/REAR DELTOID**