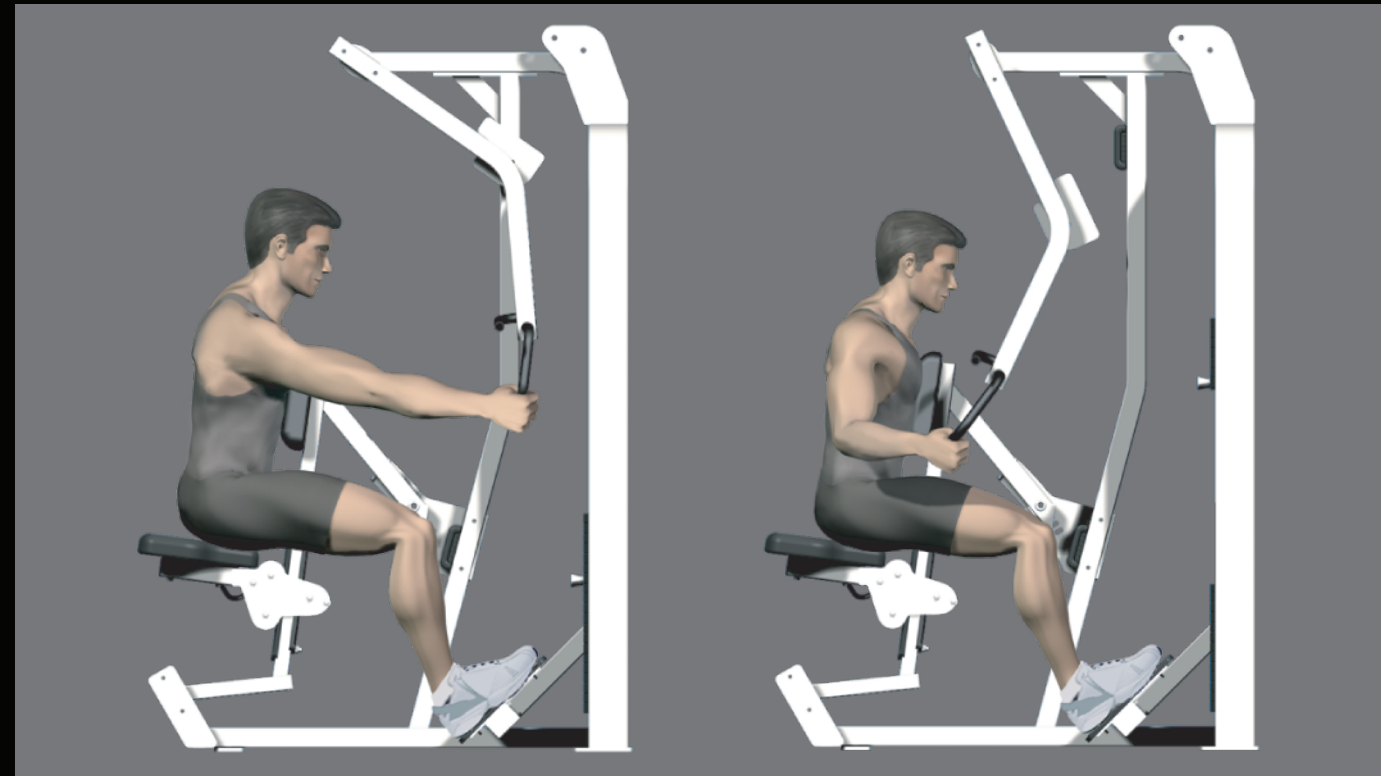
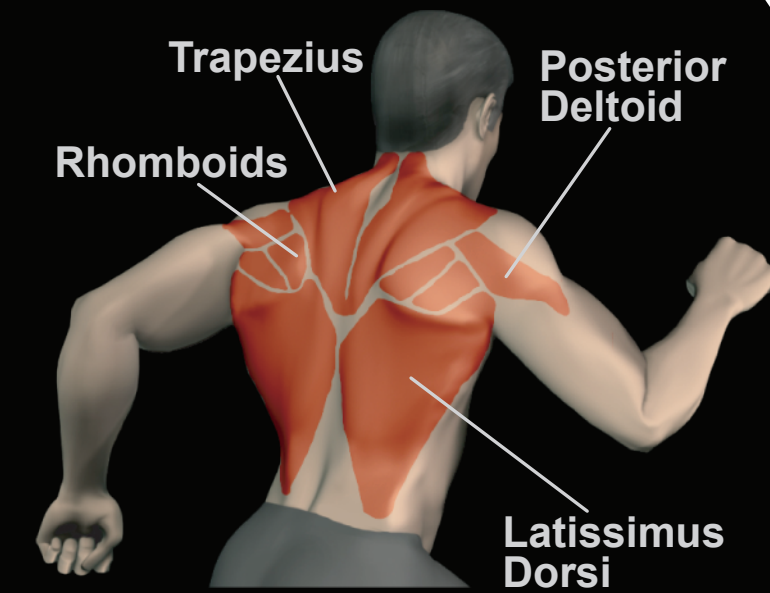


LifeFitness[®]



1. Adjust seat height to align mid-chest with top of chest pad.
2. Keeping feet firmly on foot plates, adjust seat frame position to allow full arm extension.
3. Sit tall with head and chest up and grip desired handles.
4. Pull handles back slowly until elbows are alongside body and return.

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