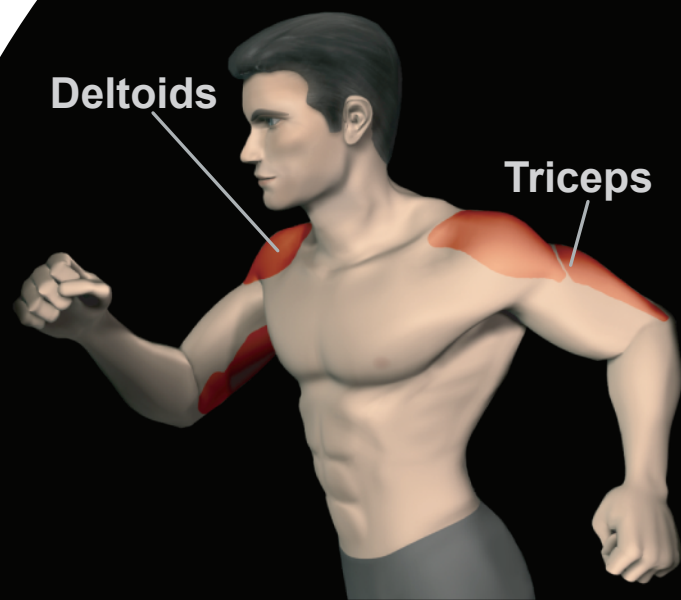
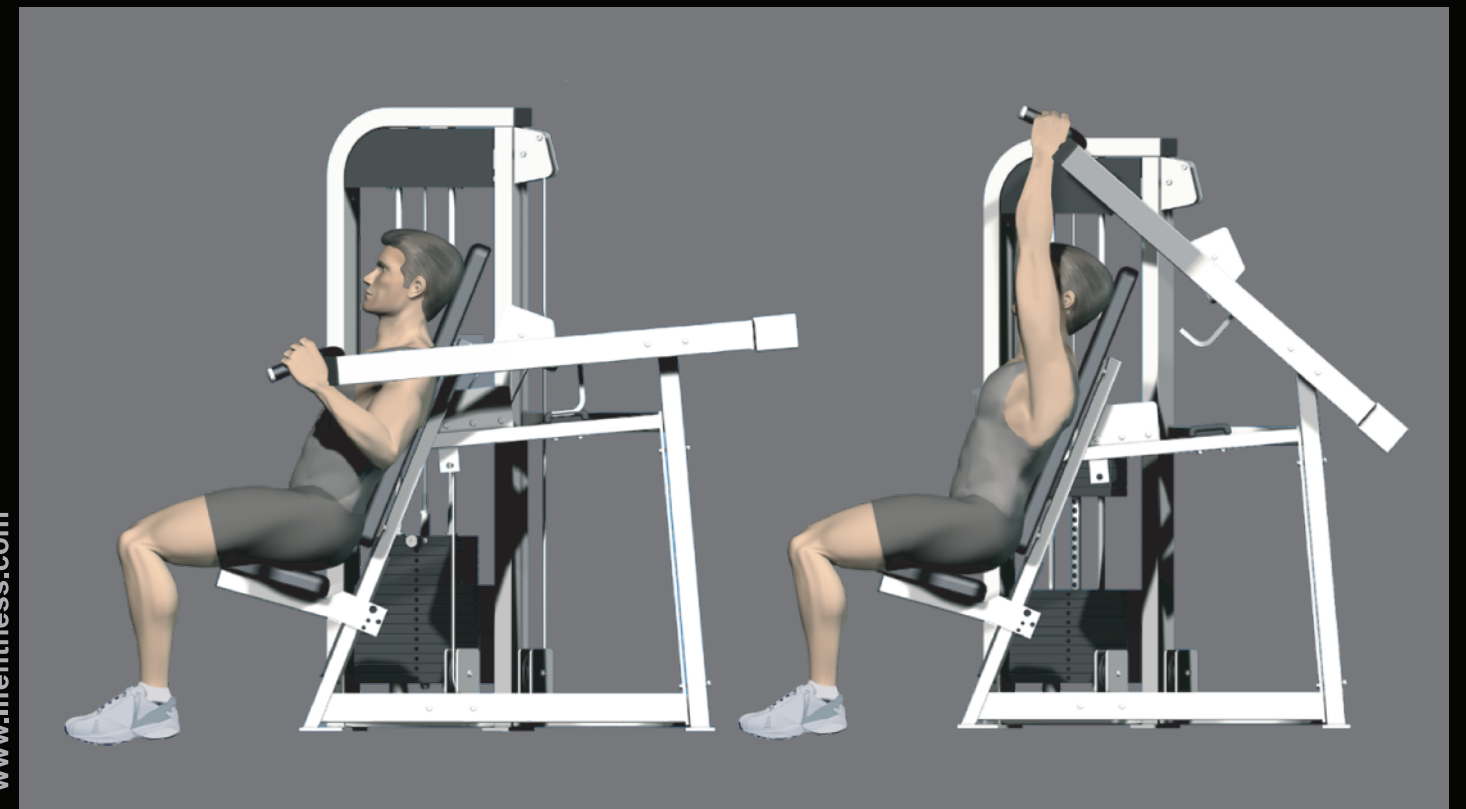


Life Fitness[®]



1. Adjust seat height so handles are level with top of shoulders.
2. Sit firmly against seat back with chest up, shoulders back.
3. Press handles up to full over-head position without locking elbows and return.

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S H O U L D E R P R E S S