

Life Fitness®

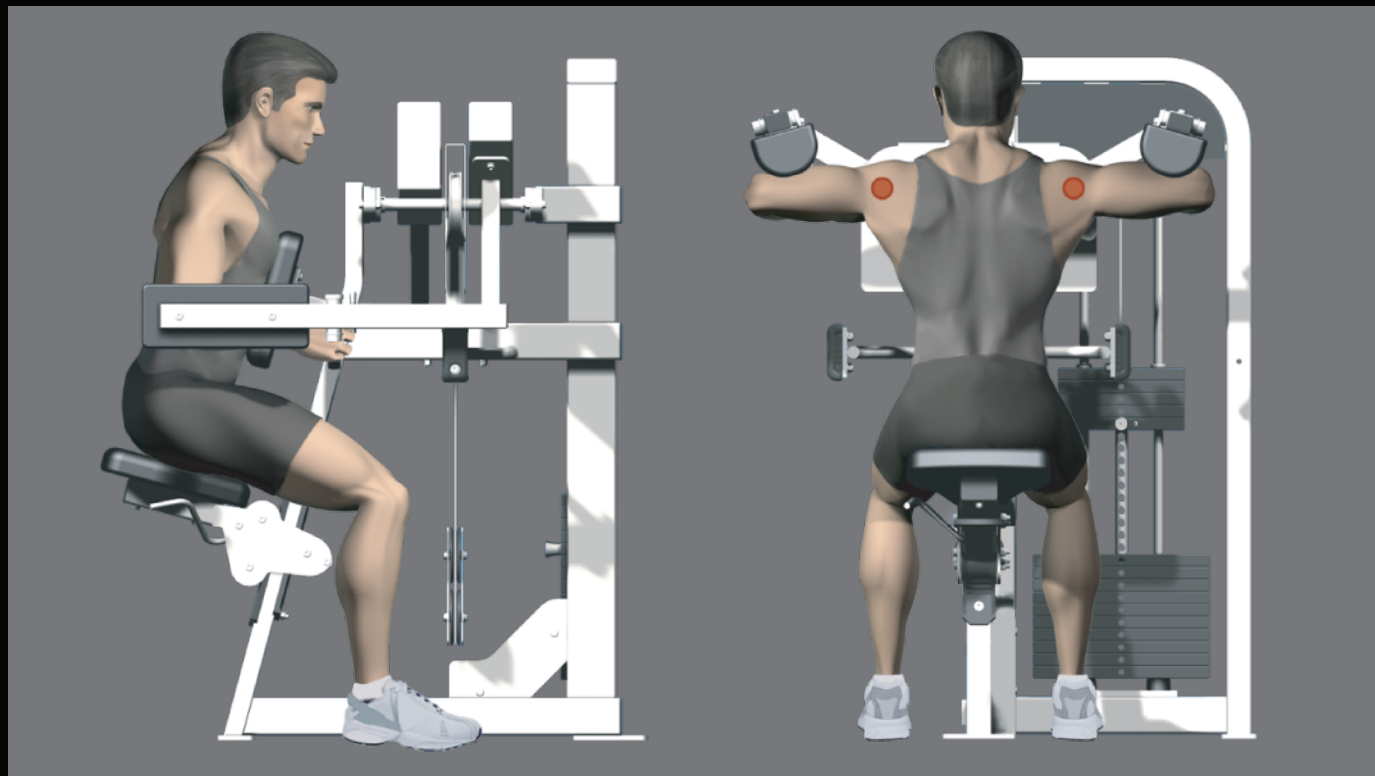
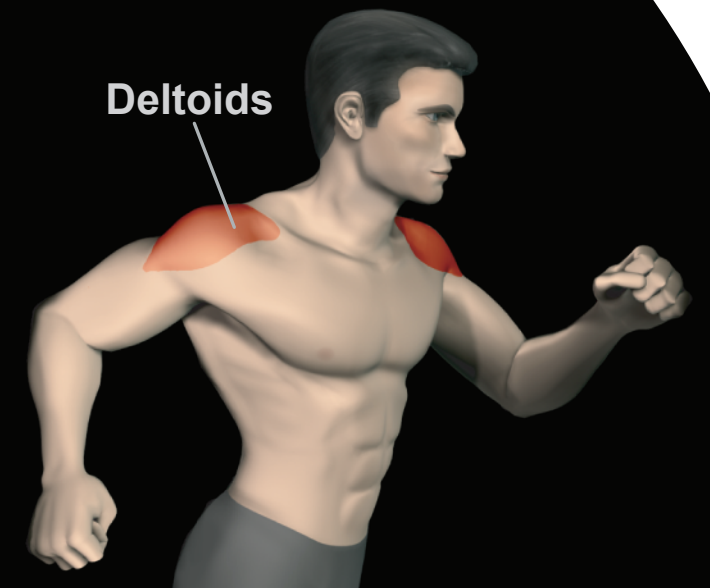
1. Adjust seat height to align shoulders with machine pivots.

Tip: If seat is adjusted properly, pads should not slide on arms during exercise.

2. Sit facing machine, position forearms on pads and lightly grip handles.

3. Raise elbows until even with shoulders and return slowly to starting position.

Deltoids



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L A T E R A L R A I S E