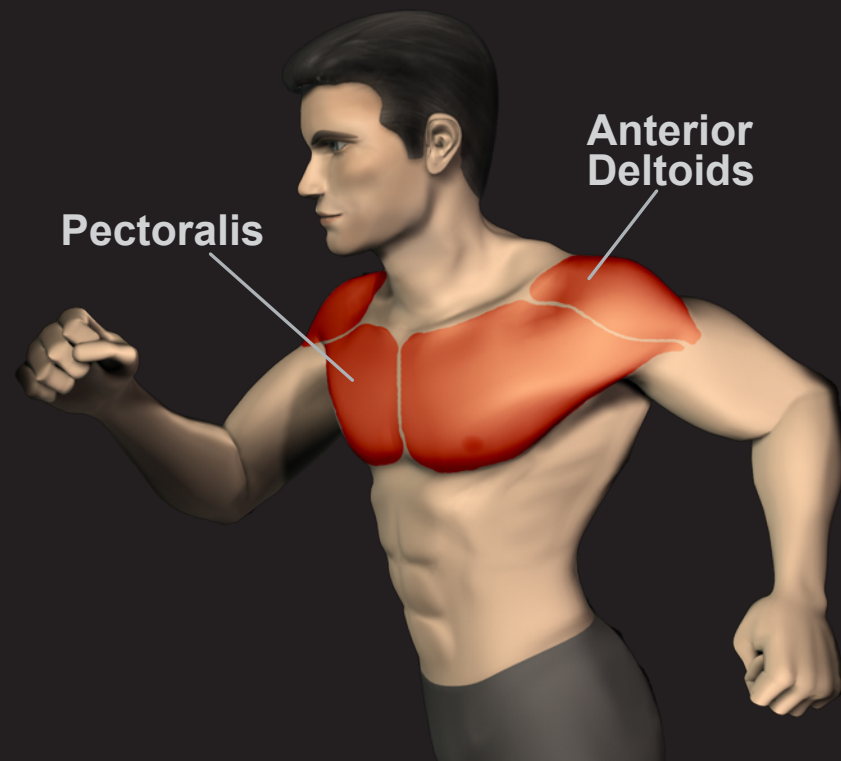


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1. Adjust seat height so elbows are slightly below shoulders.
2. Adjust start position using overhead range of motion adjustments for each arm.
3. Sit with chest up, shoulders back and grip handles with elbows bent and centered on elbow pad. Pull forearms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

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P E C T O R A L F L Y