


Exercise

Intended Use

The intended commercial use of this machine is to aid exercise and improve general physical fitness.

Instructions

 Read and understand all instructions and warnings prior to using this machine in the Safety section of the Owner's Manual.

All adjustment points on the machine have yellow handles or knobs.

1. **Chest Press** - Adjust seat position to 1.

Adjust handle position to be slightly above chest


2. **Incline Press** - Adjust seat position to 2, 3, or 4.

Adjust handle position to be slightly above upper chest.

3. **Overhead Press** - Adjust seat position to 5, 6, or 7.

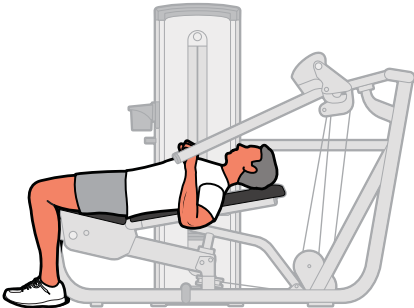
Adjust handle position to be slightly above shoulders.

4. Push handle position to be slightly above shoulders.

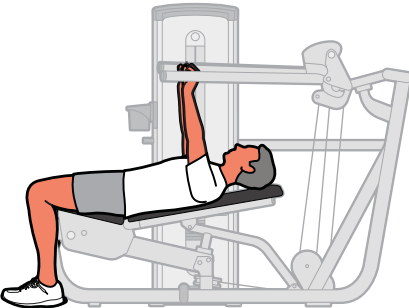
 **CAUTION:** *Serious injury can result if precautions are not followed. Use equipment only as described in placards located on each machine. Failure to use in the manner depicted can result in injury.*

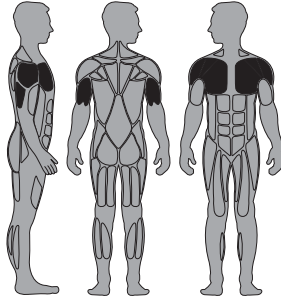
CHEST PRESS

START



FINISH



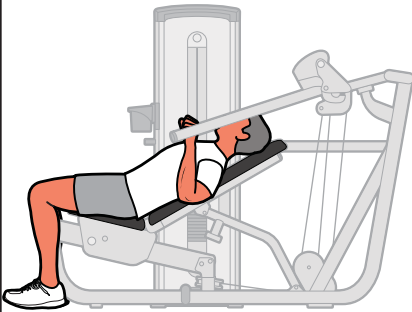


Motions Developed
Horizontal Shoulder Flexion,
Shoulder Abduction, Elbow
Extension

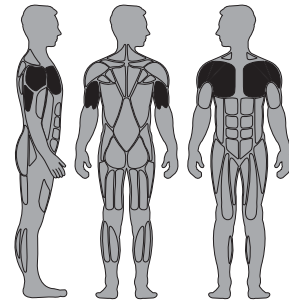
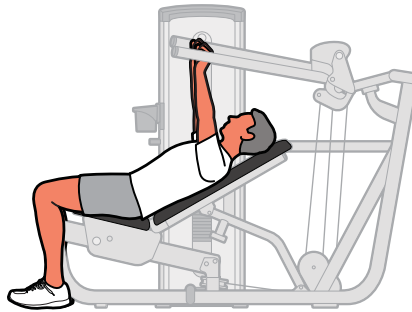
Muscles Used
Pectoralis Major, Anterior
Deltoid, Triceps, Middle Deltoid

INCLINE PRESS

START



FINISH



Motions Developed

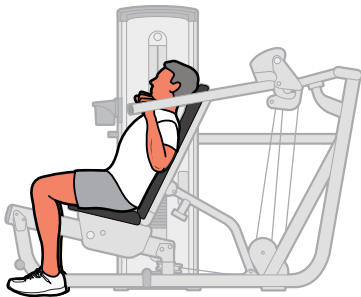
Horizontal Shoulder Flexion,
Shoulder Abduction, Elbow
Extension

Muscles Used

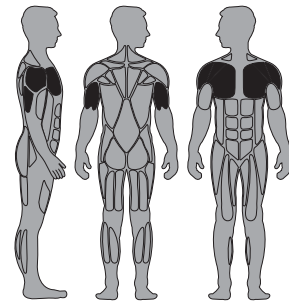
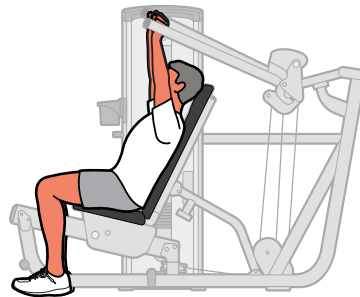
Pectoralis Major, Anterior
Deltoid, Triceps, Middle Deltoid

OVERHEAD PRESS

START



FINISH



Motions Developed

Horizontal Shoulder Flexion,
Shoulder Abduction, Elbow
Extension

Muscles Used

Pectoralis Major, Anterior
Deltoid, Triceps, Middle Deltoid