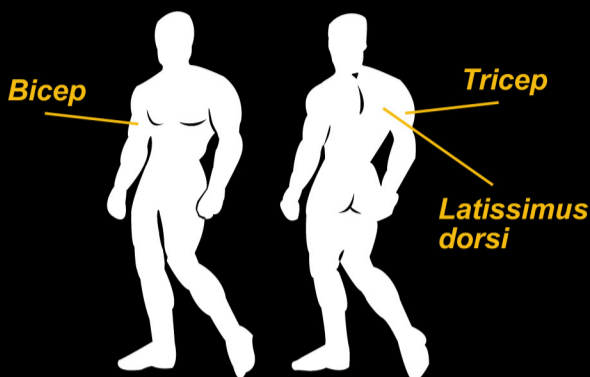


# Arms & Back

## LAT PULLDOWN

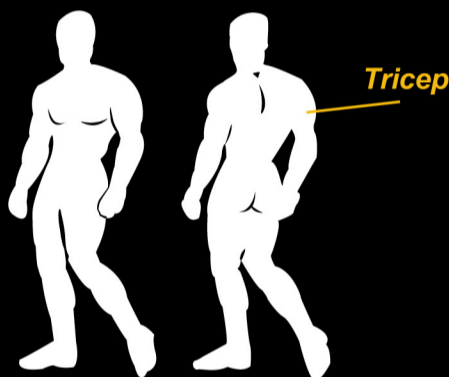
1. Adjust the arm/thigh pad so it rests against your thighs when seated.
2. Select the desired weight.
3. Grip the lat bar.
4. Once seated, slide your knees under the arm/thigh pad.
5. Exhale while pulling the bar down towards your upper chest.
6. Inhale while returning to the starting position in a slow and controlled manner.



Muscle Emphasis

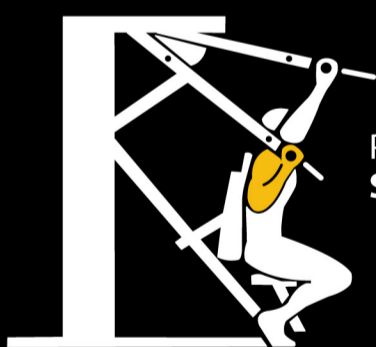
## TRICEP PUSHDOWN

1. Stand in a position straddling the seat pad, allowing you to easily reach the lat bar,
2. Select the desired weight.
3. Grasp the lat bar with a palms-down grip, shoulder width apart.
4. Exhale while extending the bar downward completing a full extension.
5. Inhale while returning to the starting position in a slow and controlled manner.

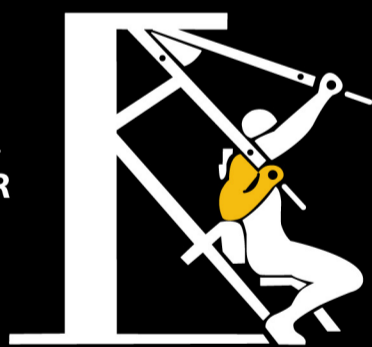


Muscle Emphasis

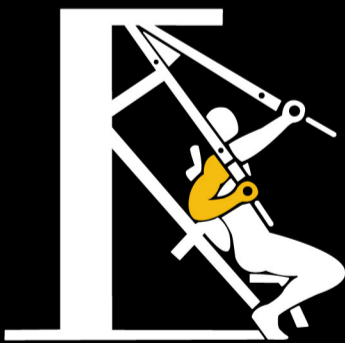
## Chest, Shoulders & Triceps



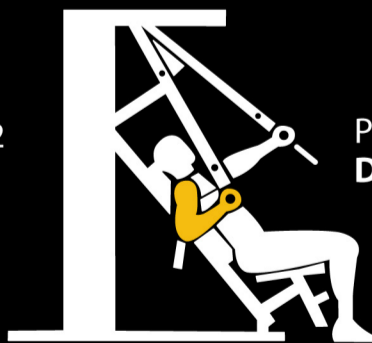
POSITION 4  
SHOULDER



POSITION 3  
INCLINE



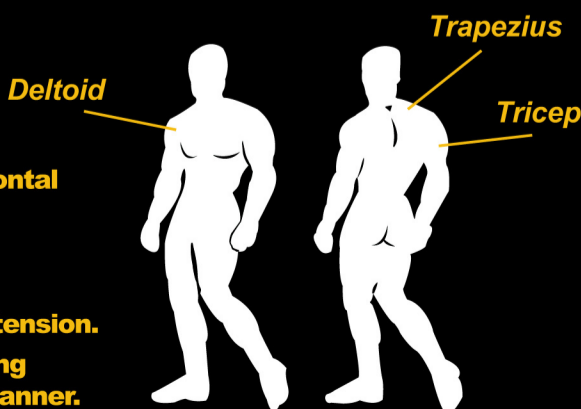
POSITION 2  
CHEST



POSITION 1  
DECLINE

For the desired press position, match the numbers on the press arm to the corresponding numbers on the seat back

1. Adjust seat so that the lower horizontal handle of the press arm is at mid chest level.
2. Select the desired weight.
3. Exhale while pushing out to full extension.
4. Inhale while returning to the starting position in a slow and controlled manner.



Muscle Emphasis