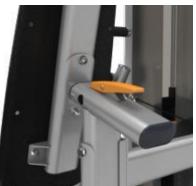
CHEST PRESS

The Vitality Series Chest Press features comfortable, oversized grips with multiple positions, an adjustable back pad for desired pre-stretch start position and an adjustable seat for proper exercise height and form. Users can easily engage the add-on weight with a simple push of a lever to increase the work load

<u>GRIP VARIETY AND SIZE</u> The various grip options allow for wide and

narrow grip movements, providing exercise variety. The over-sized grips provide comfort while pressing



ADJUSTABLE START POSITION

The seat and back pad adjustments allow the user to easily adjust the start position to fit their body for a comfortable workout position.





LOW ARM PIVOT The low pivot of the movement arm ensures proper path of motion and easy entrance/exit to and from the unit.

USER GUIDE

- The chest press works the chest, shoulders & triceps.
- Adjust the seat so that the bars are armpit level
- Adjust the back of the seat so that when you bring the elbows back, it's a bit of a squeeze but you can hold the bars with straight wrists.
- Sit on the seat
- Select the we<mark>ight (in</mark> kg/lbs).
- Start the exercise, pushing the bars forwards (keeping wrists straight and never lock elbows).
- Ensure that the weights do not bang on the return. They should only touch down when you have completed your set.

remember to keep breathing!

IPRECOR



Remember to never lock your joints, keep your body in line, control the speed & never drop the weight. ALWAYS put back any equipment you have used & wipe down.