

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

GRIP VARIETY AND SIZE

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 weight (in 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!

HEALTH
HUB

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.

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