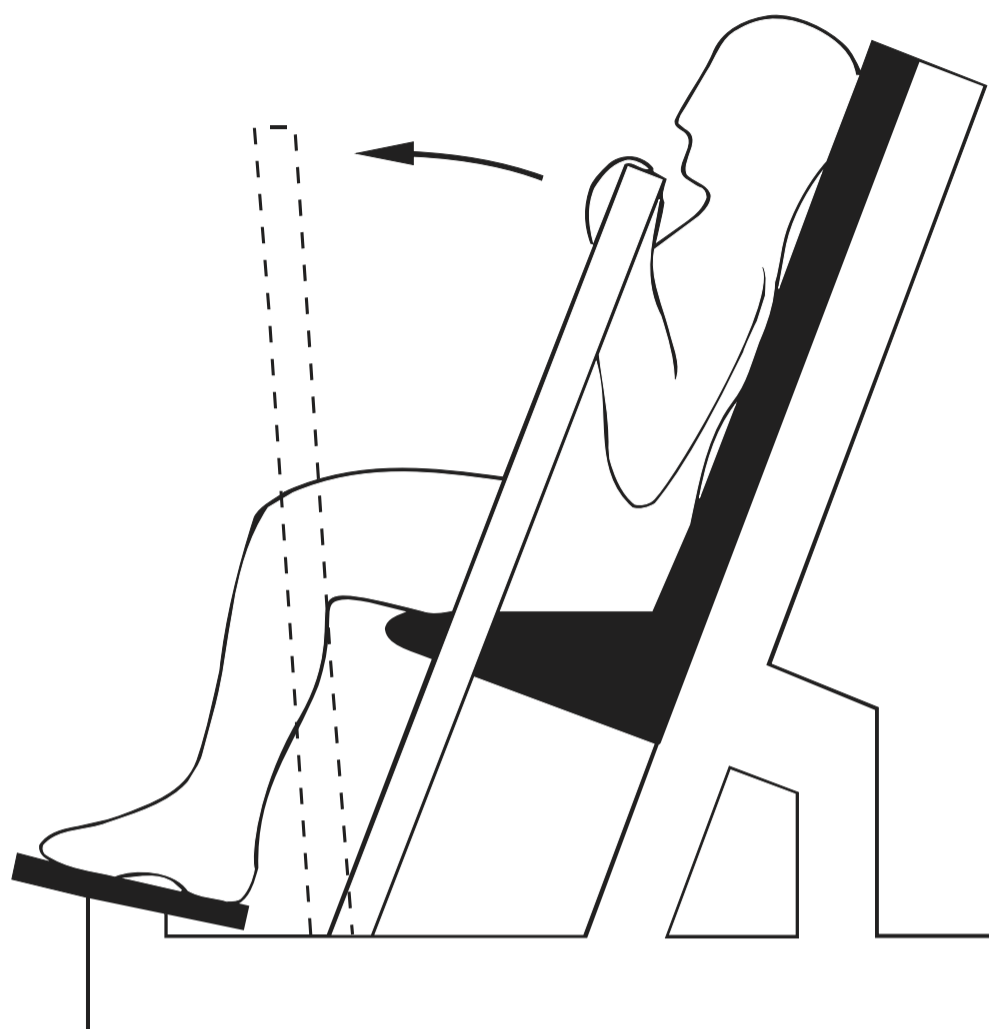


EN-Dynamic Chest Press

Exercising pectoral muscles and arm extensors



Partner for Life



Preparation:

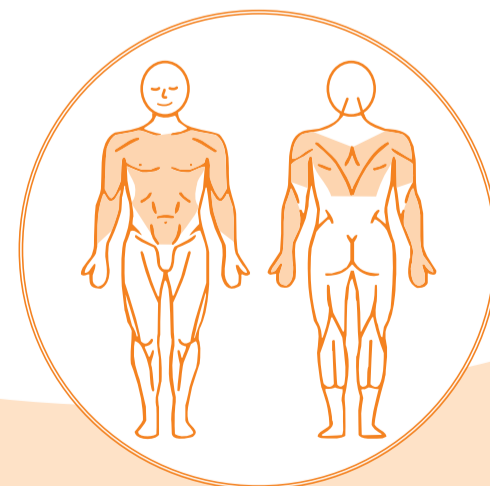
- select a good and comfortable seat height: knees should be flexed at around 90°
- sit with your lower back fully supported by the backrest
- place your feet on the support
- Enter your EN-Track chipcard or select the desired resistance and reset the repetition counter

Procedure:

- start in a seated position and contract your abdominal and back muscles before you start the exercise
- grasp the handles and extend your arms away from your chest fully in a slow and fluent movement
- keep the extended position for two seconds and return to the starting position in a slow and fluent movement
- by changing the position of your hands you can focus on different parts of the muscle group

Note:

- do not move your torso or head during the exercise
- keep your shoulders down in a relaxed position
- do not 'lock' your elbows when extending your arms
- leave the settings unchanged after finishing the exercise



entrack

Passion for motion