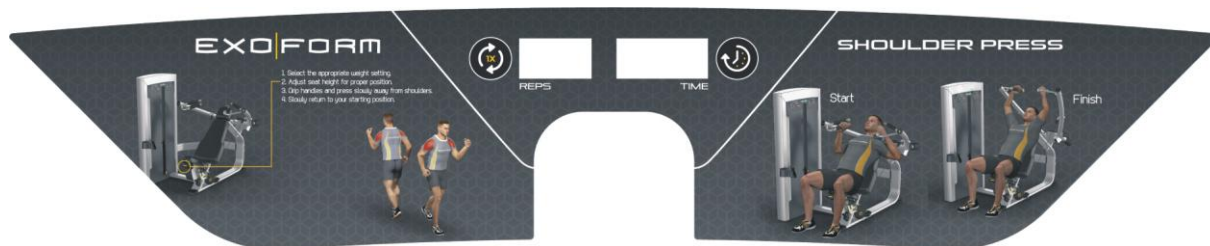


Exercise Instructions



1. Select the appropriate weight setting.
2. Adjust seat height for proper position.
3. Grip handles and press slowly away from shoulders.
4. Slowly return to your starting position.



Start



Finish

