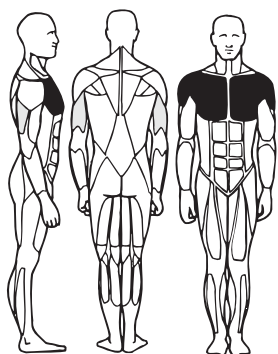


5647/5306 - Modular Pressing Station

1. Select appropriate resistance.
2. Adjust the bench back pad angle (flat, 30, 40, 60, 80).
3. Adjust pressing arm to desired position.
4. Lift/lower resistance with smooth, controlled movements.

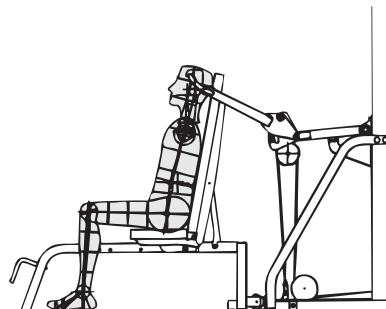
MUSCLES TRAINED



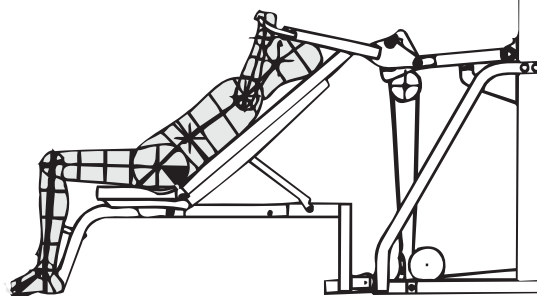
Primary - Pectoralis Major, Anterior Deltoids (depending upon bench angle)

Secondary - Triceps

Start Position



Start Position



Stop Position

