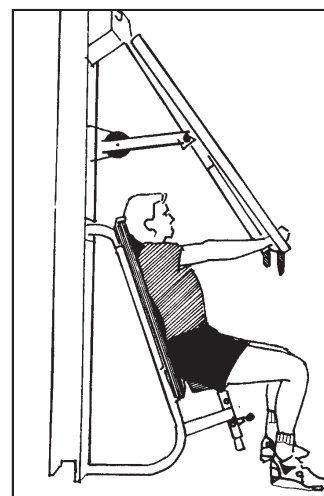


### 5640 - Modular Chest Press

1. Adjust seat height so that handles are at mid-chest.
2. Adjust handle position so that when grasped, upper arms are straight to side.
3. Select appropriate resistance.
4. Grasp handles.
5. Position elbows out to side, level with handles.
6. With chest up and shoulders held back, press handles forward with a smooth, controlled movement.
7. Lift/lower resistance with smooth, controlled movements.

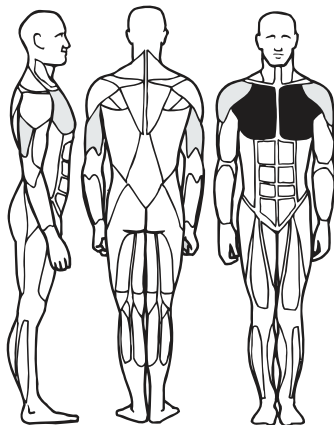


**Start Position**



**Stop Position**

#### MUSCLES TRAINED



Primary - Pectoralis Major

Secondary - Anterior Deltoid and Triceps