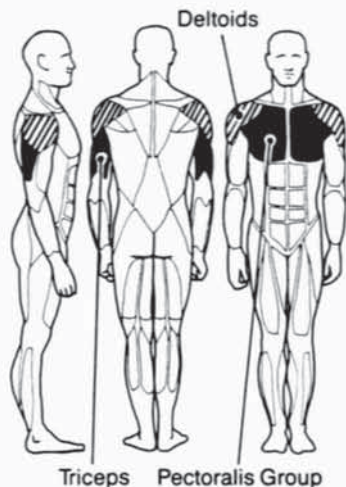


**MUSCLES TRAINED**

Pectoralis group, Anterior Deltoids, Coracobrachialis, Serratus Anterior, Triceps



The CYBEX Chest Press offers a choice of neutral or barbell grips, properly angled to prevent inappropriate joint stress and enhance comfort and lifting ability. The foot lever advance allows the user to control start position and facilitates easy entry and exit.

**CHEST PRESS****SPECIFICATIONS:**

Machine weight: 510 lbs.  
 Weight stack: 250 lbs.  
 Dimensions: 45" w x 55" l

Graduated weight stack also available.

**INSTRUCTIONS**

1. Adjust seat height so that handles are approximately even with the sternum.
2. Push foot lever advance toward the floor to advance handles to a comfortable start position.
3. Select neutral or barbell grip.
4. Slowly release foot lever advance and place feet on foot platform or floor.
5. Start movement by pressing the handles forward with a smooth, continuous motion. **DO NOT LOCK OUT ELBOWS** at finish position.
6. Slowly return to the start position.
7. When finished, depress the foot lever advance, release the handles, and gently lower the weight by returning the foot lever advance to its start position.

