

5639 - Modular Shoulder Press

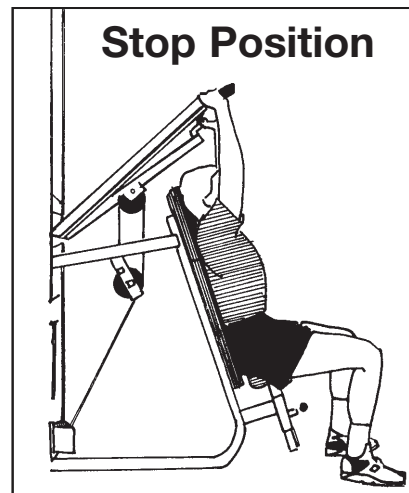
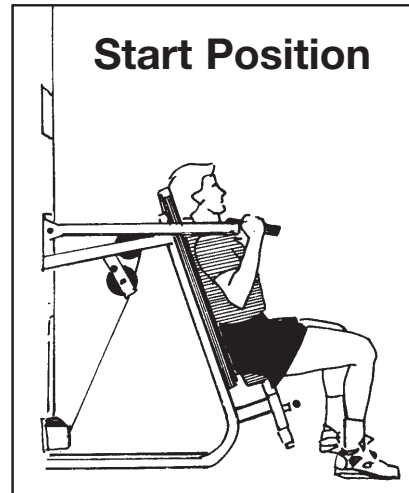
1. Adjust seat height so that handles are level with shoulders.

NOTE: Range of motion may be reduced by selecting a lower seat position.

2. Select appropriate resistance.
3. Grasp either set of handles.

TIP: The parallel handles will help reduce shoulder impingement and may be more comfortable for some users.

4. Press straight up with a smooth, controlled movement.
5. Return to the start position and repeat.



MUSCLES TRAINED

Primary - Anterior Deltoids

Secondary - Middle Deltoids and Triceps