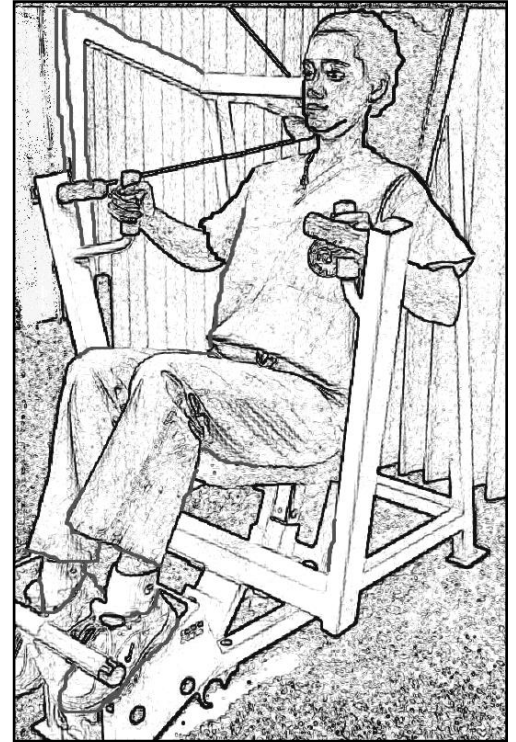


Gym Machines for Upper Body Muscle & Bone Strength

1. Chest Press Machine

- Strengthens chest and Triceps (behind upper arm) muscles
- Adjustments:
 - Back and head supported by seat back
 - Shoulders squared back
 - Use feet to arrange handles in front of you
 - **USE INNER HANDLES**
- Action:
 - Put feet on foot rest while taking weight into hands
 - Push forward, breathing out with the push, and in during release.



ALWAYS: BREATHE OUT WITH MUSCLE EFFORT. GO SLOW, COUNTING WITH PUSH:" 1-2-3-4", BRIEFLY HOLD, THEN RELEASE "5-6-7-8". WORK SHOULD BE **MODERATELY HARD for 6 to 10 repetitions, **ONE SET ONLY****

2. Latissimus Pull-down Machine

- Strengthens Latissimus Dorsi (from back of shoulders to low back)
- Adjustments:
 - Seat adjusted so feet are flat on floor when seated
- Action:
 - In standing position reach up for bar, keeping hands approximately 18 inches apart
 - Pull bar down **IN FRONT OF YOUR FACE** to chest level
 - **KEEP CHIN IN, CHEST FORWARD**
 - **AVOID LEANING BACKWARD**

