



Shoulder Press Pec Laterals (1) Starting position - Straddle the bench and assume position shown in photo. Pay particular attention to the position of the hands. Now (1) press the pec pads until they will go no further and then (2) slowly let the weights pull your arms back to the starting position. Breathe in while you are pressing and exhale on the return.

Flexions latérales des épaules pour pectoraux (1) Position de départ: Asseyez-vous à califourchon sur le banc et prenez la position montrée sur la photo. Ramenez la position des mains. Rapprochez (1) les coussinets pour pectoraux le plus près possible et laissez-les lentement ramener (2) les bras à la position de départ. Inspirez en rapprochant les coussinets et expirez en retournant à la position de départ.



Straight Arm Pec Lateral (3) Starting position - Straddle the bench and assume the position shown with your arms straight out to the side. Now (1) bring your arms together until they reach the top and then (2) slowly let the weights pull your arms back to the starting position. Breathe in while you are bringing your arms together and breath out on the return.

Flexions latérales pour pectoraux avec bras étendus (3) Position de départ: Asseyez-vous à califourchon sur le banc et prenez la position montrée sur la photo en gardant les bras bien droits sur les côtés. Ramenez ensemble (1) les bras tendus jusqu'à ce qu'ils atteignent l'extrémité supérieure et laissez les poids les ramener (2) lentement à la position initiale. Inspirez lorsque vous ramenez les bras ensemble et expirez au retour.

York 401 Instruction Manual

RJ Alexander

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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