PEC DEC EXERCISES EXERCICES POUR PECTORAUX





Shoulder Press Pec Laterals (1) Starting position -Standdle 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 softale on the return.

Flexions tatérats des épaules pour pectoraux (1) Position de départ Asseyez-vous à califourchon sur le banc et prenez la position montrée sur la photo. Fornarquez la position des mains. Rapprochez (1) les coussinets pour pectoraux le plus prés possible et lassez-les tentement namener (2) les bras à la position de départ. Inspirez en rapprochant les coussinets et expirez en retournant à la position de départ.

PEC DEC EXERCISES EXERCICES POUR PECTORAUX





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

Floxione latérales pour pectoraux avec bras étendus (3) Position de départ Asseyez-vous à califourchon sur le banc et prenez la position montrée aur la photo en gardant les bras bien droits sur les côtés. Flameaux ensemble (1) les bras tendus jusqu'à ce qu'ils adteignent l'extrémité supérieure et laissez les poids les ramener (2) lenterant à la position initiale. Inspirez lotsque vous ramenez les bras ensemble et expirez au rebour.



York 401 Instruction Manual

Ensheng Dong

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