R2 Strength

MULTIPRESS

INSTRUCTIONS

Chest Press

- Sit on the machine feet flat on the floor
- Adjust seat height (underneath seat) so that handles align with the mid chest
- Grasp handles palms facing down, elbows out to your side level with handles (see lifting arm instructions)
- Check weight to ensure appropriate weight has been selected (body position and control should never be compromised by excessive weight)
- Push the handles forward until your
- arms are straight, elbows slightly bent (do not lock your arms or arch your back)
- Pause then slowly return to the start position

Shoulder Press

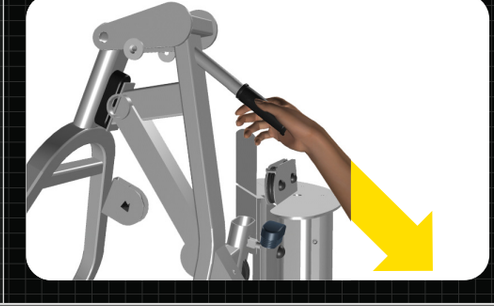
- Sit on the machine feet flat on the floor
- Adjust seat height to align handles with the top of the shoulders
- Check weight to ensure appropriate resistance has been selected (body position and control should never be compromised by excessive weight)
- Position elbows directly below the hands pointing to the floor
- Slowly push handles up until arms are straight but not locked
- Do not arch your back and keep back flat against pad
- Pause then slowly return to the start position

ADJUSTMENT

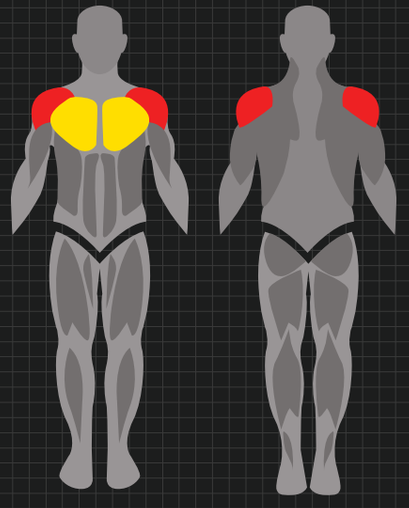
Adjusting lifting arm from chest to shoulder press

Exercise position is adjusted from the rear of machine, mechanism is gas spring assisted and lightweight.

To change from the vertical (chest press) position to horizontal (shoulder press) position pull black rubber handle marked 'pull' outwards whilst holding yellow grab handle, lifting arm mechanism may then be placed in desired position and re-engaged by releasing pull handle.



MUSCLES USED



Chest Press
- Chest

Shoulder Press
- Shoulders

1. Warm up and start with a light weight
2. As you extend, breathe **OUT** to the count of '1'
3. As you return, breathe **IN** to the count of '2'