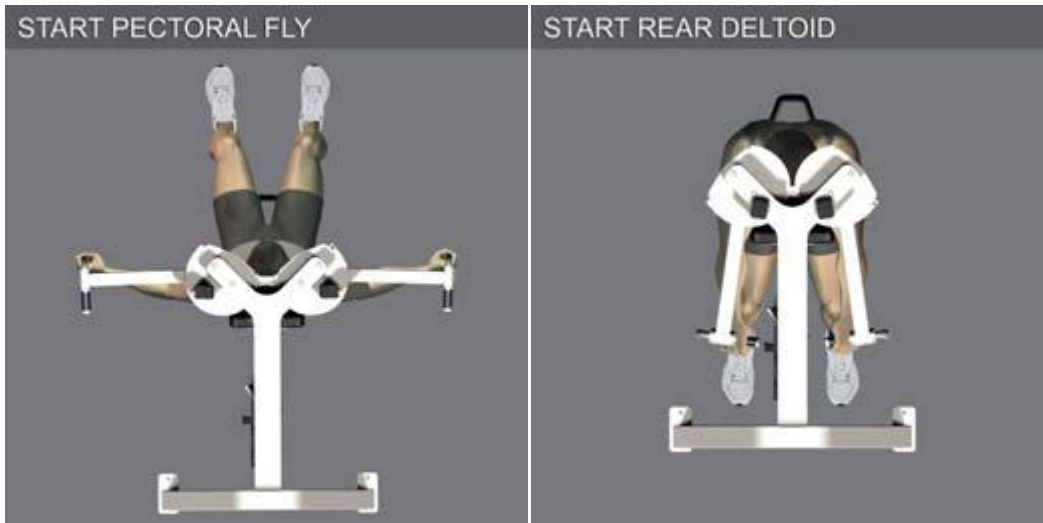


PRO 2 PECTORAL FLY/REAR DELTOID (PSFLY)



Muscles Exercised – Pectoral Fly – Pectoralis and Anterior Deltoid Rear Deltoid – Posterior Deltoid and Trapezius

Setup – Pectoral Fly

Adjust the seat height so elbows are slightly below shoulders, when holding the vertical handles. Adjust the start position using the overhead range of motion adjustments for each arm. Check the weight stack to ensure appropriate resistance. Sit with chest-up and shoulders back and grip the vertical handles keeping the elbows slightly bent.

Setup – Rear Deltoid Adjust the seat height, if necessary, so arms are parallel to floor, while holding the inside handles. Adjust the start position, bringing the arms into the furthest back position. Check the weight stack to ensure appropriate resistance. Sit facing pad and grip the horizontal handles firmly keeping elbows slightly bent.

Performing the Exercise

With a controlled motion, rotate the handles out and about the shoulder as far as can be controlled, while maintaining the arms in position as described in the setup. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.