Iso-Lateral Decline Press

Muscules Exercised – Pectoralis Major, Deltoids, Triceps

Setup

Adjust the seat height to align the end of the handgrips with the center of the chest. Make sure your back is flat against the back pad at all times.

Performing the Exercise

1. Press handgrips forward slowly until the arms are fully extended without locking your elbows

2. Maintain good posture through full movement

3. Return slowly to the starting position without letting the weights bounce off the rubber bumpers and repeat