SIGNATURE SERIES CHEST PRESS (FZCP)

Muscles Exercised – Pectoralis Major, Anterior Deltoid and Triceps

Setup
Adjust the seat height so handles are aligned with mid-chest. Using the start adjuster knob located on the right side of the pressing arm, adjust to the desired range of motion. Check the weight stack to ensure appropriate resistance. Grip the handles and position elbows slightly below shoulders. Body is positioned with chest-up, shoulders and head back against back pad.

Performing the Exercise
With a controlled motion, extend the handles out till arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.
TIP: While performing the exercise, think about drawing the elbows toward each other as opposed to pressing on the exercise arm. This will increase the mental concentration on the Pectoralis Major.