

BENCH MULTI-PRESS

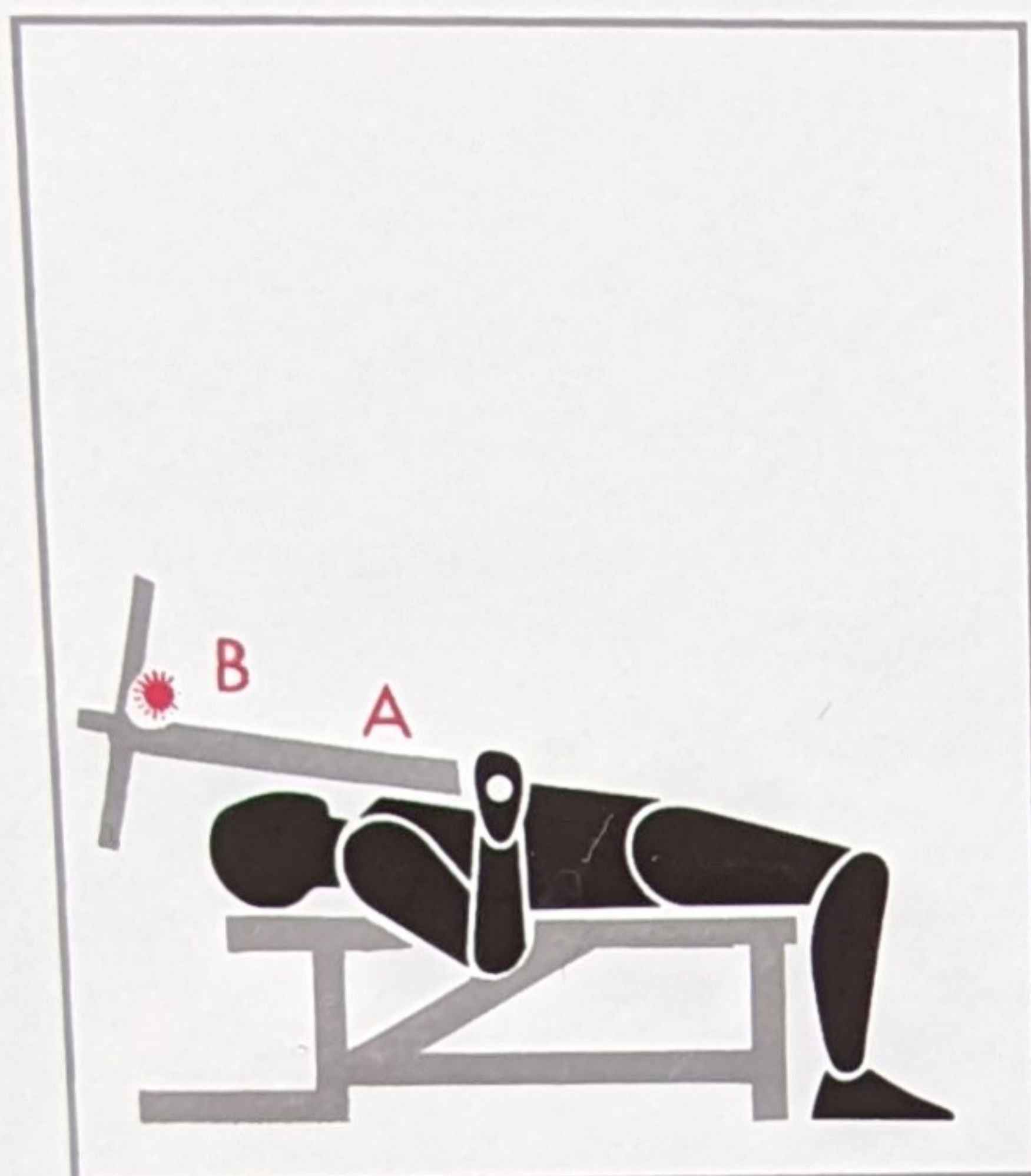
- Adjust bench to flat position - select weight
- Adjust height of lever arm A using plunger B so that the handles are just above the chest when lying flat on the bench
- Choose wide or neutral hand grip position
- Press arms upwards to full extension
- return smoothly



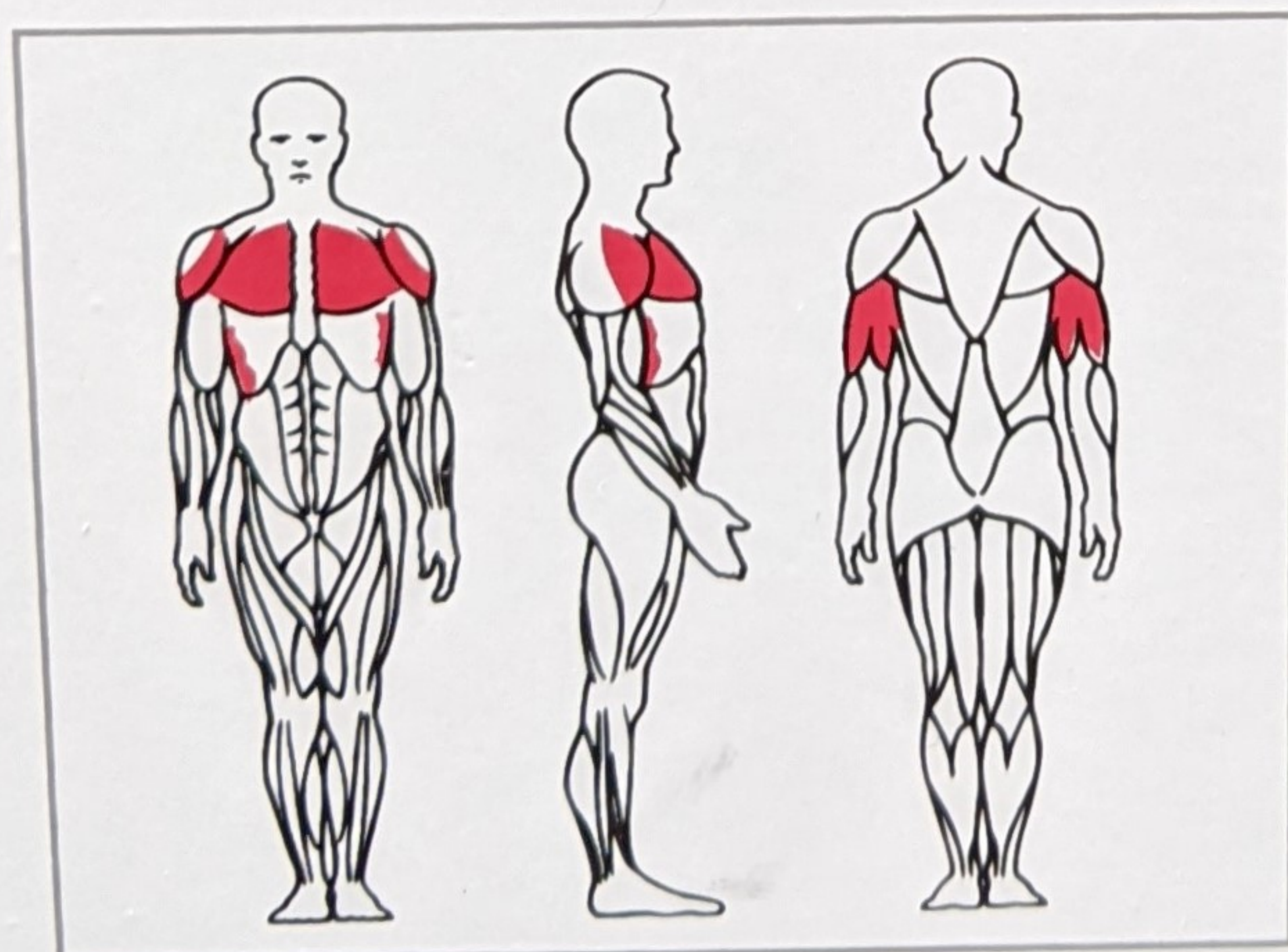
Setting Up

Start

Finish



Muscles Used



Training Tips

Wide grip for **pectorals** - neutral grip for **front shoulder** and **triceps**

To keep the back flat on the bench - shorter people may need to lift their heels on to the end of the bench during exercise

Muscles Used

Chest (Pectorals)

Pectoralis Major + Serratus Anterior
Anterior Deltoid + Triceps

WEIGHT NO.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
KG's	10	12.5	15	17.5	20	25	30	35	40	45	50	55	60	65	70
WEIGHT NO.	16	17	18	19											
KG's	75	80	85	90											