

INCLINE MULTI-PRESS

- Adjust bench to 30° incline position
- facing away from machine
- Adjust height of lever arm A using spring plunger B so that the handles are level with the front of the shoulders when lying on the incline bench • Select weight
- Choose wide or neutral hand grip
- Place feet firmly on the floor
- Press arms upwards to full extension
- return smoothly



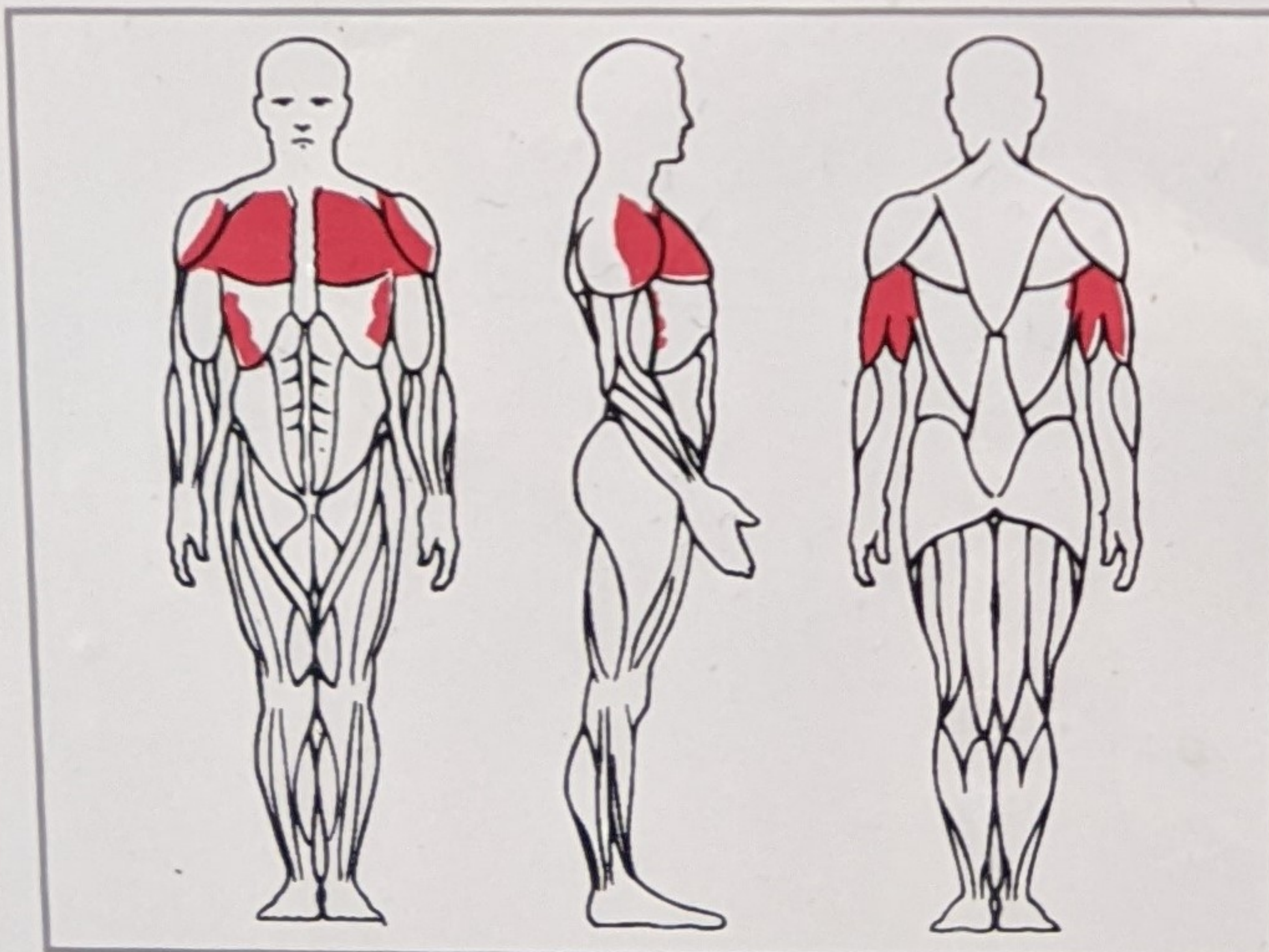
Setting Up

Start

Finish



Muscles Used



Training Tips

- Always face away from the machine when exercising
- Wide grip for **upper pectoral** development

Muscles Used

Chest (Pectorals)
Upper Pectoralis Major
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