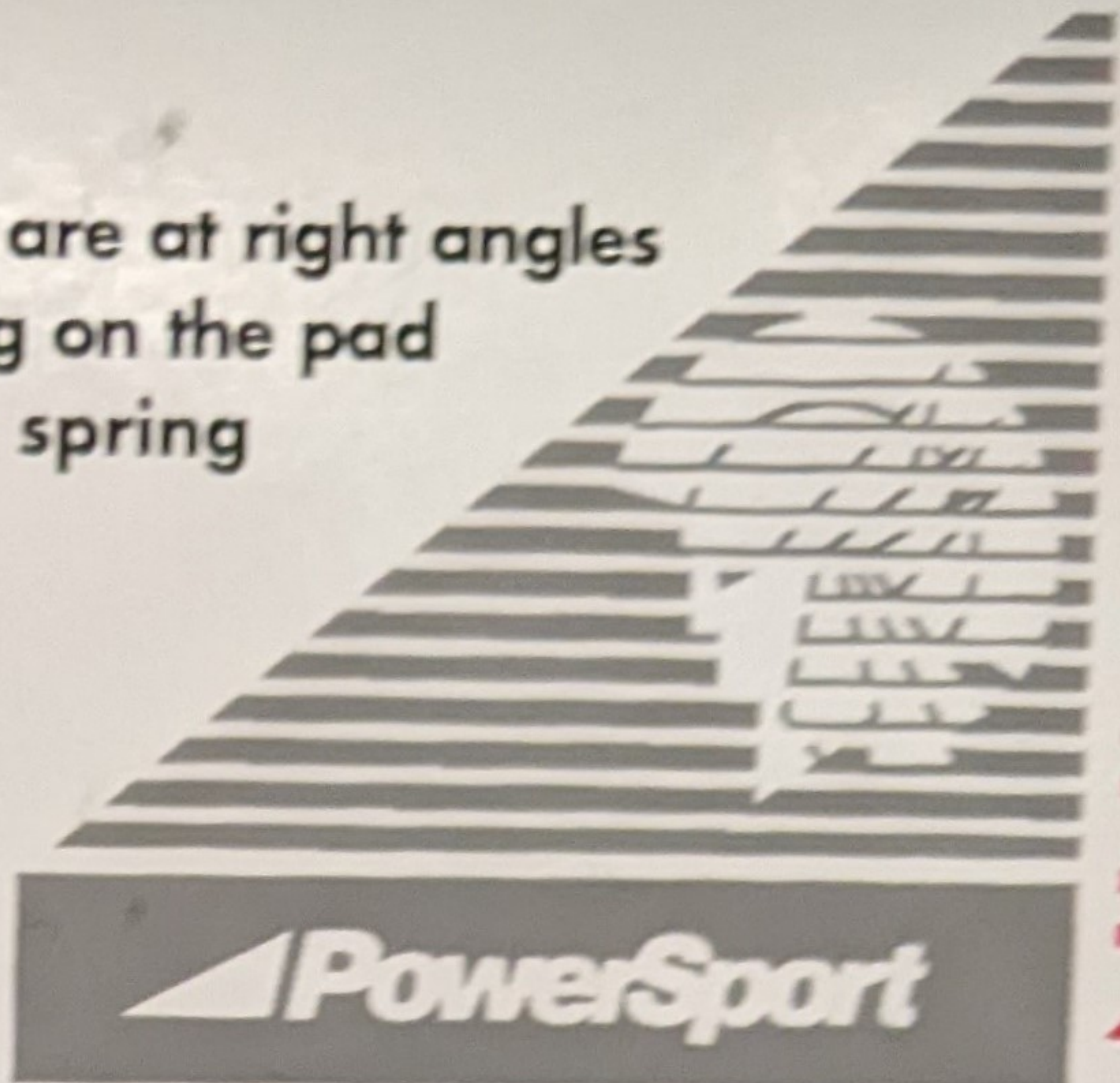
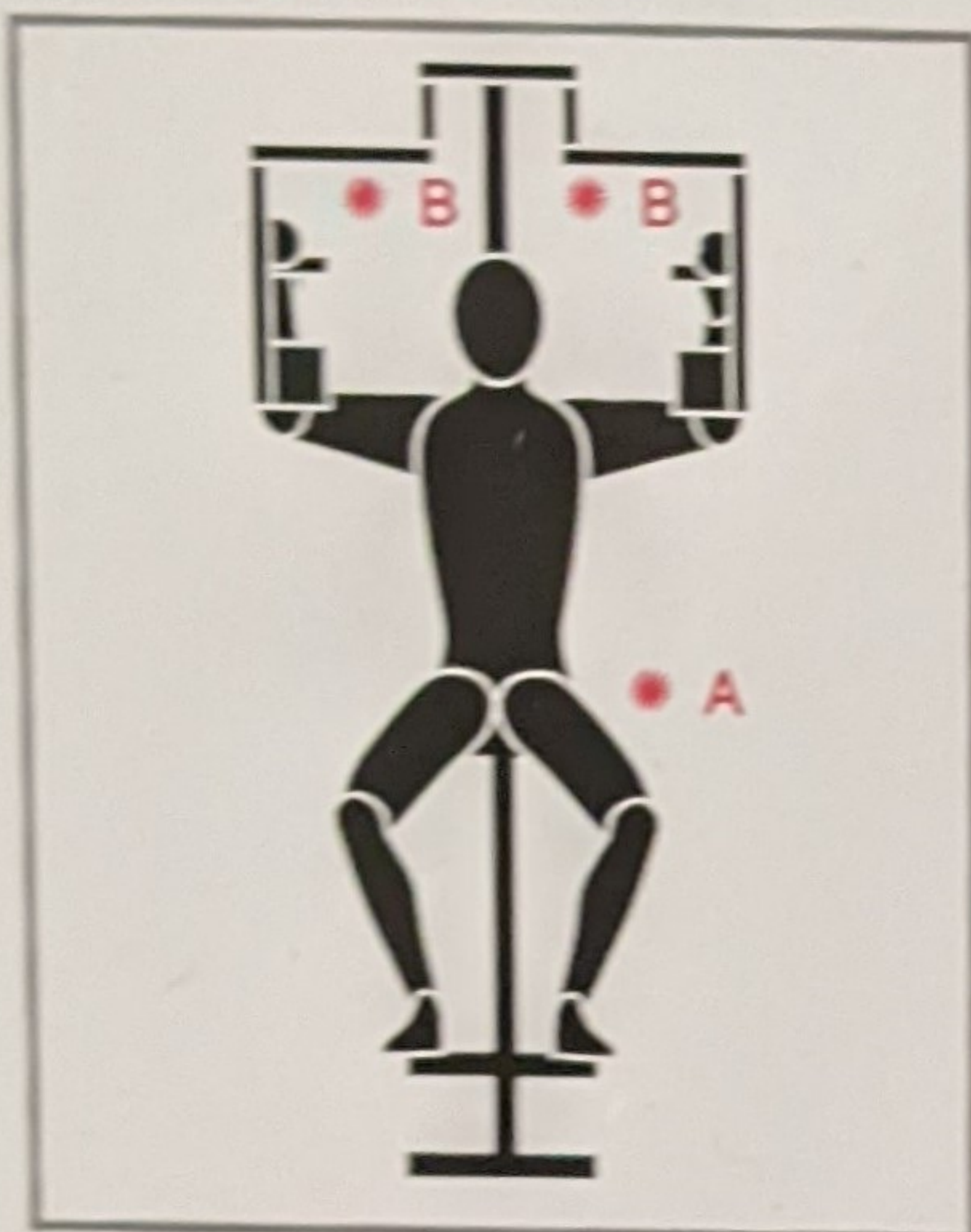


PEC DECK

- Adjust seat height A - so that upper arms are at right angles to the trunk - elbows and forearms resting on the pad
- Adjust start position of arm lever using spring plungers B
- Select weight
- Place arms on pads but do not grip tightly with hands
- Press arms together until pads touch - return smoothly



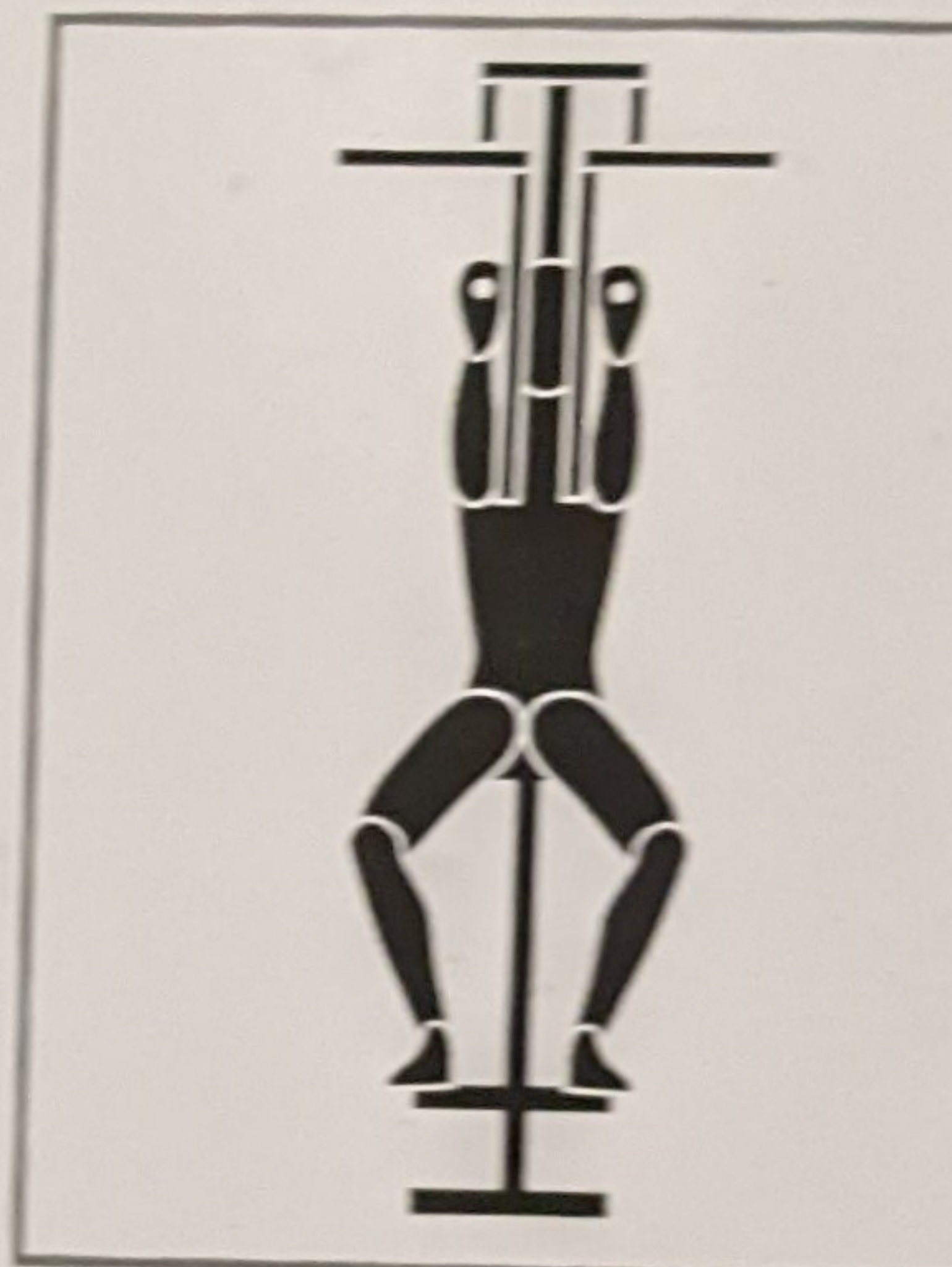
Setting Up



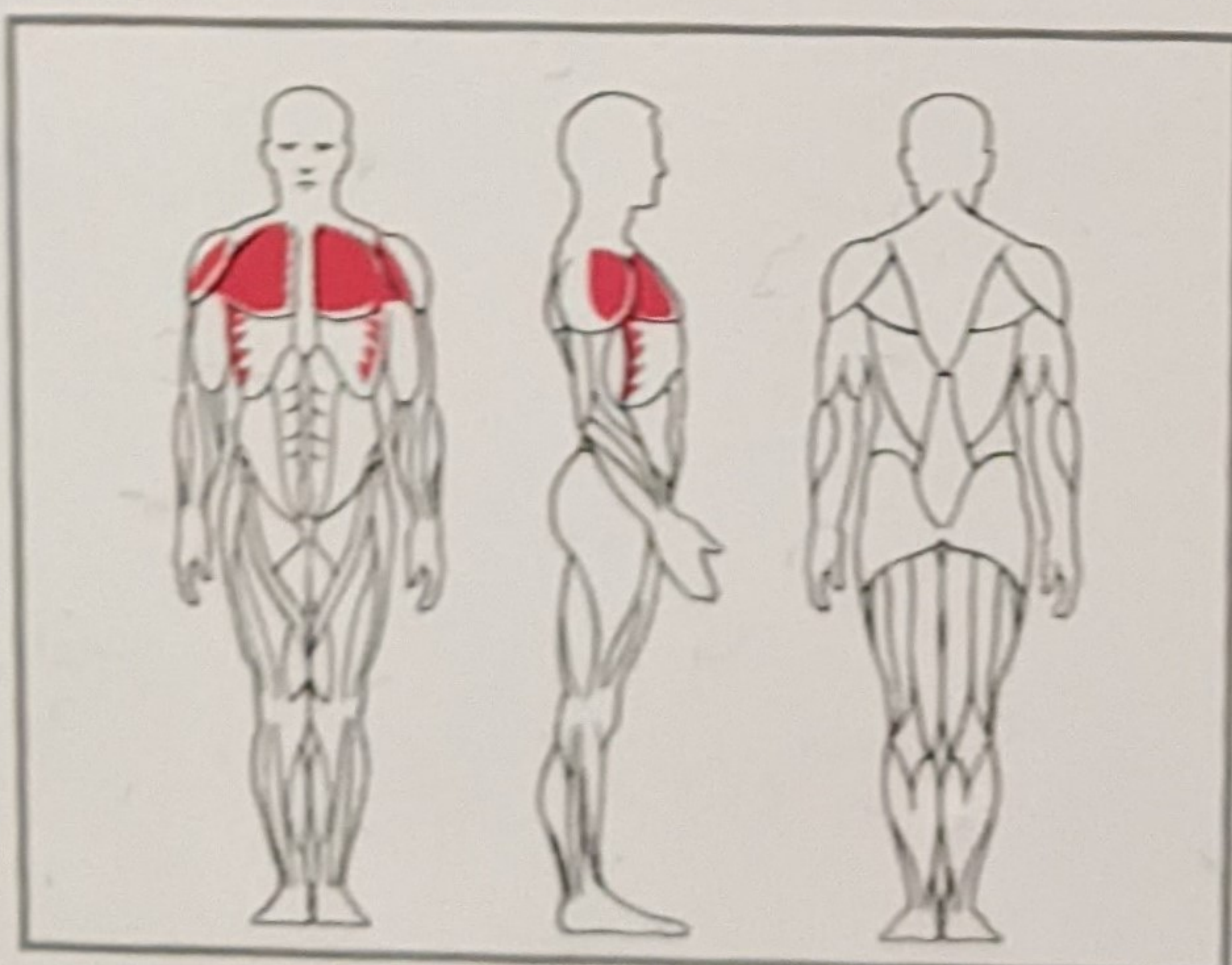
Start



Finish



Muscles Used



Training Tips

- Exercise may also be performed using a single arm
- Alternative exercise keeping elbows and arms straight and rolling elbows inwards as arms move forward will produce stronger contraction. (Advanced trainers)

Muscles Used

Pectorals (Arm Adductors)
Pectoralis Major - Anterior Deltoid -
Serratus Anterior

WEIGHT NO.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
KG's	8	9.5	11	12.5	14	17	20	23	26	29	32	35	38	41	44
WEIGHT NO.	16	17	18	19											
KG's	47	50	53	56											