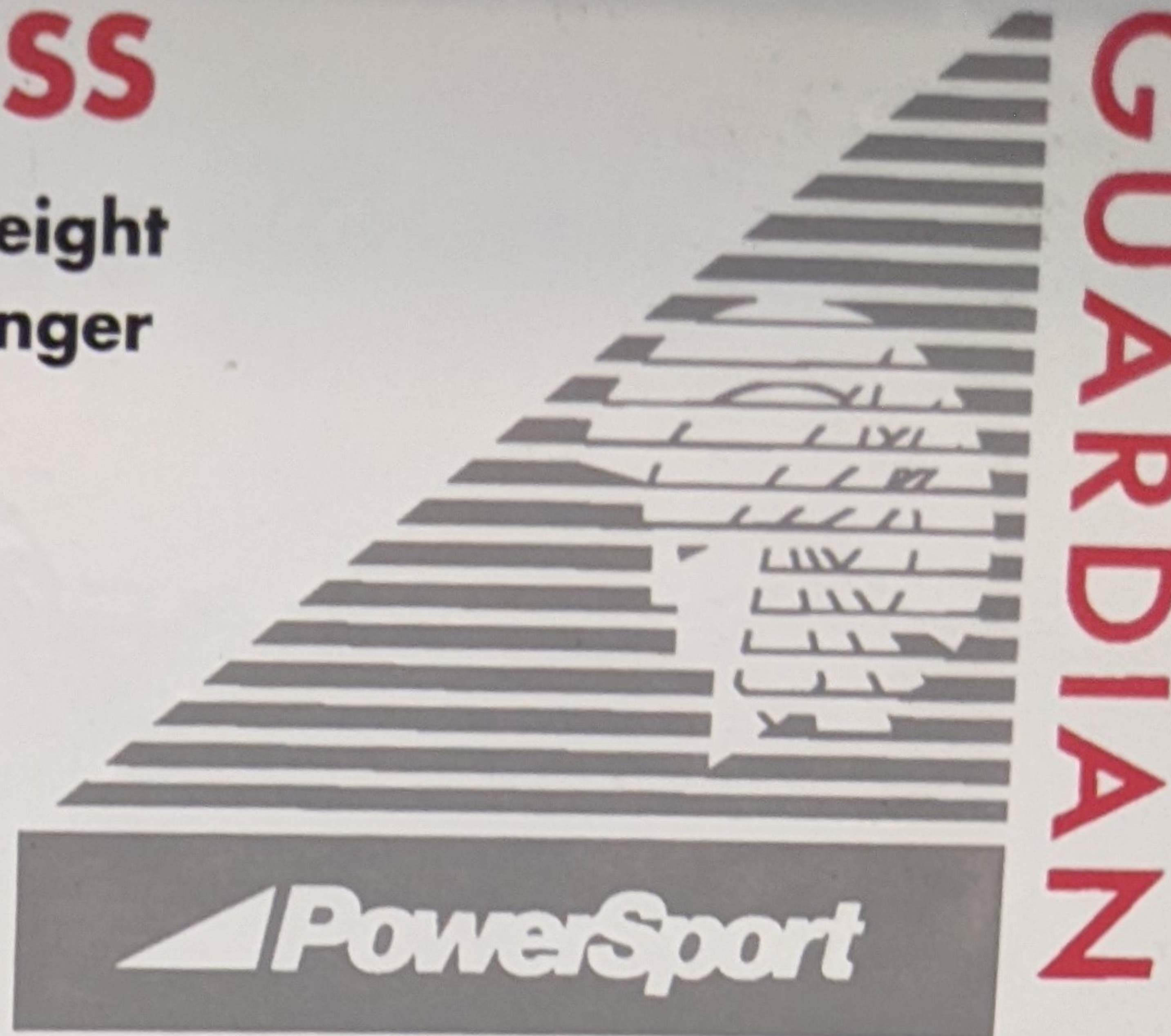


SHOULDER MULTI-PRESS

- Adjust bench to flat position - select weight
- Adjust height of lever arm A using plunger B so that the handles are level with the top of the shoulders when seated facing machine
- Choose wide or neutral hand grip position
- Place feet firmly on floor
- Press arms upwards to full extension - return smoothly



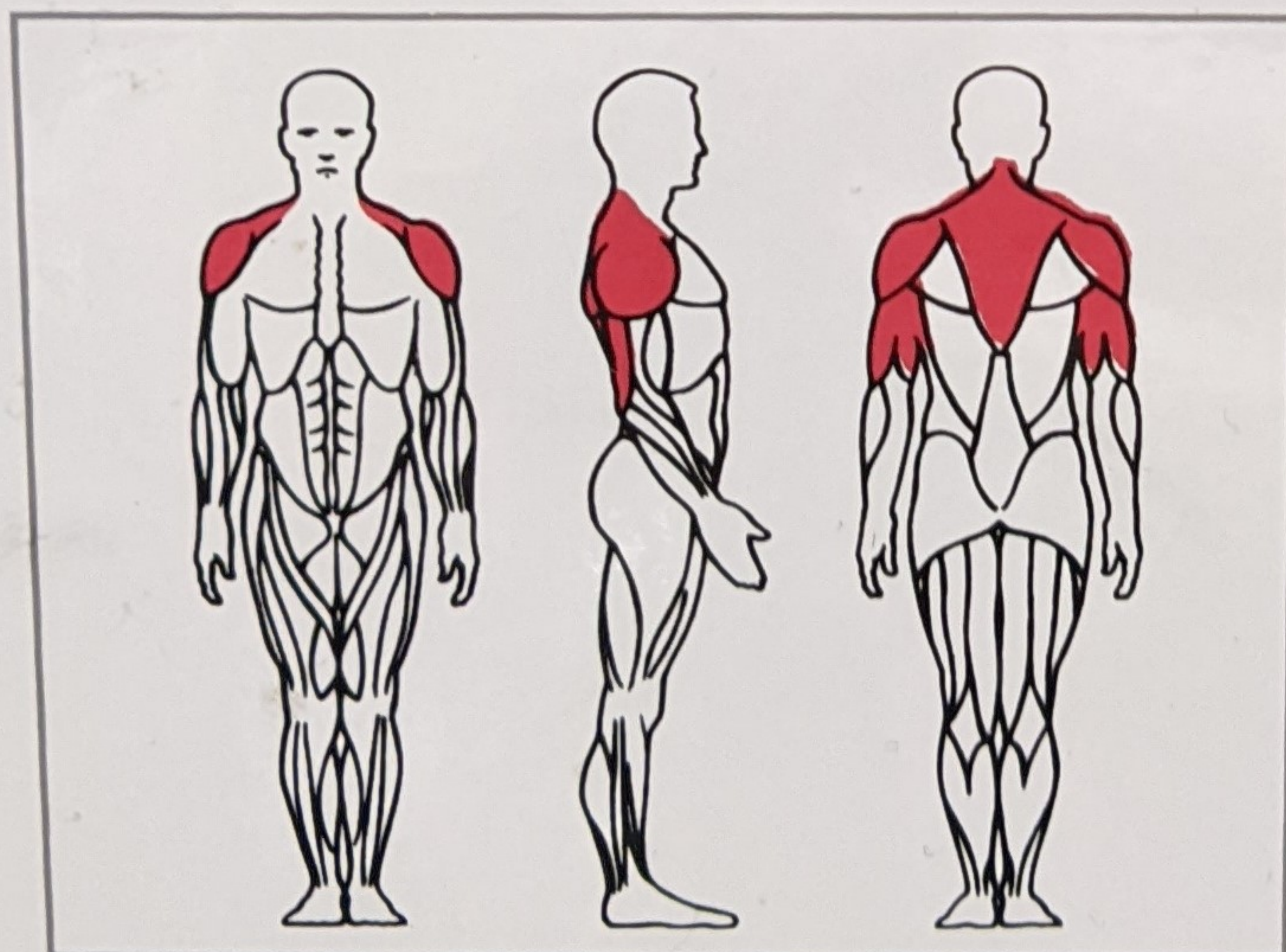
Setting Up

Start

Finish



Muscles Used



Training Tips

- Keep your back straight at all times during the exercise
- Always face towards machine when exercising

Muscles Used

Deltoids (Shoulder Elevators)
 Deltoid - Supraspinatus - Trapezius
 Levator Scapulae + 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