

Training Time With John & Kristen

Stanly County Family YMCA *Helping People Grow In Spirit, Mind And Body*



NITRO PLUS
REAR DELT



Rear Delt:

1. Adjust back pad to align shoulders with red dots overhead.
2. Set footrest pedal to maintain body position alignment during exercise
3. Bring movement arms to front starting position with yellow t- knob



4. With arms between roller pads and parallel to floor, bend arms in a rowing fashion as far back as possible
5. Return slowly to starting position and repeat.

