

Training Time With John & Kristen

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



NITRO PLUS
LATERAL RAISE



1. Pull seat adjuster lever to sit with shoulders in line with machine axis of rotation.
2. Place arms against sides inside movement pads, and grip handles lightly



3. Lift movement pads just above horizontal pause, lower slowly to starting position and repeat.

