

Training Time With John & Kristen

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



NITRO PLUS
LOW BACK



1. Lift handle to adjust seat height so navel is level with axis of rotation. Keep hips firmly against seatback.
2. Position the footpad so that knees are slightly higher than your hips



3. Push movement pad backwards by contracting low back muscles.
4. Pause in position of full muscle contraction, return slowly to starting position, and repeat.

