

# Training Time With John & Kristen

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



NITRO PLUS  
MID ROW



1. Position chest pad so that hands just reach row handles when seated. ( Hint: Pull chest pad back to ratchet or press tab lever to move inward).
2. Adjust seat height so arms are angled slightly downward when ready to begin exercise.



3. Pull handles smoothly back towards sides of torso.
4. Pause, return slowly to starting position and repeat.

