

Training Time With John & Kristen

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



NITRO PLUS
OVERHEAD PRESS



1. Pull the seat adjust lever to sit with shoulders even with handles.
2. Grasp handles lightly and push upward until elbows are almost fully extended.



3. Return slowly to starting position and repeat.
4. Keep back against seatback throughout each lifting and lowering movement.

