

Training Time With John & Kristen

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



NITRO PLUS
PEC FLY



1. Adjust back pad to align shoulders with red dots overhead.
2. Bring movement arms to Pec Fly position with yellow T knob.



3. Begin exercise by bringing roller pads forward as far as possible
4. Return slowly to starting position and repeat.

