

Training Time With John & Kristen

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



NITRO PLUS
SUPER PULLOVER



1. Adjust seat so top of shoulders are in line with machine axis of rotation.
2. Secure seat belt and press foot lever to position movement pads.
3. Place arms on movement pads. Place fingers lightly on crossbar, release foot lever, and stretch arms upward as far as comfortable.



4. Pulls arms downward until crossbar touches midsection.
5. Pause, return slowly to starting position and repeat.
6. Press foot lever, and take arms off movement pads.

