

CHEST PULL - Exercise Instruction

Code – MD-FS-011



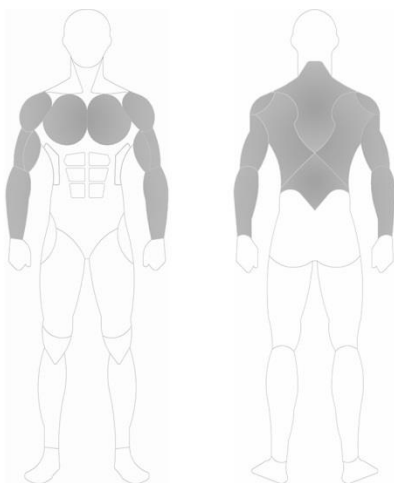
Function

- Improves abdominal muscles, chest and arms
- Improves functionality of the cardiorespiratory system

Instruction

Sit comfortably in the seat and grab the handles using both arms. Pull both handles towards your body. Keep your back in an upright position during the course of this exercise.

Muscles Trained



Safety Zone

