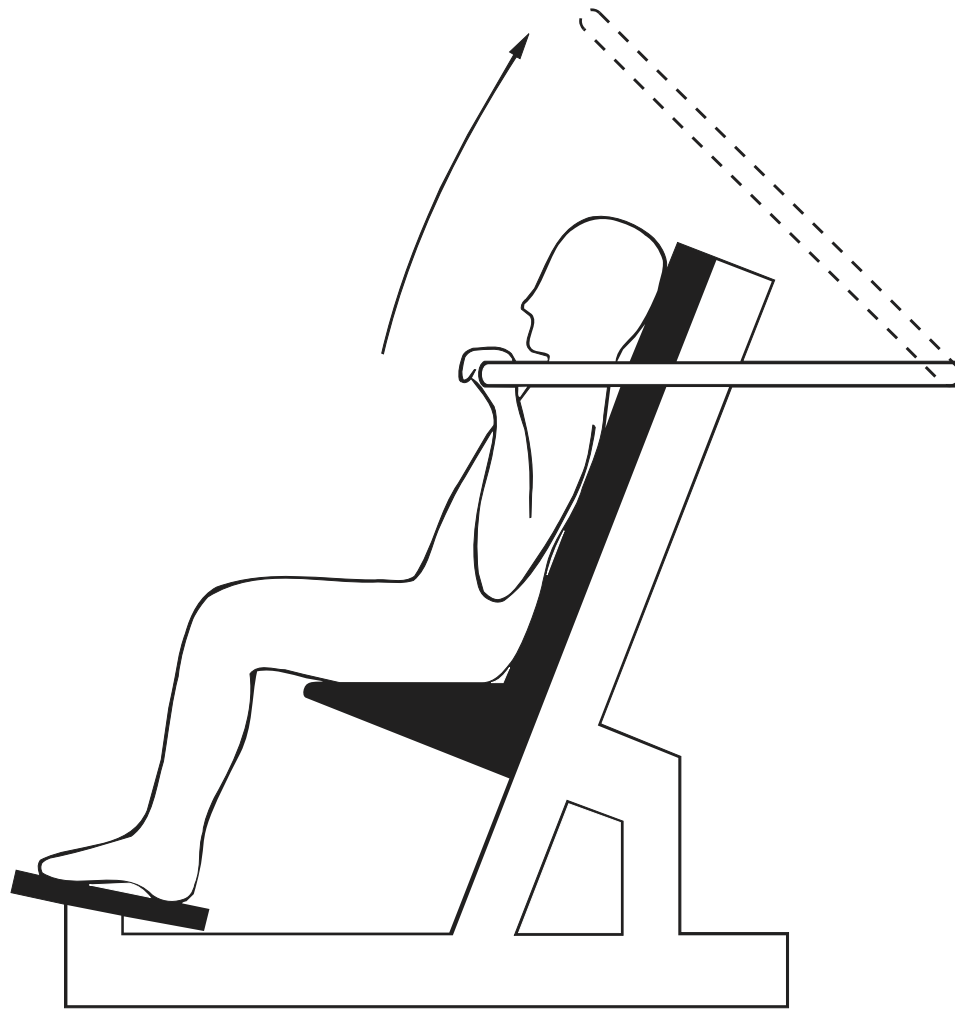


EN-Dynamic Shoulder Press

Exercising shoulder and arm muscles



Partner for Life



Preparation:

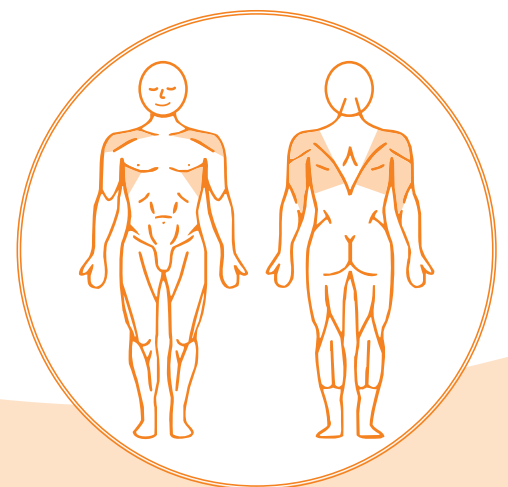
- select the correct seat height: your knees should be flexed at approximately 90°
- sit with your lower back fully supported by the backrest
- place your feet on the support
- Enter your EN-Track chipcard or select the desired resistance and reset the repetition counter

Procedure:

- contract your abdominal and lower back muscles before you start the exercise
- hold the grips and extend your arm in a slow and fluent movement
- hold this position for two seconds and return to the starting position in a slow and fluent movement

Note:

- perform a complete extension and flexion
- do not 'lock' your elbows
- control the pace and do not move too fast
- keep your lower back well supported by the backrest and your neck muscles relaxed
- leave the settings unchanged after finishing the exercise



entrack

Passion for motion