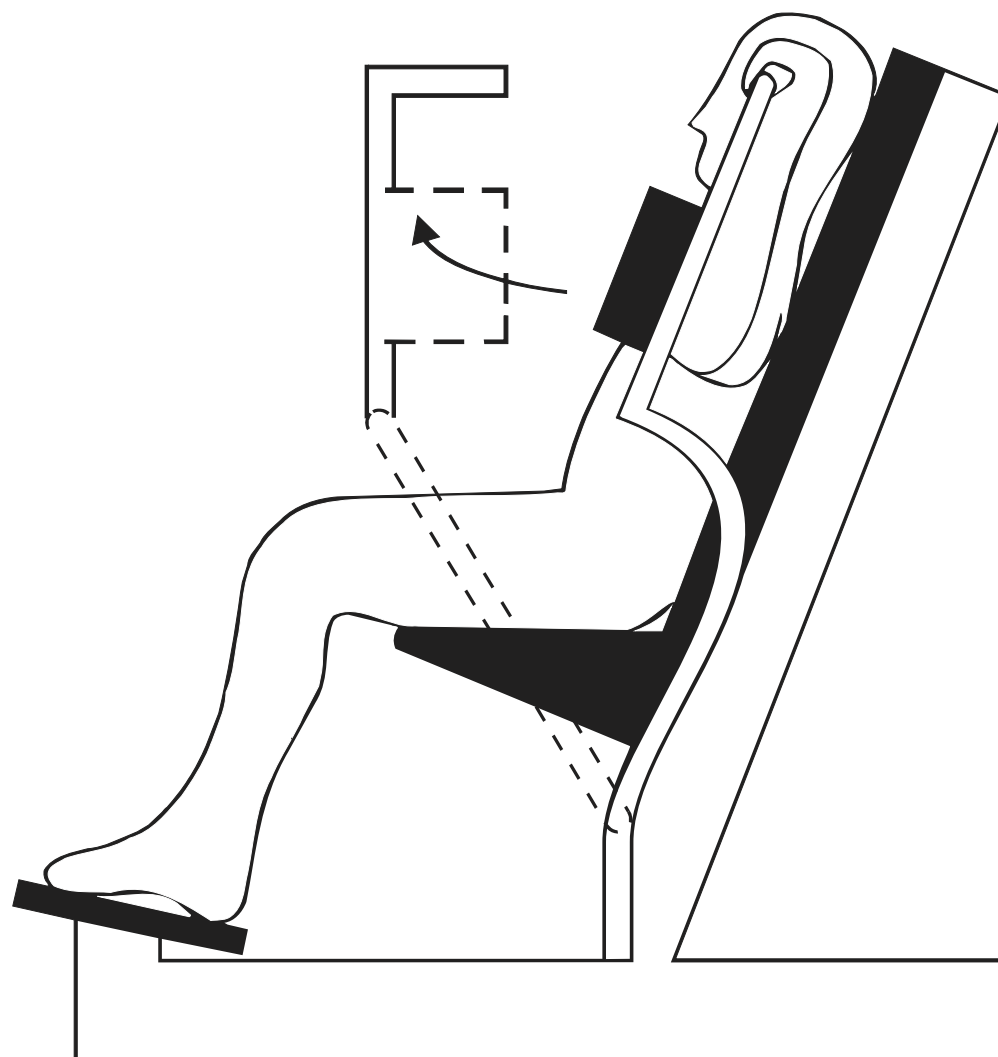


# EN-Dynamic Fly

Exercising pectoral muscles



*Partner for Life*



## Preparation:

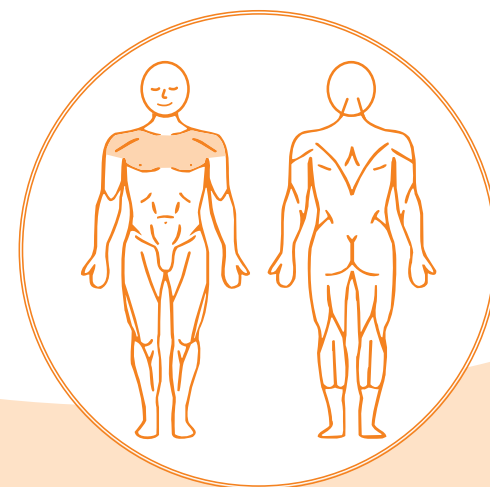
- select the correct seat height: both knees should be flexed at approximately 90°
- sit with your back fully supported by the backrest
- place your feet on the foot support
- Enter your EN-Track chipcard or select the desired resistance and reset the repetition counter
- grasp hand grips so your upper arms are horizontal

## Procedure:

- contract your abdominal and lower back muscles before you start the exercise
- push your upper arms inwards in a fluent movement
- make a complete movement so the pads touch each other
- hold this position for two seconds and return to the starting position in a slow and fluent movement

## Note:

- do not push using just your hands, but your lower arms as well
- control the pace and do not move too fast
- push symmetrically
- keep the neck muscles relaxed and the shoulders down
- leave the settings unchanged after finishing the exercise



entrack

# Passion for motion