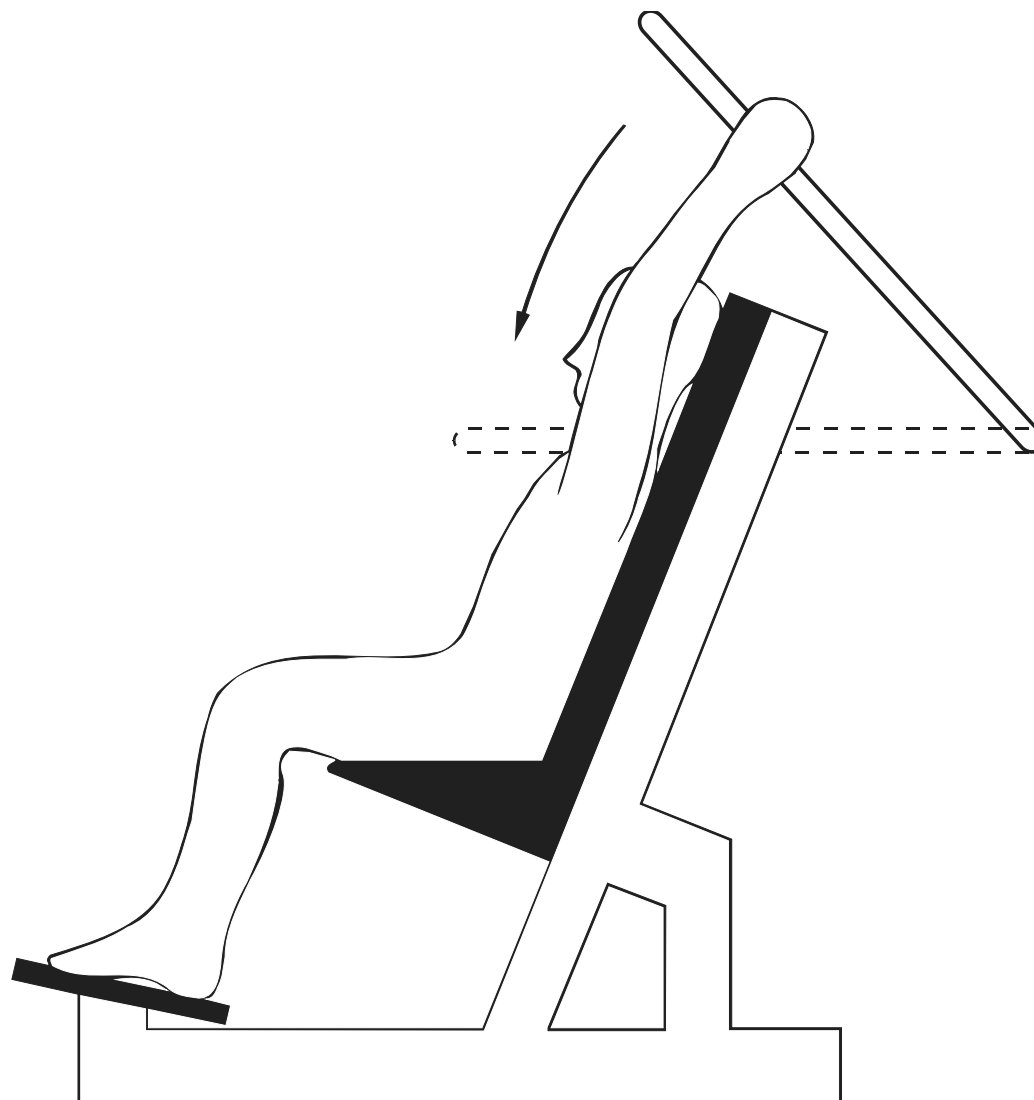


EN-Dynamic Pull Down

Exercising arm and shoulder girdle muscles



Partner for Life



Preparation:

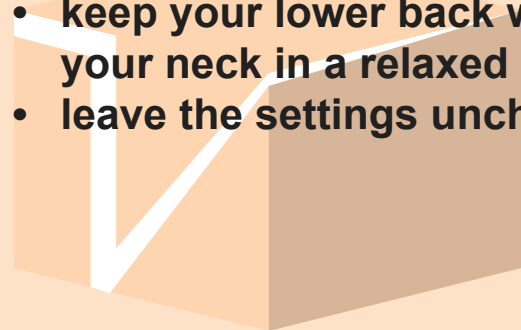
- select a comfortable seat height: your knees should be flexed at approximately 90°
- sit with your lower back fully supported by the backrest
- place your feet on the support
- enter your EN-Track chipcard or select the desired resistance and reset the repetition counter

Procedure:

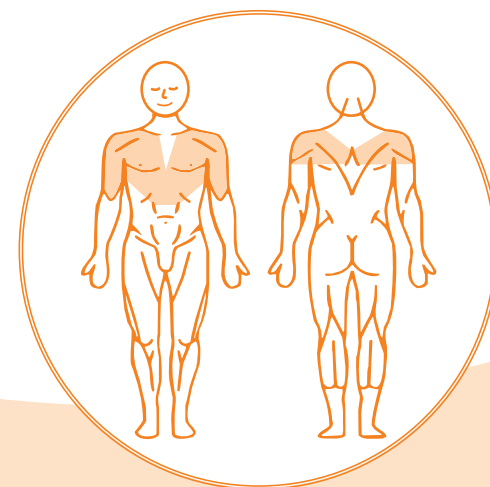
- contract your abdominal and lower back muscles before you start the exercise
- grasp the handles and pull them downwards in a fluent movement
- hold the lowest position for two seconds and move back to the starting position
- change the position of your hands to focus on different muscles

Note:

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



entrack



Passion for motion