

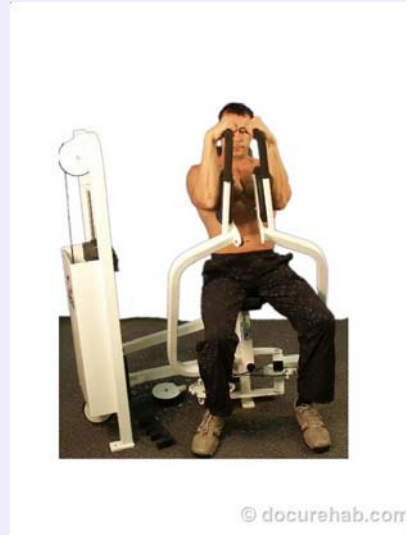
**Initial Position**

#1

004

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**20 lbs**  
**4 times/week**  
**10 times/reps**  
**3 reps**



**Final Position**

### pect deck

Place your arms on each padding of the pec deck machine, get a good grip on the handles, while you are seated. Keep back straight and chest out. EXHALE as you push with both arms to meet towards your chest but not covering your face. Then slowly release your hands back to the original position while INHALING, and let your chest expand.



**Initial Position**

#2

005

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**25 lbs**  
**4 times/week**  
**10 times/reps**  
**3 reps**



**Final Position**

### vertical shoulder press machine

Sit on the bench that you adjust so the handles are beneath your shoulders. Press up over your head. EXHALE on the way up, and INHALE on the way down