PRO·DUAL by Body-Solid

PEC FLY
(PECTORALS)

Instructions:
Insert pin into weight stack at desired resistance level.

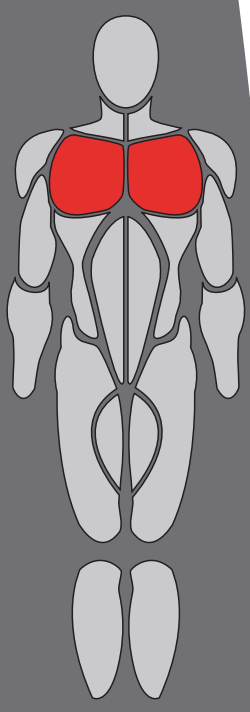
Adjust seat pad height so that when seated and grasping handles your upper arms are parallel with the floor.

Sit comfortably on the seat pad facing away from the machine and your back flat against the back pad.

Grasp handles with arms slightly bent and upper arms parallel to the floor.

Use chest (pectoral) muscles to bring your arms forward and toward each other until the pec arms touch.

Pause for a moment, then slowly return to the starting position. Repeat movement.



Muscle Group:
Pectorals





REVERSE FLY
(REAR DELTS)

Instructions:
Insert pin into weight stack at desired resistance level.

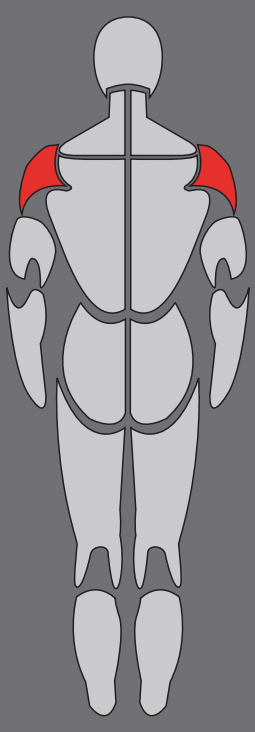
Adjust seat pad height so that when seated and grasping handle your upper arm are parallel with the floor.

Sit comfortably on the seat pad facing the machine.

Reach forward and grasp handle with arm slightly bent and upper arms parallel to the floor.

Use rear delt (posterior head) muscles to bring your arm backward as far as comfortably possible.

Pause for a moment, then slowly return to the starting position. Repeat movement.



Muscle Groups:
Deltoids





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