

Vertical Chest Press



For more detailed information, as well as visual examples of techniques, go to the computer in this facility and click on "Exercise Guide".

If you feel pain, dizziness, or shortness of breath at any time during this exercise or any other equipment, you should STOP exercising & contact your physician. Alert gym staff if assistance is needed.

Lifting Technique:

1. Choose the desired weight

- If needed, utilize the 2.5 & 5 lb. removable weight bars

2. Adjust the seat

- Raising the seat emphasizes the lower pectoralis major
- Lowering the seat emphasizes the upper pectoralis major
- Sit with back and head fully supported against pad

3. *Important: Press the foot pedal to bring the grips in your flexibility range*

- Feet should be placed flat on the ground or "resting" on the center of the pedal

4. Grip the handles for desired emphasis [Fig. 1]

- Wider grips emphasize the outer pectoralis major
- Narrow grips emphasize the inner pectoralis major
- Lift the weight by extending the arm without hyper-extending the elbows

5. Lower the weight by bringing the arms back as far as your flexibility will allow [Fig. 2]

6. Complete desired number of repetitions

7. Press the foot pedal to hold the weights before releasing the arms

- Release the foot pedal slowly to lower the weight

8. Replace removable weight bars to their storage area

