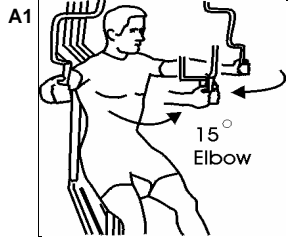
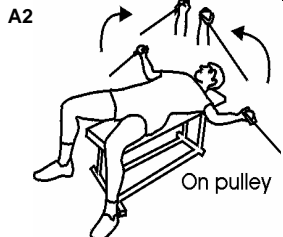


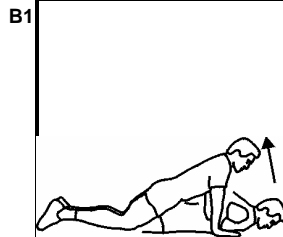
Name: _____ Program: _____ Consultant: _____



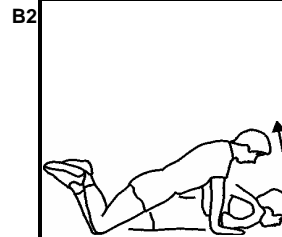
1. Position the seat to align joint & muscle fibers.
2. example text.....



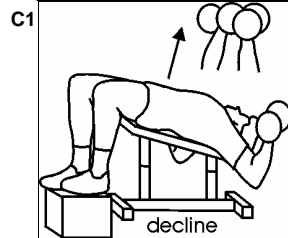
1. Position pulleys to correctly align with shoulder JT and chest fibers.
2. example text.....



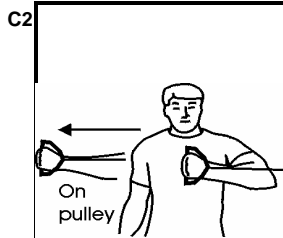
1. Position of hands should be focused on aligning body as one would perform a DB press. Hand, elbow, & shoulder should be set as you would to duplicate a DB press



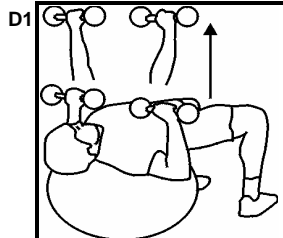
1. example text.....



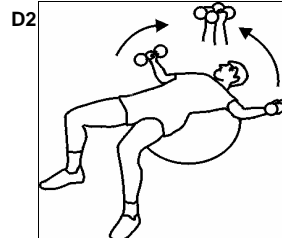
1. A decline dumbbell press isolates a different location on the pectoralis muscle group.
2. example text.....
3. example text.....



1. A one arm cable row requires more stability & base of support to perform movement.
- 2, example text.....



1. Notice the exercise movements become more advanced.
2. example text.....



1. Increased difficulty to perform the chest fly movement.

Remark: