

Curves



PEC DEC

Double Positive

This machine works the pectoral, rhomboid, trapezius and latissimus dorsi muscles.

1. Sit back in the machine, placing arms between the pads, and grab the handles.
2. Start with the arms in the back position and bring the elbows together in front of you, then push back to the starting point.
3. Push with forearms and avoid pulling with hands.

Keys to Correct Form:

- Loosely place hands just above the bend in the handles
 - Do not use your hands to push in and out – use your upper-body muscles
 - Extend arms back to a comfortable range of motion
 - Move fast enough to create adequate resistance
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DIP SHRUG

Double Positive

This machine works the deltoid, trapezius and latissimus dorsi muscles.



1. Stand upright inside the machine, facing the bar, grasping the handles with hands close together.
2. Pull the bar to your chest allowing your elbows to extend out.
3. Push down until your arms are almost straight without bending or swaying your back.

Keys to Correct Form:

- Hands should be close together
- Keep feet shoulder width apart
- Avoid locking your knees