Med-X Shoulder Press

Deltoids (Shoulders)

Sit on the seat with your back against the back rest. Adjust the seat height so the handlebars are in line with your shoulders. Tuck your tailbone under slightly and cross your ankles to minimize the curve of your lower back. Select weight.

Triceps

Exhale and press the handlebars over your shoulders. Straighten but do not lock your elbows. Inhale and slowly return the handlebars back to their starting position. Notice that the double weight stack allows for small adjustments in weight increments.