Select weight. Sit on the seat and place your chest against the chest pad. Adjust the chest pad fore/aft position so your fingertips can barely touch the handlebars when your chest is against the pad. Grasp the handlebars as shown.

Exhale and pull the handlebars toward your torso. Pause briefly and squeeze your shoulder blades together at the peak of the contraction. Inhale and slowly return the weight back to the starting position.