Sit on the seat with your back against the back rest. Place your hands on the handlebars so they are level with the midline of your chest. Use the seat adjustment to raise or lower the seat if needed. Notice the double weight stack that allows for smaller weight increments.

Cross your ankles to keep your lower back close to the back rest. Exhale and press the handles away from you. Keep your elbows straight but not locked. Inhale and slowly return the weight to the starting position.