Select weight. Notice that there is a double weight stack that allows for smaller weight increments. Sit on the seat and place your back against the back rest. Adjust the seat height as needed so your arms can barely reach the handlebars. Use the seatbelt when using very heavy weights that may pull you upward.

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