Nautilus Pullover

**Latissimus Dorsi**

Select weight. Notice the double weight stack that allows for smaller weight increments. Choose a seat height that allows your shoulders to align with the red pivot point on the machine. Use the seatbelt when using heavier weights that may lift your upward.

**Pectoralis Major (Chest)**

Place your hands on your lap. Step on the foot assist to bring the handlebar toward you. Place your elbows on the elbow pads and carefully release the foot assist. Exhale and bring the handlebar toward your abdomen. Inhale and slowly release back to the starting position. Be careful not to overstretch your shoulders.