Trotter Chest Press

Pectoralis Major
(Chest)

Deltoids
(Shoulders)

Triceps

Sit on the seat with your back against the back rest. Raise or lower the seat if needed so the handlebars are in line with the midline of your chest. Place your hands on your lap. Step on the foot assist to bring the handlebars forward. Place your hands on the handlebars and slowly release the foot assist. Place your feet on the foot platform.

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.

When you have completed the set, step on the foot assist with both feet. Slowly remove your hands from the handlebars and use the foot assist to return the weight back to the weight stack.