Select weight. 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. Adjust the height of the thigh pads so they are resting on top of your thighs.

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.