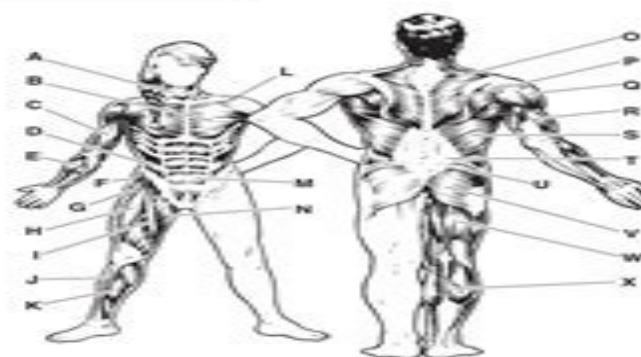




MUSCLE CHART



WARNING: Avoid this exercise if you have shoulder, elbow, or wrist pain or if you have a shoulder or elbow sprain.

The exercise shown can be performed with straight or angled resistance movement, press and pull, and lateral movement. The exercise can be performed with or without a weight stack. The best results, however, come from straight and pressing motions.

AVISO: Evite este ejercicio si tiene dolor en los hombros, codo o muñeca o si tiene una lesión en el hombro o el codo.

Este ejercicio puede ser realizado con movimiento recto o diagonal, con o sin apoyo en la parte superior. Los mejores resultados se obtienen con movimientos rectos y de presión.

AVERTISSEMENT: Évitez cet exercice si vous avez mal aux épaules, aux coudes ou aux poignets ou si vous avez une blessure à l'épaule ou au coude.

Cet exercice peut être effectué avec un mouvement droit ou diagonal, avec ou sans appui au niveau des épaules. Les meilleurs résultats sont obtenus avec des mouvements droits et de pression.

AVVERTIMENTO: Evitare questo esercizio se ha dolore nelle spalle, nei gomiti o nelle mani o se ha una lesione nelle spalle o nei gomiti.

Questo esercizio può essere eseguito con movimenti retti o diagonali, con o senza appoggio alle spalle. I migliori risultati vengono ottenuti con movimenti retti e con pressione.

AVVERTIMENTO: Evite este exercicio si tiene dolor en los hombros, codo o muñeca o si tiene una lesión en el hombro o el codo.

Este ejercicio puede ser realizado con movimiento recto o diagonal, con o sin apoyo en la parte superior. Los mejores resultados se obtienen con movimientos rectos y de presión.

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Julia L. Wilkinson

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