**Yellow Exercise Machines**

**Arm Cross**

* Adjustable back pad allows ideal shoulder alignment.
* Multi-position hand rest for comfort.
* Adjustable elbow pads for all sizes





1. Position body as shown in top diagram. The seat back should be adjusted to align the shoulders with the rotation axis of the machine.
2. Select a resistance with which you can perform COM PLETE repetitions for 45 to 1 20 seconds, typically from 5 to 1 2 reps.
3. Lift the weight smoothly and slowly by pressing the elbows toward each other. The lifting phase should take a MINIMUM of 4 seconds.
4. Pause for 1 second while under load.
5. Lower the weight smoothly and deliberately for a MINIMUM of 4 seconds.
6. DO NOT PAUSE BETWEEN REPETITIONS.
7. If you can complete a repetition in GOOD FORM, attempt another repetition.
8. If you can perform COMPLETE repetitions for 45 to 120 seconds, increase the resistance for your next workout by approximately 5%.