



Category	Consumer Items
Kind	Recreational Equipment
Quantity	1.00
Description	1-Atlantis T-208 Commercial Triceps Extension Machine, c/w 195 pounds weights, 300 pound seated row machine, Commercial Atlantis Legs Machine



SEATED ROWS

CAUTION

Back injury,
and the back
suffering with heavy



THE MOVEMENT



Sit facing the apparatus with your feet placed on the pads and the chest bent forward. Inhale and bring the handle to the base of the sternum by straightening your back while drawing the elbows backward as far as possible. Exhale at the end of the movement and return smoothly to the initial position. This exercise is excellent for working the bulk of the back. It focuses on the trapezius, the levator scapulae, the teres minor, the posterior fascicles of the deltoid, the latissimus dorsi, and the brachioradialis. At the end of the movement, the shoulder blades come close together, forcing the strengthening of the rhomboids and trapezius. During the strengthening of the rhomboids and trapezius, the triceps also contribute to the movement. The triceps are the muscles of the whole thorax. The triceps are the muscles of the whole thorax. The triceps are the muscles of the whole thorax.



2017/12/18

cepsextension

T-208

Read all labels and refer to photos for correct body position prior to use.

Adjust seat pad; elbows should align with pivot labels.

Perform desired number of repetitions.



2017/12/19

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LEGS
C-113



- Read all warnings and instructions prior to use.
- Refer to photos for correct body positions on unit.
- Adjust footplate and lever arm accordingly.
- Perform desired number of repetitions within a comfortable range of motion.
- Repeat for other leg.

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