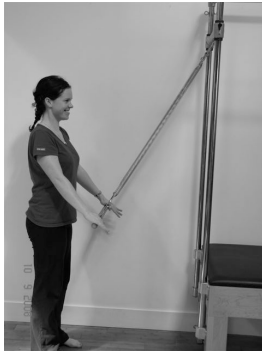


SPRING BAR ARM PULL DOWN



Starting Position

- Stand approximately one metre away from the Cadillac
- The crossbar should be a little over head height
- Face the machine, holding onto the bar with your palms facing down and a slight tension in the springs



Movement

- Draw your shoulder blades together and widen across the front of your chest
- Exhale and press the bar down towards your legs
- Maintain good upright alignment of the body
- Hold the bar in this position momentarily
- Inhale and slowly return the arms to the starting position, keeping tension in the springs
- Repeat 5 – 10 times

Notes:

- Reach the arms down as if reaching your fingertips to the floor
- Maintain a good upright posture by engaging your lower abdominal muscles as well as the muscles between your shoulder blades
- Your shoulders should not rise up to your ears or roll forward during the exercise
- The further away from the Cadillac you stand the greater the resistance, adjust accordingly