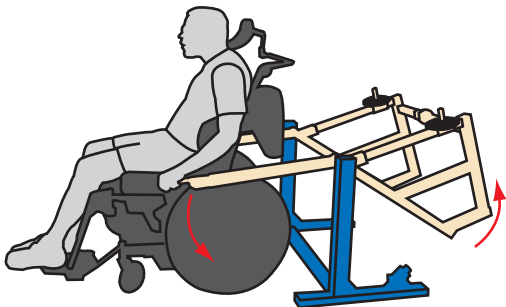


# RICKSHAW

*Consult a physician before starting a new exercise program.*

## **INSTRUCTIONS**

1. Start with a lower resistance level by pulling the ring and pin on each side and shifting the weight towards the frame. Make sure each pin is locked into position.
2. For simultaneous presses, make sure the pivot plate has connected both sides on the rear of the machine.
3. Reverse into position as shown and lock wheels.
4. Swivel the handle grips inside or outside for a comfortable fit.
5. Tighten your core, exhale, and slowly push downward on the handle grips.
6. Inhale while releasing and return to the start.
7. Repeat several times.
8. For increased difficulty, use one arm at a time, perform more repetitions, or pull pin and slide weight away from post.



## **FUNCTION**

Develops strength in your chest, shoulders, and triceps.

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