



5 STEPS

FOR PROPERLY USING THE IRON CHEST MASTER

STEP 1:

Grab the handles & get in position.



STEP 2:

Lower your chest to the machine - concentrate on fully opening the chest and pulling the shoulders back.



STEP 3:

Extend the arms and concave the chest.



STEP 4:

Contract from the Pec-Delt Tie-ins forcing the hands together.



STEP 5:

Slide your hands to the starting position and repeat.



Tip: Focus on using your chest muscles for step 4.



Get to Know Your **Iron Chest Master**

ADJUSTING THE MACHINE AND CHANGING THE RESISTANCE BANDS:

The Iron Chest Master comes fully assembled – Including 6 easily adjustable (already installed) resistance bands, which are ideal for most beginner and intermediate fitness levels. All you need to do is make the necessary adjustments to accommodate your current fitness level.

ADJUSTMENT PLATE:

There are two adjustment plates - one on each end - each supporting three different positions. Move them by standing the machine on one end while pressing the white button on the back. Slide the handle into the appropriate position and make sure it's securely snapped.

REMOVE, ADD, OR CHANGE THE RESISTANCE BANDS:

Slide the adjustment plate toward the middle of the machine. You will see both ends of each resistance band. Simply grasp each side of the resistance band and lift it out of the guide.

ADD the resistance bands by holding each side of the band and inserting them into appropriate slots under the handle. Ensure the bands are secured tightly before using the machine.

**You are ready to start using the revolutionary IRON CHEST MASTER
to obtain your desired health and fitness goals!**