

## Using Your ChestPress Ultimate™ II

### Using the ChestPress Ultimate™ II Long Stroke® Unit

The ChestPress® is used exclusively for building strength and muscle development.

When the ChestPress Ultimate™ is positioned to the "Long Stroke" position, position yourself with knees bent, feet flat on the floor, arms extended and the handle moved in a straight line up to the top of your head. The ChestPress Ultimate™ will provide a smooth motion.

When the ChestPress Ultimate™ is in the "Short Stroke" position, the handle will move up to the top of your head. The ChestPress Ultimate™ will provide a smooth motion.

The ChestPress Ultimate™ is used to build strength and muscle development.

• Push handle up and out  
• Push handle  
• Push handle  
• Push handle  
• Push handle  
• Push handle

• Push handle  
• Push handle  
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• Push handle



### Using the ChestPress Ultimate™ II Adjustable Pushing System

The ChestPress Ultimate™ II Adjustable Pushing System is an adjustable pushing unit that provides the following:

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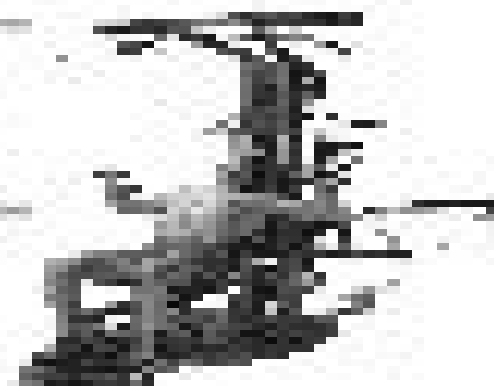
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# Bowflex Ultimate 2 Owners Manual

**M Walker**



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