## **SEATED CRANK AND PRESS**

Sit with arm resting on a table or countertop as shown, use \_\_\_\_\_ lb weight



Sit up very straight and stick chest out, squeeze shoulder blades together and crank weight as shown.



Keeping chest out, blades in and down press weight up as close to ear as possible Return to starting position with weight resting on table. Repeat\_\_\_\_\_ times per day.

