



RESOLUTE™ STRENGTH SELECTORIZED LINE GETTING STARTED GUIDE - LATERAL RAISE RSL 504

Welcome to a **personalized fitness experience** for your members.

Resolute™ Strength Selectorized Line (RSL) is designed and built to go the distance, emphasizing quality materials and construction, highly-rated service and support, and experience-driven design. Resolute Strength Selectorized Line includes products that focus on the lower body, upper body, and core to give exercisers an effective and comfortable workout experience.

Get to know your Precor equipment

When using exercise equipment, you should always take basic precautions.

General use guidelines

- Read all warnings on the equipment and obtain instructions on the use of the equipment.
- Always inspect the equipment before using it. If you spot a potential problem, or a repair is required, contact someone in the facility immediately. DO NOT use the equipment until the facility has verified that the equipment is working properly.
- Check that the fasteners, cables, weight stacks, and handle attachments are securely tightened, connected, and functioning properly. Pay particular attention to the condition of cables and cable ends. If you notice a loose cable end or any fraying of the cable or cable jacket, DO NOT use the product and contact someone in the facility immediately.



User safety guidelines

- If you do not understand how to operate a piece of equipment, ask someone from the facility such as a trainer to demonstrate how to use it and to explain any safety instructions.
- DO NOT exceed maximum weight capacities.
- DO NOT overexert yourself or work to exhaustion. Use reasonable judgment when working with weights.
- If you feel pain, faintness, dizziness, or abnormal symptoms, stop exercising immediately and consult your physician.
- Avoid using excessive weight, which may cause injury.
- Keep head, limbs, fingers, and hair clear of all moving parts while the equipment is in use.
- Never drop or insert objects into any opening in the equipment.
- DO NOT drop or slam the weight stack while exercising.
- Be sure the selector pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, contact someone in the facility.
- Never pin the weights in an elevated position. DO NOT use the equipment if the top plate or weight stack is pinned in a raised position.
- DO NOT attempt to fix broken or jammed equipment.
- Use the equipment only for its intended purpose. DO NOT use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.



For complete equipment operating instructions and troubleshooting, visit www.precor.com.

Make sure your trainers regularly read our blog (select languages) at www.precor.com for more ideas about fitness routines and advice from trusted industry experts.

TRAINING AND EXERCISING

CAUTION Before you begin any fitness program, see your physician for a thorough physical exam. Seek advice from your physician to learn the target heart rate appropriate for your fitness level.

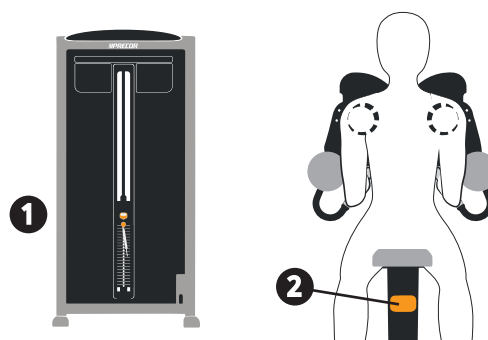
Read all safety and operating instructions included with your equipment. For more information, visit www.precor.com and look for your equipment name or model number.

Start a workout

The Lateral Raise primarily targets the deltoid muscles of the shoulder. Strong deltoid muscles are engaged in nearly every upper body lifting and carrying motion, especially lateral lifting motions.

Set Up

1. Select an appropriate weight **1**.
2. Adjust the seat height so your shoulders align with the pivots **2**.



Begin the Exercise

1. Grasp both handles and position your arms against the arm pads.
2. Rotate arms upward in a controlled motion to a horizontal position.
3. Pause when elbows reach shoulder height.
4. Slowly return to the start position.



Training Tips

1. If the arm pads move along your upper arm during exercise, adjust the seat height so your shoulders align with the pivots.
2. To reduce the risk of shoulder impingement, avoid lifting the arm pads above shoulder height.

For more training tips, visit www.precor.com.