

Front of Arms (biceps)

BICEP CURL



1. Select the desired weight.
2. Stand facing the machine.
3. Grasp the handles or bar with palms facing up and slowly curl the bar upwards to your chest.
4. Inhale while returning to the start position in a slow and controlled manner.



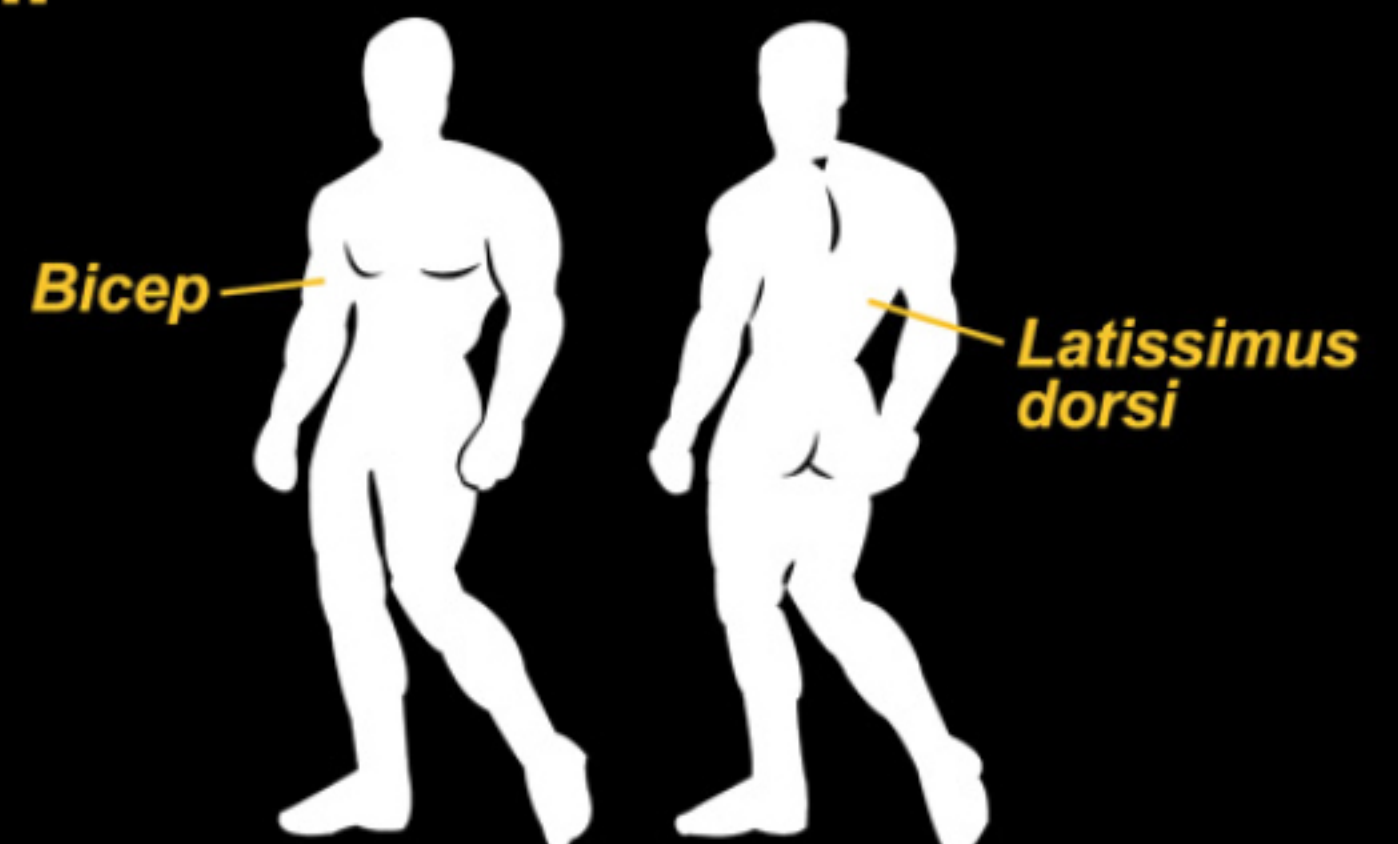
Muscle Emphasis

Always consult a physician or exercise professional before starting this or any exercise program

Arms & Back (teres major)

SEATED ROW

1. Select the desired weight.
2. Sit on the floor with your feet placed securely against the low tube.
3. With your torso slightly bent, reach forward while grasping the handles or bar with palms facing down.
4. Exhale while pulling the handle toward your mid-section.
5. Inhale while returning to the start position in a slow and controlled manner.



Muscle Emphasis

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