

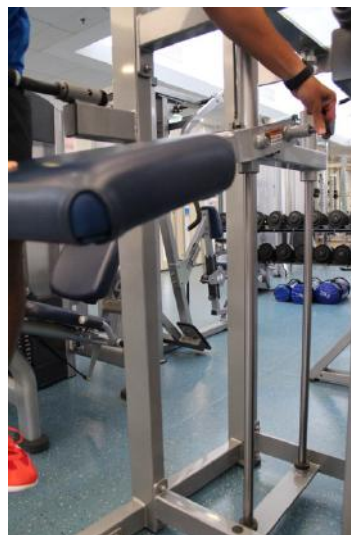


Muscle Group: Triceps

Machine Exercise: Assisted Dip



Pull out the handle for adjustment of the weight.



Pull out the handle to adjust the height of the knee pad.



Reach for the lower handles and place your knees on the pad. Drop your body until the arms make a 90° angle.



Push your whole body up while keeping a straight body posture.



Muscle Group: Biceps, Brachialis

Machine Exercise: Cable Bicep Curl



Pull out the handle for adjustment of the weight.



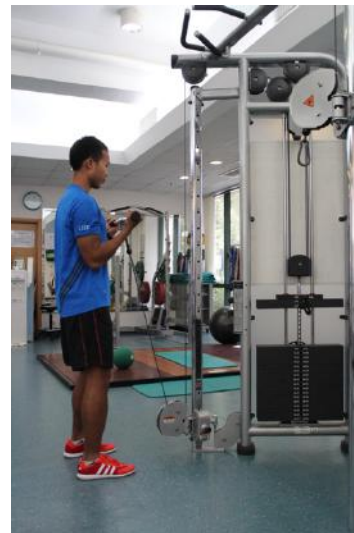
Pull the handle to lower the pulley to the lowest position.



Change the handle at the end of the cable. Choose the double-handed bar.



Stand in front of the machine with the arms straight downwards. Hold the bar with supinated (palms up) hands.



Use the biceps to pull the bar upwards with both arms. Keep the upper arms fixed and tight to the body.

Muscle Group: Triceps

Machine Exercise: Cable Tricep Rope Pull down



Pull out the handle for adjustment of the weight.



Pull the handle to raise the pulley to the highest position.



Change the handle at the end of the cable. Choose the thick rope.



Stand in front of the machine with the arms in a 90° angle. Hold the rope with both hands.



Use the triceps to pull the rope downwards with both arms. At the end turn the hands to the side. Keep the upper arms fixed and tight to the body.

Muscle Group: Triceps

Machine Exercise: Cable Tricep Bar Pushdown



Pull out the handle for adjustment of the weight.



Pull the handle to raise the pulley to the top position.



Change the handle at the end of the cable. Choose the double-handed bar.



Stand in front of the machine with the arms in a 90° angle. Hold the bar with pronated hands.



Use the triceps to push the bar downwards with both arms. Keep the upper arms fixed and tight to the body.