

Muscle Group: Biceps

Machine Exercise: Machine Biceps curl



1. Pull out the handle for adjustment of the weight.



2. Pull the handle up to adjust the seat. Raise the seat until the pad is aligned with your chest and support a straight body.



3. Hold the handles with both arms. Keep the back straight with both feet on the ground.



4. Pull the handles back while bending the arms towards your shoulders.

Muscle Group: Tricep

Machine Exercise: Dips



1. Stand in front of the machine facing the machine. Use the step and handles to stand up on the machine.



2. While on the machine, hold the handles firmly and use your arms to push yourself up.



3. Keeping your whole body weight on your arms, cross your legs and bend them in a 90° angle. Lower yourself until the arms make a 90° angle, then push yourself back up.



4. Keeping your whole body weight on your arms, cross your legs and bend them in a 90° angle. Lower yourself until the arms make a 90° angle, then push yourself back up.

Muscle Group: Triceps

Machine Exercise: Triceps press



1. Pull out the handle for adjustment of the weight.



2. Pull the handle up to adjust the seat. Raise or lower the seat until the handle are aligned with the seat.



3. Hold the handles with bent arms while seated. Keep your back straight



4. Push the handles down by straightening the arms.

Muscle Group: Triceps

Machine Exercise: Cable Triceps Push Down



1. Attach a straight bar or rope to a high pulley and grab with an overhand grip at shoulder width. Standing upright with the torso straight. Bring the upper arms close to your body and perpendicular to the floor. The forearms should be pointing up towards the pulley as they hold the bar.
2. Using the triceps, bring the bar down until your arms are fully extended. The upper arms should always remain stationary next to your torso and only the forearms should move. Exhale as you perform this movement. After a second hold at the contracted position, bring the bar slowly up to the starting point. Breathe in as you perform this step.