Muscle Group: Biceps

Machine Exercise: Bicep Curl

Pull out the handle for adjustment of the weight.

Pull the handle up to adjust the seat. Move the seat so that the handles are aligned with the shoulders.

Pull the handle to adjust the chest pad. Move the pad so that it supports a straight body.

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

Pull the handles back while bending the arms towards your shoulders.
Muscle Group: Triceps

Machine Exercise

- Pull out the handle for adjustment of the weight.
- Pull the handle up to adjust the seat. Raise or lower the seat until the handles are aligned with the chest.
- Hold the handles with bent arms while seated. Keep your back straight.
- Push the handles down by straightening the arms.
Muscle Group: Triceps

Machine Exercise: Tricep Extension

Pull out the handle for adjustment of the weight.

Pull the handle up to adjust the back pad, so that it supports the back while sitting up straight.

Pull the handle to adjust the seat. Raise it until the arms make a 90° angle with the body while seated.

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

Push the handles forward while straightening the arms.
Muscle Group: Triceps

Machine Exercise: Tricep Dips

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

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

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.