

LAT ROW - straight leg



variation bent legs



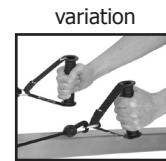
- Hold both handles and pull the bench halfway up the incline. Straddle the bench and sit facing front.
- Place your legs straight out in front of you (see START position above).
- Start with arms fully extended in front, palms facing down and a straight back.
- From an upright position, pull your hands back until your hands reach the side of your rib cage.
- Slowly return to starting position by extending your arms back over your legs.

✔ DO: As you pull the handles towards your rib cage, press your chest out and squeeze the shoulder blades together to fully contract the back muscles.

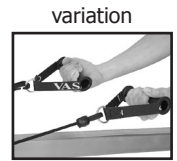
✘ DON'T: Do not use your biceps for the pull. Lead with your elbow to focus the resistance on your back muscles.

▲ VARIATIONS: Can be done with bent legs.
For parallel grip lat row, start with palms facing in.
For reverse grip lat row, start with palms facing up.

🎯 TARGETED MUSCLES: Lats, Upper Back



variation parallel grip (palms in)



variation reverse grip (palms up)

HIGH LAT ROW (SEATED ROW)



variation



variation straight legs

- Hold both handles and pull the bench halfway up the incline.
- Straddle the bench facing the front. Sit in the bench with legs bent.
- Start with arms fully extended in front with palms down and a straight back.
- From an upright position, pull your hands back towards your shoulders.
- Slowly return to starting position by extending arms back over your legs.

✔ DO: Concentrate on leading with the elbows while pulling up to the shoulders.

✘ DON'T: Do not lean back to help pull up towards your chest. Keep your torso in an upright position and let the upper back and rear shoulder muscles do the work.

▲ VARIATION: Can be done with straight legs.

🎯 TARGETED MUSCLES: Lats, Upper Back

LOW CROSSOVER LAT ROW



- Cross the cables (grasp right handle with left hand, left handle with right hand.)
- Hold both handles and pull the bench halfway up the incline.
- Straddle the bench and sit facing the front of the machine.
- Place your legs straight out in front of you.
- Start with arms fully extended in front, palms facing in and a straight back.
- From an upright position, pull your hands back until your hands reach of your rib cage.
- Slowly return to starting position by extending arms back over your legs.

variation - legs bent



- ✔ DO: As you pull your hands towards your rib cage, press out your chest and squeeze the shoulder blades together to fully contract the back muscles.
- ✘ DON'T: Do not lean back to help pull towards your torso. Keep your torso in an upright seated position to work the target muscles.
- ▲ VARIATION: Can be done with bent legs. See HIGH CROSSOVER LAT ROW below.
- ◎ TARGETED MUSCLES: Lats, Upper Back

HIGH CROSSOVER LAT ROW

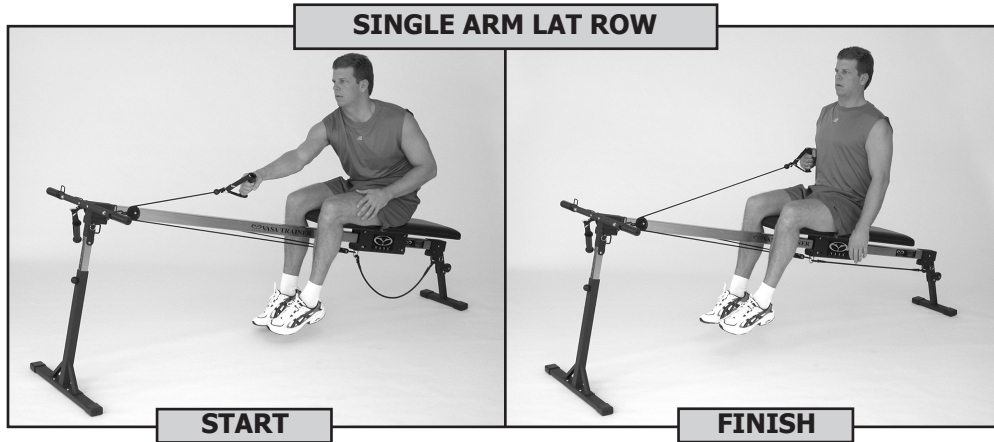


variation bent legs

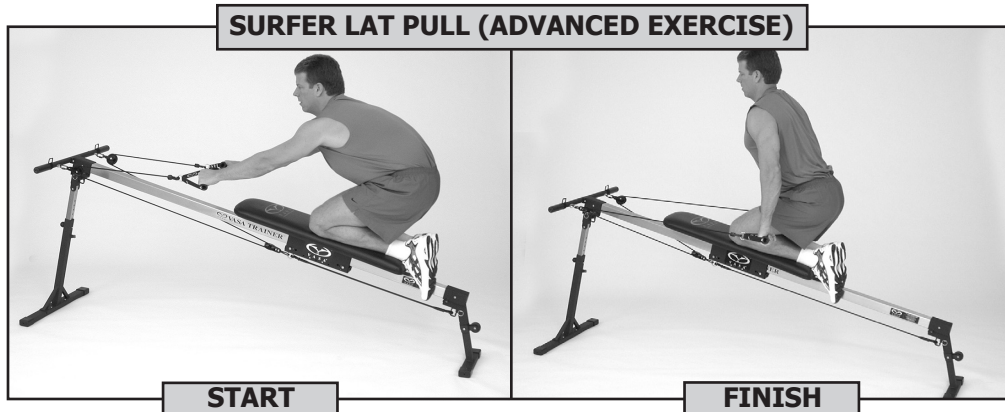


- Cross the cables (grasp right handle with left hand, left handle with right hand.)
- Hold both handles and pull the bench halfway up the incline.
- Straddle the bench and sit facing the front of the machine, legs bent.
- Start with arms fully extended in front, palms facing down and a straight back.
- From an upright position, pull your hands back towards your shoulders.
- Slowly return to starting position by extending arms back over your legs.

- ✔ DO: Concentrate on leading with the elbows while pulling up to the shoulders.
- ✘ DON'T: Do not lean back to help pull up towards your chest. Keep your torso in an upright position and let the upper back and rear shoulder muscles do the work.
- ▲ VARIATION: Can be done with straight legs.
- ◎ TARGETED MUSCLES: Lats, Upper Back



- Grasp the left handle with your right hand and pull the bench halfway up the incline.
 - Straddle the bench sit facing forward with legs bent over the front of the bench.
 - Sit on the bench facing forward with your knees bent over the front of the bench.
 - Start with right arm fully extended in front of left knee, palm facing in.
 - Pull your hand back until your hand reaches the side of your rib cage.
 - Slowly return to start position by extending arm back over left knee.
- ✔ DO: Concentrate on leading with elbow while pulling to rib cage.
 - ✘ DON'T: Do not use your biceps for the pull.
 - 🎯 TARGETED MUSCLES: Lats, Upper Back



CAUTION: This is an advanced exercise. Be sure to hook your instep over the bench and engage your abdominals for stability. Start slowly until you feel comfortable with the motion and your stability.

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing forward.
 - Place knuckles on top of bench to balance as you kneel on the bench facing forward.
 - Hook insteps over back edge of bench for more stability.
 - Lower your torso over your knees, as you extend your arms out in front of you.
 - With your palms facing down, slowly raise your torso while pulling your arms back to the side of your hips, imitating a surfer's paddle. Slowly return to starting position.
- ✔ DO: The movement is intended to raise your heart rate. Establish a rhythm that allows you to move quickly while still maintaining complete control.
 - ✘ DON'T: Do not go so fast that you lose control.
 - 🎯 TARGETED MUSCLES: Lats, Upper Back



- Hold both handles and pull the bench halfway up the incline. Straddle the bench, then sit on the bench towards the back of the bench.
- Place your legs straight out in front of you (see START position above).
- Start with arms fully extended in front, palms facing down and hands by ankles.
- Initiate the pull by leaning back, arms straight, pulling with abs and lower back.
- Slowly return to starting position.

- ✔ DO: Be sure to initiate the pull with your abs and lower back by keeping your arms straight.
- ✘ DON'T: Do not lean further back than you are comfortable.
- ◎ TARGETED MUSCLES: Lower back and Abdominals.

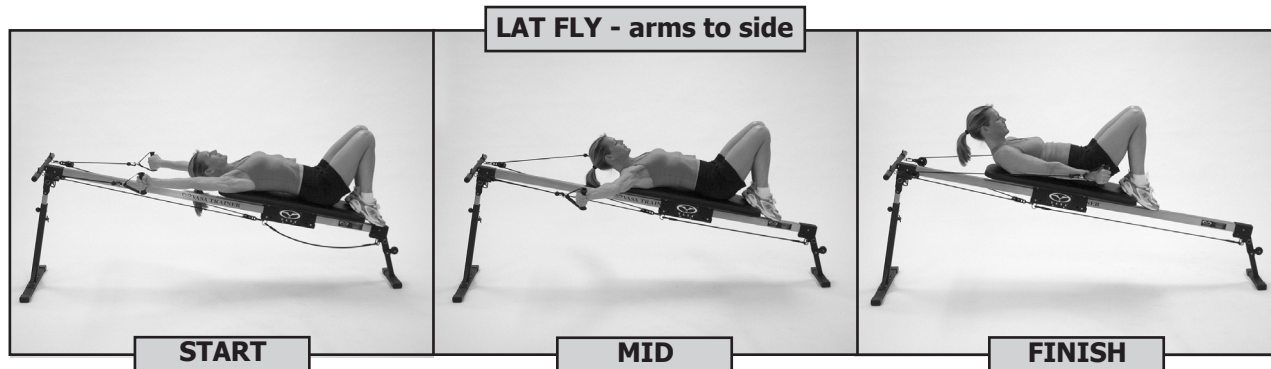
LOW BACK EXTENSIONS (ADVANCED EXERCISE)



CAUTION: This is an advanced exercise. Be sure to hook your instep over the bench and engage your abdominals for stability. Start slowly until you feel comfortable with the motion and your stability.

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing forward.
- Place knuckles on top of bench to balance as you kneel on the bench facing forward.
- Hook insteps over back edge of bench for more stability.
- Bring handles to your chest while lowering your torso over your knees (see START).
- Keeping hands at your chest, pull yourself up by using your lower back muscles, raising to an upright position.
- Slowly return to starting position by lowering back down over your knees.

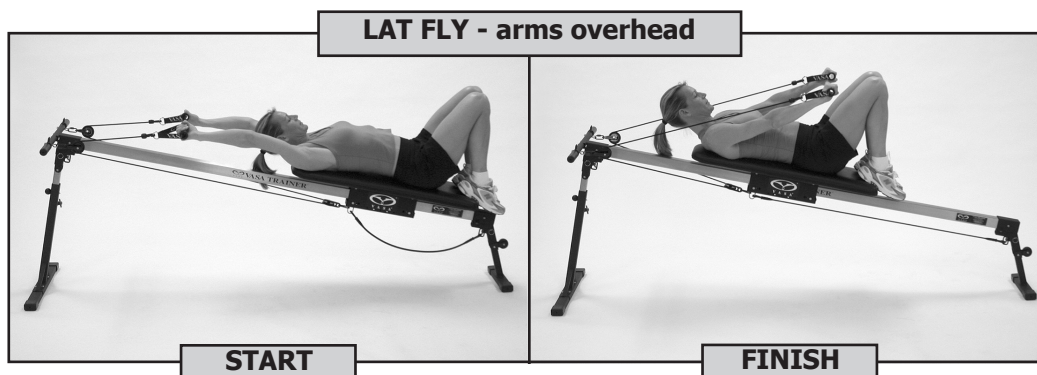
- ✔ DO: Keep your lower back tight throughout the entire movement. Allowing your lower back to relax puts you at greater risk of injury.
- ✘ DON'T: Do not rock back and forth on knees. Maintain a slow, controlled movement to avoid injury.
- ◎ TARGETED MUSCLES: Lower Back



- Hold both handles and pull the bench halfway up the incline. Straddle the bench and sit at the bottom edge of the bench facing back.
- Lie back on the bench with knees bent and heels on back of bench.
- Holding the handles, extend your arms above your head, palms facing out (see START).
- Pull both arms down to the side of hips in an arcing motion.
- Return to starting position by extending your arms back to the sides and over head.

- ✔ DO: Keep arms extended throughout the range of motion, with a slight bend at the elbow.
- ✘ DON'T: Do not let the arms come up too quickly from the FINISH position. Motion should be slow and controlled to avoid injury.
- ▲ VARIATION: Can be done with arms overhead rather than to the side.
- ◎ TARGETED MUSCLES: Lats and Shoulders

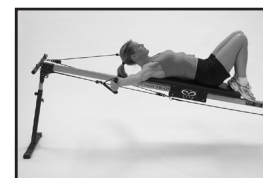
variation - arms overhead

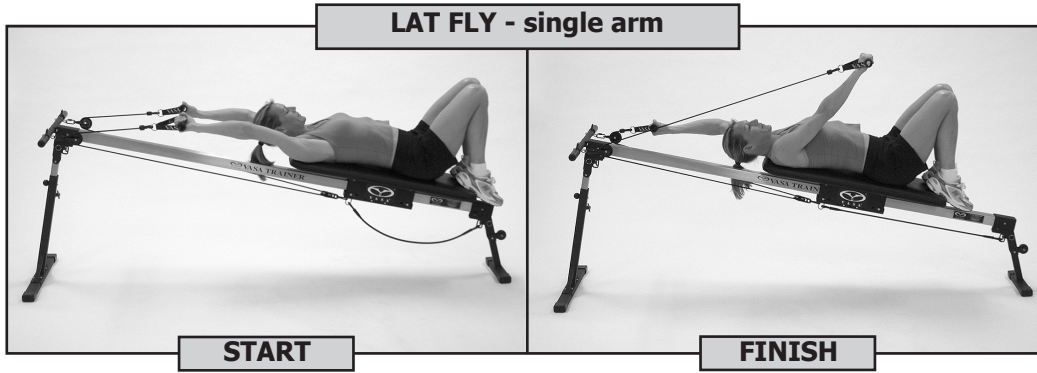


- Hold both handles and pull the bench halfway up the incline. Straddle the bench and sit at the bottom edge of the bench facing back.
- Lie back on the bench with knees bent and heels on back of bench.
- Holding the handles, extend your arms above your head, palms facing up (see START).
- Pull both arms down overhead to your hips in an arcing motion.
- Return to starting position by extending your arms back overhead.

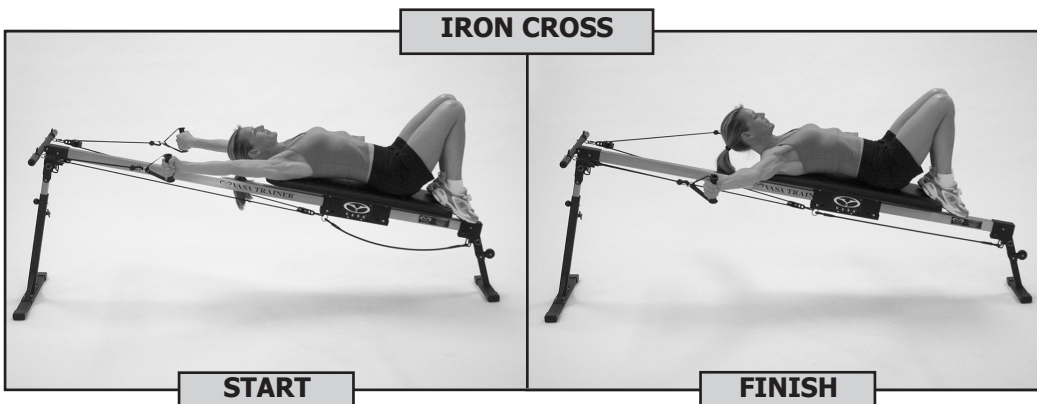
- ✔ DO: Keep arms extended throughout the range of motion, with a slight bend at the elbow.
- ✘ DON'T: Do not let the arms come up too quickly from the FINISH position. Motion should be slow and controlled to avoid injury.
- ▲ VARIATION: Can be done with arms to side rather than overhead.
- ◎ TARGETED MUSCLES: Lats and Shoulders

variation - arms to sides

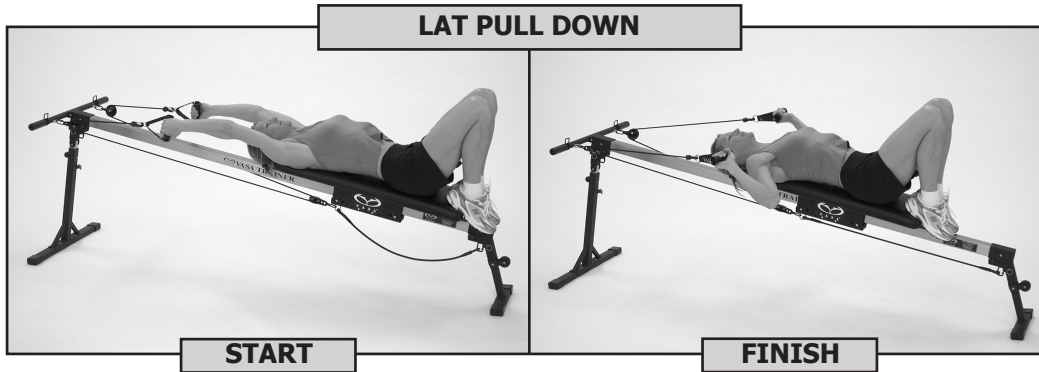




- Hold both handles and pull the bench halfway up the incline. Straddle the bench and sit at the bottom edge of the bench facing back.
 - Lie back on the bench with knees bent and heels on back of bench.
 - Holding the handles, extend your arms above your head, palms facing up (see START).
 - Pull one arm down overhead (or to the side) to your hips in an arcing motion.
 - Return by extending your arm back overhead (or to the side). Repeat with other arm.
- ✔ DO: Keep arms extended throughout the range of motion, with a slight bend at the elbow.
 - ✘ DON'T: Do not let the arms come up too quickly from the FINISH position. Motion should be slow and controlled to avoid injury.
 - ▲ VARIATION: Can be done by pulling arms overhead or to the side.
 - ◎ TARGETED MUSCLES: Lats and Shoulders



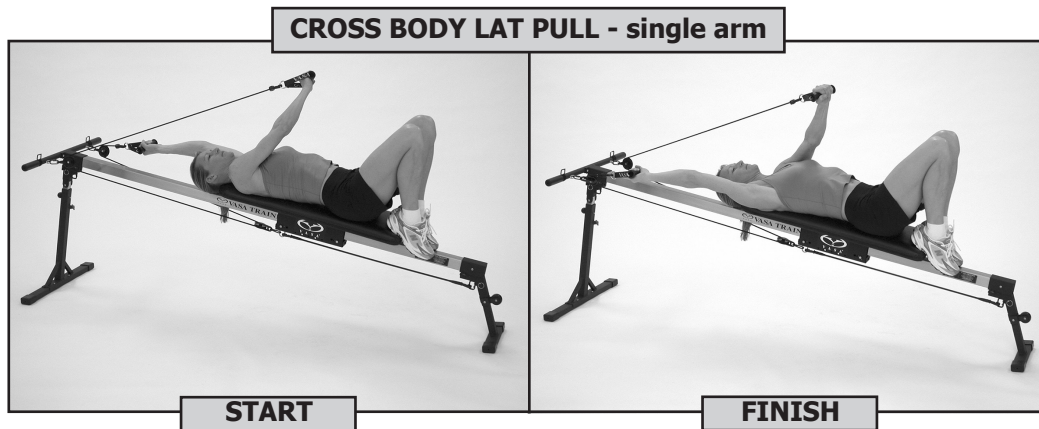
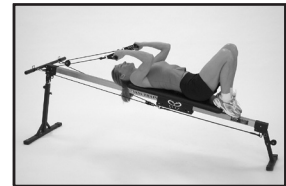
- Hold both handles and pull the bench halfway up the incline. Straddle the bench and sit at the bottom edge of the bench facing back.
 - Lie back on the bench with knees bent and heels on back of bench.
 - Holding the handles, extend your arms above your head, palms facing out.
 - Pull both arms down to your sides, stopping and holding at shoulder high for isometric iron cross.
 - Return to starting position by extending your arms back to the sides and over head.
- ✔ DO: Keep arms extended with a slight bend at elbow.
 - ✘ DON'T: Do not let the arms come up too quickly from the FINISH position. Motion should be slow and controlled to avoid injury.
 - ◎ TARGETED MUSCLES: Lats and Shoulders



- Hold both handles and pull the bench halfway up the incline. Straddle the bench and sit at the bottom edge of the bench facing back.
- Lie back on the bench with knees bent and heels on back of bench.
- Holding the handles, extend your arms above your head, palms facing up, in or down.
- Pull both hands down until your hands are just outside your shoulders, keeping your elbows out to the sides.
- Return to starting position by extending your arms back overhead in a controlled motion.

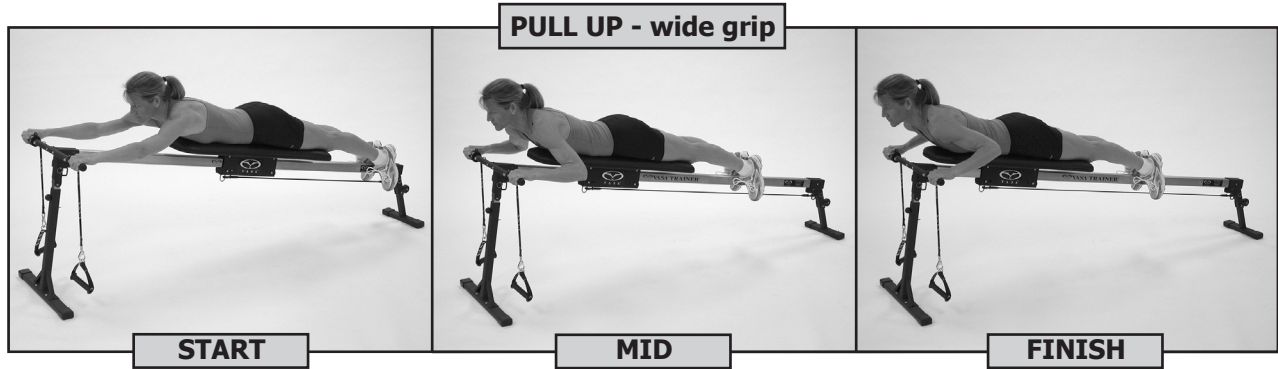
- ✔ DO: Concentrate on leading the pull with your elbows. You should feel the resistance in your back muscles as well as your arms.
- ✘ DON'T: Do not use your biceps for the pull, lead with your elbows to target the resistance on your back muscles.
- ▲ VARIATION: Can be done with palms facing in, up or down.
- ◎ TARGETED MUSCLES: Lats, Upper Back and Arms

variation - reverse grip



- Hold both handles and pull the bench halfway up the incline. Straddle the bench and sit at the bottom edge of the bench facing back.
- Lie back on the bench with knees bent and heels on back of bench.
- Holding the handles, extend your arms above your head, palms facing up (see START).
- Pull one arm down overhead in an arc motion and across your body towards the opposite hip.
- Return to starting position and repeat with the other arm.

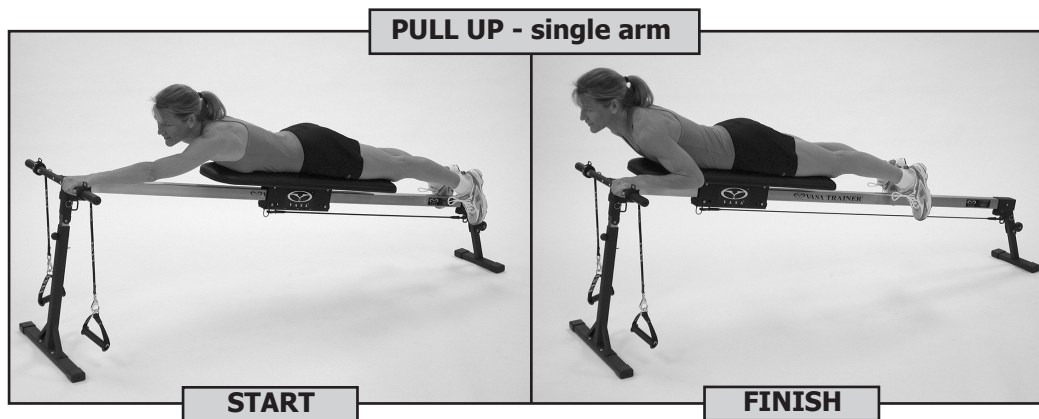
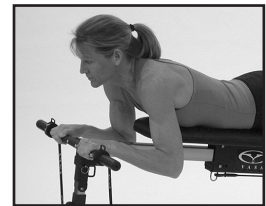
- ✔ DO: Keep arms extended throughout the range of motion, with a slight bend at the elbow.
- ✘ DON'T: Do not let the arms come up too quickly from the FINISH position. Motion should be slow and controlled to avoid injury.
- ◎ TARGETED MUSCLES: Lats and Shoulders



- Push the bench halfway up the incline. Lie on the bench with your chest at the top of the bench while holding the outside grips of the pull up bar, palms facing down.
- Start with your arms fully extended. Pull yourself up the incline until your chin is over the bar.
- Return to starting position by slowly lowering back down until your arms are fully extended.

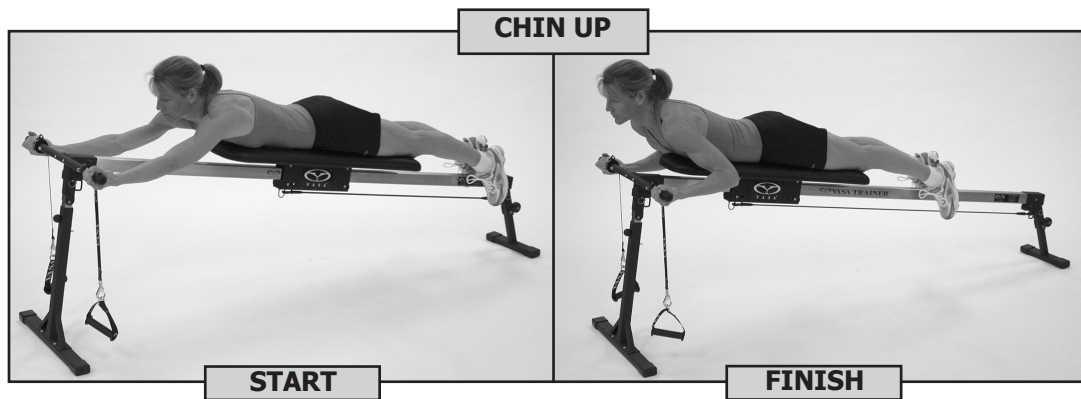
- ✔ DO: Concentrate on leading the pull with your elbows. You should feel the resistance in your back and arms.
- ✘ DON'T: Do not use your biceps for the pull. Leading with your elbows will help engage the targeted back muscles.
- ▲ VARIATION: Put hands close together for Close Grip Pull Up.
- ◎ TARGETED MUSCLES: Upper Back, Lats, Arms

variation - close grip



- Push the bench halfway up the incline. Lie on the bench with your chest at the top of the bench while holding the outside grip of the pull up bar with one arm, palm facing down.
- Start with your arm fully extended. Pull yourself up the incline until your chin is over the bar.
- Return to starting position by slowly lowering back down until your arm is fully extended.

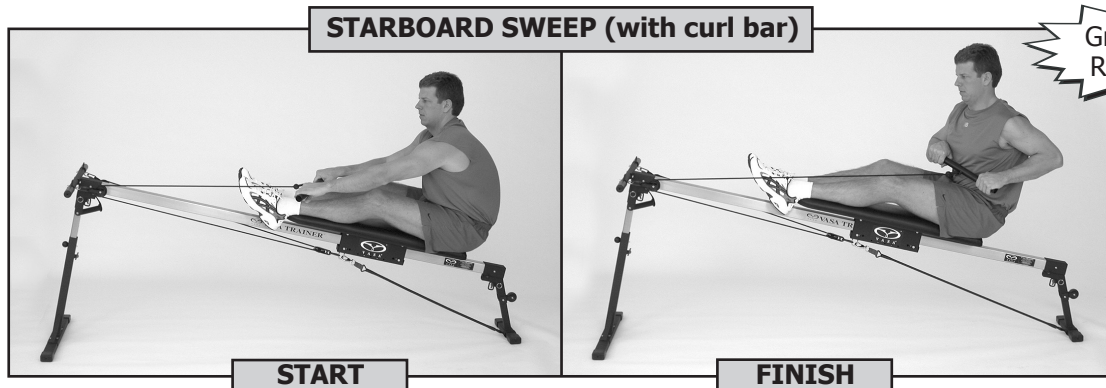
- ✔ DO: Concentrate on leading the pull with your elbows. You should feel the resistance in your back and arms.
- ✘ DON'T: Do not use your biceps for the pull. Leading with your elbows will help engage the targeted back muscles.
- ▲ VARIATION: Use both arms for Double Arm Pull Up
- ◎ TARGETED MUSCLES: Lats, Upper back, Arms



- Push the bench halfway up the incline. Lie on the bench with your chest at the top of the bench while holding the outside grips of the pull up bar, palms facing up.
- Start with your arms fully extended. Pull yourself up the incline until your chin is over the bar.
- Return to starting position by slowly lowering back down until your arms are fully extended.

- ✔ DO: Concentrate on leading the pull with your elbows. You should feel the resistance in your back muscles and your arms.
- ✘ DON'T: Do not use your biceps for the pull. Leading with your elbows will help engage the targeted back muscles.
- ▲ VARIATION: Put hands close together for Close Grip Chin Up.
- ◎ TARGETED MUSCLES: Lats, Upper Back, Arms

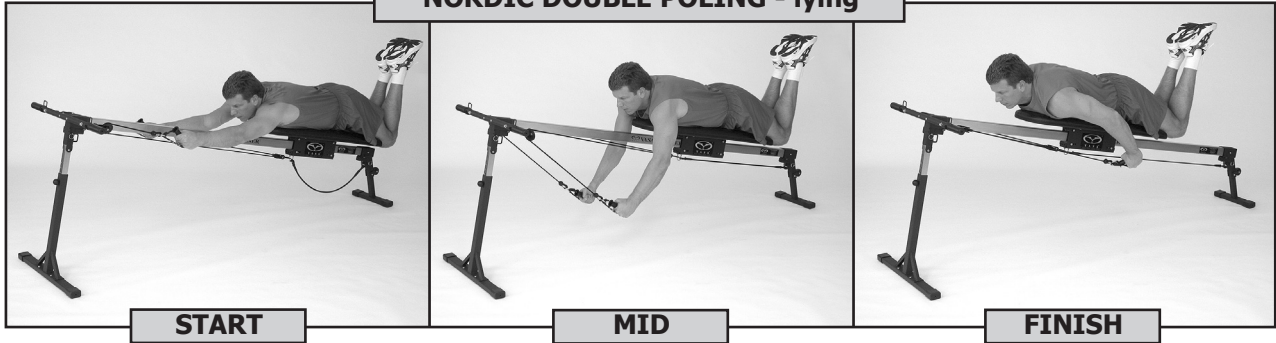
variation - close grip



- Attach the curl bar to the right PCS clip. Hold the curl bar and pull the bench halfway up the incline.
- Straddle the bench facing the front of the Vasa Trainer and sit on the bench with your legs extended in front, keeping feet to the right side of the monorail to avoid cable.
- Start with arms fully extended in front, palms facing down and left hand slightly in front of right (see START).
- Pull your hands back towards your left rib cage as if you were rowing. Rotate your body slightly and pull the left arm towards the left hip.
- Slowly return to starting position by extending your arms back over your legs.
- Complete set and repeat set on opposite side.

- ✔ DO: Focus on using your core and upper body to complete the movement.
- ✘ DON'T: Do not use a fast, jerky motion in either direction.
- ▲ VARIATION: Can be done with curl bar attached to right webbing strap for more resistance.
- ◎ TARGETED MUSCLES: Lower Lats, Upper Back, Obliques

NORDIC DOUBLE POLING - lying



- Hold both handles and pull the bench halfway up the incline. Straddle the bench and lie face down with your chest at the front of the bench.
- Start with arms fully extended and palms facing in.
- Simulate the poling motion by initiating the pull with the abdomen.
- Pull with both arms at the same time, fully extending arms toward hips.
- Slowly return to starting position.
- Use webbing straps for more resistance, PCS for less resistance.

- ✔ DO: Keep arms extended throughout the range of motion with a slight bend at the elbow.
- ✘ DON'T: Do not pull in a fast, jerky motion. Maintain control at all times.
- ▲ VARIATION: See NORDIC DOUBLE POLING - kneeling and NORDIC SINGLE POLING
- ◎ TARGETED MUSCLES: Latissimus, Rhomboids, Trapezius, Triceps

NORDIC DOUBLE POLING - kneeling (ADVANCED EXERCISE)



CAUTION: This is an advanced exercise. Be sure to hook your instep over the bench and engage your abdominals for stability. Start slowly until you feel comfortable with the motion and your stability.

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing forward.
- Place knuckles on top of bench to balance as you kneel on the bench facing forward.
- Hook insteps over back edge of bench for more stability.
- Start with arms extended in front, holding handles, palms facing in.
- Simulate the poling motion by initiating the pull with the abdomen. Pull with both arms at the same time, fully extending arms toward hips.
- Slowly return to starting position. Use webbing straps for more resistance, PCS for less resistance.

- ✔ DO: Keep arms extended throughout the range of motion, with a slight bend at the elbow.
- ✘ DON'T: Do not pull in a fast, jerky motion. Maintain control at all times.
- ▲ VARIATION: See KNEELING NORDIC DOUBLE POLING - lying.
- ◎ TARGETED MUSCLES: Latissimus, Rhomboids, Trapezius, Triceps

NORDIC SINGLE POLING - lying



- Connect the handles to the Pulley Cable System (PCS). Hold both handles and pull the bench halfway up the incline. Straddle the bench and lie face down with your chest at the front of the bench.
- Start with one arm fully extended and the other arm fully extended to the rear, palms facing in.
- Simulate the single poling motion by initiating the pull with the abdomen. One arm will move forward as the other moves backward. As you pull with one arm, resist with the other. Keep a consistent cadence throughout the motion, fully extending arms toward hips in the FINISH position.

NOTE: You will **not** be moving up and down the monorail. The resistance comes from keeping your body suspended partway up the incline. Add power cords, weights or adjust incline to increase resistance.

- ✓ DO: Use a mid to high incline setting for this exercise. Keep a smooth cadence, keeping the pulley cord tight throughout the range of motion.
- ✗ DON'T: Do not use a jerky motion, try to engage a rhythm to gain an aerobic workout.
- ▲ VARIATION: Can be done kneeling, see NORDIC SINGLE POLING - kneeling.
- ◎ TARGETED MUSCLES: Latissimus, Rhomboids, Trapezius, Triceps

NORDIC SINGLE POLING - kneeling (ADVANCED EXERCISE)

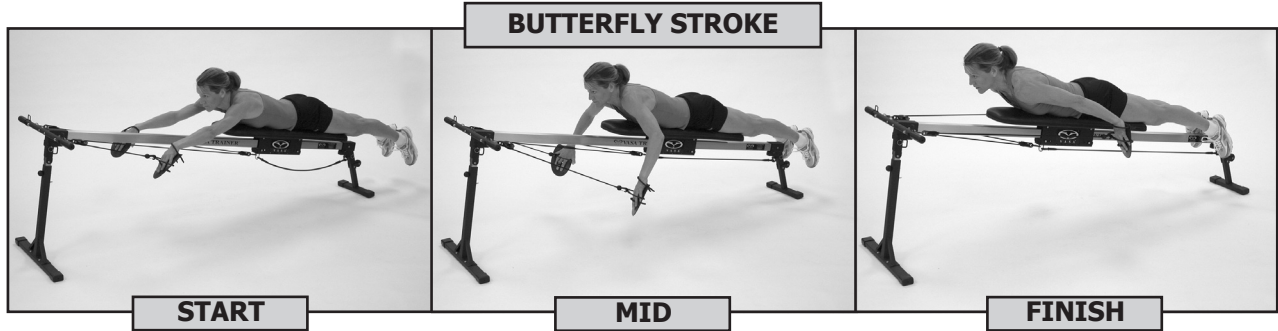


CAUTION: This is an advanced exercise. Be sure to hook your instep over the bench and engage your abdominals for stability. Start slowly until you feel comfortable with the motion and your stability.

- Connect the handles to the Pulley Cable System (PCS). Hold both handles and pull bench halfway up the incline. Straddle the bench, then kneel on bench facing forward. Hook instep over back of bench.
- Start with one arm extended in front and the other arm extended to the rear, palms facing in.
- Simulate the single poling motion by initiating the pull with the abdomen. One arm will move forward as the other moves backward. As you pull with one arm, resist with the other. Keep a consistent cadence throughout the motion, fully extending arms toward hips in the FINISH position.

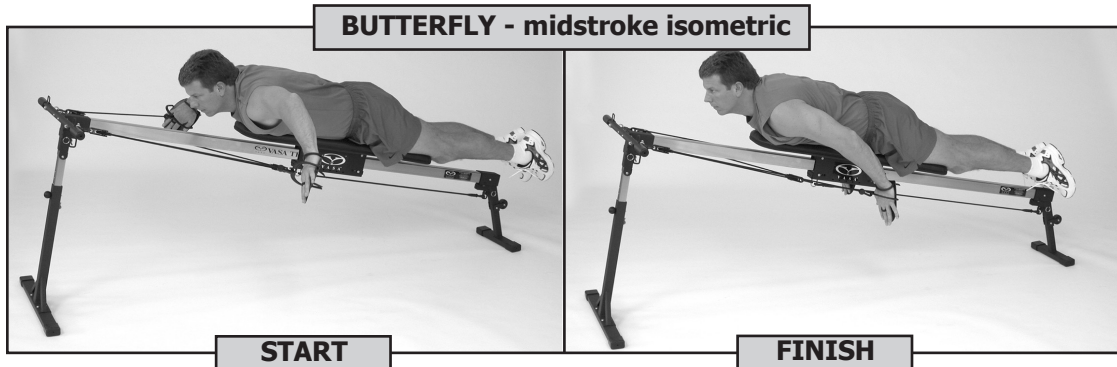
NOTE: You will **not** be moving up and down the monorail. The resistance comes from keeping your body suspended partway up the incline. Add power cords, weights or adjust incline to increase resistance.

- ✓ DO: Use a mid to high incline setting for this exercise. Keep a smooth cadence, keeping the pulley cord tight throughout the range of motion.
- ✗ DON'T: Do not use a jerky motion, try to engage a rhythm to gain an aerobic workout.
- ▲ VARIATION: Can be done lying down (see NORDIC SINGLE POLING - lying).
- ◎ TARGETED MUSCLES: Latissimus, Rhomboids, Trapezius, Triceps



- Hold both paddles and pull the bench halfway up the incline. Straddle the bench and lie face down with your chest at the front of the bench.
- Start with your arms fully extended in front, just as you do in the water.
- Start the pull with both arms, keeping your hands, wrists and forearms rigid and elbows high.
- Scull outward, then at mid stroke, start to scull inward, keeping elbows high.
- Accelerate so your hips move swiftly past your hands.
- Complete the stroke with a strong finish, extending your arms as your hands brush your hips.
- RECOVERY: Simulate the recovery motion as you slowly lower back down the incline.

- ✓ DO: Use a cadence for each stroke, up on "1" count, recover on "1-2-3" count. This will allow you to benefit from the eccentric or negative phase of the stroke.
- ✗ DON'T: The recovery phase of this stroke can be difficult. Start conservatively and gradually increase the repetitions and resistance levels.
- ▲ VARIATION: Use PCS for less resistance, Webbing Straps for more resistance.
- ◎ TARGETED MUSCLES: Latissimus, Upper Back, Shoulders



- Hold both paddles and pull the bench halfway up the incline. You can use the pulley cable system (PCS) or webbing straps for this exercise.
- Straddle the bench and lie on your stomach with your chest at the front of the bench.
- Start with your arms fully extended in front, just as you do in the water.
- Pull yourself up the incline to mid-stroke, this is the start position (see START). Hold this position until your arms begin to shake (about 10-30 seconds).
- Pull thru to FINISH position, pause for 2 seconds with arms fully extended (see FINISH), then lower back to mid-stroke/start position. Hold again until arms begin to shake, then pull thru to FINISH.
- Repeat for 10-15 repetitions.
- ✓ DO: Start conservatively and gradually increase repetitions and resistance levels.
- ▲ VARIATION: While holding the isometric position, move hands back and forth, perpendicular to the monorail, closer to your chest, then back towards straight out to sides.
- ◎ TARGETED MUSCLES: Latissimus, Upper Back, Shoulders, Rotator Cuff