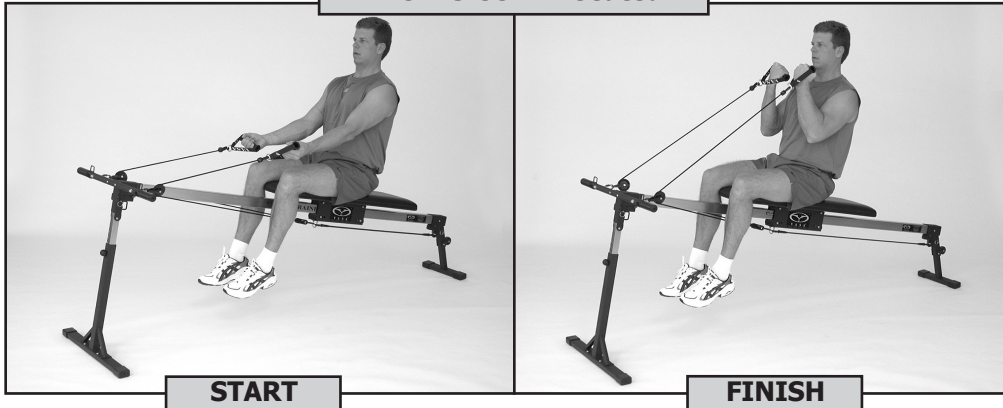
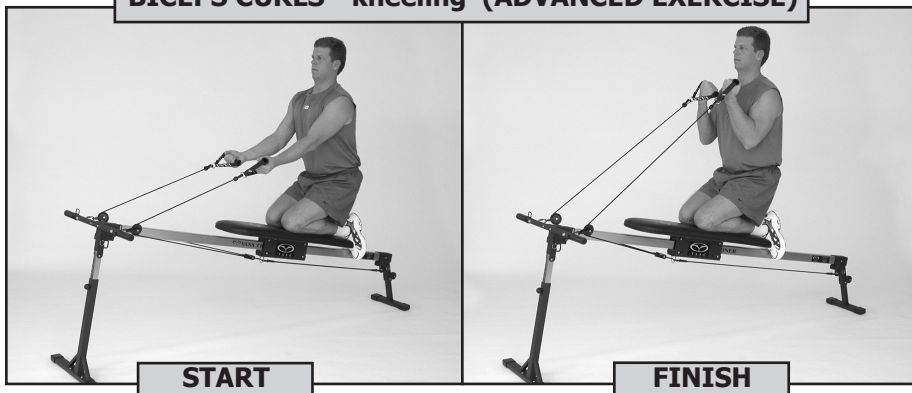


BICEPS CURL - seated



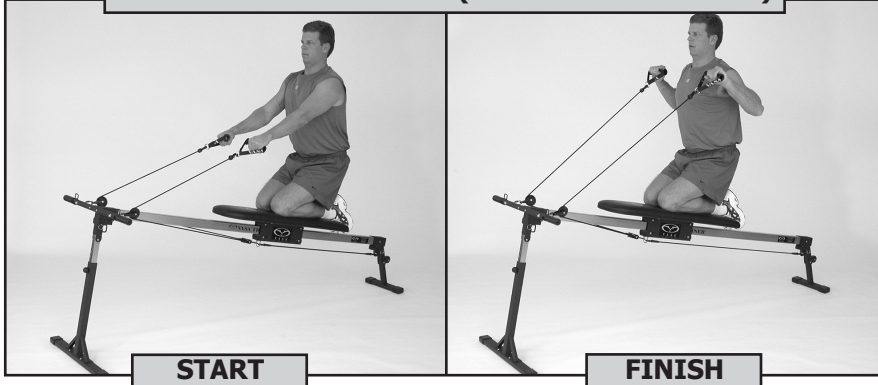
- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the front of the Vasa Trainer. Sit on the bench facing forward with knees bent over front of the bench.
 - Start with arms fully extended in front with your palms facing up.
 - Using your biceps muscles, pull yourself up the incline by curling the handles up towards your shoulders.
 - Slowly return to starting position.
- ✔ DO: Pause briefly in the FINISH position and flex the biceps for extra contraction.
 - ✘ DON'T: Do not fully extend arms in START position. Keep a slight bend in the elbow to keep resistance on the biceps.
 - ▲ VARIATION: BICEPS CURLS - kneeling, reverse, single arm, and continuous.
 - ◎ TARGETED MUSCLES: Biceps

BICEPS CURLS - 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 the front of the Vasa Trainer.
 - Kneel on the bench, facing forward. Hook insteps over back edge of bench for more stability.
 - Start with arms fully extended in front with your palms facing up.
 - Using your biceps muscles, pull yourself up the incline by curling the handles up towards your shoulders.
 - Slowly return to starting position.
- ✔ DO: Pause briefly in the FINISH position and flex the biceps for extra contraction.
 - ✘ DON'T: Do not fully extend arms in START position. Keep a slight bend in the elbow to keep resistance on the biceps.
 - ◎ TARGETED MUSCLES: Biceps, Core Stabilizers

BICEPS CURLS - reverse (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. Kneel on the bench facing forward, or sit with knees bent over front edge of bench.
- If kneeling, you may hook insteps over back edge of bench for stability.
- Start with your arms extended in front of you, palms down and hands shoulder-width apart.
- Using your biceps muscles, pull yourself up the incline by curling the handles towards your shoulders.
- Slowly return to starting position.

- ✔ **DO:** Keep abdominals tight to stabilize yourself on the bench.
- ✘ **DON'T:** Do not create momentum by rocking back and forth on your knees.
- ▲ **VARIATION:** Can be done seated with knees over front of bench.
- 🎯 **TARGETED MUSCLES:** Biceps, Core Stabilizers

variation - seated



BICEPS CURL - with curl bar



- Hook both clips on the end of the pulley cable system to the eye bolt on the curl bar.
- Hold the curl bar and pull the bench halfway up the incline. Straddle the bench facing the front of the Vasa Trainer.
- Sit on the bench with your legs straddling the sides of the bench. Squeeze bench with legs.
- Start with arms fully extended in front with your palms facing up.
- Use your biceps muscles to pull yourself up the incline by curling the curl bar up towards your shoulders.
- Slowly return to starting position.

- ✔ **DO:** Pause briefly in the FINISH position and flex the biceps for an extra contraction.
- ✘ **DON'T:** Do not fully extend arms in START position. Keep a slight bend in the elbow to keep resistance on the biceps.
- ▲ **VARIATION:** Use palms down for Reverse Biceps Curl - with curl bar.
- 🎯 **TARGETED MUSCLES:** Biceps



variation - reverse grip

BICEPS CURL - single arm



- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the front of the Vasa Trainer. Sit on the bench facing forward with knees bent over front of the bench, or kneel on the bench.
- Start with arms fully extended in front with your palms facing up.
- Using one arm at a time, use your biceps muscles to pull yourself up the incline by curling the handle up towards your shoulders. Return to start position, alternate arms.

- ✔ DO: Pause in the FINISH position and flex the biceps for an extra contraction.
- ✘ DON'T: Keep a slight bend in the elbow to keep resistance on the biceps.
- ▲ VARIATION: Can be done kneeling rather than seated.
- 🎯 TARGETED MUSCLES: Biceps

variation kneeling (ADVANCED)



BICEPS CURL - continuous



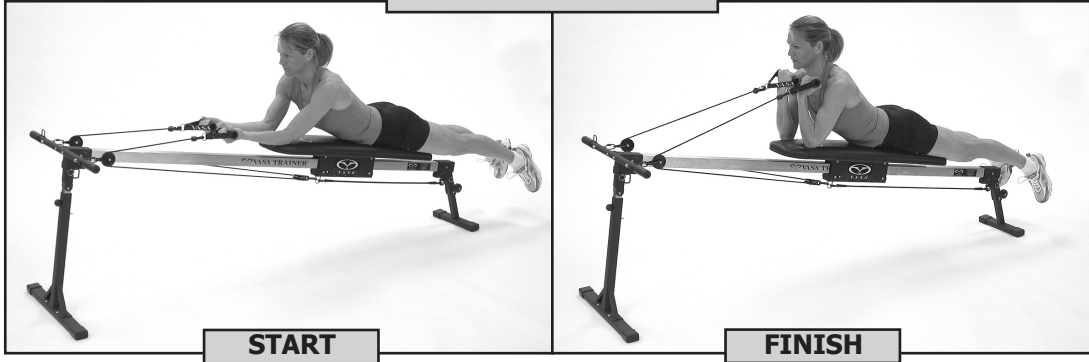
- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the front of the Vasa Trainer. Sit on the bench facing forward with knees bent over front of the bench, or kneel on the bench.
- Start with arms fully extended in front with your palms facing up.
- Using one arm at a time, use your biceps muscles to pull yourself up the incline by curling the handle up towards your shoulders. As you bring one arm back to start position, bring the other arm towards finish position, so arms are continuously rotating positions.

- ✔ DO: Pause in the FINISH position and flex the biceps for an extra contraction.
- ✘ DON'T: Keep a slight bend in the elbow to keep resistance on the biceps.
- ▲ VARIATION: Can be done kneeling rather than seated.
- 🎯 TARGETED MUSCLES: Biceps

variation kneeling (ADVANCED)



PRONE BICEPS CURL



- Hold both handles and pull the bench halfway up the incline. Straddle the bench, then lie on your stomach with your chest at the front of the bench and your elbows resting at the top edge of the bench.
- Start with arms bent at elbow and wrists straight out in front of you, palms up (see START).
- Using your biceps muscle, pull yourself up the incline by curling the handles towards your shoulders (see FINISH).
- Slowly return to starting position.
 - ✔ DO: Pause briefly in the FINISH position and squeeze the biceps for an extra contraction.
 - ✘ DON'T: Do not fully extend arms in START position. Keep a slight bend in the elbow.
 - ▲ VARIATION: Use PALMS DOWN grip for Reverse Prone Biceps Curl.
 - ◎ TARGETED MUSCLES: Biceps



variation - reverse grip

SUPINE BICEPS CURL



- Hold both handles and pull the bench halfway up the incline. Straddle the bench, then sit on the front part of the bench.
- Lie back on the bench, head toward rear with knees bent and heels on front of bench.
- Start with your arms straight by your sides, hands next to hips and palms up.
- Using your biceps muscles, pull yourself up the incline by curling the handles towards your shoulders.
- Slowly return to starting position.
 - ✔ DO: Pause briefly in the FINISH position and flex the biceps for an extra contraction.
 - ✘ DON'T: Do not fully extend arms in START position. Keep a slight bend in the elbow to keep resistance on the biceps.
 - ▲ VARIATION: Use palms down grip for Reverse Supine Biceps Curl.
 - ◎ TARGETED MUSCLES: Biceps

variation - reverse grip

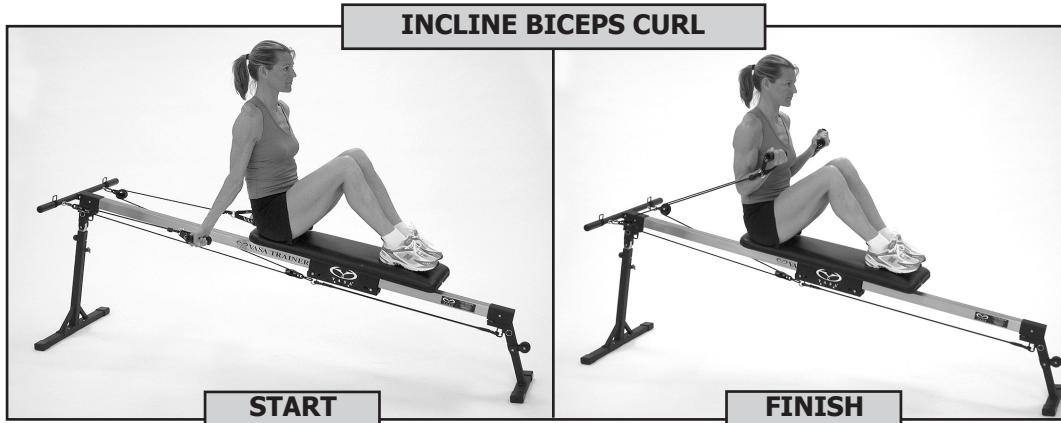


SUPINE BICEPS CURL - single arm

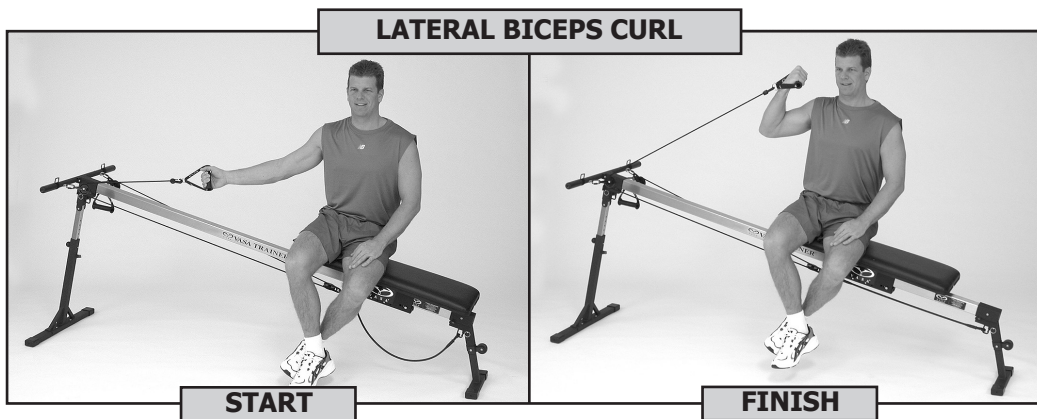
- Hold both handles and pull the bench halfway up the incline. Straddle the bench, then sit on the front part of the bench.
 - Lie back on the bench, head toward rear with knees bent and heels on front of bench.
 - Start with your arms straight by your sides, hands next to hips and palms up.
 - Using one arm at a time, use your biceps muscles to pull yourself up the incline by curling the handle up towards your shoulders. Return to start position, alternate arms.
- ✔ DO: Pause briefly in the FINISH position and flex the biceps for an extra contraction.
 - ✘ DON'T: Do not fully extend arms in START position. Keep a slight bend in the elbow to keep resistance on the biceps.
 - ▲ VARIATION: See SUPINE BICEPS CURL - continuous
 - ◎ TARGETED MUSCLES: Biceps

SUPINE BICEPS CURL - continuous

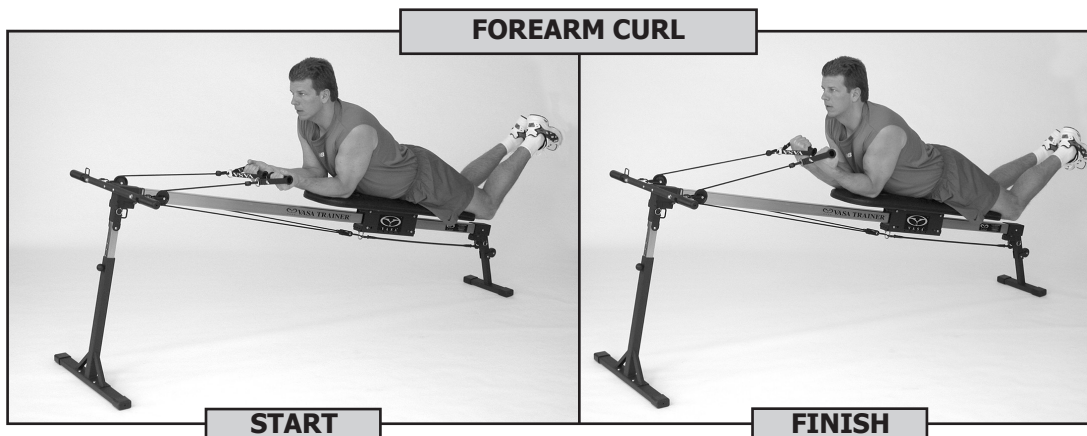
- Hold both handles and pull the bench halfway up the incline. Straddle the bench, then sit on the front part of the bench.
 - Lie back on the bench, head toward rear with knees bent and heels on front of bench.
 - Start with your arms straight by your sides, hands next to hips and palms up.
 - Using one arm at a time, use your biceps muscles to pull yourself up the incline by curling the handle up towards your shoulders. As you bring one arm back to start position, bring the other arm towards finish position, so arms are continuously rotating positions.
- ✔ DO: Pause briefly in the FINISH position and flex the biceps for an extra contraction.
 - ✘ DON'T: Do not fully extend arms in START position. Keep a slight bend in the elbow to keep resistance on the biceps.
 - ▲ VARIATION: See SUPINE BICEPS CURL - single arm
 - ◎ TARGETED MUSCLES: Biceps



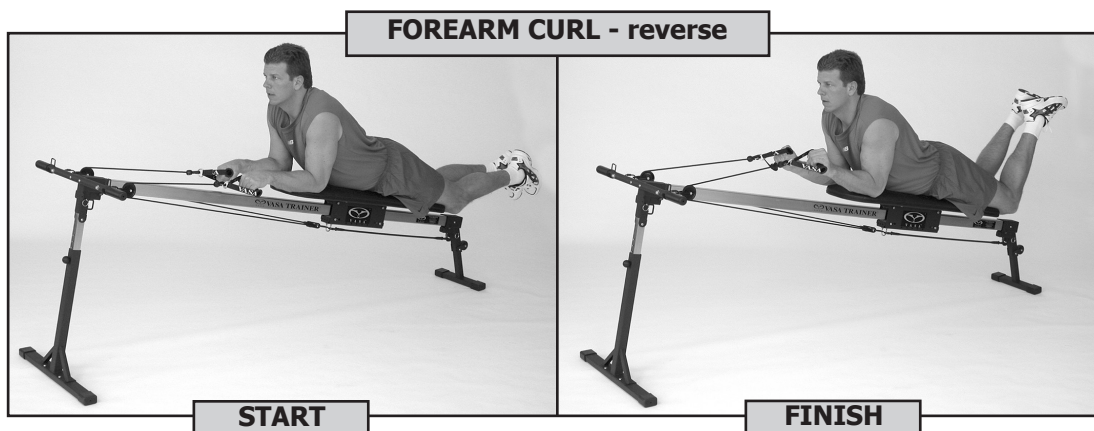
- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer with the handles at your sides.
 - Sit on the top part of the bench facing the rear. Bend knees and place feet at bottom of bench.
 - Start with your arms extended straight by your sides, palms facing forward (see START).
 - Using your biceps muscles, pull yourself up the incline by curling the handles towards your shoulders.
 - Slowly return to starting position.
- ✔ DO: Pause briefly in the FINISH position and flex the biceps for an extra contraction.
 - ✘ DON'T: Do not allow your arms to swing back and forth. Keep your elbows stationary.
 - 🎯 TARGETED MUSCLES: Biceps



- Stand to the side of the Vasa Trainer with your back to the machine. Grasp the right handle with your right hand. Sit on the bench facing sideways, towards the middle or top of the bench.
 - Start with your arm extended towards the front of the Vasa Trainer (see START position).
 - Using your biceps muscle, pull yourself up the incline by curling the handle in towards your shoulder.
 - Return to the starting by extending arm slowly to starting position.
 - Repeat with left arm holding left handle, seated and facing opposite side.
- ✔ DO: Pause briefly in the FINISH position and flex the biceps for an extra contraction.
 - ✘ DON'T: Do not fully extend your arm in the START position.
Keep a slight bend in your elbow to keep resistance on the biceps.
 - 🎯 TARGETED MUSCLES: Biceps



- Hold both handles and pull the bench halfway up the incline. Straddle the bench and lie on your stomach with your chest at the front of the bench and your elbows resting at the top edge.
- Start with arms bent 90 degrees at elbow, holding handles with palms facing up.
- Curl wrists in towards your body by contracting your forearm muscles until the hands form a 90 degree angle with your forearm (see FINISH).
- Slowly return to starting position.
- ✔ DO: Pause briefly in the FINISH position and squeeze the forearm for an extra contraction.
- ✘ DON'T: Do not use biceps. Focus on using the forearms.
- ▲ VARIATION: Use PALMS DOWN grip for Reverse Forearm Curl.
- ◎ TARGETED MUSCLES: Forearms and Wrist



- Hold both handles and pull the bench halfway up the incline. Straddle the bench and lie on your stomach with your chest at the front of the bench and your elbows resting at the top edge.
- Start with arms bent 90 degrees at elbow, holding handles with palms facing down.
- Curl wrists in towards your body by contraction your forearm muscles until the hands form a 90 degree angle with your forearm (see FINISH).
- Slowly return to starting position.
- ✔ DO: Pause briefly in the FINISH position and squeeze the forearm for an extra contraction.
- ✘ DON'T: Do not use biceps. Focus on using the forearms.
- ▲ VARIATION: Use PALMS UP grip for Forearm Curl.
- ◎ TARGETED MUSCLES: Forearms and Wrist