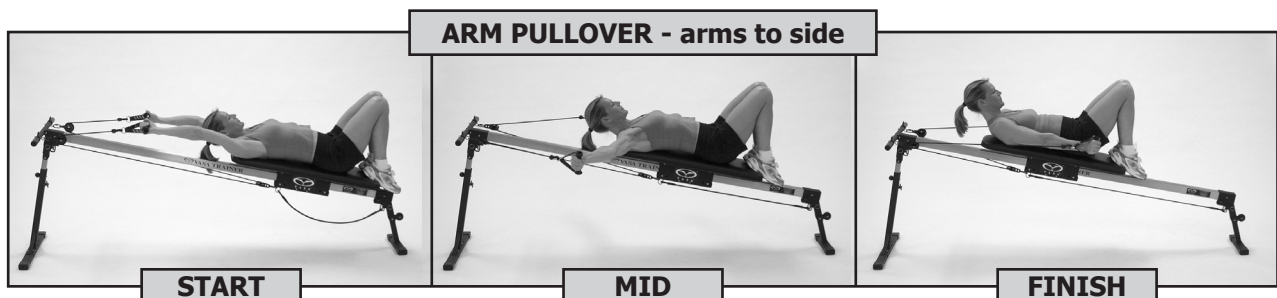
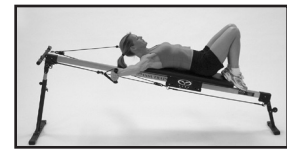


- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench, then lie back on the bench (on your back), head to front with knees bent and heels on back of bench.
- Holding the handles, extend your arms above your head, palms facing up.
- In an arc motion, pull both arms overhead until they touch the tops of your thighs.
- Slowly return to starting position by extending your arms back overhead.

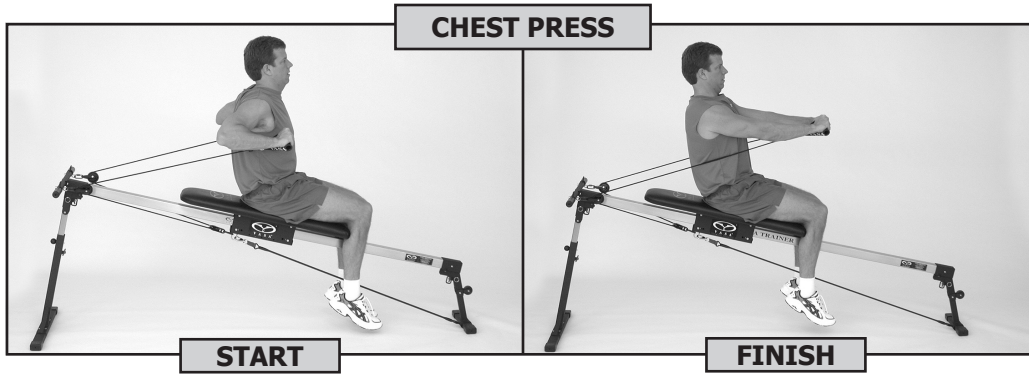
- ✔ DO: While the arms are extended overhead, pause briefly and allow your torso and abdominal muscles to stretch. Press your lower back into bench.
- ✘ DON'T: Do not lift your back off the bench during the movement. If you need to lift your lower back to complete the repetition, you may need to lower the resistance level.
- ▲ VARIATION: Can be done with arms to side - see below
- ◎ TARGETED MUSCLES: Latissimus Dorsi, Pectorals

variation - arms to side

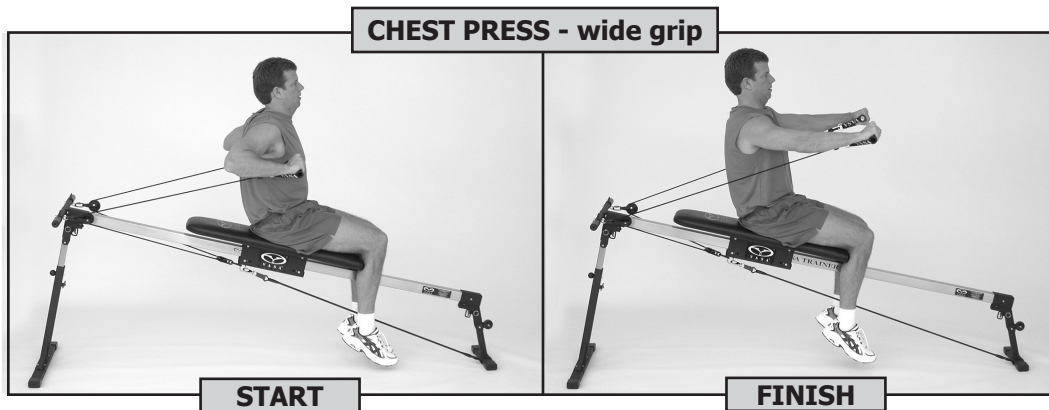


- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench, then lie back on the bench (on your back), head to front with knees bent and heels on back of bench.
- Holding the handles, extend your arms above your head, palms facing out.
- In an arc motion, pull both arms to the side until they touch your outer hips.
- Slowly return to starting position by extending your arms back overhead.

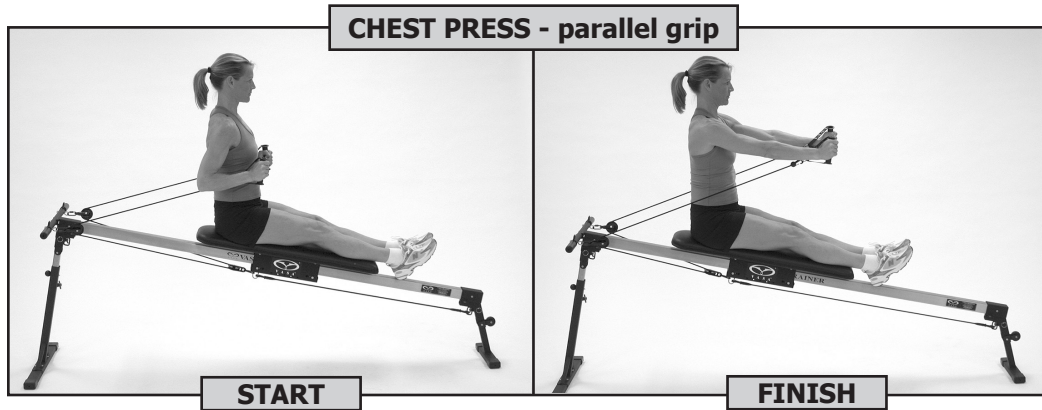
- ✔ DO: While the arms are extended overhead, pause briefly and allow your torso and abdominal muscles to stretch. Press your lower back into bench.
- ✘ DON'T: Do not lift your back off the bench at any time during the movement. If you need to lift your lower back to complete the repetition, you may need to lower the resistance level.
- ▲ VARIATION: Can be done with arms overhead - see above
- ◎ TARGETED MUSCLES: Latissimus Dorsi, Pectorals



- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your knees bent over the front of the bench.
- Start with your arms to the side, just beneath your underarms (see START), palms facing down.
- From an upright position, push your hands straight out in front of your chest until your arms are fully extended. Keep your back straight throughout the movement.
- Slowly return by contracting arms back to starting position.
- ✔ DO: Bring the handles together in the finish position to maximize contraction of your pectoral muscle. Pause for a moment with your arms straight (not hyperextended). Practice strict form by keeping your upper body in a fixed upright position, exhaling at the most difficult part of the press.
- ✘ DON'T: Do not allow the upper body to sway back and forth.
- ▲ VARIATION: For INCLINE CHEST PRESS, push your hands up at a 45 degree angle until hands are at eye level (using palms up or palms down grip). For REVERSE GRIP CHEST PRESS, use PALMS UP grip.
- ◎ TARGETED MUSCLES: Outer Pectorals

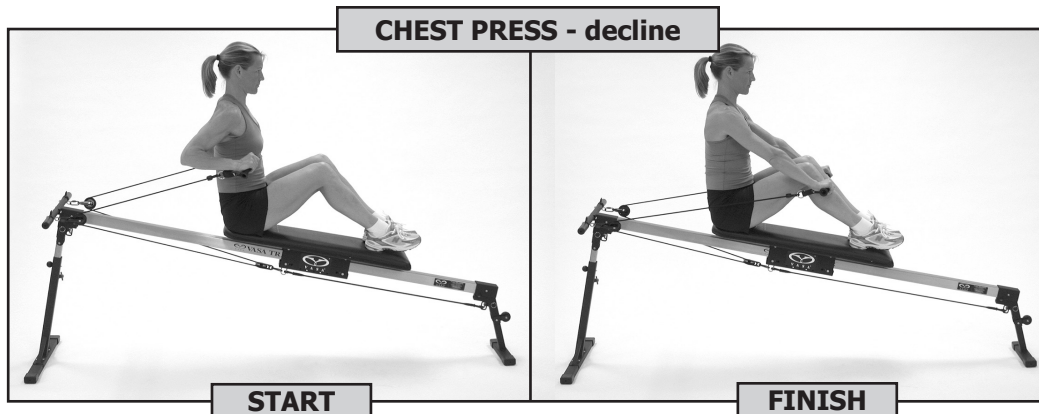


- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your knees bent over the front of the bench.
- Start with your arms to the side, just beneath your underarms (see START), palms facing down.
- From an upright position, push your hands in front of your chest and out to the side (at a 45 degree angle) until your arms are fully extended. Finish with your hands wider than shoulder width.
- Slowly return to starting position.
- ✔ DO: Flex pectoral muscles when arms are fully extended for an extra contraction. Practice strict form by keeping your upper body in a fixed upright position, exhaling at the most difficult part of the press.
- ✘ DON'T: Do not allow the upper body to sway back and forth.
- ▲ VARIATION: Can be done with legs straight out in front (see CHEST PRESS - parallel grip).
- ◎ TARGETED MUSCLES: Outer and Upper Pectorals



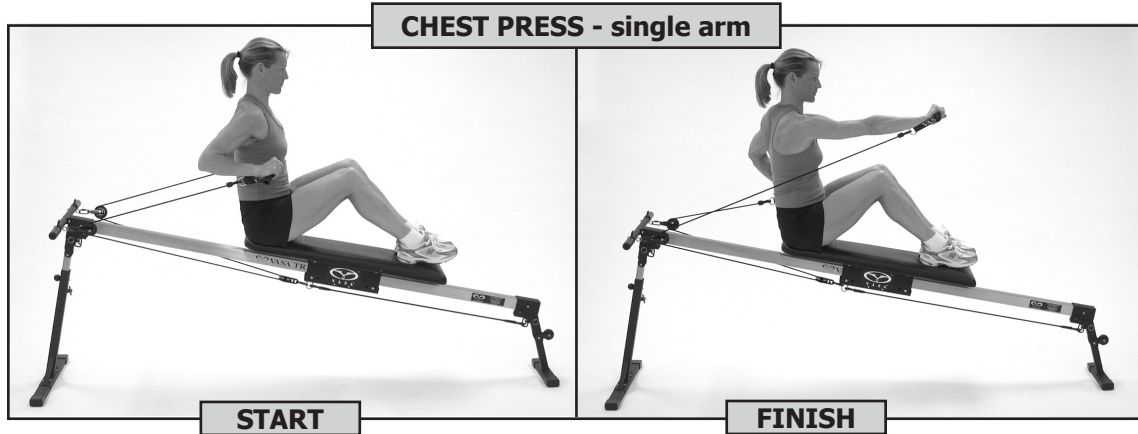
- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your knees bent over the front of the bench.
- Start with your arms to the side, just beneath underarms, palms facing in (see START).
- From an upright position, push hands straight out in front of your chest until arms are fully extended.
- Slowly return to starting position.

- ✓ DO: Bring your hands together in the finish position to maximize contraction of your pectoral muscles. Pause for a moment with your arms straight (not hyperextended). Practice strict form by keeping your upper body in a fixed upright position, exhaling at the most difficult part of the press.
- ✗ DON'T: Do not allow the upper body to sway back and forth.
- ▲ VARIATIONS: Reverse Grip, Wide Grip, Incline, Decline, Single Arm
- ◎ TARGETED MUSCLES: Inner Pectorals and Triceps



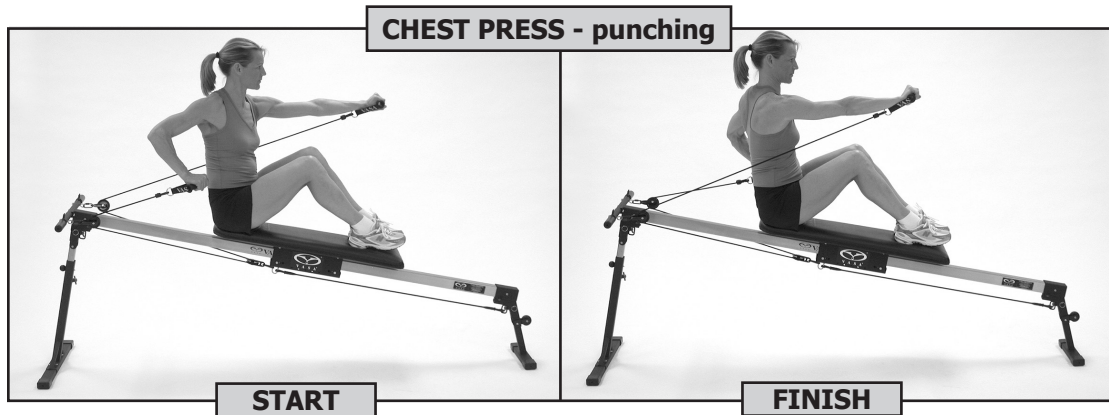
- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your knees bent and feet on end of bench.
- Start with your arms to the side, just below your underarms, palms facing down (see START).
- From an upright position, push your hands downward at a 45 degree angle until your arms are fully extended and your hands are by the sides of your knees (see FINISH).
- Slowly return to starting position.

- ✓ DO: Pause for a moment in the finish position and squeeze pectoral muscles with your arms straight (not hyperextended). Practice strict form by keeping your upper body in a fixed upright position, exhaling at the most difficult part of the press.
- ✗ DON'T: Do not allow the upper body to sway back and forth.
- ▲ VARIATION: Use PALMS UP grip for Reverse Decline Chest Press.
- ◎ TARGETED MUSCLES: Lower Pectorals and Triceps



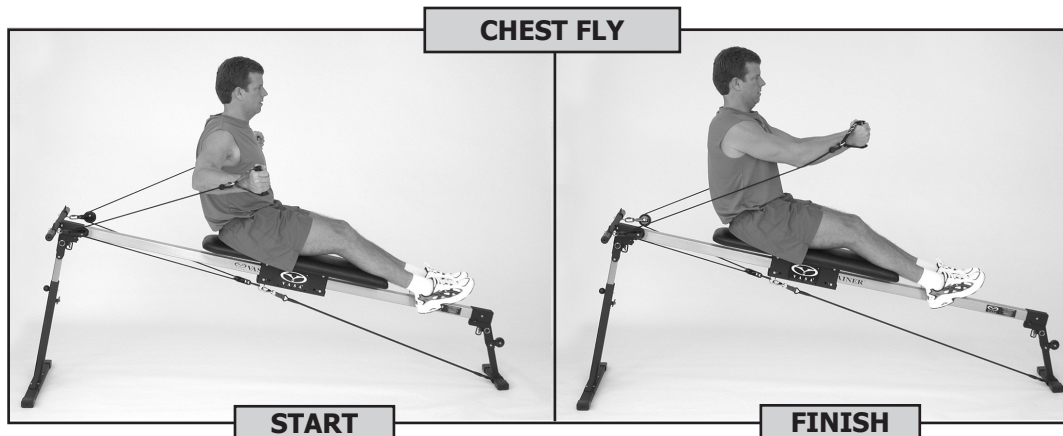
- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your knees bent and your feet on end of bench.
- Start with your arms to the side, just below your underarms, palms facing down (see START).
- From an upright position, push one hand straight out in front of your chest until your arm is fully extended. Maintain a straight back.
- Slowly return to starting position. Repeat with other arm.

- ✔ DO: Complete one full repetition before beginning with the other arm.
- ✘ DON'T: Do not twist your upper body during the press. Movement should be from the pectorals.
- ▲ VARIATION: Alternate arms for CHEST PRESS - punching (see below).
- ◎ TARGETED MUSCLES: Outer Pectorals

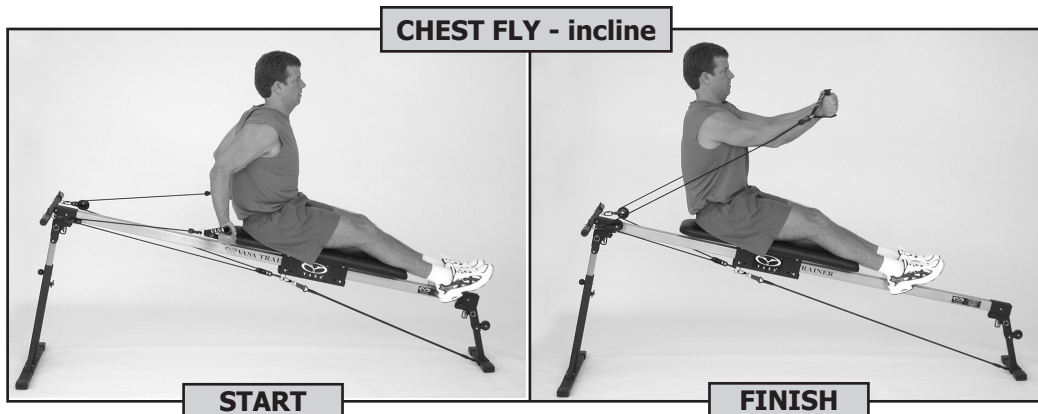


- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your knees bent and your feet on end of bench.
- Start with your arms to the side, just below your underarms, palms facing down.
- From an upright position, start by pushing one hand straight out in front of your chest until your arm is fully extended. As you bring one arm back to start position, bring the other arm towards finish position, so arms are continuously rotating positions.

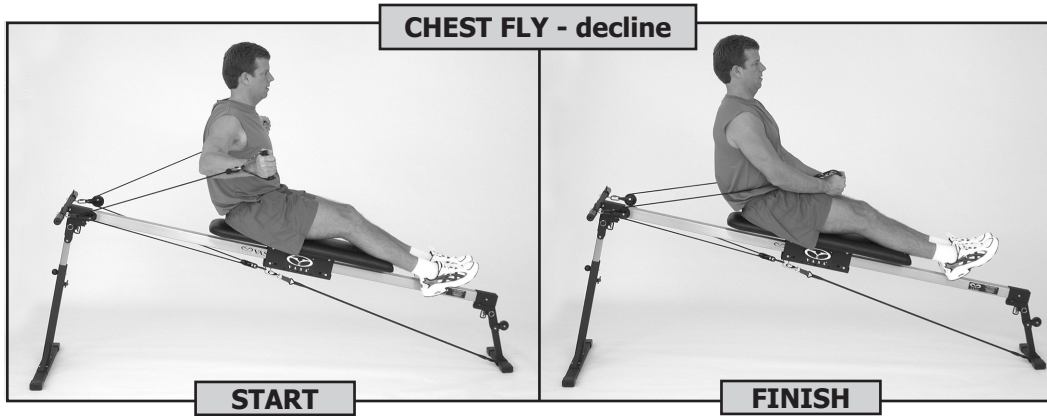
- ✔ DO: Pause briefly in the FINISH position and flex the pectorals for an extra contraction.
- ✘ DON'T: Do not twist your upper body during the press. Movement should be from the pectorals.
- ▲ VARIATION: Can be done one arm at a time for CHEST PRESS - punching (see above).
- ◎ TARGETED MUSCLES: Outer Pectorals



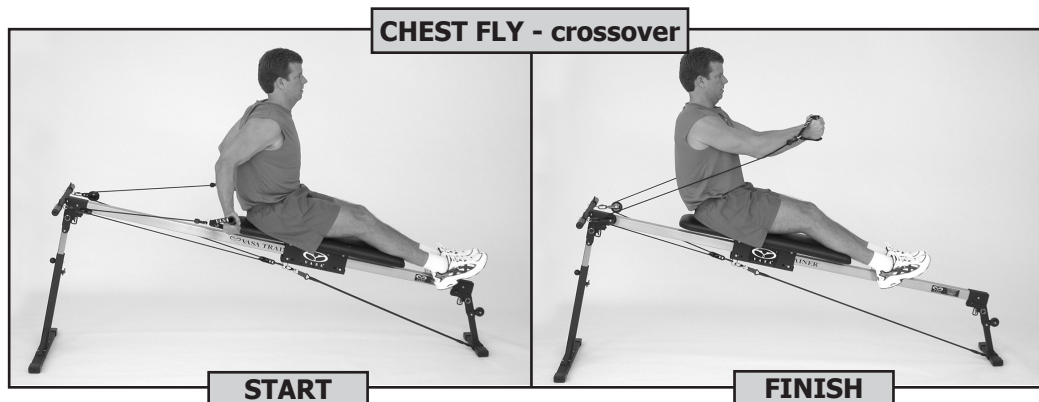
- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your legs straight out in front of you (or bend knees over front of bench).
 - Start with your arms extended out to the side at chest level, palms facing forward (see START).
 - From an upright position, push your hands together in front of your chest. Keep your back straight.
 - Slowly return to starting position.
- ✓ DO: Squeeze your pectorals in the finish position to maximize muscular contraction.
 - ✗ DON'T: Do not contract at the elbow during the fly movement. This will take emphasis off the pectorals and engage the biceps. Keep arms in a locked position with a slight bend in the elbow.
 - ▲ VARIATION: See CHEST FLY - incline, decline, crossover, single arm.
 - ◎ TARGETED MUSCLES: Upper Pectorals



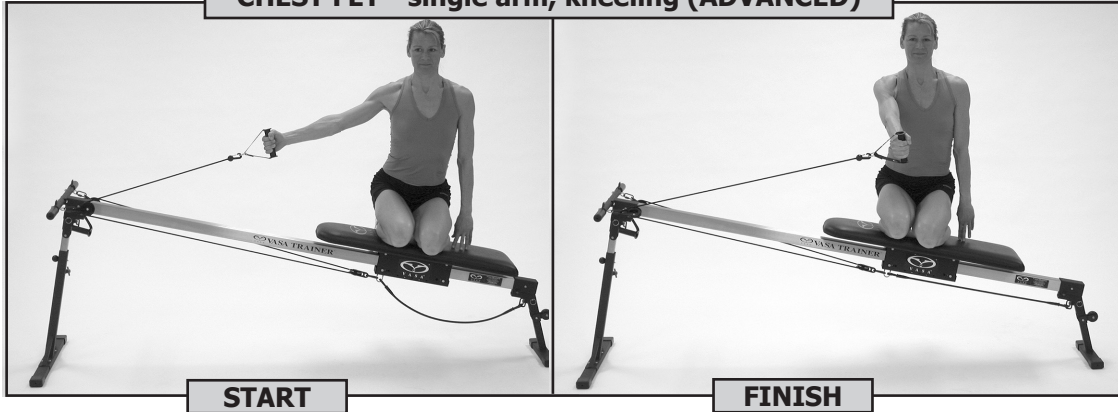
- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your legs straight out in front of you (or bend knees over front of bench).
 - Start with your arms extended out to the side at hip level, palms facing forward (see START).
 - From an upright position, bring your hands forward in an upward arc to eye level. Keep your back straight.
 - Slowly return to starting position.
- ✓ DO: Squeeze pectorals together and pause when your hands reach top of the movement.
 - ✗ DON'T: Do not contract at the elbow during the fly movement. This will take emphasis off the pectorals and engage the biceps. Keep arms in a locked position with a slight bend in the elbow.
 - ▲ VARIATION: See CHEST FLY - decline, crossover, single arm.
 - ◎ TARGETED MUSCLES: Pectorals, Front Deltoids, Triceps



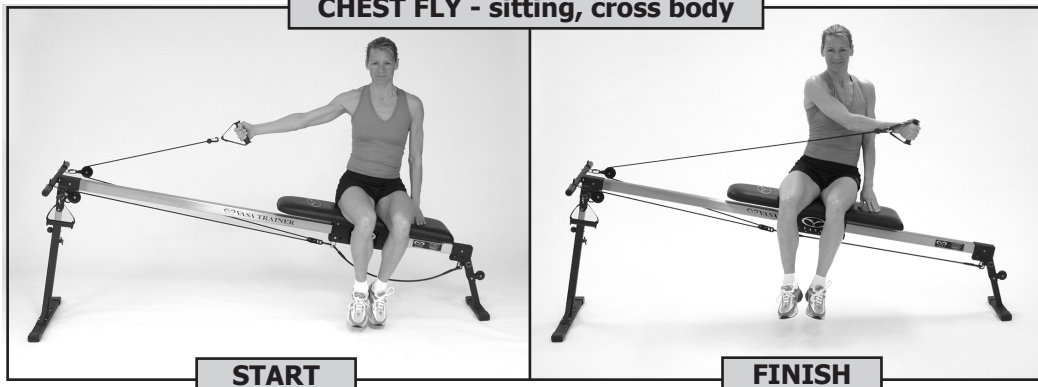
- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your legs straight out in front of you (or bend knees over front of bench).
- Start with your arms extended out to the side at hip level, palms facing forward (see START).
- From an upright position, push your hands together in front of you in a downward arc, finishing just above the knees. Keep your back straight. Slowly return to starting position.
 - ✔ DO: Squeeze your pectorals in the finish position to maximize muscular contraction. Pause for a moment with your arms locked but not hyperextended.
 - ✘ DON'T: Do not contract at the elbow during the fly movement. This will take emphasis off the pectorals and engage the biceps. Keep arms in a locked position with a slight bend in the elbow.
 - ▲ VARIATION: See CHEST FLY - incline, crossover, single arm. Can be done with knees bent over front of bench.
 - ◎ TARGETED MUSCLES: Lower Pectorals



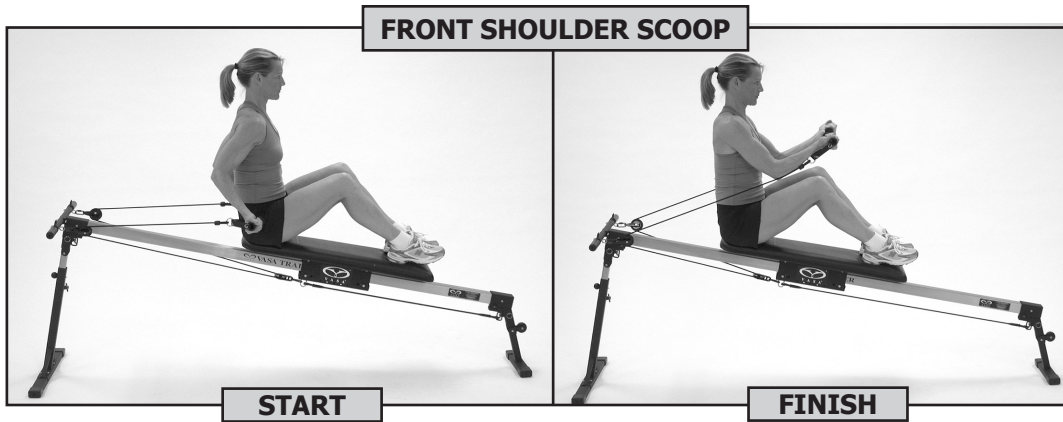
- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your legs straight out in front of you (or bend knees over front of bench).
- Start with your arms extended out to the side at hip level, palms facing forward (see START).
- From an upright position, bring your hands chest-high in front of you until your hands completely cross over one another. Keep your back straight. Slowly return to starting position.
 - ✔ DO: On each repetition, alternate which hand goes over on top during the crossover phase.
 - ✘ DON'T: Do not contract at the elbow during the fly movement. This will take emphasis off the pectorals and engage the biceps. Keep arms in a locked position with a slight bend in the elbow.
 - ▲ VARIATION: See CHEST FLY - incline, decline, single arm. Can be done with knees bent over front of bench.
 - ◎ TARGETED MUSCLES: Pectorals, Front Deltoids, Triceps

CHEST FLY - single arm, kneeling (ADVANCED)

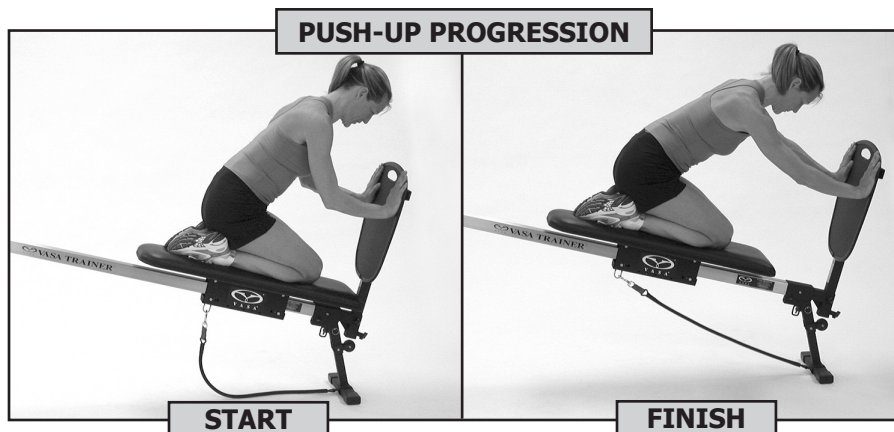
- Stand to the side of the Vasa Trainer with your back to the machine. Grasp the right handle with your right hand. Kneel on the bench facing sideways, towards the middle or top of the bench.
 - Start with your arm extended towards the front, just below shoulder height (see START position).
 - Slowly pull your hand across your body, keeping your arm straight. Pull until your hand is directly in front of you, just below shoulder height. Return by extending arm slowly back to starting position.
 - Repeat with left arm, facing opposite side.
- ✔ DO: Use core abdominal muscles to keep back straight and body stable. Keep your arm extended with a slight bend at the elbow.
 - ✘ DON'T: Do not bend elbow joint to facilitate the movement.
 - ▲ VARIATION: Can be done from a seated position.
 - ◎ TARGETED MUSCLES: Lower and Inner Pectorals

CHEST FLY - sitting, cross body

- 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, just below shoulder height (see START position).
 - Slowly pull your hand across your body, keeping your arm straight. Pull until your hand is directly in front of you, just below shoulder height. Return by extending arm slowly back to starting position.
 - Repeat with left arm, facing opposite side.
- ✔ DO: Use core abdominal muscles to keep back straight and body stable. Keep your arm extended with a slight bend at the elbow.
 - ✘ DON'T: Do not bend elbow joint to facilitate the movement.
 - ▲ VARIATION: Can be done from a kneeling position.
 - ◎ TARGETED MUSCLES: Lower and Inner Pectorals



- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your legs in front of you and your feet on the end of bench.
 - Start with your arms out to the side of your torso at hip level, palms facing up (see START).
 - In a scooping motion, pull both arms forward, finishing with arms in front at chest height.
 - Keep your arms bent at 90 degrees throughout the exercise. Scoop the arms forward and up. Concentrate the movement with your chest and front shoulders.
 - Slowly return to starting position.
- ✔ DO: Bring the handles together in the finish position to maximize contraction of your pectoral muscles. Pause for a moment with your arms in finish position. Practice strict form by keeping your upper body in a fixed upright position, exhaling at the most difficult part of the press.
 - ✘ DON'T: Do not allow the upper body to sway back and forth.
 - ▲ VARIATION: Can be done with knees bent over front of bench (see CHEST PRESS above).
 - ◎ TARGETED MUSCLES: Pectorals, Front Deltoids



- Attach the foot platform to your Vasa Trainer. Straddle the bench facing the back of the Vasa Trainer. Kneel on the bench, then place your hands on the foot platform about shoulder width apart.
 - Start by pushing off with your hands until your arms are fully extended. Keep your back straight and your abdominals muscles engaged.
 - Slowly return to starting position.
- ✔ DO: Keep your back straight. Maintain controlled movements.
 - ✘ DON'T: Do not return to START position fast. Use a slow and controlled movement.
 - ▲ VARIATION: Use a close grip with your hands by forming a diamond between thumbs and index fingers of both hands.
 - ◎ TARGETED MUSCLES: Pectorals and Triceps