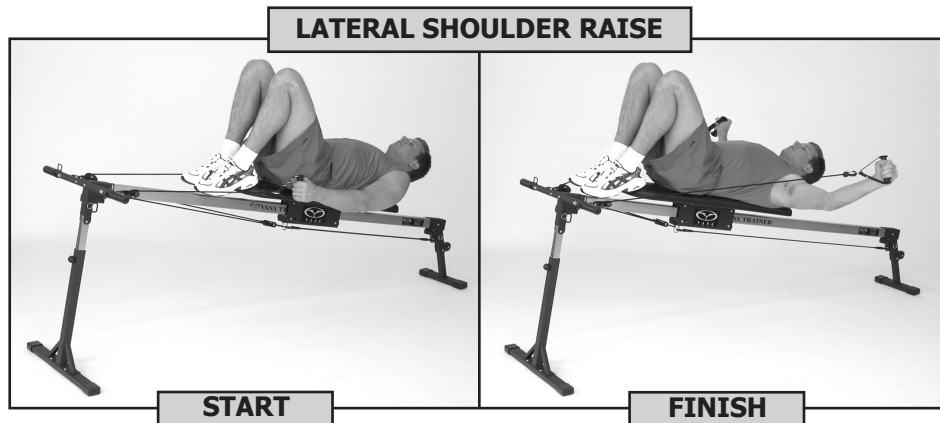
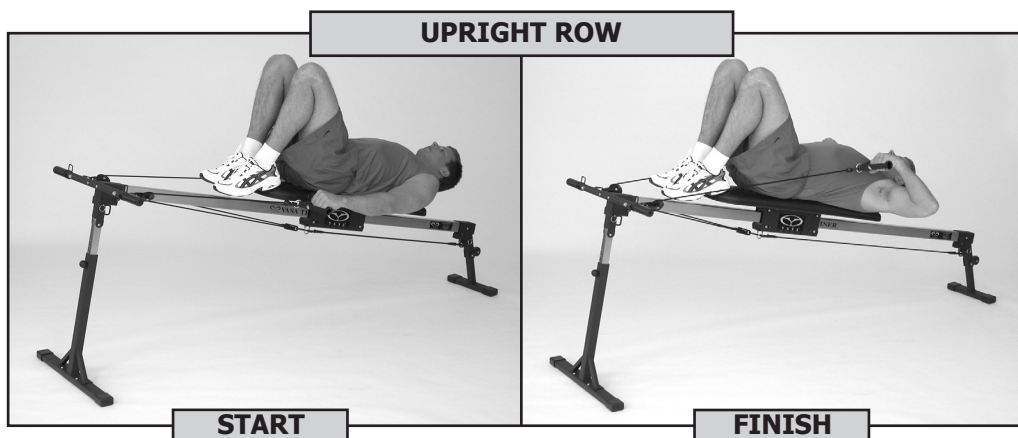


- Hold both handles and pull the bench halfway up the incline. Straddle the bench, then sit on the front part of the bench.
- Lie back on the bench, head toward rear with knees bent and heels on front of bench.
- Start with your arms bent, hands next to shoulders and palms in.
- Push arms over head, straightening arms and keeping hands about shoulder width apart.
- Slowly return to starting position.
 - ✓ DO: Use slow steady motion, keeping tension on muscles to control speed of return.
 - ✗ DON'T: Do not tense neck muscles. Keep neck relaxed.
 - 🎯 TARGETED MUSCLES: Deltoids (Shoulders)



- Hold both handles and pull the bench halfway up the incline. Straddle the bench, then sit towards 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, palms in.
- Keeping your arms extended with a slight bend, pull arms away from your hips and out to the side of your torso, until they reach shoulder level.
- Slowly lower by bringing your arms back beside your hips.
 - ✓ DO: Keep a slight bend in your elbows to reduce stress on the elbow joint.
 - ✗ DON'T: Do not bring handles above chin level as this could cause shoulder impingement in some cases.
 - 🎯 TARGETED MUSCLES: Deltoids (Shoulders)



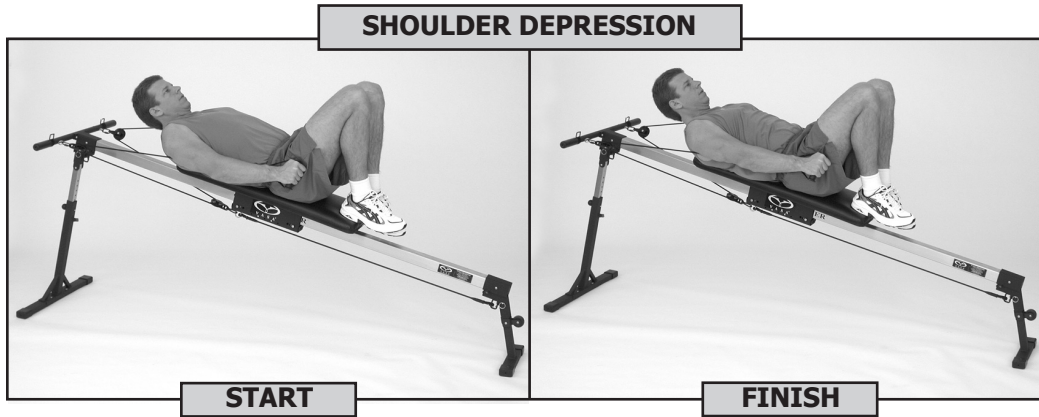
- Hold both handles and pull the bench halfway up the incline. Straddle the bench, then sit on the front part of the bench.
- Lie back on the bench, head toward rear with knees bent and heels on front of bench.
- Start with your arms straight by your sides, palms in.
- Pull up towards your chest, bending arms and keeping hands shoulder width apart.
- Slowly return to starting position.

- ✓ DO: Lead with the elbows while pulling up toward the chin.
- ✗ DON'T: Do not use biceps to perform this movement. Keep all resistance on the shoulder muscles.
- ◎ TARGETED MUSCLES: Front Deltoids (Front Shoulders), Trapezius



- 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, palms in.
- Keeping your arms straight by your sides, raise your shoulders towards your ears using the trapezius muscles.
- Slowly lower your arms and shoulders back down the starting position.

- ✓ DO: The higher you raise your shoulders, the greater the contraction of the upper trapezius muscle, which will produce greater muscular definition.
- ✗ DON'T: Do not hold handles in front of your legs. Keep handles close to the side of your hips during the entire movement.
- ◎ TARGETED MUSCLES: Trapezius



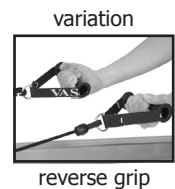
- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer.
- Lie back on the bench, head toward front with knees bent and heels on back edge of bench.
- Start with your arms straight by your sides, palms in.
- Keeping arms straight, push down with the shoulders (this will be a very slight movement)
- Slowly return to starting position.

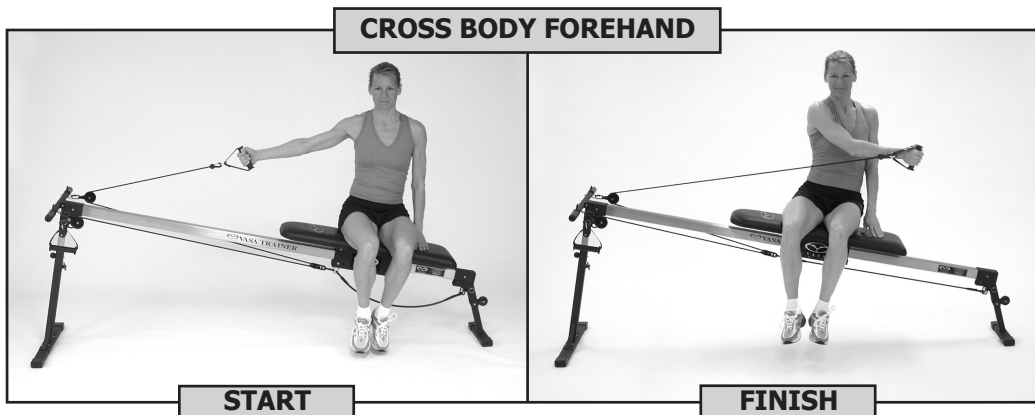
- ✔ DO: Pause and hold the fully depressed position for a 2 count.
- ✘ DON'T: Do not bend your arms. Keep them straight and push with shoulders.
- 🎯 TARGETED MUSCLES: Lower Trapezius



- 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 and straighten your legs.
- Hold handles with palms facing down, arms straight and fully extended by your side (see START).
- Slowly raise the handles up to shoulder height without bending your elbows.
- Return to starting position by lowering arms back to sides.

- ✔ DO: Pause briefly when arms are at chin level to maximize muscular contraction.
- ✘ DON'T: Do not bring handles above head level.
- ▲ VARIATION: Use PALMS UP grip for Reverse Grip Front Deltoid Raises.
- 🎯 TARGETED MUSCLES: Front Deltoids (Front Shoulders)





- Stand to the side of the Vasa Trainer with your back to the machine.
- Grasp the right handle with the right hand. Sit in the middle of bench facing sideways.
- Start with your arm extended straight towards the front of the Vasa Trainer (see START position).
- Slowly pull with straight arm moving in semi-circle from front to back.
- Slowly return to starting position. Inhale up, exhale down.
- Repeat with left arm and left handle, facing opposite side.

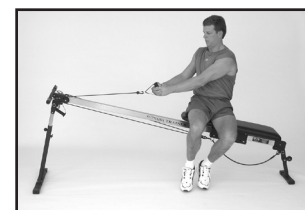
✔ DO: Sweep across front of body like a tennis forehand swing.

✘ DON'T: Do not bend elbow.

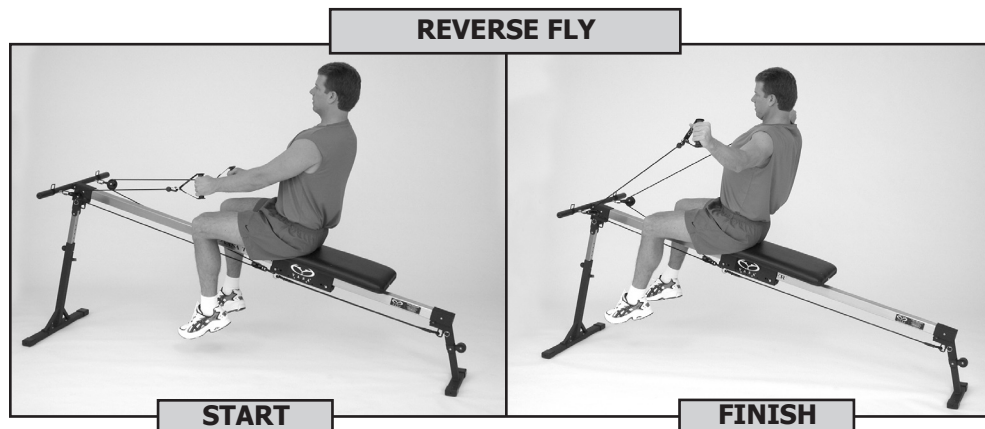
▲ VARIATION: Grasp handle with both arms
(like a tennis backhand swing).

◎ TARGETED MUSCLES: Front Shoulder, Rotator Cuff & Chest

variation



both arms (tennis swing)



- 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 each other.
- Pull your arms back in an outward arc until your hands are directly out to the side of your torso.
- Slowly return to starting position.

✔ DO: In order to maximize muscular contraction, be sure to press your chest forward while pulling cables back.

✘ DON'T: Do not bend arms while bringing the handles back.

▲ VARIATION: Pull your arms in a closer arc so your arms end with a 90 degree bend at the elbows (see CLOSE GRIP REVERSE FLY).

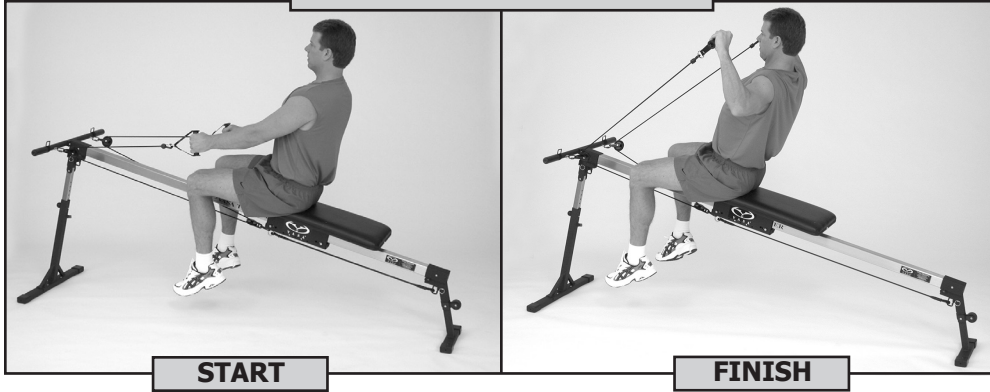
◎ TARGETED MUSCLES: Rear Deltoids (Rear Shoulders)

variation



end with close grip

CLOSE GRIP REVERSE FLY

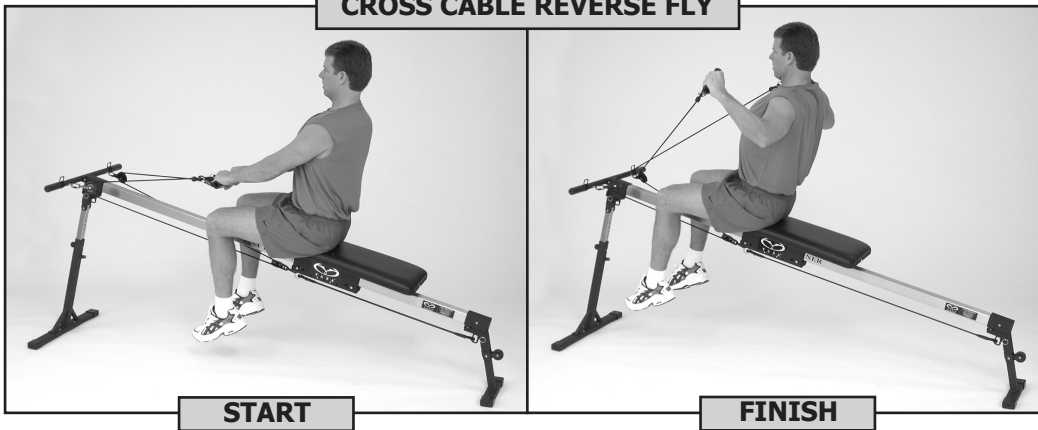


- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the front of the Vasa Trainer. Sit on the bench facing forward with knees bent over front of the bench.
- Start with arms fully extended in front of you with your palms facing each other.
- Pull your arms back in an outward arc until your hands are directly out to the side of your torso.
- Slowly return to starting position.

- ✔ **DO:** In order to maximize muscular contraction, be sure to press your chest forward while pulling cables back.
- ✘ **DON'T:** Do not bend arms while bringing the handles back.
- ▲ **VARIATION:** Pull your arms in a wider arc (see REVERSE FLY).
- ◎ **TARGETED MUSCLES:** Rear Deltoids (Rear Shoulders)



CROSS CABLE REVERSE FLY



- Cross the cables and grasp right handle with left hand, left handle with right hand.
- Hold both handles and pull the bench halfway up the incline.
- Sit on the bench facing forward with knees bent over front of the bench.
- Start with arms fully extended in front of you with your palms facing in or down.
- Pull your arms back in an outward arc until your hands are directly out to the side of your torso.
- Slowly return to starting position.

- ✔ **DO:** In order to maximize muscular contraction, be sure to press your chest forward while pulling cables back.
- ✘ **DON'T:** Do not bend arms while bringing the handles back.
- ◎ **TARGETED MUSCLES:** Rear Deltoids (Rear Shoulders)

EXTERNAL ROTATOR CUFF



- Grasp the left handle with the left hand. Sit facing sideways on the bench.
- Start with arm bent to 90 degrees, elbow in tight to your torso, and forearm across your waist.
- Pull by rotating the shoulder outward until your hand is just outside of your left thigh.
- Return to start position by rotating your shoulder inward until your forearm is across your abdominals.
- Repeat with right arm holding right handle, and facing opposite side.

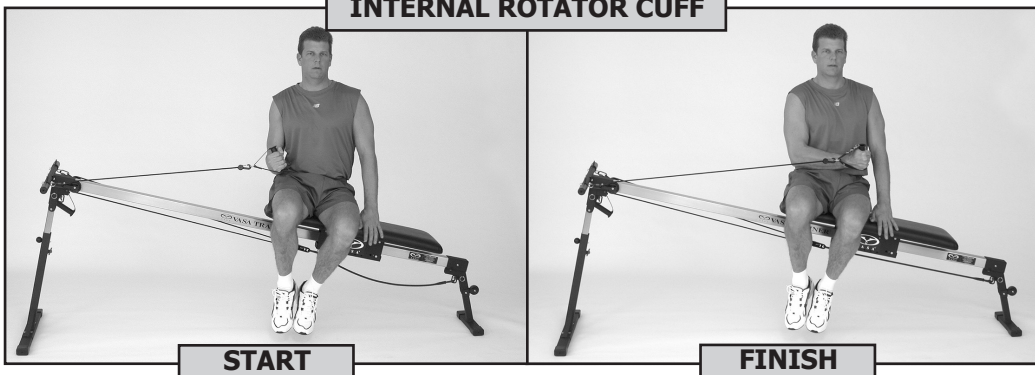
DO: Keep back upright throughout the movement.

- ✓ DON'T: Keep elbow in tight to hip. Do not bring arm away from the body.
- ✗ VARIATION: Can be done standing off the machine to reduce resistance.
- ▲ TARGETED MUSCLES: Rotator Cuff
- ◎

variation - off machine
(internal shown here)



INTERNAL ROTATOR CUFF



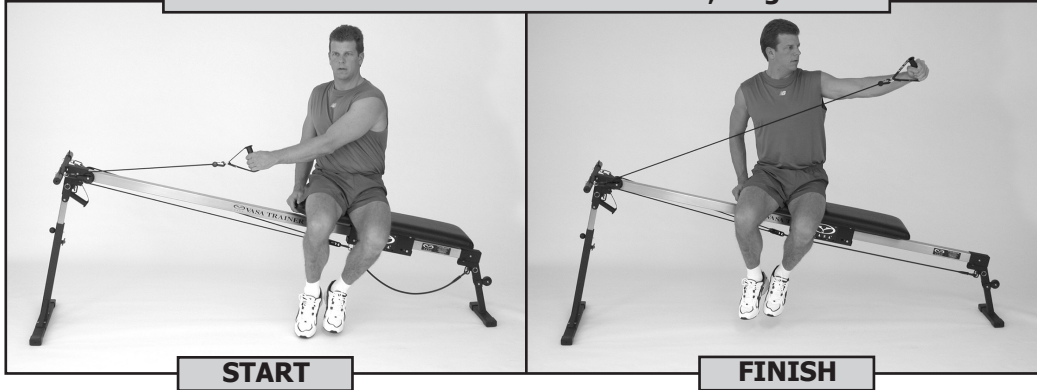
- Stand to the side of the Vasa Trainer with your back to the machine. Grasp the right handle with the right hand. Sit facing sideways on bench. Hold bench with left hand.
- Start with your arm bent to 90 degrees and your elbow in tight to your torso. Rotate your arm outward until your hand is just outside of your thigh (see START position).
- Pull by rotating the shoulder inward in an arc motion until your hand touches your abdominals.
- Return to the starting position by rotating your shoulder until your hand is just outside the thigh.
- Repeat with right arm holding right handle, and facing opposite side.

- ✓ DO: Keep back upright throughout the movement.
- ✗ DON'T: Do not let your upper arm pull away from your torso. Keep your elbow in tight to your body.
- ▲ VARIATION: Can be done standing off the machine to reduce resistance.
- ◎ TARGETED MUSCLES: Rotator Cuff

variation - off machine

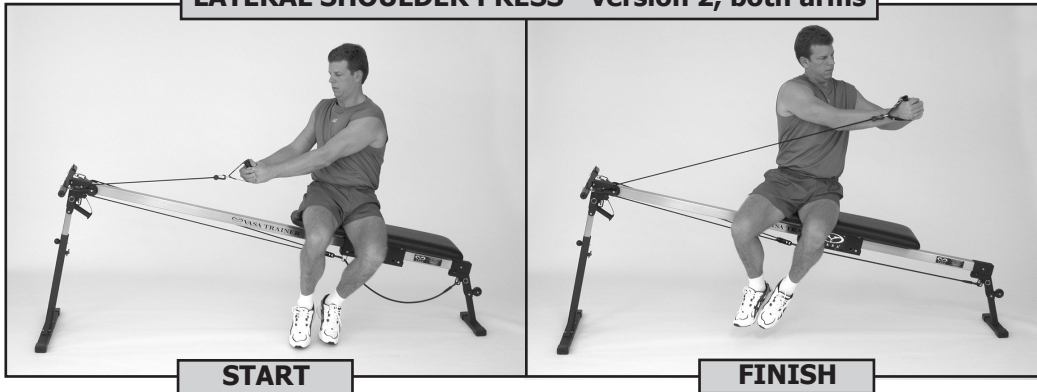


LATERAL SHOULDER PRESS - version 1, single arm



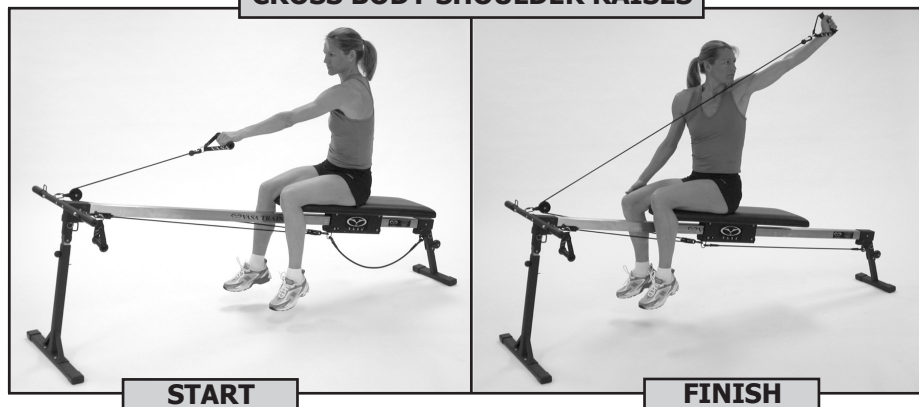
- Stand to the side of the Vasa Trainer with your back to the machine.
 - Grasp the left handle with your left hand.
 - Sit on the bench facing sideways (see START photo) with left arm extended across your torso.
 - Keeping an upright posture, pull arm straight across torso until it is fully extended at shoulder height.
 - Return to starting position by bringing your arm slowly back across your torso.
- ✔ DO: Keep a slight bend in your elbow to reduce stress on the elbow joint.
 - ✘ DON'T: Do not bend elbow joint to facilitate the movement. To keep resistance on the shoulder your elbow must remain in a fixed position.
 - ▲ VARIATION: See VERSION 2 - BOTH ARMS below
 - ◎ TARGETED MUSCLES: Outer Deltoids (Outer Shoulders)

LATERAL SHOULDER PRESS - version 2, both arms



- Stand to the side of the Vasa Trainer with your back to the machine.
 - Grasp the left handle with both hands.
 - Sit on the bench facing sideways (see START photo) with arms extended across your torso.
 - Keeping an upright posture, pull your arms straight across your torso until they are fully extended.
 - Return to starting position by bringing your arms slowly back across your torso.
- ✔ DO: Keep a slight bend in your elbow to reduce stress on the elbow joint.
 - ✘ DON'T: Do not bend elbow joint to facilitate the movement. To keep resistance on the shoulder your elbow must remain in a fixed position.
 - ▲ VARIATION: See VERSION 1 - SINGLE ARM above
 - ◎ TARGETED MUSCLES: Outer Deltoids (Outer Shoulders)

CROSS BODY SHOULDER RAISES



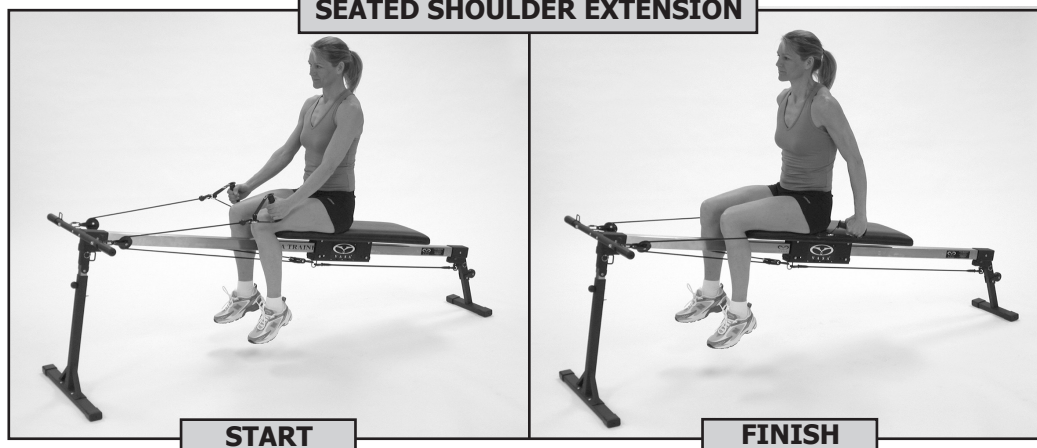
- Grasp the right handle with your left hand and pull the bench halfway up the incline. Straddle the bench facing the front of the Vasa Trainer.
- Sit on the bench facing forward with your knees bent over the front of the bench.
- Start with left arm extended in front of your body, in front of right knee.
- Pull the handle up and across the front of your body in an arcing motion at a 45 degree angle. Pull until the handle is above your head and outside the shoulder of your active arm.
- Return by slowly bringing your arm back down to the starting position.
- Repeat set with the other arm.

✓ DO: Fully extend arm across the body and hold for one second at the top of the motion.

✗ DON'T: Do not swing arm back and forth, as this brings momentum into the movement and can lead to injury.

🎯 TARGETED MUSCLES: Outer Deltoids (Outer Shoulders)

SEATED SHOULDER EXTENSION



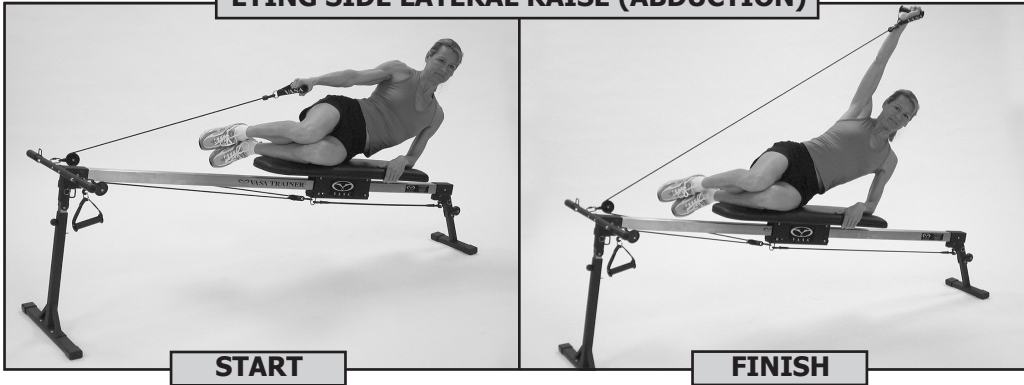
- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the front of the Vasa Trainer.
- Sit on the bench facing forward with knees bent over front of the bench.
- Start with both hands on outside of knees (see START position).
- Pull hands toward hips, keeping arms and back straight.
- Slowly return to starting position.

✓ DO: Keep back straight while engaging abdominals.

✗ DON'T: Do not bend arms at elbows.

🎯 TARGETED MUSCLES: Rear Deltoids (Rear Shoulders) and Back

LYING SIDE LATERAL RAISE (ABDUCTION)



- Stand to the side of the Vasa Trainer with your back to the machine.
 - Grasp the right handle with your right hand.
 - Sit facing sideways on the top of the bench. Lie sideways with knees bent and feet towards front of machine. Support upper body with bottom arm (see START photo).
 - Start with handle just below hips, palm facing down. Pull your arm straight above your shoulder.
 - Slowly return to starting position.
 - Repeat set with other arm, facing opposite side.
- ✔ DO: Keep a slight bend in your elbow to reduce stress on the elbow joint and lean on opposite elbow for stability.
 - ✘ DON'T: Do not perform this movement too fast. Raise and lower the handle in a controlled manner to avoid injury.
 - 🎯 TARGETED MUSCLES: Outer Deltoids (Outer Shoulders)

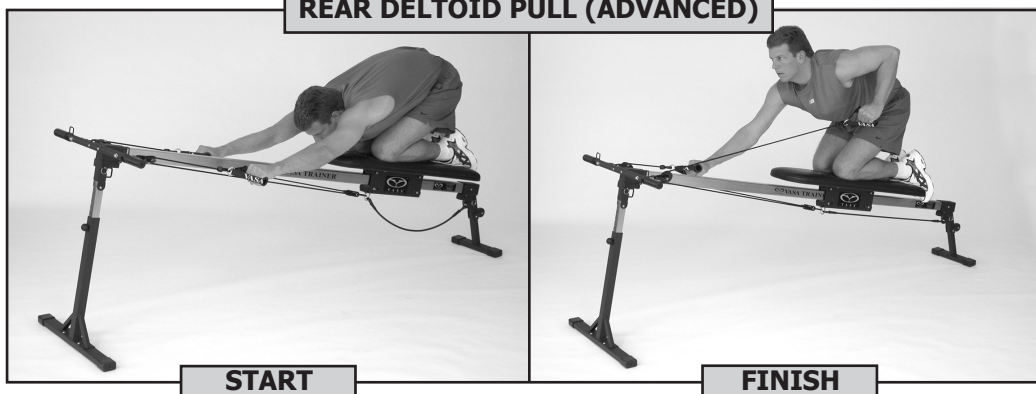
REAR DELTOID RAISES (ADVANCED)



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. Place knuckles on the top edge of the bench, then kneel on the bench facing forward. Hook insteps over back edge of bench for stability.
 - Sit back on your heels. Lower your torso over your knees, stretching your arms out in front of you.
 - With your palms facing down and your elbows bent slightly, slowly pull your arms along your sides until your hands are by your heels.
 - Slowly return to starting position.
- ✔ DO: Keep back flat and in line with bench while performing this exercise.
 - ✘ DON'T: Do not bend arms while bringing the handles back.
 - 🎯 TARGETED MUSCLES: Rear Deltoids (Rear Shoulders), Latissimus

REAR DELTOID PULL (ADVANCED)



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. Place knuckles on the top edge of the bench, then kneel on the bench facing forward. Hook insteps over back edge of bench for stability.
- Sit back on your heels. Lower your torso over your knees, stretching your arms out in front of you.
- Lower your torso over your knees, stretching your arms out in front of you.
- Using your rear deltoid muscle, pull your hand up toward your shoulder using one arm at a time. The bench will only move slightly.
- Slowly return to starting position. Alternate right and left arms.

✔ DO: Lead this movement with the elbow to place emphasis on the rear deltoid.

✘ DON'T: Do not use biceps to perform this movement. Keep all resistance on the rear shoulder muscles by leading with the elbow.

🎯 TARGETED MUSCLES: Rear Deltoids (Rear Shoulders), Core Stabilizers

PRONE REVERSE FLY



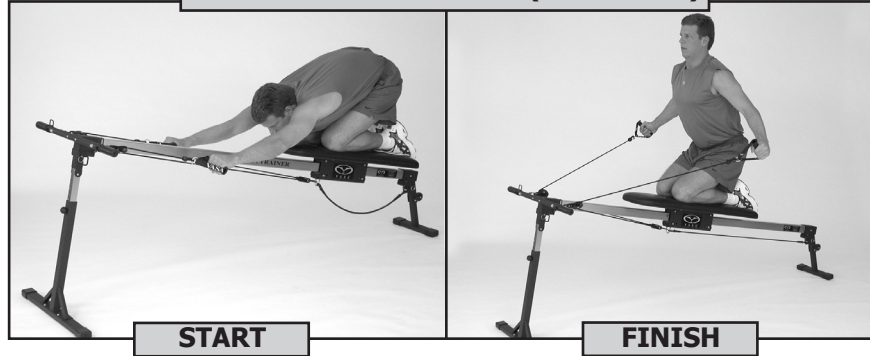
- Hold both handles and pull the bench halfway up the incline. Straddle the bench and lie face down with your arms extended in front of you, knees bent up at a 90 degree angle (see START).
- Pull your arms back in an outward arc until your hands are out to the side.
- Lift your head and chest as you finish the movement. Pause and hold 1 second.
- Lower slowly by bringing your arms back to the starting position.

✔ DO: In order to maximize muscular contraction, be sure to press your chest up and lift up head while pulling cables back.

✘ DON'T: Do not allow bench to drop quickly during lowering phase of the movement. Lower slowly to keep tension on the working muscles.

🎯 TARGETED MUSCLES: Rear Deltoids (Rear Shoulders), Rhomboids

KNEELING REVERSE FLY (ADVANCED)

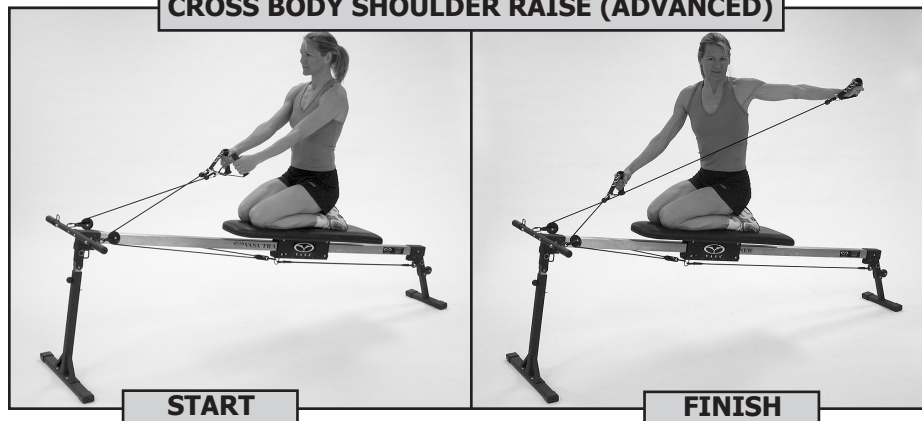


CAUTION: This is an advanced exercise. Be sure to hook your instep over the bench and engage your abdominals for stability. Start slowly until you feel comfortable with the motion and your stability.

- Hold both handles and pull the bench halfway up the incline. Place knuckles on the top edge of the bench, then kneel on the bench facing forward. Hook insteps over back edge of bench for stability.
- Sit back on your heels. Lower your torso over your knees, stretching your arms out in front of you.
- With your palms facing in and your elbows bent slightly, slowly raise your torso while pulling your arms back in an outward arc. Pull until your hands are out to the side of your torso.
- Slowly return to starting position.

- ✔ DO: In order to maximize muscular contraction, be sure to press your chest out while pulling cables back. Keep back straight and hips stable.
- ✘ DON'T: Do not allow hips to move back and forth. All movement should be facilitated by the shoulder muscles.
- 🎯 TARGETED MUSCLES: Rear Deltoids (Rear Shoulders), Core Stabilizers

CROSS BODY SHOULDER RAISE (ADVANCED)

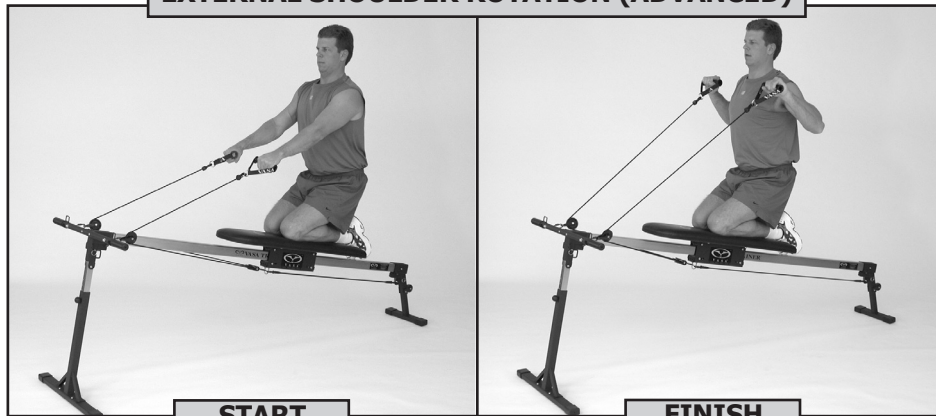


CAUTION: This is an advanced exercise. Be sure to hook your instep over the bench and engage your abdominals for stability. Start slowly until you feel comfortable with the motion and your stability.

- Cross the cables and grasp right handle with left hand, left handle with right hand.
- Hold both handles and pull the bench halfway up the incline. Kneel on the bench facing forward.
- Start with your arms extended in front, palms facing in.
- Raise one arm across the front of your body until your arm is extended straight behind you.
- Twist your torso with the arm that is moving behind you. Keep both arms straight.
- Slowly reverse the motion and repeat the exercise with the other arm.

- ✔ DO: Fully extend both arms. Keep an upright posture, extending neck and keeping chest open.
- ✘ DON'T: Do not tighten neck muscles.
- 🎯 TARGETED MUSCLES: Rear Deltoids (Rear Shoulders), Core Stabilizers

EXTERNAL SHOULDER ROTATION (ADVANCED)

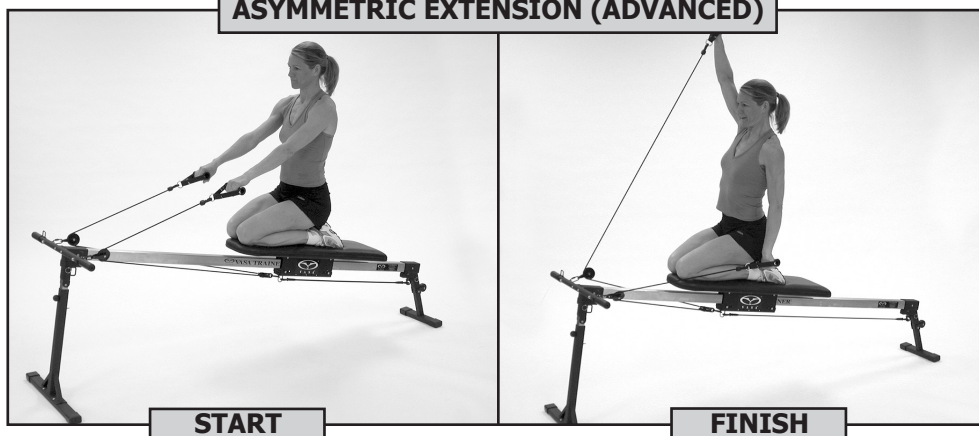


CAUTION: This is an advanced exercise. Be sure to hook your instep over the bench and engage your abdominals for stability. Start slowly until you feel comfortable with the motion and your stability.

- Hold both handles and pull the bench halfway up the incline.
- Kneel on the bench facing forward with instep hooked over back edge of bench for stability, or sit with knees bent over front edge of bench. Start with your arms extended in front of you, shoulder-width apart.
- Begin the pull by rotating your shoulders backwards, bringing your hands up toward your shoulders in an arc motion. Be sure to keep an upright posture and hips stable.
- To return, rotate your shoulders forward until your hands are back at the starting position.

- ✓ DO: Keep back upright and hips stable throughout the movement.
- ✗ DON'T: Do not bring hands back past shoulder blades.
- ◎ TARGETED MUSCLES: Rear Deltoids (Rear Shoulders), Core Stabilizers

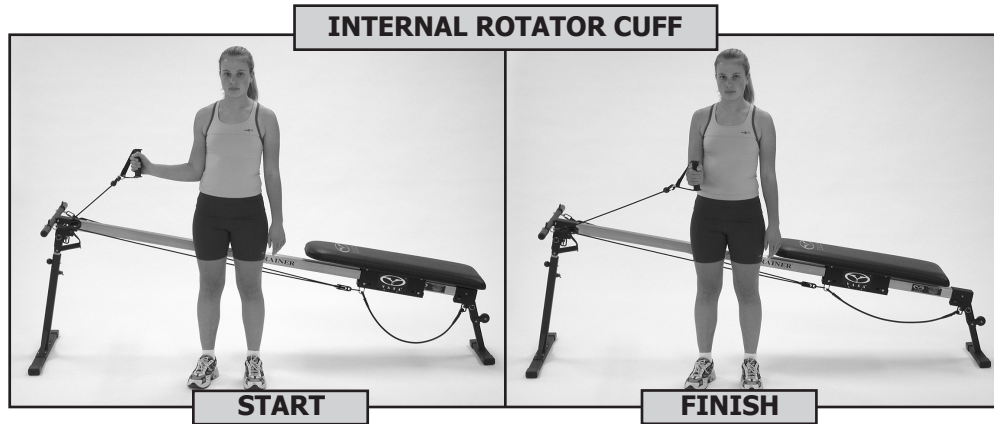
ASYMMETRIC EXTENSION (ADVANCED)



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. If desired, hook instep over back edge of bench for stability.
- Start with your arms extended in front, shoulder-width apart. Keep back straight and hips stable.
- Simultaneously raise one arm toward ceiling while the opposite arm pulls straight down and back. Fully extend both arms. Slowly reverse the motion and repeat the exercise in the opposite direction.
- Slowly return to starting position.

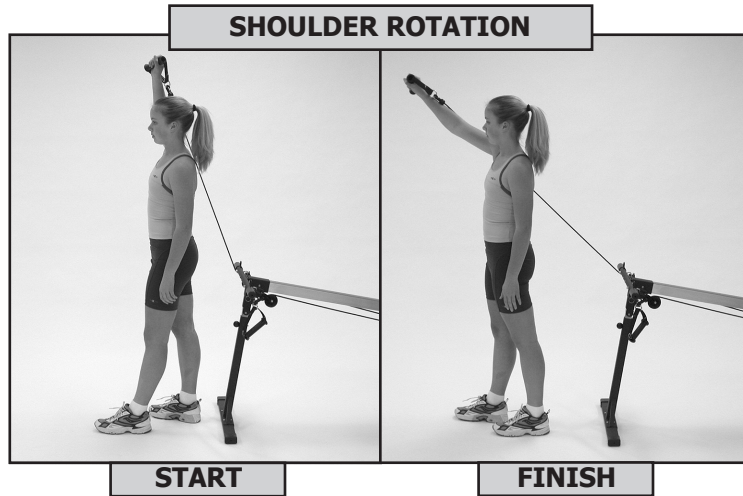
- ✓ DO: Fully extend both arms. Keep and upright posture, and hips stable.
- ✗ DON'T: Do not tighten neck muscles or allow hips to move forward or backward.
- ◎ TARGETED MUSCLES: Triceps, Deltoids (Shoulders), Latissimus, Upper Back, Core Stabilizers



- Stand to the side of the Vasa Trainer with your back to the machine. Grasp the right handle with the right hand (use the PCS for this exercise).
- Start with your arm bent to 90 degrees and your elbow in tight to your torso. Rotate your arm outward until your hand is just outside of your thigh (see START position).
- Pull by rotating the shoulder inward in an arc motion until your hand touches your abdominals.
- Return to the starting position by rotating your shoulder until your hand is just outside the thigh.
- Repeat with right arm holding right handle, and facing opposite side.

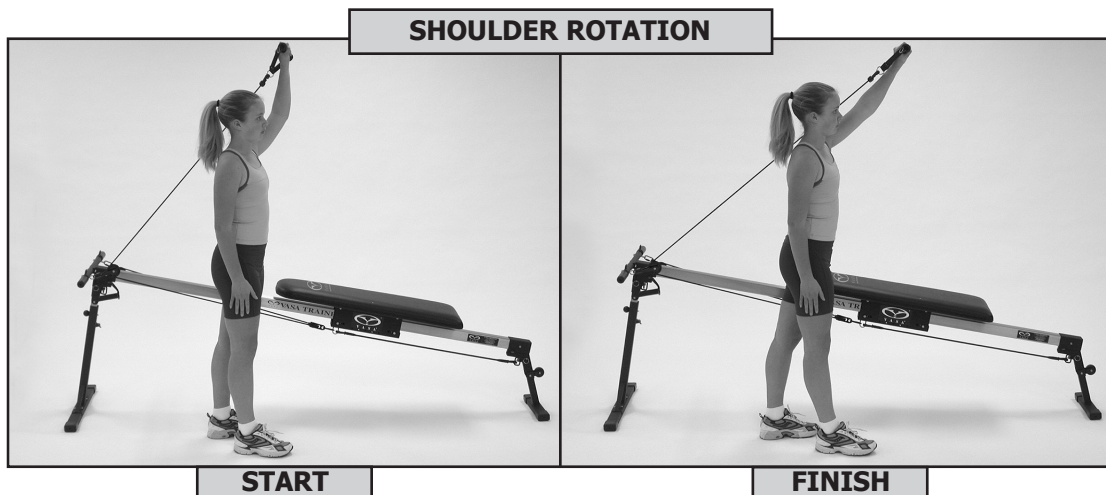
- ✔ DO: Keep back upright throughout the movement.
- ✘ DON'T: Do not let your upper arm pull away from your torso. Keep your elbow in tight to your body.
- ▲ VARIATION: Can be done sitting sideways on the bench for more resistance.
- ◎ TARGETED MUSCLES: Rotator Cuff

variation - seated



- Stand in front of the Vasa Trainer with your back to the machine. Grasp the right handle with the right hand (use the PCS for this exercise).
- Start with your arm straight overhead (see START position).
- Rotate your arm forward, simulating a baseball throw. The bench will move forward, providing the resistance. Add stretch cords, power cords or weights to increase resistance.
- Repeat with left arm.

- ✔ DO: Keep a straight back.
- ✘ DON'T: Do not use a jerky motion. Pull and return with smooth, slow movements.
- ◎ TARGETED MUSCLES: Rotator Cuff



- Stand to the right side of the Vasa Trainer facing the back to the machine. Grasp the right handle with your left hand (use the PCS for this exercise).
- Start with your arm straight overhead (see START position).
- Rotate your arm forward, simulating a baseball throw. The bench will move forward, providing the resistance. Add stretch cords, power cords or weights to increase resistance.
- Repeat with right arm holding left handle, standing on opposite side.

✔ DO: Keep a straight back.

✘ DON'T: Do not use a jerky motion. Pull and return with smooth, slow movements.

🎯 TARGETED MUSCLES: Rotator Cuff