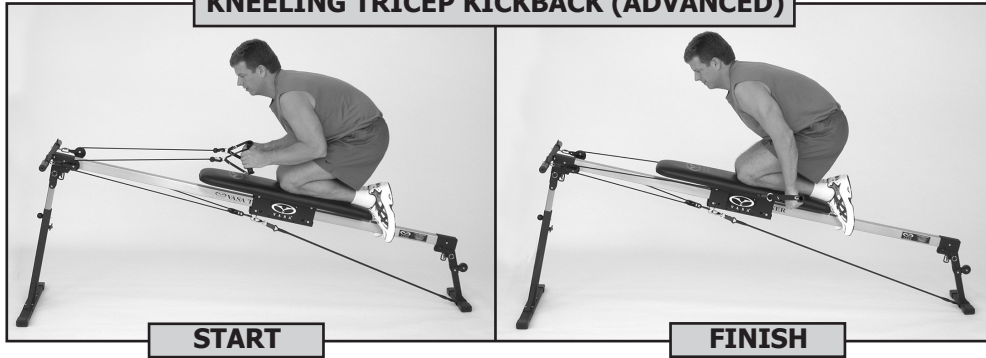


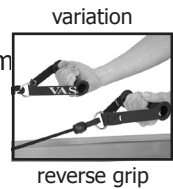
KNEELING TRICEP KICKBACK (ADVANCED)



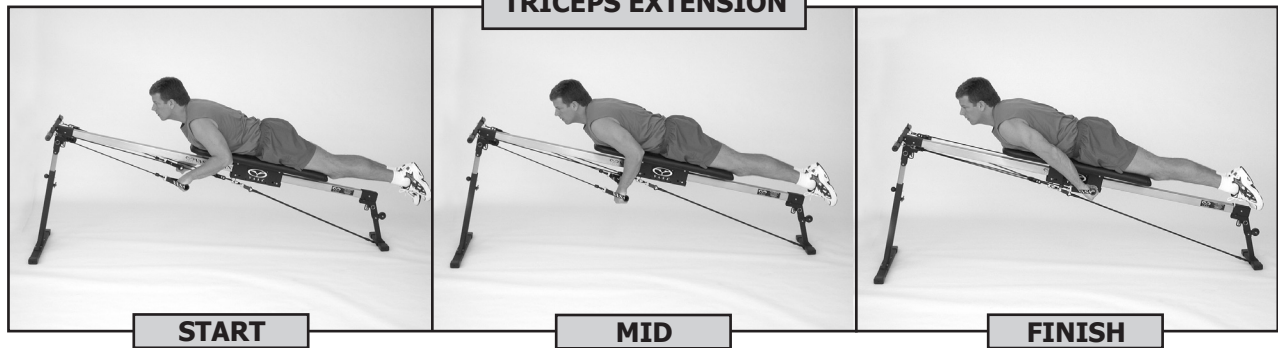
CAUTION: This is an advanced exercise. Be sure to hook your instep over the bench and engage your abdominals for stability. Start slowly until you feel comfortable with the motion and your stability.

- Hold both handles and pull the bench halfway up the incline. Place knuckles on the top edge of the bench to keep the bench from moving while you get on.
- Kneel on the bench facing forward. Hook insteps over back edge of bench for stability.
- Keeping your elbows tight to your hips, lower your torso over your knees so back is flat.
- Bend elbows to a 90 degree angle, palms facing down.
- Extend arms using triceps muscles until arms are fully extended. Slowly return to starting position.

- ✔ DO: Keep elbows in a fixed position, focusing on using triceps muscles.
- ✘ DON'T: Do not swing handles back and forth during movement. This will give you momentum which will alter the effectiveness of the exercise.
- ▲ VARIATION: Use PALMS UP grip for Reverse Triceps Kickback.
- ◎ TARGETED MUSCLES: Triceps

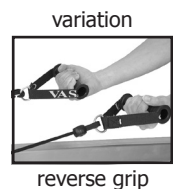


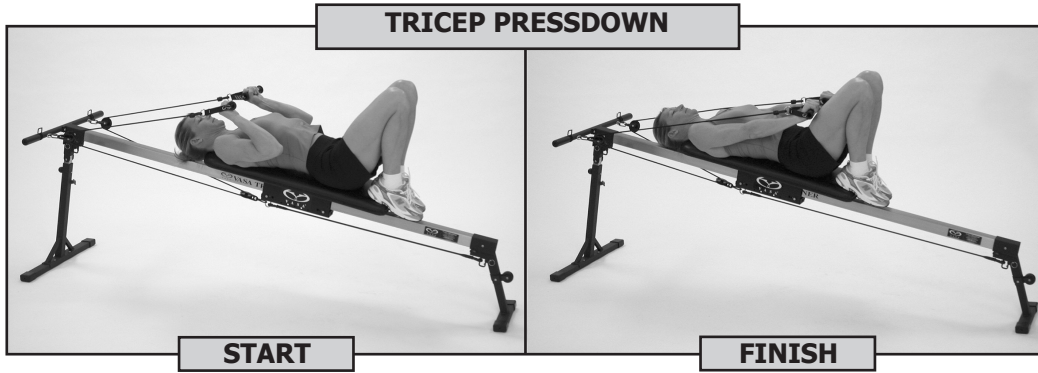
TRICEPS EXTENSION



- 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.
- Start with arms bent 90 degrees at elbow, holding handles with palms down.
- Pull with both arms at the same time, fully extending arms toward hips.
- Slowly return to starting position.

- ✔ DO: Keep elbows in a fixed position, focusing on using triceps muscles.
- ✘ DON'T: Do not swing handles back and forth during movement. This will give you momentum, which will alter the effectiveness of the exercise.
- ▲ VARIATION: Use PALMS UP grip for Reverse Triceps Extensions.
- ◎ TARGETED MUSCLES: Triceps





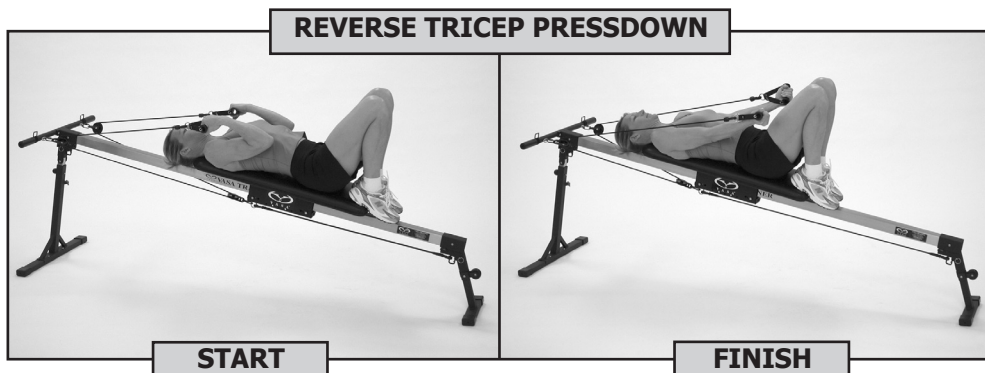
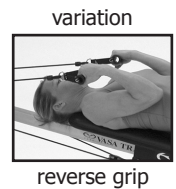
- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer.
- Lie on the bench on your back, head to front with knees bent and heels on back of bench.
- Hold handles with palms facing the ceiling. Keep elbows tight by your side, bent at 90 degrees.
- Keeping your elbows stationary, press down until your arms are extended, but not locked.
- Hold extension for 1-2 seconds.
- Slowly return to starting position.

✓ DO: Keep hands 3-4 inches apart during the press movement. Keep elbows close to your sides as you begin the press.

✗ DON'T: Do not lock your elbows at the full extension of the press.

▲ VARIATION: Start with palms facing floor for Reverse Tricep Pressdown (see below).

◎ TARGETED MUSCLES: Triceps

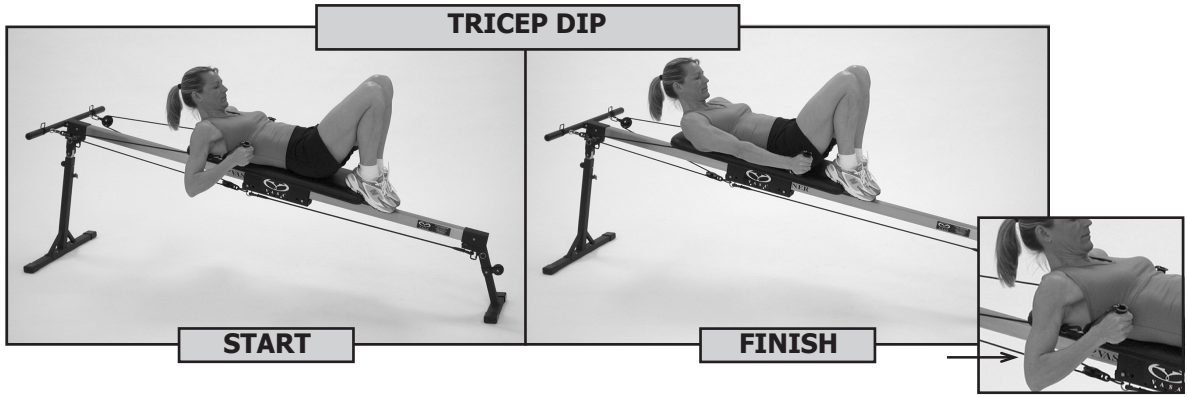


- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer.
- Lie on the bench on your back, head to front with knees bent and heels on back of bench.
- Hold handles with palms facing your shoulders. Keep elbows tight by your side, bent at 90 degrees.
- Keeping your elbows stationary, press down until your arms are extended, but not locked.
- Hold extension for 1-2 seconds.
- Slowly return to starting position.

✓ DO: Keep hands 3-4 inches apart during the press movement. Keep elbows close to your sides as you begin the press.

✗ DON'T: Do not lock your elbows at full extension of the press.

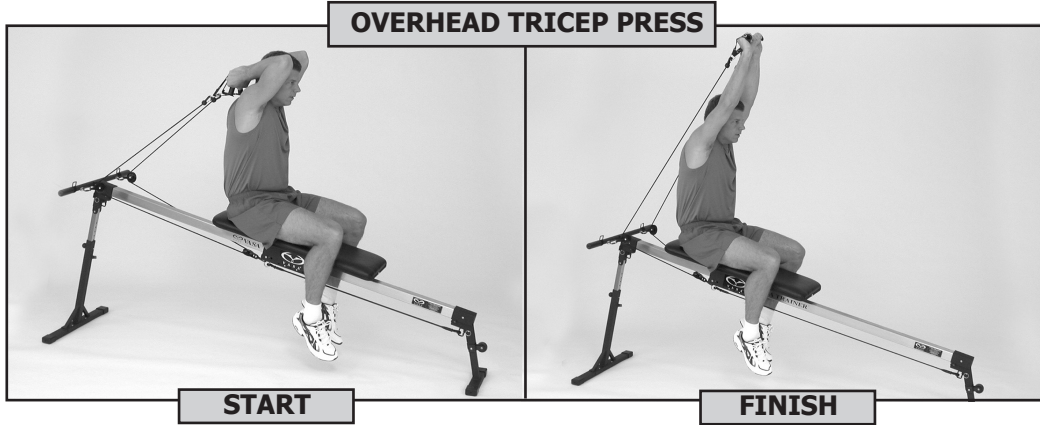
◎ TARGETED MUSCLES: Triceps



- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer.
- Lie on the bench on your back, head to front with knees bent and heels on back of bench.
- Hold handles with palms facing vertically, putting the pulley rope on inside of your arm.
- Start with arms bent at 90 degree angle (see START position).
- Press down using triceps muscles until your arms are extended, but not locked. Pause.
- Slowly return to starting position by bending arms at elbows until they reach a 90 degree angle.

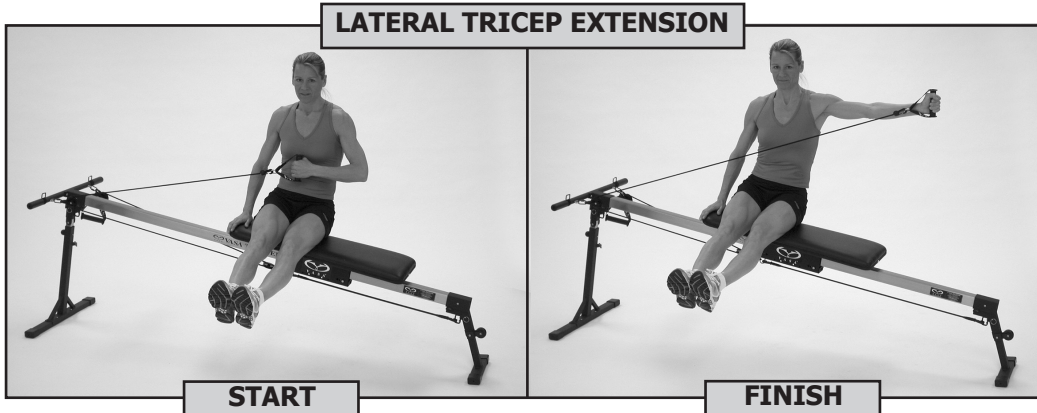
put pulley rope on inside of arm

- ✔ DO: Pause at the finish of the movement and flex the triceps for additional contraction.
- ✘ DON'T: Do not lock elbows at full extension.
- ▲ VARIATION: Raise feet so legs are bent 90 degrees at knees and hips. This challenges the abs.
- 🎯 TARGETED MUSCLES: Triceps

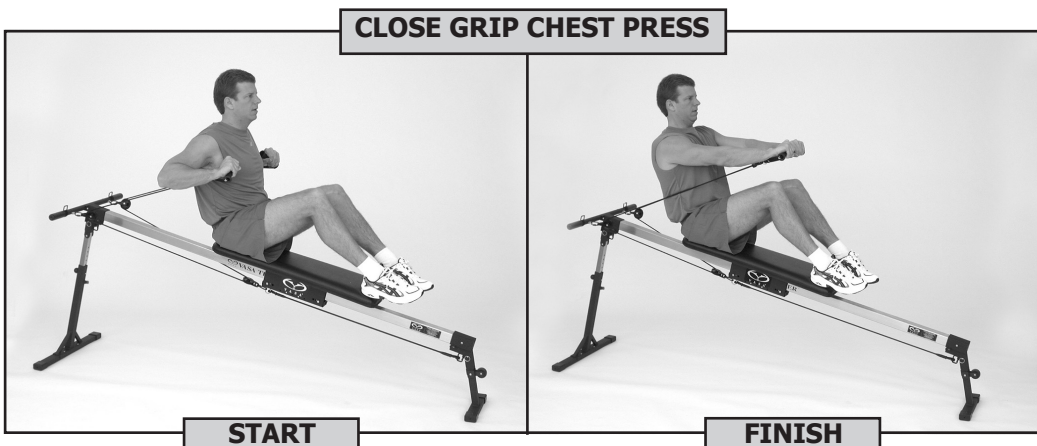


- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer with the handles behind your back.
- Sit on the bench and squeeze the bench with your legs.
- Hold both handles behind your head with palms facing up.
- Keeping elbows in a stationary position, press hands above head until arms are fully extended.
- Slowly return to starting position.

- ✔ DO: Keep upper arm in a vertical position and keep back straight. This isolates the tricep muscle and reduces stress on elbow.
- ✘ DON'T: Do not round your back or lean forward.
- ▲ VARIATION: 1. Use PALMS DOWN for Reverse Grip Tricep Press. 2. Use Single Arm.
- 🎯 TARGETED MUSCLES: Triceps



- 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 with both feet extended in front of you.
 - With posture upright and elbow up and out to the side, slowly extend the left arm at the elbow in a pressing motion until your arm is fully extended.
 - Slowly return to starting position.
 - Repeat with right arm and right handle, facing opposite side.
- ✓ DO: Keep your elbow in a fixed position to ensure the resistance is placed on the tricep muscle.
 - ✗ DON'T: Do not allow your elbow to drop down by our side. Keep elbow at shoulder height or just below shoulder height.
 - ◎ TARGETED MUSCLES: Triceps, Shoulders



- 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 bench facing the rear. Bend knees and place feet at bottom of bench.
 - Bend your elbows and hold the handles side-by-side at chest height, with palms facing down, and the pulley rope under arms.
 - Push the handles straight out in front of your chest until your arms are fully extended.
 - Slowly return to starting position.
- ✓ DO: Be sure to use the triceps, not the chest, to perform the exercise
 - ✗ DON'T: Do not let elbows drop to the side. Keep your elbows close to shoulder height.
 - ◎ TARGETED MUSCLES: Triceps, Chest