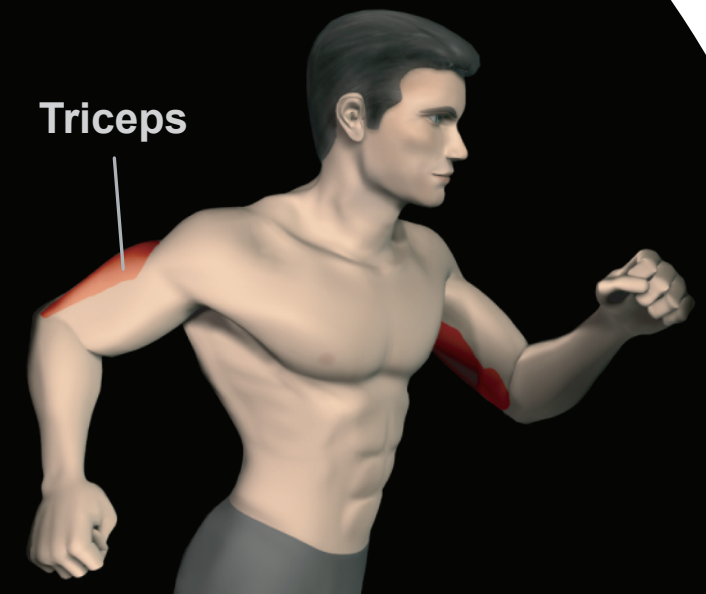


Life Fitness[®]

1. Adjust seat height so you are able to comfortably grip handles.

2. Rotate handles back and grip firmly.

3. While keeping back against pad and elbows close to side of body, extend elbow slowly while keeping upper arms parallel and on pad, and return.



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TRICEPS EXTENSION

