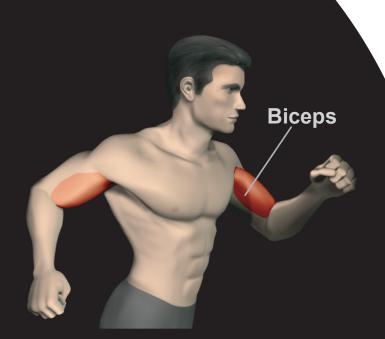


Life Fitness®

- 1. Adjust seat height so entire back of arms rests on pad.
- 2. Grip handles firmly.
- 3. Keeping upper arms on pads, bend arms slowly to curled position and return.



BICEPS CURL