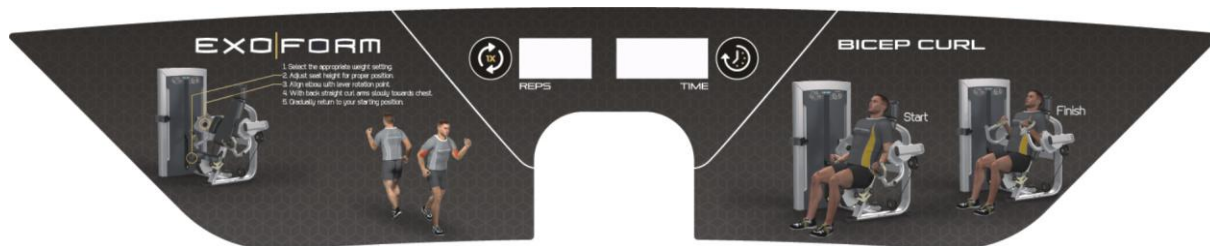


Exercise Instructions



1. Select the appropriate weight setting.
2. Adjust seat height for proper position.
3. Align elbow with lever rotation point.
4. With back straight curl arms slowly towards chest.
5. Gradually return to your starting position.



Start



Finish

