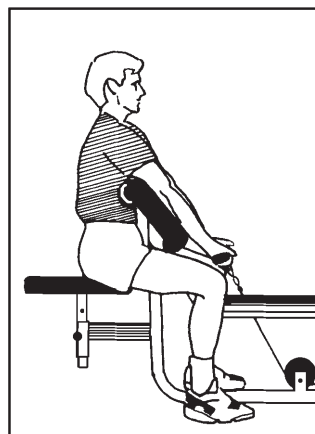
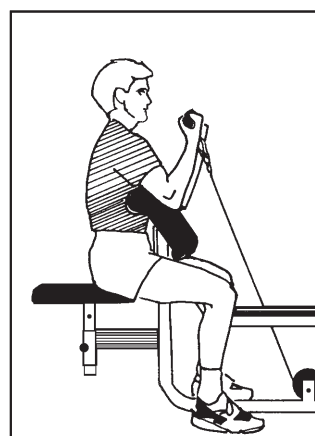


5644 - Modular Arm Curl

1. Adjust seat height to allow your upper arms to rest on pad.
2. Select appropriate resistance.
3. Grasp bar, position arms parallel on pad.
4. Lower your shoulders, pressing your arms firmly into the pad, elevating your elbows slightly.
5. Curl arms as far as possible, maintaining your elbow position.
6. Return to the start position and repeat.
7. Lift/lower resistance with smooth, controlled movements.

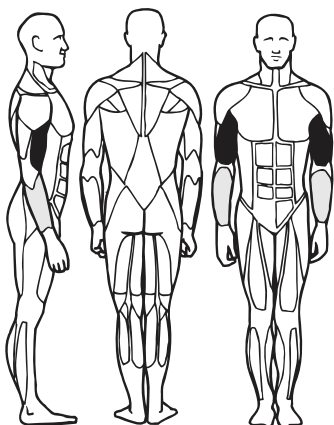


Start Position



Stop Position

MUSCLES TRAINED



Primary - Biceps

**Secondary - Brachioradialis and
Bracialis**