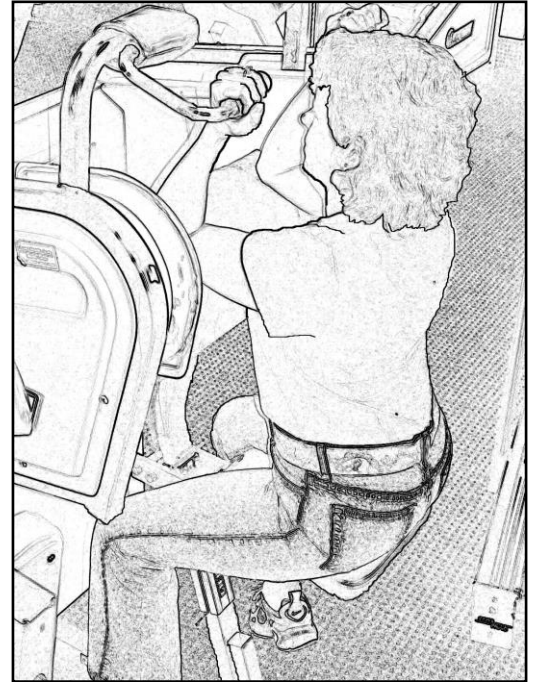


Gym Machines for Arm Muscle & Bone Strength

1. Biceps Curl Machine

- Strengthens Biceps and forearm
- Adjustments:
 - Adjust chest pad so your back is square and your shoulders pulled back
 - Adjust seat so that your shoulders are not hunched up
- Action:
 - Pull elbows bent and then straighten slowly
 - Keep wrists straight!



ALWAYS: **BREATHE OUT WITH MUSCLE EFFORT. GO SLOW**, COUNTING WITH PUSH: "1-2-3-4", BRIEFLY HOLD, THEN RELEASE "5-6-7-8". WORK SHOULD BE **MODERATELY HARD** for 6 to 10 repetitions, **ONE SET ONLY**

2. Triceps Presses

- Strengthens triceps (back of upper arm)
- Adjustments:
 - Adjust seat so that your shoulders are not hunched up
- Action:
 - Straighten elbows, then slowly return to bent position

