

## Arm Exercises

### Seated Triceps Extension—Elbow Extension

**Muscles worked:**

Triceps

**Bench Position:**

Horizontal

**Accessory:**

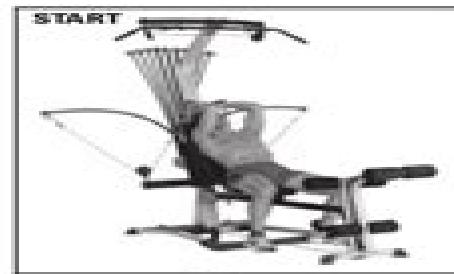
Handgrips

**Pulleys:**

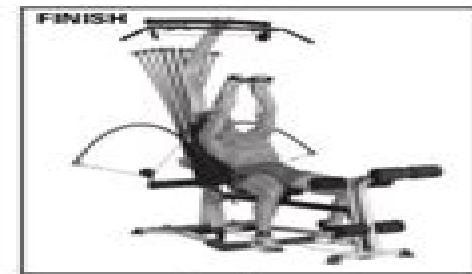
Chest Bar

**Success Tips**

- Keep your knees bent, feet flat on the floor.
- Lay your head back against the bench.
- Keep your chest lifted, shoulders pinched together, and a very slight arch in your lower back.
- Keep your upper arms and shoulders motionless and your wrists straight.
- Tighten the triceps throughout the exercise, using controlled motion.

**Start**

- Sit facing away from the Power Rod® unit.
- Using an overhand grip, reach behind you and grasp the Handgrips, bending your elbows until your hands are near the top of your head, palms facing up.
- Keep your arms in line with the cables.

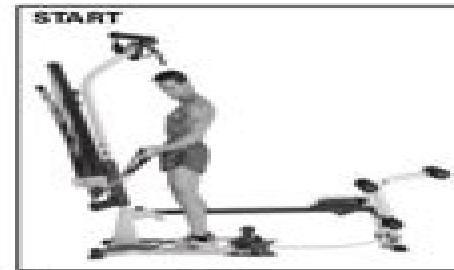
**Action**

- Keeping your upper arms stationary, slowly straighten your elbows, moving your arms in an arcing motion upward over your head until they are approximately 90° from your torso.
- Stop the motion before your elbows are completely straight, and then reverse your motion, slowly returning to the Start position without relaxing muscle tension.

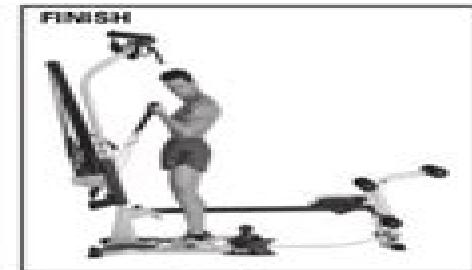
### Standing Biceps Curl—Elbow Flexion (in supination)

**Muscles worked:**

Biceps

**Start**

- Straddle the Seat Rail, facing the Power Rod® unit.
- Reach down and grasp the Handgrips, palms facing forward.
- Straighten, keeping your arms by your sides, elbows loose.

**Action**

- Keeping your upper arms stationary and your elbows at your sides, slowly curl the Handgrips forward, then upward and in toward your shoulders.
- Slowly reverse the arcing motion, bringing your hands back to the Start position.

**Success Tips**

- Keep your chest lifted, abs tight, and a very slight arch in your lower back.
- Keep your elbows at your sides and your wrists straight.

# **Bowflex Blaze Workout Guide**

**Michal Rosen-Zvi**

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