Torso Arm

* Four-position adjustable handles increase the versatility of the workout.
* Arms may be used in unified movement or individually to increase control.
* Assist pedal allows pre-stretch and easy start.
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* **EXERCISE -**Select a resistance with which you can perform 8 to 12 complete repetitions. Grasp the handlebars and pull the movement arms as far down as you can. Movement through full-range should take at least 4 seconds. Pause for 1 second and return to the starting position using a count of at least 4 seconds. Do not pause, immediately begin the next repetition. All movement should be controlled and deliberate. Avoid throwing or jerking the weight. Continue the exercise until you are unable to complete a repetition in good form.

**COMMENTS -**For best results, exercise should be performed throughout the greatest range of pain free movement.



