Cybex Arm Curl

Select weight. Sit on the machine with your chest against the chest pad. Adjust the seat height so your arms are in alignment with the arm pads. Adjust the chest pad fore/aft position so your elbows are in alignment with the red pivot point.

Grasp the handles and turn your palms slightly inward. Alternatively, turn your palms facing upward or toward each other for variation. Exhale and lift the handlebars. Inhale and slowly release the handlebars back to their starting position.