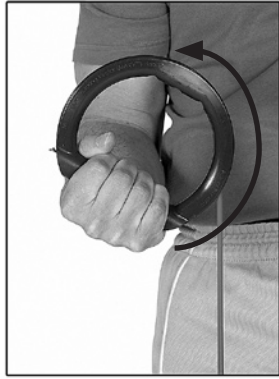
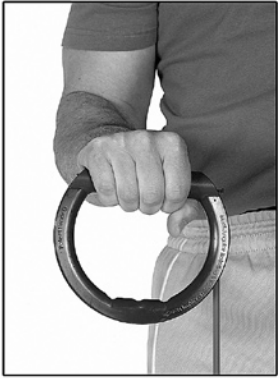
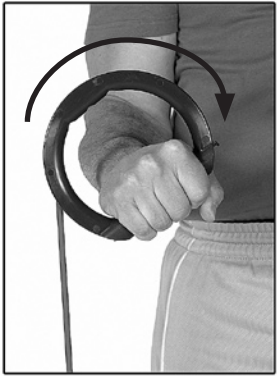
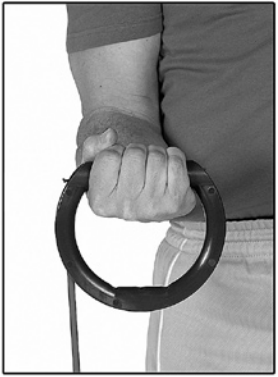


## Elbow Exercises:



### Supination

Set the MARV Handle up in channel grip position. Your upper arm should be held at your side with your elbow bent to 90°. Hold the MARV Handle with your palm facing down and the tubing projecting down from the inside/thumb side of the MARV. The tubing is secured from a position below the handle (i.e. step on it). The tubing should have some tension in it at this position. Keep a firm grip in the MARV Handle while you roll your forearm and turn your palm up performing supination. Relax and repeat for the recommended number of repetitions and sets.



### Pronation

Set the MARV Handle up in channel grip position. Your upper arm should be held at your side with your elbow bent to 90°. Hold the MARV Handle with your palm facing up and the tubing projecting down from the outside/thumb side of the MARV. The tubing is secured from a position below the handle (i.e. step on it). The tubing should have some tension in it at this position. Keep a firm grip in the MARV Handle while you roll your forearm and turn your palm down performing pronation. Relax and repeat for the recommended number of repetitions and sets.



### Biceps Curl

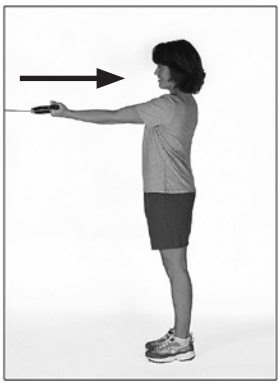
Set the MARV Handles up in channel grip position. Hold the MARV Handles with palms facing up. The tubing projects down from the inside channel (pinky side) of each hand. The tubing is secured from a position below the handle (i.e. step on it). Keep your hands palms up with wrists held in a neutral to slightly bent back position. Hold your upper arms at your sides with your elbows straight. This is the starting position. The tubing should have some tension in it at this position. Curl your arms up into full flexion, keeping a loose grip on the handle (allow the handle to rotate slightly in your grip so it stays in line with the tubing). Relax and repeat for the recommended number of repetitions and sets.



### Incline Curl

Set the MARV Handle up in channel grip position. Hold the MARV Handle with your arm extended behind your body, palm facing forwards and the handle pointing down and back towards the floor. The tubing projects down from the inside channel (pinky side) of your hand. The tubing is secured from a position behind your arm (i.e. secure it in a door). Keep your hand palm down with wrist held in a neutral to slightly bent back position. Hold your upper arm at your side with your elbow pointing backwards. This is the starting position. The tubing should have some tension in it at this position. Curl your arm up into full flexion, keeping a loose grip on the handle (allow the handle to rotate slightly in your grip so it stays in line with the tubing). Relax and repeat on each side for the recommended number of repetitions and sets.





### Preacher Curl

Set the MARV Handle up in channel grip position. Hold the MARV Handle with your arm extended in front of your body, palm facing up and the handle pointing forward towards the door in front of you (where it is secured). The tubing projects out from the inside channel (pinky side) of your hand. Keep your hand palm up with wrist held in a neutral to slightly bent back position. Hold your upper arm straight out in front of you with your elbow pointing to the front. This is the starting position. The tubing should have some tension in it at this position. Curl your arm up into full flexion, keeping a loose grip on the handle (allow the handle to rotate slightly in your grip so it stays in line with the tubing). Relax and repeat on each side for the recommended number of repetitions and sets.



### Concentration Curl (side)

Set the MARV Handle up in channel grip position. Hold the MARV Handle with your arm extended out to the side of your body, palm facing up and the handle pointing towards the door on the side of your body where it is secured. The tubing projects out from the inside channel (pinky side) of your hand. Keep your hand palm up with wrist held in a neutral to slightly bent back position. Hold your upper arm straight out to your side. This is the starting position. The tubing should have some tension in it at this position. Curl your arm up into full flexion, keeping a loose grip on the handle (allow the handle to rotate slightly in your grip so it stays in line with the tubing). Relax and repeat on each side for the recommended number of repetitions and sets.



### Hammer Curl

Set the MARV Handles up in channel grip position. Hold the MARV Handles with your hands held in neutral / with the thumb-side of your hands pointing up. The tubing projects down from the outside edges of the channels of each hand. The tubing is secured from a position below the handle (i.e. step on it). Keep your hands in a neutral position with wrists held secure. Hold your upper arms at your sides with your elbows straight. This is the starting position. The tubing should have some tension in it at this position. Curl your arms up into full flexion, keeping a tight grip on the handle. Relax and repeat for the recommended number of repetitions and sets.



### Reverse Curl

Set the MARV Handles up in channel grip position. Hold the MARV Handles with palms facing down and the handles pointing down towards the floor. The tubing projects down from the outside channels (pinky side) of each hand. The tubing is secured from a position below the handle (i.e. step on it). Keep your hands palms down with wrists held in a neutral position. Hold your upper arms at your sides with your elbows straight. This is the starting position. The tubing should have some tension in it at this position. Curl your arms up into full flexion, keeping a loose grip on the handle (allow the handle to rotate slightly in your grip so it stays in line with the tubing). Relax and repeat for the recommended number of repetitions and sets.





### Triceps Pressdown

Set the MARV Handles up in channel grip position. Hold the MARV Handles with your hands held in neutral / with the thumb-side of your hand pointing up. The tubing projects up from the outside edges of the channels of each hand. The tubing is secured from a position above the handle (i.e. secure it in a door). Hold your upper arms at your sides with your elbows bent. This is the starting position. The tubing should have some tension in it at this position. Press your arms down into full extension, keeping your wrists stable while maintaining a firm grip on the handles. Relax and repeat for the recommended number of repetitions and sets.



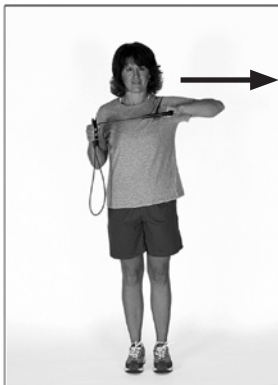
### Triceps Extension

Set the MARV Handles up in channel grip position. Hold the MARV Handles with your hands held in neutral / with the thumb-side of your hand pointing up. The tubing projects back from the outside/pinky edges of the channels of each hand. The tubing is secured from a position behind your body (i.e. secure it in a door). Hold your arms with your elbows pointed in front of your body and your elbows bent. This is the starting position. The tubing should have some tension in it at this position. Press your arms forward into full extension, keeping your wrists stable while maintaining a firm grip on the handles. Relax and repeat for the recommended number of repetitions and sets.



### Triceps Kickback

Set the MARV Handles up in channel grip position. Bend your torso slightly with your knees bent and feet shoulder width apart. Hold the MARV Handles with your hands held in neutral / with the thumb-sides of your hands pointing up. The tubing projects up from the outside/pinky edges of the channels of each hand. The tubing is secured from a position in front of your body (i.e. secure it in a door). Hold your upper arms close to your body with elbows pointed behind you and elbows bent. This is the starting position. The tubing should have some tension in it at this position. Press your arms back into full extension, keeping your wrists stable while maintaining a firm grip on the handles. Relax and repeat for the recommended number of repetitions and sets.



### Triceps Extension (side)

Set the MARV Handle up in channel grip position. Point your elbow to the side with your arm bent, and hold the MARV Handle with your palm of your hand facing down [the thumb side of your hand should be closest to your body]. The tubing projects out from the outside/pinky edge of the channel. The tubing is held with your opposite hand at chest level/height. This is the starting position. The tubing should have some tension in it at this position. Press your arm to the side into full extension, keeping your wrist stable while maintaining a firm grip on the handle. Relax and repeat for the recommended number of repetitions and sets.

