PART 5 – VASA TRAINER INDIVIDUAL EXERCISES

The following section contains individual exercises you can do with your Vasa Trainer for specific muscle groups. Please review "PART 2 - Beginning Vasa Training" for tips and guidelines for safe and effective workouts.

PCS VS. WEBBING STRAPS
Which system you use will depend on the type and purpose of the exercise. The PCS provides a mechanical advantage, much like a winch or a block and tackle device. This makes exercises at any incline setting 50% less than using webbing straps at the same incline. The PCS also provides a wider range of motion, which makes it more suitable for most exercises in the following sections. If you find the exercise is too easy, you can switch to the webbing straps or adjust resistance by increasing the incline of the monorail, adding stretch cords or power cords, or adding weights to the weight bracket.

HANDLES VS. PADDLES
Most exercises will be more comfortable performed with the handles rather than the paddles. You may choose to use the paddles for exercises that simulate swim or surf paddling strokes. Swim Coaches feel that using the paddles force the athlete to engage the many muscles of the hand that you use while swimming or paddling in the water, resulting in stronger hands and better technique.

ADDING RESISTANCE
If it becomes easy to do your pre-determined repetitions per set and the entire workout is too easy, it’s time to increase the slope, add stretch cords, add power cords, or add weights on the weight plate bracket. See PART 2, Section 2.6 “Adjusting Resistance on the Vasa Trainer” for detailed instructions on how to adjust resistance.

WARM UP AND STRETCHING
Always warm up with 10 - 20 minutes of light intensity aerobic activity before strength training with the Vasa Trainer. Some excellent exercises for warm up are: Freestyle Endurance and Cardio Pull. Do some stretching after warming up and after completing your workout. You’ll find some stretches you may do with your Vasa Trainer later in this section.

SAFETY
Always practice strict safety when using the Vasa Trainer. See PART 2, Section 2.3 - “Safety and the Vasa Trainer” for guidelines on how to use the Vasa Trainer safely, as well as tips for working with children.

For tips on how to safely get on and off the Vasa Trainer, see PART 2, Section 2.3- "Getting on and off Safely", as well as the instructions on the next page.

PROPER BREATHING
• Always breath rhythmically during exercise. Holding your breath can be dangerous because it stops the blood flow to your brain and could make you light headed or faint.
• Breathe in and out through both your nose and your mouth in order to get enough oxygen during each breath.
• Exhale when the exercise is the hardest, and inhale when the exercise is the easiest.

PROPER FORM AND TECHNIQUE
Follow the directions in this manual for performing each exercise in a correct, safe manner. Always use your muscles to control lowering your body down the monorail to the start position. Never allow yourself to return down the monorail in an uncontrolled manner. For exercises you do while lying on your back, press your lower back into the padded bench and tuck your chin to your chest. This will prevent lower back strain and will also give your abdominal muscles a better workout. For any exercises that are labeled ADVANCED, start slowly until you feel comfortable with the motion and follow the tips for safety and stability.

CHART YOUR PROGRESS
Tracking your improvements on the Vasa Trainer, as in all training, will be a key in reaching your goals. One of the most effective methods for monitoring progress is to keep an accurate training log. A good log can serve to help you monitor the effects of each workout and the stresses associated with training. The sample Vasa training log in this section can serve as a guide for tracking these components in your training program. You are more likely to be satisfied with your exercise program if you keep an effective log.
GETTING ON AND OFF SAFELY

Getting safely on and off your Vasa Trainer is an important part of your program. Please follow these guidelines:

GETTING ON USING THE WEBBING STRAPS

1) Place hands at top of bench. 2) Lie on bench, keep one foot on floor. 3) Grab webbing straps. 4) Place hands in handles/paddles and bring foot off floor.

GETTING ON USING THE PULLEY CABLE SYSTEM

1) Hold handles/paddles. 2) Place hands at top of bench. 3) Lie on bench, keep one foot on floor. 4) Bring foot off floor, bring hands into position.

GETTING ON USING THE FOOT PLATFORM

1) Place hands on side of bench. 2) Sit on bench. 3 & 4) Place one foot on platform, then other foot. 5) Lie back, keep hands on side of bench.

GETTING ON FACING FOREWARDS

1) Hold handles/paddles.

GETTING ON FACING BACKWARDS

1) Hold handles/paddles.

GETTING ON KNEELING FOREWARDS

1) Hold handles/paddles.
# VASA STRENGTH TRAINING LOG

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**LYING KNEE RAISE**

- Straddle the bench, then sit toward the bottom edge of the bench.
- Lie back on the bench, head toward front with knees bent and heels on back edge of bench.
- Make sure your head is supported by the bench.
- Reach both hands overhead and grasp the top edge of the bench for stability (see **START**).
- Using your abdominals, raise one knee toward your chest.
- Return to starting position by slowly lowering leg back down. Repeat with other leg.

**DO:** Breath out at the **FINISH** phase of the movement to contract the abs. Press lower back into the bench.

**DON’T:** Do not swing your legs up and down. Keep control, using only the abdominals to bring the knee up towards the chest.

**TARGETED MUSCLES:** Lower Abdominals

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**LYING LEG LIFT - single leg**

- Straddle the bench, then sit toward the bottom edge of the bench.
- Lie back on the bench, head toward front with knees bent and heels on back edge of bench.
- Reach both hands overhead and grasp the top edge of the bench for stability. Make sure your head is supported by bench. Extend both legs out in front (see **START**).
- Using abdominal muscles, keep one leg extended while raising other leg straight up (see **FINISH**).
- Return to start by slowly lowering leg back down so both legs are extended in front.
- Repeat with other leg.

**DO:** Keep tension on the abdominals. Press lower back into the bench.

**DON’T:** So not allow the active leg to return quickly. Use slow, controlled movements.

**VARIATION:** Raise both legs simultaneously for LYING LEG LIFT - double leg.

**TARGETED MUSCLES:** Upper and Lower Abdominals
**LYING LEG LIFT - double leg**

- Straddle the bench then sit toward the bottom edge of the bench.
- Lie back on the bench, head toward front with knees bent and heels on back edge of bench.
- Reach both hands overhead and grasp the top edge of the bench for stability. Make sure your head is supported by bench.
- Extend both legs and point your toes (see START).
- Raise both legs until your straight legs are perpendicular to the bench (see FINISH).
- Return to start position by slowly lowering legs down to START position.

**DO:** Keep tension on the abdominals. Press lower back into the bench.

**DON'T:** Do not allow your legs to fall quickly back to START position. Lower the legs with slow, controlled movements.

**VARIATION:** See LYING LEG LIFT - single leg

**TARGETED MUSCLES:** Upper and Lower Abdominals

**LEG RAISES**

- Straddle the bench then sit toward the bottom edge of the bench.
- Lie back on the bench, holding sides of bench for stability.
- Extend both legs, bend hips and knees to 90 degrees (see START).
- Slowly extend both legs straight (see FINISH).
- Return to start position by bending legs and bringing knees in towards chest.

**DO:** Keep tension on the abdominals during entire exercise. Press lower back into the bench.

**DON'T:** Do not arch lower back when in FINISH position. Push lower back into bench.

**VARIATION:** Hold FINISH position and pulse legs slightly up and down for advanced leg raises.

**TARGETED MUSCLES:** Upper and Lower Abdominals
### ABDOMINAL CRUNCH

**START**
- Straddle the bench then sit toward the bottom edge of the bench.
- Lie back on the bench, head toward front with knees bent and heels on back edge of bench.
- Make sure your head is fully supported on the bench, then place your hands behind your head.
- Lift your head and shoulders off the bench by crunching your abdominals.
- Slowly return to starting position.

**DO:** Keep tension on the abdominals. Do not relax the abs while in the start position.

**DON'T:** Do not pull your head with your hands. This will stress the neck. Pull with your abs.

**VARIATION:** When in FINISH position, do 5 mini ab crunches, bringing head and shoulders further towards knees.

**TARGETED MUSCLES:** Upper Abdominals

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### ABDOMINAL CRUNCH - with foot platform

**START**
- Straddle the bench then sit toward the bottom edge of the bench.
- Place feet shoulder width apart on foot platform. Lie back on the bench, making sure your head is fully supported on the bench. Place your hands behind your head.
- Lift your head and shoulders off the bench by crunching your abdominals, while simultaneously bending your knees so the bench rolls down the incline.
- Use the legs to push off the foot platform to return to starting position.

**DO:** Keep tension on the abdominals. Do not relax the abs while in the start position.

**DON'T:** Do not pull your head with your hands. This will stress the neck.

**VARIATION:** When in FINISH position, do 5 mini ab crunches, bringing head and shoulders further towards knees.

**TARGETED MUSCLES:** Upper Abdominals
ABS

RESISTED AB CRUNCH

• Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer, then sit towards the back part of the bench.
• Lie back on the bench with knees bent and heels on back edge of bench.
• Start with your arms bent and hands resting on top of shoulders (see START).
• Slowly lift your upper torso 5 to 6 inches off the bench, using your abdominals. Keep your hands locked by your shoulders.
• Pause for a moment in the FINISH position before returning to starting position.
• Slowly return to starting position.

DO: Keep tension on the abdominals throughout the exercise. Press lower back into bench.
DON’T: Do not use your arms to raise your body. Isolate all movement in the abs.
VARIATION: See RESISTED AB CRUNCHES - advanced.
TARGETED MUSCLES: Lower Abs

RESISTED AB CRUNCH - advanced

• Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer, then sit towards the back part of the bench.
• Straighten your arms and hold hands by hips with pulley cord on outside of arms.
• Lie back on the bench and bend legs 90 degrees at hips and knees (see START).
• Slowly lift your head and shoulders 5 to 6 inches off the bench, using your abdominals, while simultaneously bringing knees closer to chest.
• Pause for a moment in the FINISH position before returning to starting position.

DO: Keep tension on the abdominals throughout the exercise. Press lower back into bench.
DON’T: Do not use your arms to raise your body. Isolate all movement in the abs.
VARIATION: See RESISTED AB CRUNCHES
TARGETED MUSCLES: Lower Abs
**ABS**

**PULLOVER CRUNCH**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer, then sit towards the back part of the bench.
- Lie back on the bench with knees bent and heels on back edge of bench.
- Start with your arms extended overhead (see START).
- In an arc motion, bring your hands overhead until they touch the outer thighs by knees (see MID).
- Use your abdominals to raise your head and shoulders 5 to 6 inches off the bench, pushing your hands past your thighs (see FINISH).
- Pause for a moment in the FINISH position before returning to starting position.

- **DO:** Use the arms, lats and abs in unison. Press lower back into bench.
- **DON'T:** Do not let your arms do the work. The movement should come from the chest, back and abdominal muscles.
- **VARIATION:** In the finish position, do 5 small pulses, contracting the abdominals further.
- **TARGETED MUSCLES:** Upper and Lower Abs

**CRUNCH - with pike**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer, then sit towards the back part of the bench.
- Hold handles by shoulders with pulley cord on outside of arms.
- Lie back on the bench and bend legs 90 degrees at hips and knees (see START).
- Push your hands towards hips using your abdominals, while simultaneously straightening knees.
- Slowly return to starting position.

- **DO:** Use arms and abdominals in unison. Press lower back into the bench.
- **DON'T:** Do not allow your body to rock back and forth. Use slow controlled movements.
- **VARIATION:** For easier version, keep legs bent in FINISH position.
- **TARGETED MUSCLES:** Upper and Lower Abdominals
**ABS**

**PULLOVER CRUNCH - cross body**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer, then sit towards the back part of the bench.
- Lie back on the bench with knees bent and heels on back edge of bench.
- Start with your arms extended overhead (see START).
- One arm at a time, bring your hand across your torso to the opposite thigh using a diagonal motion. The active shoulder will raise off the bench.
- Slowly extend arm back overhead to return to start position. Repeat with other arm.

**DO:** Use the abdominals to bring your hand to your thigh. The twisting motion activates the obliques.

**DON’T:** Do not contract the arm during the pullover. Keep arm extended with a slight bend at the elbow.

**TARGETED MUSCLES:** Obliques and Lower Abdominals

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**PILATES 100**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer, then sit towards the back part of the bench.
- Hold hands by shoulders with pulley cord on outside of arms.
- Lie back on the bench and bend legs 90 degrees at hips and knees (see START).
- Push your hands towards hips using your abdominals, while simultaneously straightening legs (see MID).
- While in MID position pulse your hands up and down about 6 inches for a set of 10 repetitions.
- Repeat for up to 10 sets of 10 repetitions (for a total of 100 reps).
- Return to start position by bringing hands back towards shoulders and straightening legs.

**DO:** Use arms and abs in unison. Press lower back into bench.

**DON’T:** Do not allow your body to rock back and forth. Use slow, controlled movements.

**VARIATION:** For easier version, keep legs bent in MID position.

**TARGETED MUSCLES:** Upper and Lower Abdominals
**TORSO TWIST**

- Stand to the side of the Vasa Trainer with your back to the machine.
- Grasp the left handle with both hands.
- Sit on the bench facing sideways (see START) with arms extended across your torso, waist high.
- Using a twisting motion from the waist, pull your arms across the front of your body until they are fully extended on the opposite side, waist high.
- Return to starting position by bringing your arms slowly across your torso.

**DO:** Concentrate on using the obliques and abdominals to twist, not your arms.

**DON’T:** Do not swing your torso back and forth. This gives you momentum and takes the resistance off the abdominals, and could stress the lower back

**TARGETED MUSCLES:** Obliques

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**CROSS CABLE BEND**

- Grasp the right handle with your left hand and pull the bench halfway up the incline. Straddle the bench facing the front of the Vasa Trainer.
- Sit on the bench facing forward with your knees bent over the front of the bench.
- Start with left arm extended in front of your body, in front of right knee. Lean left shoulder forward towards right knee (see START).
- Slowly twist and straighten your back, pulling your left hand towards your left hip.
- Return by slowly bringing your arm back down to the starting position.
- Repeat set with the other arm.

**DO:** Initiate the pull with your abdominals, waist and lower back.

**DON’T:** Do not use your arm to pull. Focus on initiating the movement from the abs.

**TARGETED MUSCLES:** Obliques
**SUPER AB CRUNCHES (ADVANCED EXERCISE)**

- Place one hand on the bench and one hand on the pull-up bar. Pull the bench partway up the incline.
- Kneel on the bench and hook your insteps over the bottom edge of the bench. At the same time, place both hands on the strap bar.
- Position yourself so your chin is directly over the strap bar. Keep your upper body in this position.
- Start with your hips and knees bent at 90 degrees (see START).
- Slowly open up your hips and lower bench down the incline. Keep your chin directly over strap bar.
- Slowly return to starting position.

**DO:** Use slow movements - up on a count of 1, down on a count of 2.

**DON'T:** Do not use fast movements. Focus on slow, controlled motion.

**VARIATION:** To add resistance, increase incline, add stretch cords, power cords or weights to weight bracket.

**TARGETED MUSCLES:** Lower Abdominals and Shoulder Stabilizers

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**CROSS BODY SHOULDER RAISE (ADVANCED)**

**CAUTION:** This is an advanced exercise. Be sure to hook your instep over the bench and engage your abdominals for stability. Start slowly until you feel comfortable with the motion and your stability.

- Cross the cables and grasp right handle with left hand, left handle with right hand.
- Hold both handles and pull the bench halfway up the incline. Kneel on the bench facing forward.
- Start with your arms extended in front, palms facing in.
- Raise one arm across the front of your body until your arm is extended straight behind you
- Twist your torso with the arm that is moving behind you. Keep both arms straight.
- Slowly reverse the motion and repeat the exercise with the other arm.

**DO:** Fully extend both arms. Keep an upright posture, extending neck and keeping chest open.

**DON'T:** Do not tighten neck muscles or bend the arms.

**TARGETED MUSCLES:** Core Stabilizers, Rear Deltoids, Obliques
• Stand to the side of the Vasa Trainer with your back to the machine.
• Grasp the left handle with the right hand. Sit on the front the bench facing sideways.
• Start with your right arm holding the handle and extended towards the front of the Vasa Trainer and your left arm extended in front of you (see START position).
• Using your core muscles, rotate your upper body towards the back of the Vasa Trainer so your hands and shoulders face the back.
• Return to starting position by slowly rotating back to START position.

**DO:** Sweep across front of body like a tennis forehand swing. Use slow, controlled movements.

**DON’T:** Do not bend elbow.

**VARIATION:** see SIDE SADDLE TWIST - backhand.

**TARGETED MUSCLES:** Obliques and Lower Back, Front Deltoids

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• Stand to the side of the Vasa Trainer with your back to the machine.
• Grasp the left handle with the left hand. Sit on the front the bench facing sideways.
• Start with your left arm holding the handle and extended towards the front of the Vasa Trainer and your right arm extended straight in front of you (see START position). Your shoulders should be facing the front of the Vasa Trainer.
• Using your core muscles, rotate your upper body towards the back of the Vasa Trainer so your hands and shoulders are facing towards the back.
• Return to starting position by slowly rotating back to START position.

**DO:** Sweep across front of body like a tennis backhand swing. Use slow, controlled movements.

**DON’T:** Do not bend elbow.

**VARIATION:** see SIDE SADDLE TWIST - forehand.

**TARGETED MUSCLES:** Obliques, Lower Back, Rear Deltoids
• Stand to the side of the Vasa Trainer with your back to the machine.
• Grasp the left handle with both hands.
• Sit on the bench facing sideways with arms extended across your torso towards the front of the Vasa Trainer (see START).
• With an upright posture, lean away from the front of the Vasa Trainer while extending arms overhead. Use your core muscles to initiate the pull.
• Return to starting position by bringing your arms slowly back to START position.
• Repeat for other side facing opposite direction.

  DO: Keep a slight bend in your elbow to reduce stress on the elbow joint.
  DON’T: Do not use arms to pull, use your core muscles to initiate the movement.
  TARGETED MUSCLES: Obliques, Deltoids

• Unhook handles or paddles from the pulley cable clips. Attach ankle straps to your ankles.
• Grasp the pulley clips, one in each hand. Pull the bench partway up the incline. Straddle the bench, then sit in the middle of the bench facing forward.
• Clip the pulley clips to the D-ring on the ankle straps.
• Extend your legs straight out in front of you and lean back on the bench, using elbows and forearms for support. Hold the side of bench for stability.
• Using your abdominals, pull your knees towards your chest.
• Slowly straighten legs to return to starting position.

  DO: Use slow, controlled motions up and down.
  DON’T: Do not allow the bench to return quickly. Use your abdominal muscles to slowly lower the bench back to START position.
  VARIATION: For advanced lower ab pulls, use webbing straps instead of pulley cable system.
  TARGETED MUSCLES: Lower Abdominals
### AB LAT ROW - straight leg

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing front.
- Sit on the bench facing the front of the machine.
- Place your legs straight out in front of you (see START), or for ADVANCED position, hold your feet up with legs bent in “crunch” position.
- Start with arms fully extended in front of you, with palms facing in.
- From and upright position, pull your hands back until your hands reach the side of your rib cage.
- Slowly return to starting position by extending your arms back over your legs.

**DO:** Concentrate on keeping your abdominals engaged.  
**DON’T:** Do not lean back. Keep your torso in an upright position.  
**VARIATIONS:** Hold feet up with legs bent in a “crunch” position for ADVANCED AB LAT ROW  
**TARGETED MUSCLES:** Abdominals, Arms, Latissimus

### PLYO SQUAT - with medicine ball

- Straddle the bench and sit towards bottom edge of bench.  
- Place feet shoulder width apart on foot platform.  
- Hold a medicine ball between your hands. Lie back on bench and extend arms above chest.  
- Start with legs in a squat position by bending both knees to 90 degrees (see START).  
- Push forcefully off the foot platform, holding the medicine ball above your chest.  
- Engage your abdominals by trying to keep the ball stable with arms extended at chest height.  
- Absorb the return with your legs, bend legs to 90 degrees and push off again.  

**DO:** Hold the arms and medicine ball straight above your chest throughout the exercise as best a possible. The ball will tend to move back and forth.  
**DON’T:** Do not allow your lower back to arch. Press it into the bench.  
**VARIATION:** You can use a light dumbbell or freeweight plate in place of medicine ball.  
**TARGETED MUSCLES:** Thighs, Hamstrings, Buttock, Calves, Abdominals, Shoulders, Chest
### LAT ROW - straight leg

**START**
- Hold both handles and pull the bench halfway up the incline. Straddle the bench and sit facing front.
- Place your legs straight out in front of you (see START position above).
- Start with arms fully extended in front, palms facing down and a straight back.
- From an upright position, pull your hands back until your hands reach the side of your rib cage.
- Slowly return to starting position by extending your arms back over your legs.

**DO:** As you pull the handles towards your rib cage, press your chest out and squeeze the shoulder blades together to fully contract the back muscles.

**DON'T:** Do not use your biceps for the pull. Lead with your elbow to focus the resistance on your back muscles.

**VARIATIONS:** Can be done with bent legs.
- For parallel grip lat row, start with palms facing in.
- For reverse grip lat row, start with palms facing up.

**TARGETED MUSCLES:** Lats, Upper Back

### HIGH LAT ROW (SEATED ROW)

**START**
- Hold both handles and pull the bench halfway up the incline.
- Straddle the bench facing the front. Sit in the bench with legs bent.
- Start with arms fully extended in front with palms down and a straight back.
- From an upright position, pull your hands back towards your shoulders.
- Slowly return to starting position by extending arms back over your legs.

**DO:** Concentrate on leading with the elbows while pulling up to the shoulders.

**DON'T:** Do not lean back to help pull up towards your chest. Keep your torso in an upright position and let the upper back and rear shoulder muscles do the work.

**VARIATION:** Can be done with straight legs.

**TARGETED MUSCLES:** Lats, Upper Back
LOW CROSSED LAT ROW

- Cross the cables (grasp right handle with left hand, left handle with right hand.)
- Hold both handles and pull the bench halfway up the incline.
- Straddle the bench and sit facing the front of the machine.
- Place your legs straight out in front of you.
- Start with arms fully extended in front, palms facing down and a straight back.
- From an upright position, pull your hands back towards your shoulders.
- Slowly return to starting position by extending arms back over your legs.

**DO:** As you pull your hands towards your rib cage, press out your chest and squeeze the shoulder blades together to fully contract the back muscles.

**DON'T:** Do not lean back to help pull towards your torso. Keep your torso in an upright seated position to work the target muscles.

**VARIATION:** Can be done with bent legs. See HIGH CROSSED LAT ROW below.

**TARGETED MUSCLES:** Lats, Upper Back

HIGH CROSSED LAT ROW

- Cross the cables (grasp right handle with left hand, left handle with right hand.)
- Hold both handles and pull the bench halfway up the incline.
- Straddle the bench and sit facing the front of the machine, legs bent.
- Start with arms fully extended in front, palms facing down and a straight back.
- From an upright position, pull your hands back towards your shoulders.
- Slowly return to starting position by extending arms back over your legs.

**DO:** Concentrate on leading with the elbows while pulling up to the shoulders.

**DON'T:** Do not lean back to help pull up towards your chest. Keep your torso in an upright position and let the upper back and rear shoulder muscles do the work.

**VARIATION:** Can be done with straight legs.

**TARGETED MUSCLES:** Lats, Upper Back
SURFER LAT PULL (ADVANCED EXERCISE)

**CAUTION:** This is an advanced exercise. Be sure to hook your instep over the bench and engage your abdominals for stability. Start slowly until you feel comfortable with the motion and your stability.

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing forward.
- Place knuckles on top of bench to balance as you kneel on the bench facing forward.
- Hook insteps over back edge of bench for more stability.
- Lower your torso over your knees, as you extend your arms out in front of you.
- With your palms facing down, slowly raise your torso while pulling your arms back to the side of your hips, imitating a surfer’s paddle. Slowly return to starting position.

**DO:** The movement is intended to raise your heart rate. Establish a rhythm that allows you to move quickly while still maintaining complete control.

**DON’T:** Do not go so fast that you lose control.

**TARGETED MUSCLES:** Lats, Upper Back
GOOD MORNINGS

- Hold both handles and pull the bench halfway up the incline. Straddle the bench, then sit on the bench towards the back of the bench.
- Place your legs straight out in front of you (see START position above).
- Start with arms fully extended in front, palms facing down and hands by ankles.
- Initiate the pull by leaning back, arms straight, pulling with abs and lower back.
- Slowly return to starting position.

**DO:** Be sure to initiate the pull with your abs and lower back by keeping your arms straight.

**DON’T:** Do not lean further back than you are comfortable.

**TARGETED MUSCLES:** Lower back and Abdominals.

CAUTION: This is an advanced exercise. Be sure to hook your instep over the bench and engage your abdominals for stability. Start slowly until you feel comfortable with the motion and your stability.

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing forward.
- Place knuckles on top of bench to balance as you kneel on the bench facing forward.
- Hook insteps over back edge of bench for more stability.
- Bring handles to your chest while lowering your torso over your knees (see START).
- Keeping hands at your chest, pull yourself up by using your lower back muscles, raising to an upright position.
- Slowly return to starting position by lowering back down over your knees.

**DO:** Keep your lower back tight throughout the entire movement. Allowing your lower back to relax puts you at greater risk of injury.

**DON’T:** Do not rock back and forth on knees. Maintain a slow, controlled movement to avoid injury.

**TARGETED MUSCLES:** Lower Back

LOW BACK EXTENSIONS (ADVANCED EXERCISE)
• Hold both handles and pull the bench halfway up the incline. Straddle the bench and sit at the bottom edge of the bench facing back.
• Lie back on the bench with knees bent and heels on back of bench.
• Holding the handles, extend your arms above your head, palms facing out (see START).
• Pull both arms down to the side of hips in an arcing motion.
• Return to starting position by extending your arms back to the sides and over head.

**DO:** Keep arms extended throughout the range of motion, with a slight bend at the elbow.

**DON'T:** Do not let the arms come up to quickly from the FINISH position. Motion should be slow and controlled to avoid injury.

**VARIATION:** Can be done with arms overhead rather than to the side.

**TARGETED MUSCLES:** Lats and Shoulders
**LAT FLY - single arm**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench and sit at the bottom edge of the bench facing back.
- Lie back on the bench with knees bent and heels on back of bench.
- Holding the handles, extend your arms above your head, palms facing up (see START).
- Pull one arm down overhead (or to the side) to your hips in an arcing motion.
- Return by extending your arm back overhead (or to the side). Repeat with other arm.

**DO:** Keep arms extended throughout the range of motion, with a slight bend at the elbow.

**DON'T:** Do not let the arms come up to quickly from the FINISH position. Motion should be slow and controlled to avoid injury.

**VARIATION:** Can be done by pulling arms overhead or to the side.

**TARGETED MUSCLES:** Lats and Shoulders

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**IRON CROSS**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench and sit at the bottom edge of the bench facing back.
- Lie back on the bench with knees bent and heels on back of bench.
- Holding the handles, extend your arms above your head, palms facing out.
- Pull both arms down to your sides, stopping and holding at shoulder high for isometric iron cross.
- Return to starting position by extending your arms back to the sides and over head.

**DO:** Keep arms extended with a slight bend at elbow.

**DON'T:** Do not let the arms come up to quickly from the FINISH position. Motion should be slow and controlled to avoid injury.

**TARGETED MUSCLES:** Lats and Shoulders
**LAT PULL DOWN**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench and sit at the bottom edge of the bench facing back.
- Lie back on the bench with knees bent and heels on back of bench.
- Holding the handles, extend your arms above your head, palms facing up, in or down.
- Pull both hands down until your hands are just outside your shoulders, keeping your elbows out to the sides.
- Return to starting position by extending your arms back overhead in a controlled motion.

**DO:** Concentrate on leading the pull with your elbows. You should feel the resistance in your back muscles as well as your arms.

**DON'T:** Do not use your biceps for the pull, lead with your elbows to target the resistance on your back muscles.

**VARIATION:** Can be done with palms facing in, up or down.

**TARGETED MUSCLES:** Lats, Upper Back and Arms

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**CROSS BODY LAT PULL - single arm**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench and sit at the bottom edge of the bench facing back.
- Lie back on the bench with knees bent and heels on back of bench.
- Holding the handles, extend your arms above your head, palms facing up (see START).
- Pull one arm down overhead in an arc motion and across your body towards the opposite hip.
- Return to starting position and repeat with the other arm.

**DO:** Keep arms extended throughout the range of motion, with a slight bend at the elbow.

**DON'T:** Do not let the arms come up to quickly from the FINISH position. Motion should be slow and controlled to avoid injury.

**TARGETED MUSCLES:** Lats and Shoulders
• Push the bench halfway up the incline. Lie on the bench with your chest at the top of the bench while holding the outside grips of the pull up bar, palms facing down.
• Start with your arms fully extended. Pull yourself up the incline until your chin is over the bar.
• Return to starting position by slowly lowering back down until your arms are fully extended.

☑ DO: Concentrate on leading the pull with your elbows. You should feel the resistance in your back and arms.
☒ DON’T: Do not use your biceps for the pull. Leading with your elbows will help engage the targeted back muscles.
⚠ VARIATION: Put hands close together for Close Grip Pull Up.
☑ TARGETED MUSCLES: Upper Back, Lats, Arms

• Push the bench halfway up the incline. Lie on the bench with your chest at the top of the bench while holding the outside grip of the pull up bar with one arm, palm facing down.
• Start with your arm fully extended. Pull yourself up the incline until your chin is over the bar.
• Return to starting position by slowly lowering back down until your arm is fully extended.

☑ DO: Concentrate on leading the pull with your elbows. You should feel the resistance in your back and arms.
☒ DON’T: Do not use your biceps for the pull. Leading with your elbows will help engage the targeted back muscles.
⚠ VARIATION: Use both arms for Double Arm Pull Up
☑ TARGETED MUSCLES: Lats, Upper back, Arms
BACK

**CHIN UP**

- Push the bench halfway up the incline. Lie on the bench with your chest at the top of the bench while holding the outside grips of the pull up bar, palms facing up.
- Start with your arms fully extended. Pull yourself up the incline until your chin is over the bar.
- Return to starting position by slowly lowering back down until your arms are fully extended.

**DO:** Concentrate on leading the pull with your elbows. You should feel the resistance in your back muscles and your arms.

**DON’T:** Do not use your biceps for the pull. Leading with your elbows will help engage the targeted back muscles.

**VARIATION:** Put hands close together for Close Grip Chin Up.

**TARGETED MUSCLES:** Lats, Upper Back, Arms

**STARBOARD SWEEP (with curl bar)**

- Attach the curl bar to the right PCS clip. Hold the curl bar and pull the bench halfway up the incline.
- Straddle the bench facing the front of the Vasa Trainer and sit on the bench with your legs extended in front, keeping feet to the right side of the monorail to avoid cable.
- Start with arms fully extended in front, palms facing down and left hand slightly in front of right (see START).
- Pull your hands back towards your left rib cage as if you were rowing. Rotate your body slightly and pull the left arm towards the left hip.
- Slowly return to starting position by extending your arms back over your legs.
- Complete set and repeat set on opposite side.

**DO:** Focus on using your core and upper body to complete the movement.

**DON’T:** Do not use a fast, jerky motion in either direction.

**VARIATION:** Can be done with curl bar attached to right webbing strap for more resistance.

**TARGETED MUSCLES:** Lower Lats, Upper Back, Obliques
INDIVIDUAL EXERCISES

NORDIC DOUBLE POLING - lying

- Hold both handles and pull the bench halfway up the incline. Straddle the bench and lie face down with your chest at the front of the bench.
- Start with arms fully extended and palms facing in.
- Simulate the poling motion by initiating the pull with the abdomen.
- Pull with both arms at the same time, fully extending arms toward hips.
- Slowly return to starting position.
- Use webbing straps for more resistance, PCS for less resistance.

**DO:** Keep arms extended throughout the range of motion with a slight bend at the elbow.

**DON'T:** Do not pull in a fast, jerky motion. Maintain control at all times.

**VARIATION:** See NORDIC DOUBLE POLING - kneeling and NORDIC SINGLE POLING

**TARGETED MUSCLES:** Latissimus, Rhomboids, Trapezius, Triceps

NORDIC DOUBLE POLING - kneeling (ADVANCED EXERCISE)

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing forward.
- Place knuckles on top of bench to balance as you kneel on the bench facing forward.
- Hook insteps over back edge of bench for more stability.
- Start with arms extended in front, holding handles, palms facing in.
- Simulate the poling motion by initiating the pull with the abdomen. Pull with both arms at the same time, fully extending arms toward hips.
- Slowly return to starting position. Use webbing straps for more resistance, PCS for less resistance.

**DO:** Keep arms extended throughout the range of motion, with a slight bend at the elbow.

**DON'T:** Do not pull in a fast, jerky motion. Maintain control at all times.

**VARIATION:** See KNEELING NORDIC DOUBLE POLING - lying.

**TARGETED MUSCLES:** Latissimus, Rhomboids, Trapezius, Triceps

**CAUTION:** This is an advanced exercise. Be sure to hook your instep over the bench and engage your abdominals for stability. Start slowly until you feel comfortable with the motion and your stability.
• Connect the handles to the Pulley Cable System (PCS). Hold both handles and pull the bench halfway up the incline. Straddle the bench and lie face down with your chest at the front of the bench.
• Start with one arm fully extended and the other arm fully extended to the rear, palms facing in.
• Simulate the single poling motion by initiating the pull with the abdomen. One arm will move forward as the other moves backward. As you pull with one arm, resist with the other. Keep a consistent cadence throughout the motion, fully extending arms toward hips in the FINISH position.

**NOTE:** You will **not** be moving up and down the monorail. The resistance comes from keeping your body suspended partway up the incline. Add power cords, weights or adjust incline to increase resistance.

✔ **DO:** Use a mid to high incline setting for this exercise. Keep a smooth cadence, keeping the pulley cord tight throughout the range of motion.

✖ **DON'T:** Do not use a jerky motion, try to engage a rhythm to gain an aerobic workout.

▲ **VARIATION:** Can be done kneeling, see NORDIC SINGLE POLING - kneeling.

◎ **TARGETED MUSCLES:** Latissimus, Rhomboids, Trapezius, Triceps
**Vasa Trainer Instruction Manual**

**PART 5 - VASA TRAINER INDOOR EXERCISES**

**BUTTERFLY STROKE**

- Hold both paddles and pull the bench halfway up the incline. Straddle the bench and lie face down with your chest at the front of the bench.
- Start with your arms fully extended in front, just as you do in the water.
- Start the pull with both arms, keeping your hands, wrists and forearms rigid and elbows high.
- Scull outward, then at mid stroke, start to scull inward, keeping elbows high.
- Accelerate so your hips move swiftly past your hands.
- Complete the stroke with a strong finish, extending your arms as your hands brush your hips.
- **RECOVERY:** Simulate the recovery motion as you slowly lower back down the incline.

**DO:** Use a cadence for each stroke, up on “1” count, recover on “1-2-3” count. This will allow you to benefit from the eccentric or negative phase of the stroke.

**DON’T:** The recovery phase of this stroke can be difficult. Start conservatively and gradually increase the repetitions and resistance levels.

**VARIATION:** Use PCS for less resistance, Webbing Straps for more resistance.

**TARGETED MUSCLES:** Latissimus, Upper Back, Shoulders

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**WIDE RECOVERY**

- Hold both paddles and pull the bench halfway up the incline. You can use the pulley cable system (PCS) or webbing straps for this exercise.
- Straddle the bench and lie on your stomach with your chest at the front of the bench.
- Start with your arms fully extended in front, just as you do in the water.
- Pull yourself up the incline to mid-stroke, this is the start position (see START). Hold this position until your arms begin to shake (about 10-30 seconds).
- Pull thru to FINISH position, pause for 2 seconds with arms fully extended (see FINISH), then lower back to mid-stroke/start position. Hold again until arms begin to shake, then pull thru ro FINISH.
- Repeat for 10-15 repetitions.

**DO:** Start conservatively and gradually increase repetitions and resistance levels.

**VARIATION:** While holding the isometric position, move hands back and forth, perpendicular to the monorail, closer to your chest, then back towards straight out to sides.

**TARGETED MUSCLES:** Latissimus, Upper Back, Shoulders, Rotator Cuff

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**BUTTERFLY - midstroke isometric**
BICEPS CURLS - seated

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the front of the Vasa Trainer. Sit on the bench facing forward with knees bent over front of the bench.
- Start with arms fully extended in front with your palms facing up.
- Using your biceps muscles, pull yourself up the incline by curling the handles up towards your shoulders.
- Slowly return to starting position.

**DO:** Pause briefly in the FINISH position and flex the biceps for extra contraction.

**DON’T:** Do not fully extend arms in START position. Keep a slight bend in the elbow to keep resistance on the biceps.

**VARIATION:** BICEPS CURLS - kneeling, reverse, single arm, and continuous.

**TARGETED MUSCLES:** Biceps

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BICEPS CURLS - kneeling (ADVANCED EXERCISE)

**CAUTION:** This is an advanced exercise. Be sure to hook your instep over the bench and engage your abdominals for stability. Start slowly until you feel comfortable with the motion and your stability.

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the front of the Vasa Trainer.
- Kneel on the bench, facing forward. Hook insteps over back edge of bench for more stability.
- Start with arms fully extended in front with your palms facing up.
- Using your biceps muscles, pull yourself up the incline by curling the handles up towards your shoulders.
- Slowly return to starting position.

**DO:** Pause briefly in the FINISH position and flex the biceps for extra contraction.

**DON’T:** Do not fully extend arms in START position. Keep a slight bend in the elbow to keep resistance on the biceps.

**TARGETED MUSCLES:** Biceps, Core Stabilizers
**CAUTION:** This is an advanced exercise. Be sure to hook your instep over the bench and engage your abdominals for stability. Start slowly until you feel comfortable with the motion and your stability.

- Hold both handles and pull the bench halfway up the incline. Kneel on the bench facing forward, or sit with knees bent over front edge of bench.
- If kneeling, you may hook insteps over back edge of bench for stability.
- Start with your arms extended in front of you, palms down and hands shoulder-width apart.
- Using your biceps muscles, pull yourself up the incline by curling the handles towards your shoulders.
- Slowly return to starting position.

**DO:** Keep abdominals tight to stabilize yourself on the bench.

**DON'T:** Do not create momentum by rocking back and forth on your knees.

**VARIATION:** Can be done seated with knees over front of bench.

**TARGETED MUSCLES:** Biceps, Core Stabilizers
**BICEPS CURL - single arm**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the front of the Vasa Trainer. Sit on the bench facing forward with knees bent over front of the bench, or kneel on the bench.
- Start with arms fully extended in front with your palms facing up.
- Using one arm at a time, use your biceps muscles to pull yourself up the incline by curling the handle up towards your shoulders. Return to start position, alternate arms.

**DO:** Pause in the FINISH position and flex the biceps for an extra contraction.

**DON’T:** Keep a slight bend in the elbow to keep resistance on the biceps.

**VARIATION:** Can be done kneeling rather than seated.

**TARGETED MUSCLES:** Biceps

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**BICEPS CURL - continuous**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the front of the Vasa Trainer. Sit on the bench facing forward with knees bent over front of the bench, or kneel on the bench.
- Start with arms fully extended in front with your palms facing up.
- Using one arm at a time, use your biceps muscles to pull yourself up the incline by curling the handle up towards your shoulders. As you bring one arm back to start position, bring the other arm towards finish position, so arms are continuously rotating positions.

**DO:** Pause in the FINISH position and flex the biceps for an extra contraction.

**DON’T:** Keep a slight bend in the elbow to keep resistance on the biceps.

**VARIATION:** Can be done kneeling rather than seated.

**TARGETED MUSCLES:** Biceps
**SUPINE BICEPS CURL**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench, then lie back on the bench, head toward rear with knees bent and heels on front of bench.
- Start with arms bent at elbow and wrists straight out in front of you, palms up (see START).
- Using your biceps muscle, pull yourself up the incline by curling the handles towards your shoulders (see FINISH).
- Slowly return to starting position.

**DO:** Pause briefly in the FINISH position and flex the biceps for an extra contraction.

**DON’T:** Do not fully extend arms in START position. Keep a slight bend in the elbow.

**VARIATION:** Use PALMS DOWN grip for Reverse Supine Biceps Curl.

**TARGETED MUSCLES:** Biceps

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**PRONE BICEPS CURL**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench, then lie on your stomach with your chest at the front of the bench and your elbows resting at the top edge of the bench.
- Start with arms bent at elbow and wrists straight out in front of you, palms up (see START).
- Using your biceps muscle, pull yourself up the incline by curling the handles towards your shoulders (see FINISH).
- Slowly return to starting position.

**DO:** Pause briefly in the FINISH position and squeeze the biceps for an extra contraction.

**DON’T:** Do not fully extend arms in START position. Keep a slight bend in the elbow.

**VARIATION:** Use PALMS DOWN grip for Reverse Prone Biceps Curl.

**TARGETED MUSCLES:** Biceps
### SUPINE BICEPS CURL - single arm

**START**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench, then sit on the front part of the bench.
- Lie back on the bench, head toward rear with knees bent and heels on front of bench.
- Start with your arms straight by your sides, hands next to hips and palms up.
- Using one arm at a time, use your biceps muscles to pull yourself up the incline by curling the handle up towards your shoulders. Return to start position, alternate arms.

**DO:** Pause briefly in the FINISH position and flex the biceps for an extra contraction.

**DON’T:** Do not fully extend arms in START position. Keep a slight bend in the elbow to keep resistance on the biceps.

**VARIATION:** See SUPINE BICEPS CURL - continuous

**TARGETED MUSCLES:** Biceps

### SUPINE BICEPS CURL - continuous

**START**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench, then sit on the front part of the bench.
- Lie back on the bench, head toward rear with knees bent and heels on front of bench.
- Start with your arms straight by your sides, hands next to hips and palms up.
- Using one arm at a time, use your biceps muscles to pull yourself up the incline by curling the handle up towards your shoulders. As you bring one arm back to start position, bring the other arm towards finish position, so arms are continuously rotating positions.

**DO:** Pause briefly in the FINISH position and flex the biceps for an extra contraction.

**DON’T:** Do not fully extend arms in START position. Keep a slight bend in the elbow to keep resistance on the biceps.

**VARIATION:** See SUPINE BICEPS CURL - single arm

**TARGETED MUSCLES:** Biceps
**INCLINE BICEPS CURL**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer with the handles at your sides.
- Sit on the top part of the bench facing the rear. Bend knees and place feet at bottom of bench.
- Start with your arms extended straight by your sides, palms facing forward (see START).
- Using your biceps muscles, pull yourself up the incline by curling the handles towards your shoulders.
- Slowly return to starting position.

**DO:** Pause briefly in the FINISH position and flex the biceps for an extra contraction.

**DON’T:** Do not allow your arms to swing back and forth. Keep your elbows stationary.

**TARGETED MUSCLES:** Biceps

**LATERAL BICEPS CURL**

- Stand to the side of the Vasa Trainer with your back to the machine. Grasp the right handle with your right hand. Sit on the bench facing sideways, towards the middle or top of the bench.
- Start with your arm extended towards the front of the Vasa Trainer (see START position).
- Using your biceps muscle, pull yourself up the incline by curling the handle in towards your shoulder.
- Return to the starting by extending arm slowly to starting position.
- Repeat with left arm holding left handle, seated and facing opposite side.

**DO:** Pause briefly in the FINISH position and flex the biceps for an extra contraction.

**DON’T:** Do not fully extend your arm in the START position.

Keep a slight bend in your elbow to keep resistance on the biceps.

**TARGETED MUSCLES:** Biceps
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BICEPS

FOREARM CURL

START

FINISH

- Hold both handles and pull the bench halfway up the incline. Straddle the bench and lie on your stomach with your chest at the front of the bench and your elbows resting at the top edge.
- Start with arms bent 90 degrees at elbow, holding handles with palms facing up.
- Curl wrists in towards your body by contracting your forearm muscles until the hands form a 90 degree angle with your forearm (see FINISH).
- Slowly return to starting position.

☑️ DO: Pause briefly in the FINISH position and squeeze the forearm for an extra contraction.
☒ DON’T: Do not use biceps. Focus on using the forearms.
⚠️ VARIATION: Use PALMS DOWN grip for Reverse Forearm Curl.
☐ TARGETED MUSCLES: Forearms and Wrist

VARIATION: Use PALMS UP grip for Forearm Curl.

TARGETED MUSCLES: Forearms and Wrist
**CHEST**

**ARM PULLOVER - arms overhead**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench, then lie back on the bench (on your back), head to front with knees bent and heels on back of bench.
- Holding the handles, extend your arms above your head, palms facing up.
- In an arc motion, pull both arms overhead until they touch the tops of your thighs.
- Slowly return to starting position by extending your arms back overhead.

**DO:** While the arms are extended overhead, pause briefly and allow your torso and abdominal muscles to stretch. Press your lower back into bench.

**DON’T:** Do not lift your back off the bench during the movement. If you need to lift your lower back to complete the repetition, you may need to lower the resistance level.

**VARIATION:** Can be done with arms to side - see below

**TARGETED MUSCLES:** Latissimus Dorsi, Pectorals

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**ARM PULLOVER - arms to side**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench, then lie back on the bench (on your back), head to front with knees bent and heels on back of bench.
- Holding the handles, extend your arms above your head, palms facing out.
- In an arc motion, pull both arms to the side until they touch your outer hips.
- Slowly return to starting position by extending your arms back overhead.

**DO:** While the arms are extended overhead, pause briefly and allow your torso and abdominal muscles to stretch. Press your lower back into bench.

**DON’T:** Do not lift your back off the bench at any time during the movement. If you need to lift your lower back to complete the repetition, you may need to lower the resistance level.

**VARIATION:** Can be done with arms overhead - see above

**TARGETED MUSCLES:** Latissimus Dorsi, Pectorals
• Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your knees bent over the front of the bench.
• Start with your arms to the side, just beneath your underarms (see START), palms facing down.
• From an upright position, push your hands straight out in front of your chest until your arms are fully extended. Keep your back straight throughout the movement.
• Slowly return by contracting arms back to starting position.

**DO:** Bring the handles together in the finish position to maximize contraction of your pectoral muscle. Pause for a moment with your arms straight (not hyperextended). Practice strict form by keeping your upper body in a fixed upright position, exhaling at the most difficult part of the press.

**DON'T:** Do not allow the upper body to sway back and forth.

**VARIATION:** For **INCLINE CHEST PRESS**, push your hands up at a 45 degree angle until hands are at eye level (using palms up or palms down grip). For **REVERSE GRIP CHEST PRESS**, use **PALMS UP** grip.

**TARGETED MUSCLES:** Outer Pectorals

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• Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your knees bent over the front of the bench.
• Start with your arms to the side, just beneath your underarms (see START), palms facing down.
• From an upright position, push your hands in front of your chest and out to the side (at a 45 degree angle) until your arms are fully extended. Finish with your hands wider than shoulder width.
• Slowly return to starting position.

**DO:** Flex pectoral muscles when arms are fully extended for an extra contraction. Practice strict form by keeping your upper body in a fixed upright position, exhaling at the most difficult part of the press.

**DON'T:** Do not allow the upper body to sway back and forth.

**VARIATION:** Can be done with legs straight out in front (see **CHEST PRESS - parallel grip**).

**TARGETED MUSCLES:** Outer and Upper Pectorals
• Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your knees bent over the front of the bench.
• Start with your arms to the side, just beneath underarms, palms facing in (see START).
• From an upright position, push hands straight out in front of your chest until arms are fully extended.
• Slowly return to starting position.

**DO:** Bring your hands together in the finish position to maximize contraction of your pectoral muscles. Pause for a moment with your arms straight (not hyperextended). Practice strict form by keeping your upper body in a fixed upright position, exhaling at the most difficult part of the press.

**DON’T:** Do not allow the upper body to sway back and forth.

**VARIATIONS:** Reverse Grip, Wide Grip, Incline, Decline, Single Arm

**TARGETED MUSCLES:** Inner Pectorals and Triceps

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• Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your knees bent and feet on end of bench.
• Start with your arms to the side, just below your underarms, palms facing down (see START).
• From an upright position, push your hands downward at a 45 degree angle until your arms are fully extended and your hands are by the sides of your knees (see FINISH).
• Slowly return to starting position.

**DO:** Pause for a moment in the finish position and squeeze pectoral muscles with your arms straight (not hyperextended). Practice strict form by keeping your upper body in a fixed upright position, exhaling at the most difficult part of the press.

**DON’T:** Do not allow the upper body to sway back and forth.

**VARIATION:** Use PALMS UP grip for Reverse Decline Chest Press.

**TARGETED MUSCLES:** Lower Pectorals and Triceps
• Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your knees bent and your feet on end of bench.
• Start with your arms to the side, just below your underarms, palms facing down (see START).
• From an upright position, push one hand straight out in front of your chest until your arm is fully extended. Maintain a straight back.
• Slowly return to starting position. Repeat with other arm.

**DO:** Complete one full repetition before beginning with the other arm.

**DON’T:** Do not twist your upper body during the press. Movement should be from the pectorals.

**VARIATION:** Alternate arms for CHEST PRESS - punching (see below).

**TARGETED MUSCLES:** Outer Pectorals

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• Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your knees bent and your feet on end of bench.
• Start with your arms to the side, just below your underarms, palms facing down.
• From an upright position, start by pushing one hand straight out in front of your chest until your arm is fully extended. As you bring one arm back to start position, bring the other arm towards finish position, so arms are continuously rotating positions.

**DO:** Pause briefly in the FINISH position and flex the pectorals for an extra contraction.

**DON’T:** Do not twist your upper body during the press. Movement should be from the pectorals.

**VARIATION:** Can be done one arm at a time for CHEST PRESS - punching (see above).

**TARGETED MUSCLES:** Outer Pectorals
CHEST FLY

• Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your legs straight out in front of you (or bend knees over front of bench).
• Start with your arms extended out to the side at chest level, palms facing forward (see START).
• From an upright position, push your hands together in front of your chest. Keep your back straight.
• Slowly return to starting position.

DO: Squeeze your pectorals in the finish position to maximize muscular contraction.
DON’T: Do not contract at the elbow during the fly movement. This will take emphasis off the pectorals and engage the biceps. Keep arms in a locked position with a slight bend in the elbow.

VARIATION: See CHEST FLY - incline, decline, crossover, single arm.
TARGETED MUSCLES: Upper Pectorals

CHEST FLY - incline

• Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your legs straight out in front of you (or bend knees over front of bench).
• Start with your arms extended out to the side at hip level, palms facing forward (see START).
• From an upright position, bring your hands forward in an upward arc to eye level. Keep your back straight.
• Slowly return to starting position.

DO: Squeeze pectorals together and pause when your hands reach top of the movement.
DON’T: Do not contract at the elbow during the fly movement. This will take emphasis off the pectorals and engage the biceps. Keep arms in a locked position with a slight bend in the elbow.

VARIATION: See CHEST FLY - decline, crossover, single arm.
TARGETED MUSCLES: Pectorals, Front Deltoids, Triceps
**CHEST FLY - decline**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your legs straight out in front of you (or bend knees over front of bench).
- Start with your arms extended out to the side at hip level, palms facing forward (see START).
- From an upright position, push your hands together in front of you in a downward arc, finishing just above the knees. Keep your back straight. Slowly return to starting position.

**DO:** Squeeze your pectorals in the finish position to maximize muscular contraction. Pause for a moment with your arms locked but not hyperextended.

**DON’T:** Do not contract at the elbow during the fly movement. This will take emphasis off the pectorals and engage the biceps. Keep arms in a locked position with a slight bend in the elbow.

**VARIATION:** See CHEST FLY - incline, crossover, single arm. Can be done with knees bent over front of bench.

**TARGETED MUSCLES:** Lower Pectorals

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**CHEST FLY - crossover**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your legs straight out in front of you (or bend knees over front of bench).
- Start with your arms extended out to the side at hip level, palms facing forward (see START).
- From an upright position, bring your hands chest-high in front of you until your hands completely cross over one another. Keep your back straight. Slowly return to starting position.

**DO:** On each repetition, alternate which hand goes over on top during the crossover phase.

**DON’T:** Do not contract at the elbow during the fly movement. This will take emphasis off the pectorals and engage the biceps. Keep arms in a locked position with a slight bend in the elbow.

**VARIATION:** See CHEST FLY - incline, decline, single arm. Can be done with knees bent over front of bench.

**TARGETED MUSCLES:** Pectorals, Front Deltoids, Triceps
**CHEST FLY - single arm, kneeling (ADVANCED)**

- Stand to the side of the Vasa Trainer with your back to the machine. Grasp the right handle with your right hand. Kneel on the bench facing sideways, towards the middle or top of the bench.
- Start with your arm extended towards the front, just below shoulder height (see START position).
- Slowly pull your hand across your body, keeping your arm straight. Pull until your hand is directly in front of you, just below shoulder height. Return by extending arm slowly back to starting position.
- Repeat with left arm, facing opposite side.

   **DO:** Use core abdominal muscles to keep back straight and body stable. Keep your arm extended with a slight bend at the elbow.
   **DON'T:** Do not bend elbow joint to facilitate the movement.
   **VARIATION:** Can be done from a seated position.
   **TARGETED MUSCLES:** Lower and Inner Pectorals

**CHEST FLY - sitting, cross body**

- Stand to the side of the Vasa Trainer with your back to the machine. Grasp the right handle with your right hand. Sit on the bench facing sideways, towards the middle or top of the bench.
- Start with your arm extended towards the front, just below shoulder height (see START position).
- Slowly pull your hand across your body, keeping your arm straight. Pull until your hand is directly in front of you, just below shoulder height. Return by extending arm slowly back to starting position.
- Repeat with left arm, facing opposite side.

   **DO:** Use core abdominal muscles to keep back straight and body stable. Keep your arm extended with a slight bend at the elbow.
   **DON'T:** Do not bend elbow joint to facilitate the movement.
   **VARIATION:** Can be done from a kneeling position.
   **TARGETED MUSCLES:** Lower and Inner Pectorals
**CHEST**

**FRONT SHOULDERS SCOOP**

- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the back of the Vasa Trainer. Sit on the bench with your legs in front of you and your feet on the end of the bench.
- Start with your arms out to the side of your torso at hip level, palms facing up (see START).
- In a scooping motion, pull both arms forward, finishing with arms in front at chest height.
- Keep your arms bent at 90 degrees throughout the exercise. Scoop the arms forward and up. Concentrate the movement with your chest and front shoulders.
- Slowly return to starting position.

**DO:** Bring the handles together in the finish position to maximize contraction of your pectoral muscles. Pause for a moment with your arms in finish position. Practice strict form by keeping your upper body in a fixed upright position, exhaling at the most difficult part of the press.

**DON'T:** Do not allow the upper body to sway back and forth.

**VARIATION:** Can be done with knees bent over front of bench (see CHEST PRESS above).

**TARGETED MUSCLES:** Pectorals, Front Deltoids

**PUSH-UP PROGRESSION**

- Attach the foot platform to your Vasa Trainer. Straddle the bench facing the back of the Vasa Trainer. Kneel on the bench, then place your hands on the foot platform about shoulder width apart.
- Start by pushing off with your hands until your arms are fully extended. Keep your back straight and your abdominals muscles engaged.
- Slowly return to starting position.

**DO:** Keep your back straight. Maintain controlled movements.

**DON'T:** Do not return to START position fast. Use a slow and controlled movement.

**VARIATION:** Use a close grip with your hands by forming a diamond between thumbs and index fingers of both hands.

**TARGETED MUSCLES:** Pectorals and Triceps