



This is an Overhead Press for your shoulders. You set the resistance by moving a pin instead of removing or adding plates.



This is the Triceps Extension machine next to the Preacher Bicep Curl Machine to the right. Both of these machines have the user stabilize the elbow on a chest height pad. This reduces cheating from swinging at the shoulder to “cheat up” a weight that you are a little too weak to move with proper form.



This is an Overhead Press for shoulders. Here the user needs to add or remove weighted plates to set the resistance. Often females will prefer to use the overhead press with the pin to avoid moving 45 pound plates around, but moving those plates is almost a better workout than the overhead press itself.



This is a Seated Triceps Dip. A real dip is with your body weight. At this machine you can do either more than your weight or less than your weight. The thighs are stabilized between the seat and the thigh rollers. The arms extend downward against the plates placed on each side. The arms on this machine work independently as opposed to pressing a single bar together.



This is a high elbow Bicep Curl. By positioning the upper arm high above the shoulder the insertion of the bicep is shortened in advance of executing a curl. It can be more difficult to shorten the bicep in this position so don't be surprised if you cannot do the same amount of weight as when the arm is down by your side.



This is another Overhead Press. It has independent arms. That means that your shoulders must control each side without the support of a crossbar. This is more like free weight training.



Here is a triceps press down. You want to pull the bar down and then stabilize the elbows while only bending at the elbows. Do not use this as a partial lat pull-over.







