



### Alternate SoftMed Curl - Biceps

1. Stand nice and tall, chest up and shoulders back.
2. Start with the SoftMeds at arm's length, your palms facing in.
3. Curl the SoftMeds up, twisting your wrists on the way up.
4. Your palms should be facing up, when you are at the end of the movement.
5. Slowly lower the SoftMed to the starting position, and repeat the exercise with the other arm.
6. Do not swing the weight, or let your elbows leave your side.



### Concentration Curl - Biceps

1. Sit on a chair or a Mambo Max AB Gym Ball. Spread your legs apart into a V and lean forward slightly.
2. Grasp the SoftMed in one hand with your palm facing upward.
3. Rest your elbow on your thigh, letting the SoftMed hang.
4. Rest your other hand on the top of your other thigh for support.
5. Slowly curl the weight up to the front of the shoulder while keeping the torso, upper arm and elbow still.
6. Stop when the weight is 90° (or slightly more) from your elbow joint.
7. Under control, lower the weight down, stop before your arm is fully extended. Your elbow should not be locked at this stage.

### SoftMed Curl - Biceps

1. Select your SoftMeds and sit up straight with the weights by your side, your palms facing out. Keep your back straight and your chest out.
2. Raise the SoftMeds up to your shoulders, so that your palms are facing your biceps. Slowly lower the SoftMeds.
3. It's very important that you use strict form when executing the SoftMed curl. This means no "throwing the SoftMed" up to the top of the curl, keeping your whole body tense and still and not leaning backwards to raise the SoftMed. Control the SoftMed throughout the whole curl. Move the SoftMed up and down slowly. Don't swing - that's cheating!



### Seated SoftMed Extension - Triceps

1. Sit on a chair or a Mambo Max AB Gym Ball, with your back straight and your feet planted firmly on the floor.
2. Grasp a suitable weight SoftMed and hold it with both hands behind your neck. Your fingers should be overlapped and wrapped around one end of the SoftMed.
3. Inhale and extend the forearms downwards, allowing the SoftMed to lower. Make sure your upper arms are stable and straight. During this movement you should not move your upper arms at all. The only movement should be in your forearms.
4. As you exhale, stretch your forearms upwards and back to the starting position.



### SoftMed Wrist Curl - Forearm

1. Sit on a chair or a Mambo Max AB Gym Ball while holding a SoftMed in your hand.
2. Lay your forearm flat on your thigh with the SoftMed extending past your knee, palm up.
3. Lower SoftMed as far as possible keeping a tight grip.
4. Using only your hand and wrist, bring the SoftMed up toward the ceiling as high as possible, while keeping your forearm flat on your thigh.



### Reversed SoftMed Wrist Curl - Forearm

1. Sit on a chair or a Mambo Max AB Gym Ball while holding a SoftMed in your hand.
2. Lay your forearm flat on your thigh with the SoftMed extending past your knee, palm down.
3. Lower SoftMed as far as possible keeping a tight grip.
4. Using only your hand and wrist, bring the SoftMed up toward the ceiling as high as possible, while keeping your forearm flat on your thigh.

### SoftMed Fly - Chest

1. Lie back on a Mambo Max AB Gym Ball or flat bench with a SoftMed in each hand. Your palms are facing inward toward each other.
2. Lift the SoftMeds over your chest by extending your arms. Visualize hugging a giant tree trunk.
3. Lower the SoftMeds to the sides of your body in an arc-like motion. Sustain a slight bend in your elbows while keeping your hips and shoulders flat on the bench. At the lowest point of the range of motion, your bent elbows should be on a horizontal plane parallel to the floor.



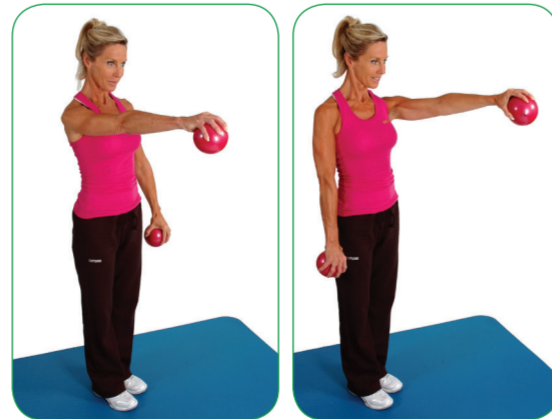
### SoftMed Press - Chest

1. Lie back on a Mambo Max AB Gym Ball or flat bench. Keep your abdominal muscles tight and your back straight. Plant your feet firmly on the floor.
2. Hold the SoftMeds at shoulder height with palms facing outward. Your upper arms parallel to the floor and elbows bent at about 90 degrees.
3. Push the SoftMeds over your head until your arms are almost completely extended. However, at the top of the movement, do not lock your elbows.
4. Slowly lower your SoftMeds back to their original position with a controlled smooth motion. Do not just drop the weight in a fast manner. The lowering movement will challenge your shoulder muscles.



### Alternate Front Raise - Shoulder

1. Stand up, keeping a straight torso, holding the SoftMeds in front of your thighs at arms length with the palms of the hand facing your thighs.
2. While maintaining the torso stationary (no swinging), lift the left SoftMed to the front with a slight bend on the elbow and the palm of the hand always facing down. Continue to go up until your arm is slightly above parallel to the floor. Exhale as you execute this part of the movement and pause for a second at the top. Inhale after that pause.
3. Now lower the SoftMed slowly to the starting position as you simultaneously lift the right SoftMed.
4. This exercise can also be performed with both arms at the same time.



### Bent-Over Lateral Raise - Shoulder

1. Bend over so your upper body is about 30 degrees to the floor.
2. Grasp a SoftMed in each hand and let hang straight down.
3. Focus your eyes on a spot high on the wall in front of you which will assist in keeping your back in a stable position throughout the movement.
4. Simultaneously raise the SoftMeds up so as to try and touch the ceiling with the back of your hands.
5. Once you reach the point of your arms being parallel to the floor, stop and hold them there for one second.
6. Return to the starting position and repeat.