In a squat position, facing the machine, perform an alternating-arm, horizontal rowing motion, bringing the rope toward the chest.

Seated, facing the machine, perform an alternating-arm climbing motion, pulling the rope downward vertically.

Standing bent over, facing the machine, perform an alternating-arm rowing motion, pulling the rope toward the chest.

Standing straight, close to and facing the machine. Perform alternating biceps curls, as if descending a rope, keeping the upper arms at your sides, and only bending at the elbows.

With back toward the machine in a slight squat posture, perform a unilateral biceps curl, using the other hand to continuously feed the rope. Repeat for the other arm.

Facing machine with legs bent, perform an alternating-arm climb motion.

Standing with Ropeflex to your side, pull the rope with 1 hand from lateral across the chest, using the other hand to feed the rope. Repeat for other side.

Standing with Ropeflex to your side, perform a row/climb. Repeat for the other arm.

Position for incline row, standing straight, carefully perform a row while maintaining balance.