

FOOT & HAND BIKE

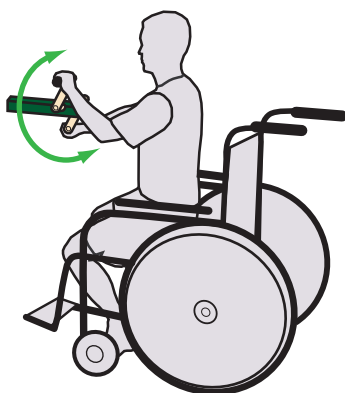
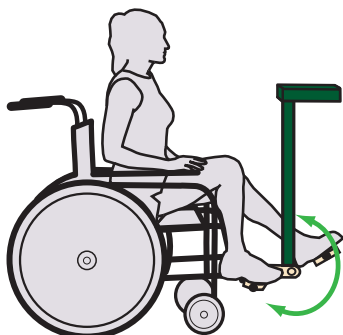
Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

The **Hand Bike** is used to exercise muscles in your arms and shoulders.

1. Sit with your back straight and knees bent. Grip the handles on the hand bike.
2. Keep the rest of your body motionless as you turn the pedals with your arms and shoulders.
3. Move at a steady pace and continue for several minutes. Reverse direction for more of a workout.

The **Foot Bike** is used to exercise muscles in your thighs and calves.

1. Sit with your back straight and place your feet on the pedals.
2. Hold onto the frame or place your hands on your thighs.
3. Move the pedals at a steady pace. Reverse direction for more of a workout. For increased difficulty use both hand pedals and foot pedals simultaneously.

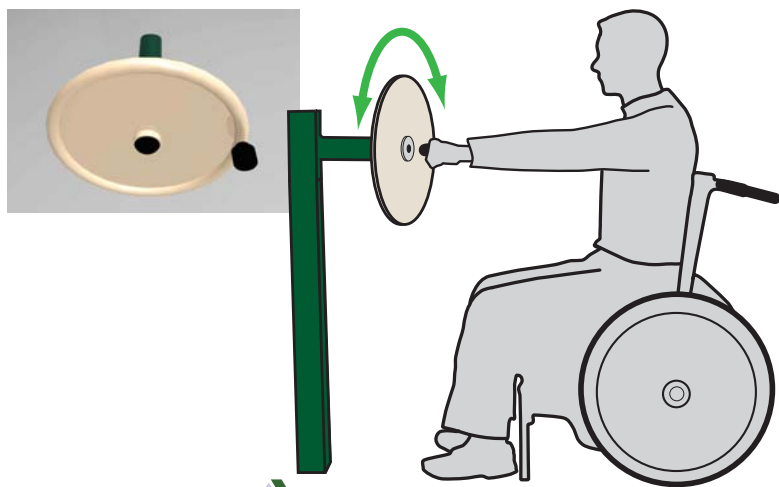


SHOULDER WHEEL

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SHOULDER WHEEL:

1. Position yourself in front of the wheel, either facing it or to the side, where you can do a full rotation comfortably.
2. Hold the handle, or place your palm on the disc.
3. Slowly perform rotations, in any direction.
4. Rotate 8-12 times in either direction, then in reverse.
5. Also use the wheel to perform stretches of the upper body and core: hold the wheel and rotate to one side to stretch your muscles and hold this position for several seconds.



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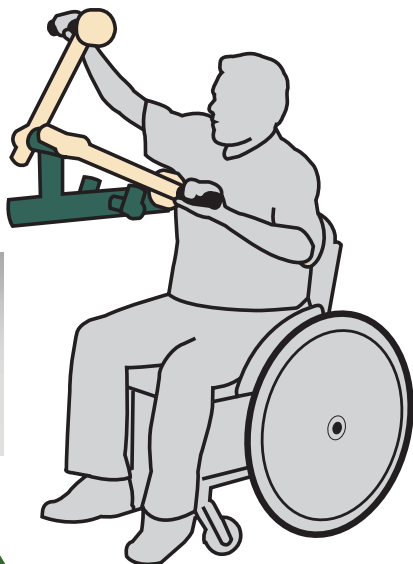
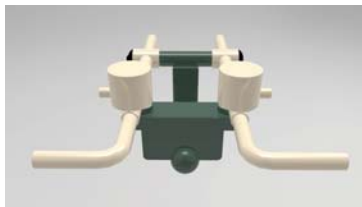


SHOULDER PRESS

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SHOULDER PRESS:

1. Position yourself in front of the handles so you can grasp them and comfortably perform a repetition.
2. Grasp the handle(s) with one/both hands.
3. Exhale slowly, stabilize your shoulders, try to keep your elbows inward, then push upward.
4. Inhale and slowly return to the start position.
5. Repeat several times.
6. Try different grip positions, do simultaneous lifts, or alternate from one side to the other.



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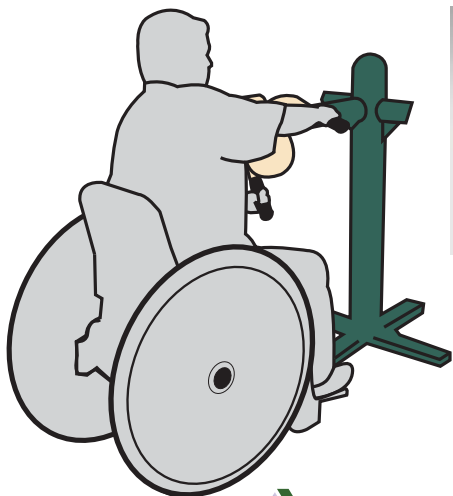


HANDLE ROTATOR

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HANDLE ROTATOR:

1. Position yourself in front of the handles, where you can hold each handle with your elbows bent.
2. Rotate to the left by pushing down on the right handle, pull your elbow into your body, and squeeze your right obliques.
3. Hold for a few seconds.
4. Slowly release and rotate towards the right side.
5. Repeat several times.
6. For variation, use one hand, both hands, or rotate the handle in circles



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