

SQUAT PRESS

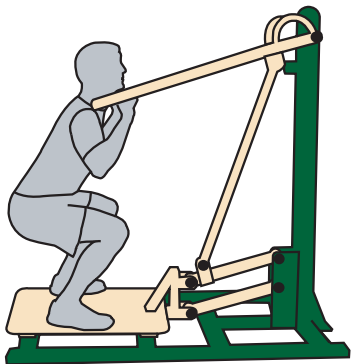
Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

With this piece you can stand on the platform and as you raise the handlebar, the resistance will increase while the platform rises. Perform Squats, Shoulder Press, Bicep Curls, or Squat then Press.

SQUATS:

1. Step on the platform and face the post.
2. Set your feet wider than shoulder width apart.
3. Grasp the handles in front of you and make sure your hands are over your toes.
4. Get into start position with the handles above your shoulders: bend your knees, lower your rear; push your chest out with your eyes looking straight ahead.
5. When ready, slowly exhale and push up with your feet firmly on the ground, use your thighs and rear, and keep your chest pushed forward.
6. Extend your knees until they are almost straight but do not lock them.
7. Inhale and slowly lower down until your thighs are parallel with the ground.
8. Repeat several times.

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