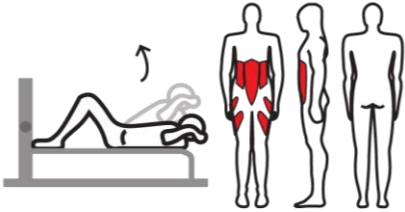


AbShape Sit Ups

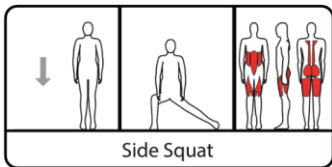
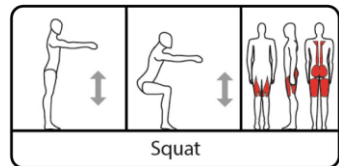
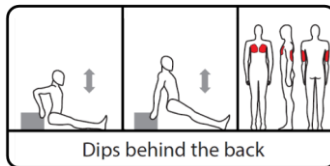
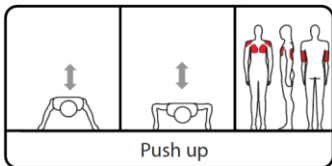
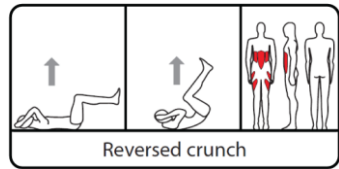
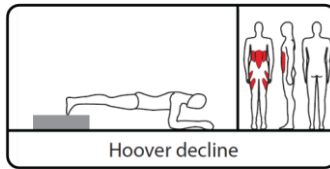
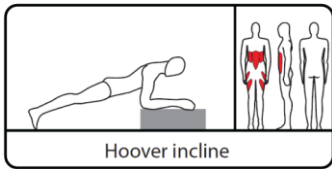


Instructions

- Hands at the ears, do not grab the neck
- Hands at the waist if it is too hard
- Bend torso and tighten the abs
- Raise torso towards the knees
- Repeat



Other exercises

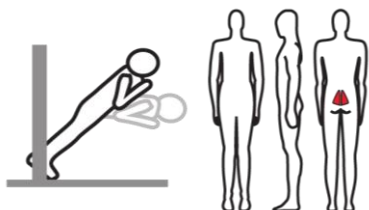


BackShape Hyperextension

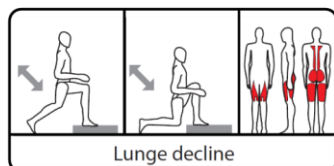
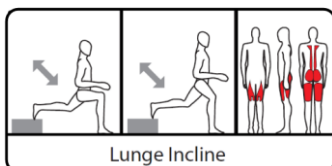
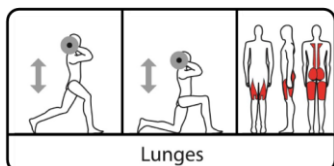
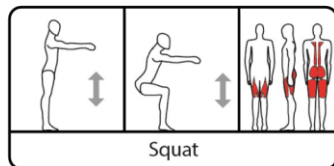
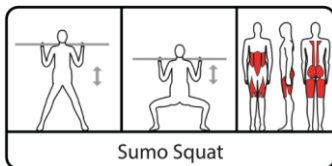
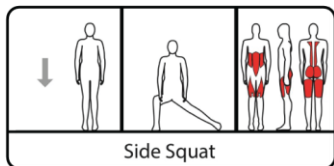


Instructions

- Place feet on the foot plates
- Lean forward with your body
- Lower the body and come up again until the upper body is in line with the lower body
- Repeat



Other back exercises

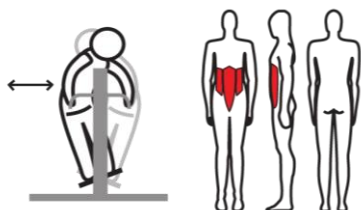


BalanceBoard Balance

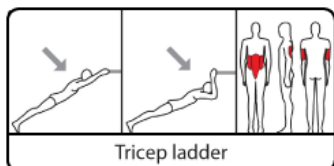
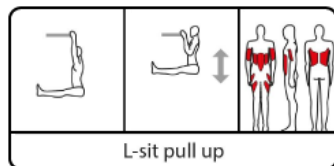
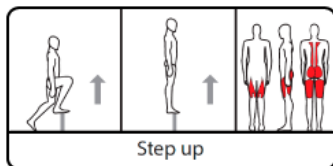
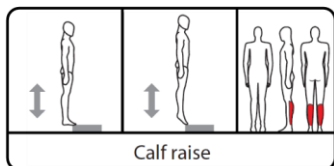
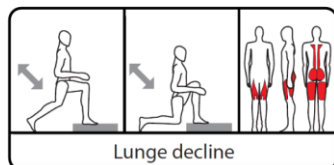
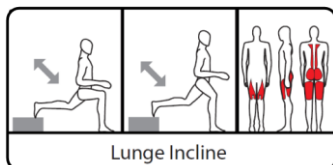
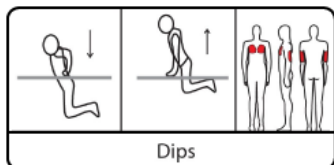
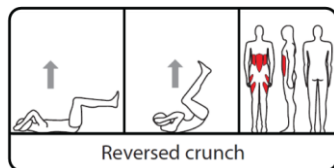
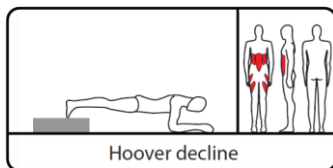
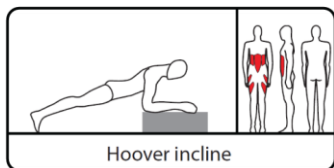


Instructions

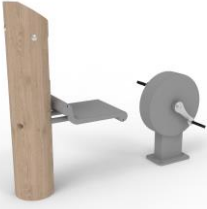
- Step onto the platform
- Try to balance without holding the handles
- Move your body to the sides to make it harder



Other exercises

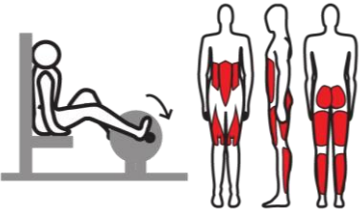


BikeFit Cycling

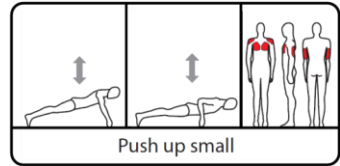
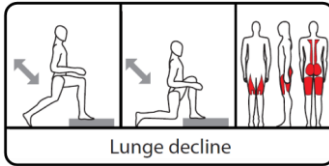
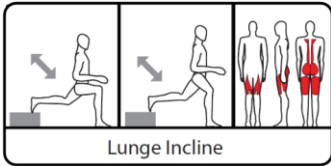
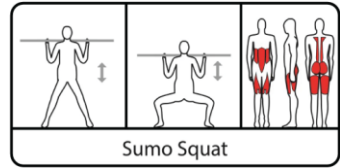
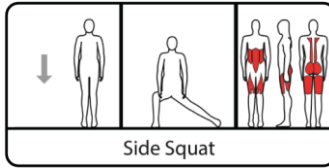
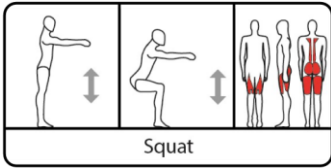


Instructions

- Sit on the seat
- Place both feet on the pedals
- Make cycling motion



Other exercises

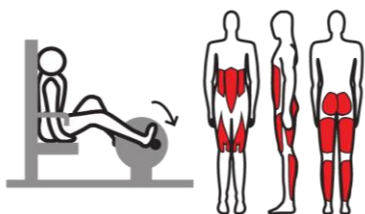


BikeFit Senior Cycling

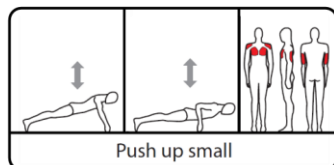
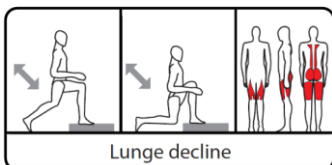
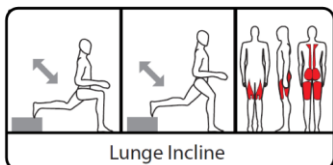
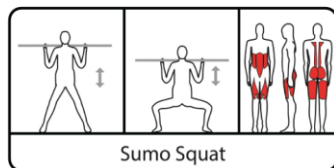
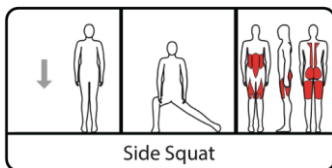
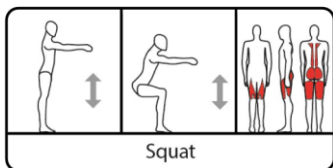


Instructions

- Sit on the seat
- Place both feet on the pedals
- Make cycling motion



Other exercises

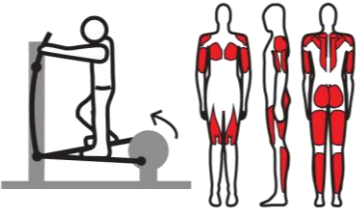


CrossFit Crosstraining

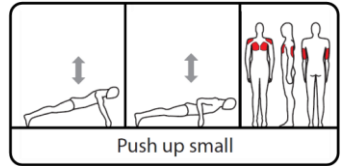
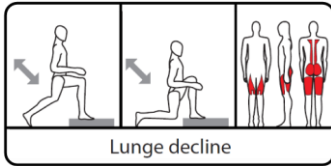
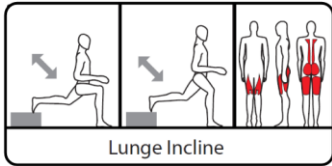
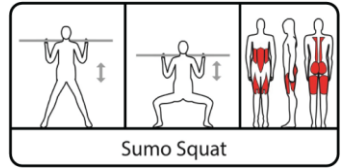
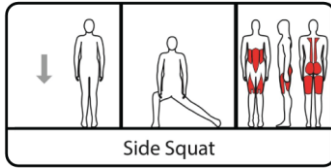
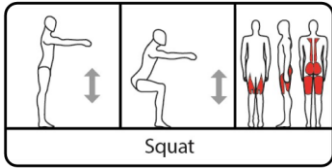


Instructions

- Carefully step up
- Get used to the motion slowing
- Use both arms and legs for strength



Other exercises



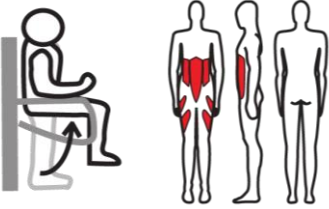
KneeRaise

Knee raise

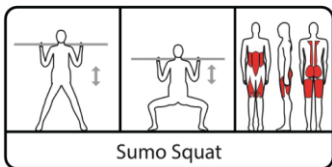
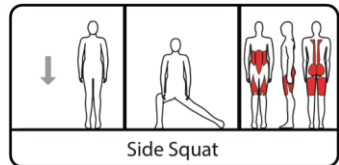
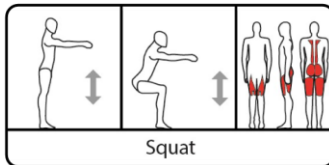
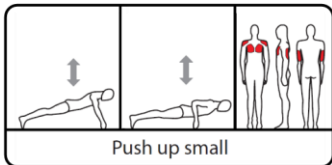
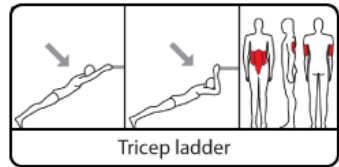
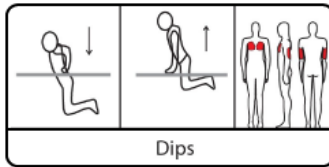
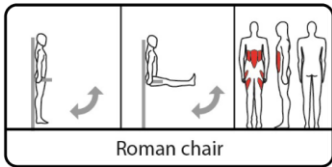


Instructions

- Support your arms on the arm rest
- Raise your knees up, hold for a moment then lower again
- Repeat

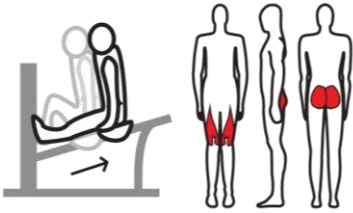


Other exercises



LegPush

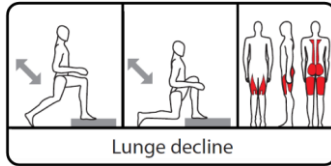
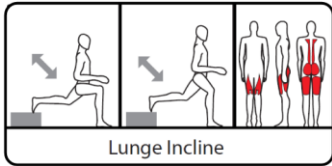
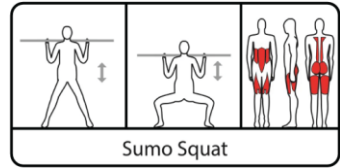
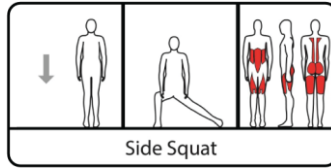
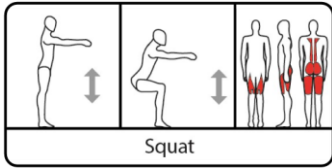
Leg push



Instructions

- Carefully sit on seat
- Do not stretch your legs completely (do not "lock" Them)
- For variation only put your toes against the rod

Other exercises

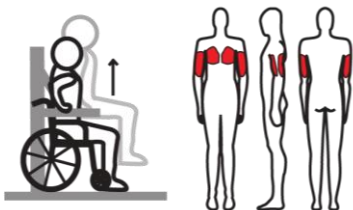


ParallelBars Inclusive Dips

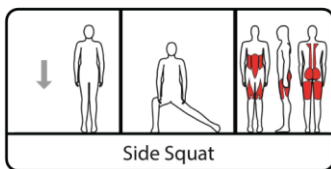
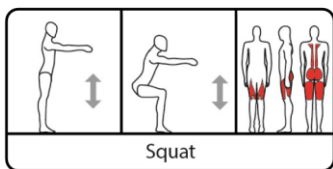
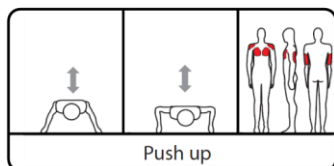
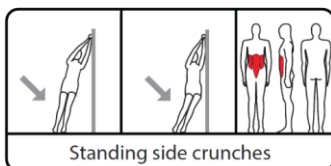
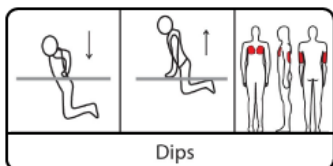
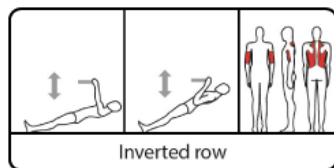
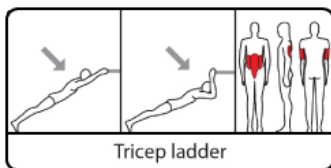
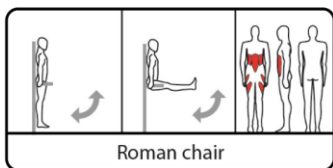


Instructions

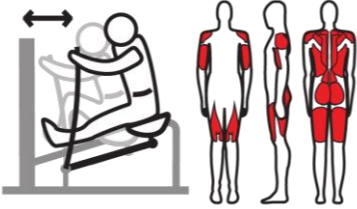
- Put your hands on the horizontal bars
- Push yourself up
- Lower your body with the elbows straight backwards



Other exercises



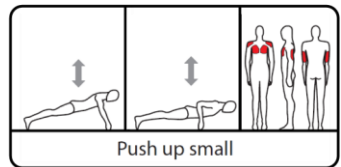
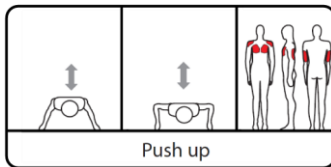
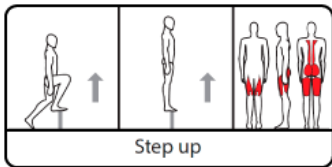
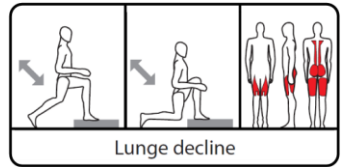
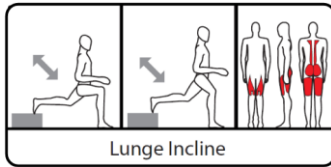
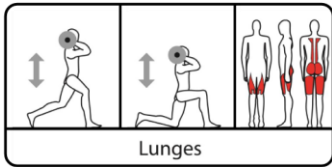
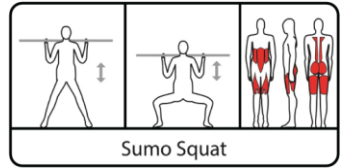
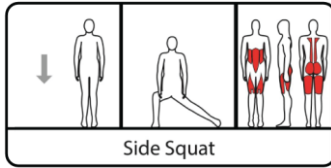
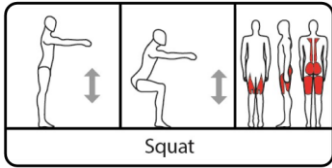
RowFit Rowing



Instructions

- Stretch your back
- Try to stretch both arms and legs at the same time
- The upper body can move back and forth a little

Other exercises



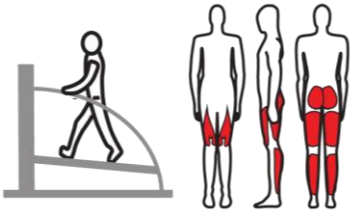
RunFit

Running/walking

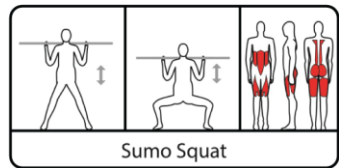
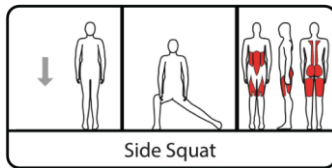
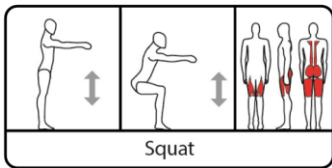
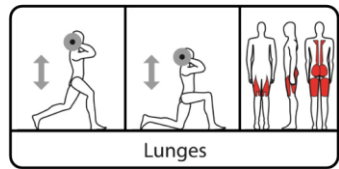
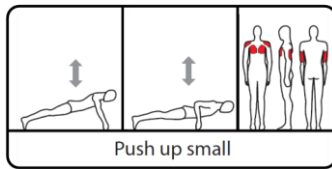
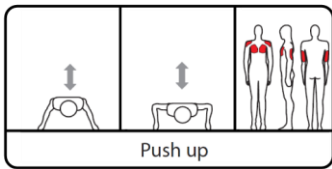
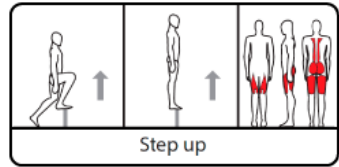
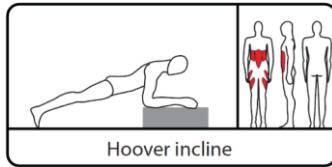
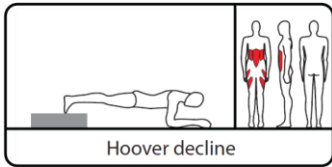
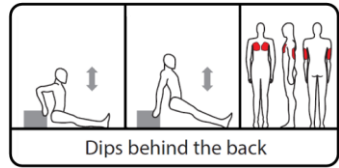
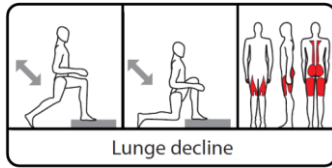
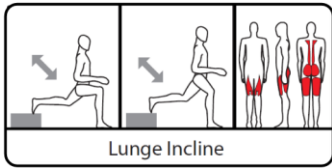


Instructions

- Carefully step up
- Hands on the support bars
- Make a running or walking motion



Other exercises

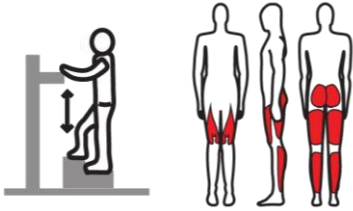


StepUp Step Ups

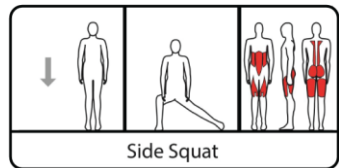
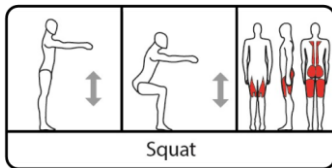
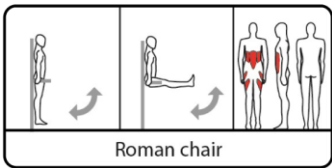
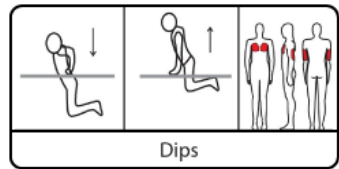
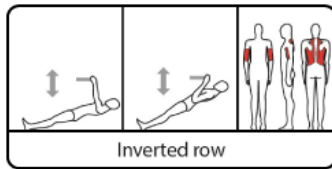
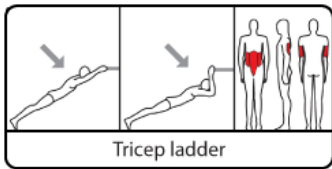
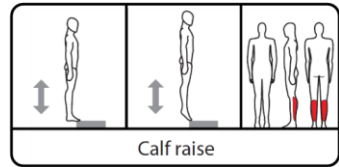
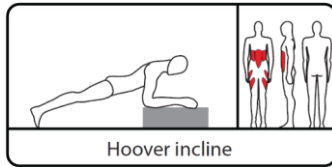
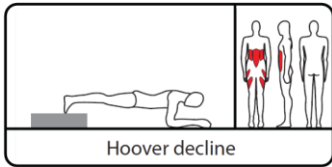
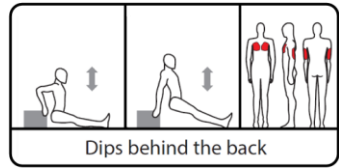
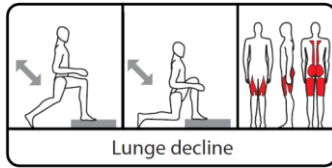
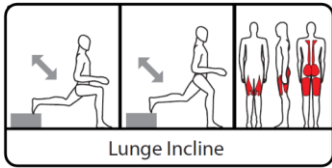


Instructions

- Carefully step up
- Alternate stepping on and off the platform left and right



Other exercises

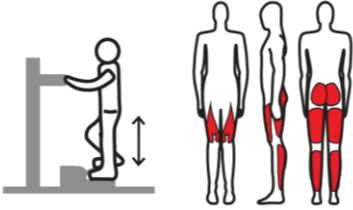


StepWalk Steeping

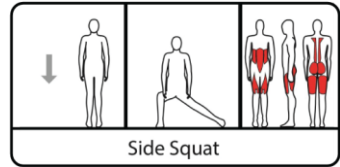
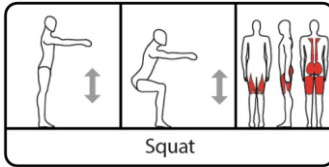
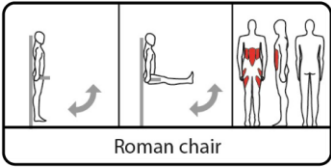
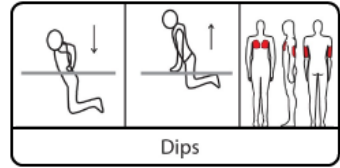
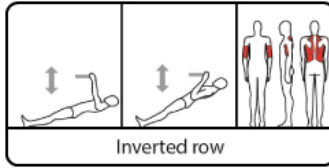
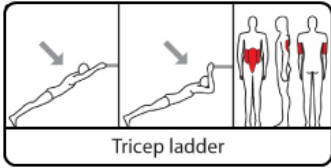


Instructions

- Stand upright during the exercise
- Tighten the calves during steeping
- Increase the pace to make it harder



Other exercises

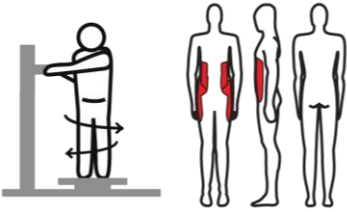


TwistOut Twisting

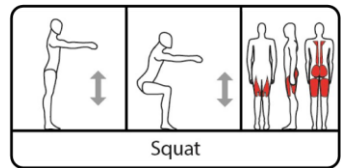
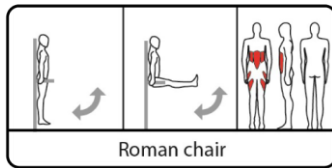
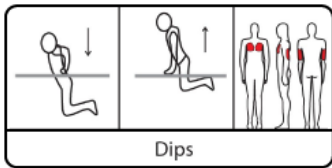
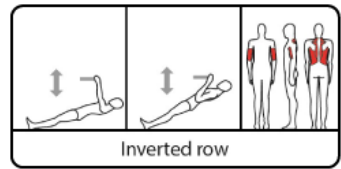
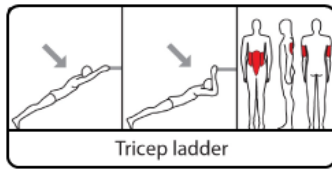
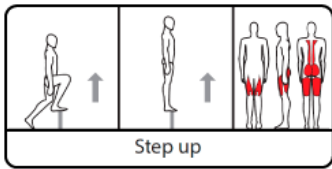
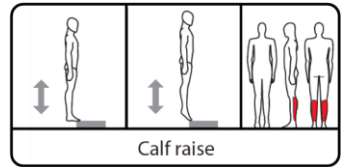
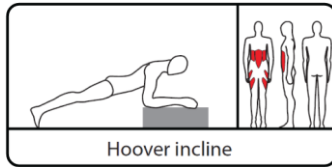
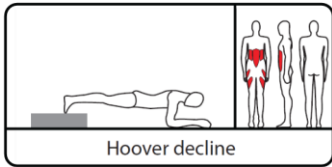
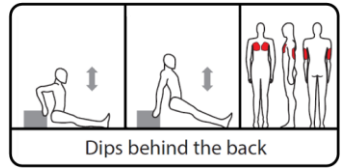
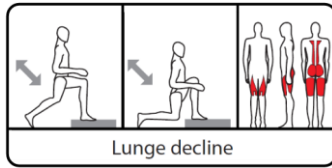
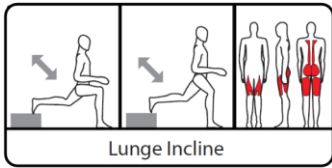


Instructions

- Carefully step on the platform
- Try not to turn the upper body
- Tighten the abs during the exercise



Other exercises



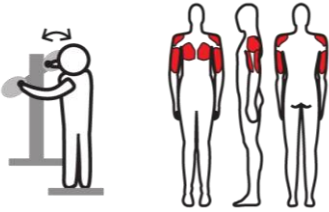
WaxOnWaxOff

Arm rotation

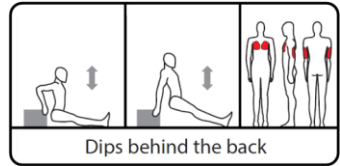
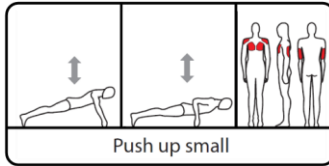
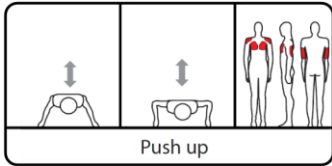


Instructions

- Place hands on the discs
- Rotate discs both from inside to outside and from outside to inside



Other exercises



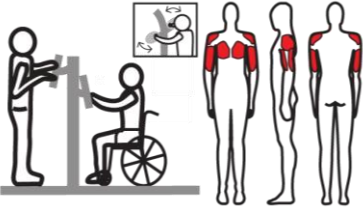
WaxOnWaxOff Double

Arm rotation

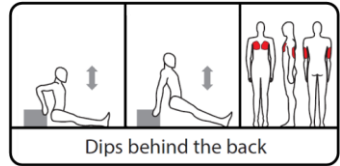
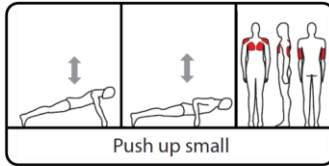
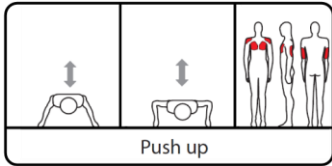


Instructions

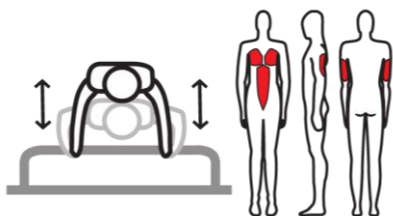
- Place hands on the discs
- Rotate discs both from inside to outside and from outside to inside



Other exercises



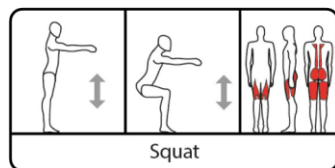
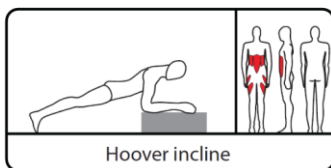
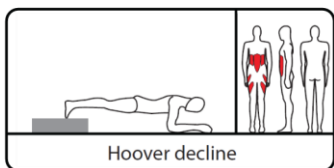
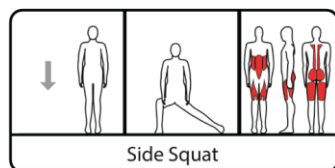
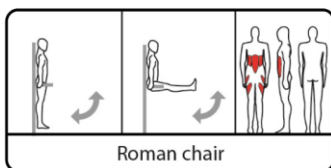
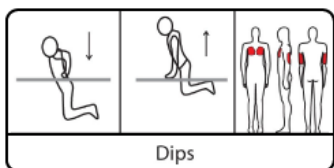
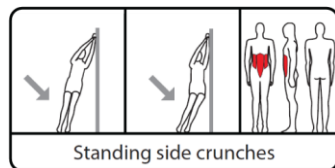
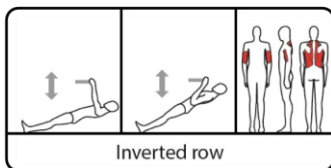
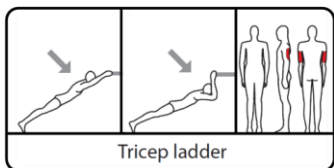
PushUp Double Push Ups



Instructions

- Grip the bars firmly
- Place your feet firmly on the ground and get your body into the push up position
- Lower yourself towards the ground in-between the bars
- Lift yourself up, completing the move
- Repeat

Other exercises



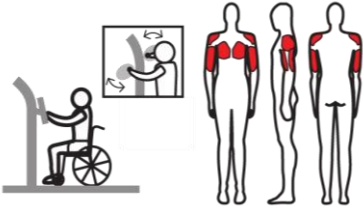
WaxOnWaxOff Inclusive

Arm rotation

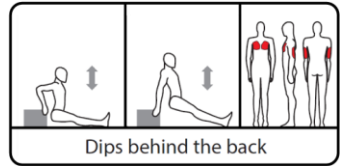
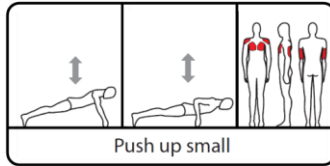
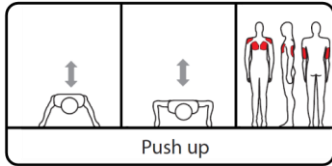


Instructions

- Place hands on the discs
- Rotate discs both from inside to outside and from outside to inside



Other exercises

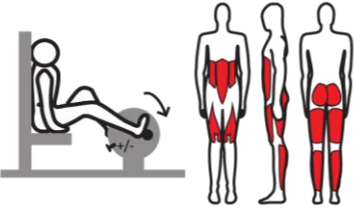


BikeFit w/Resistance Cycling

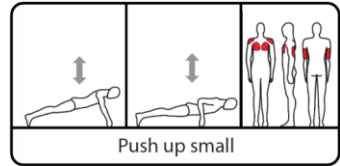
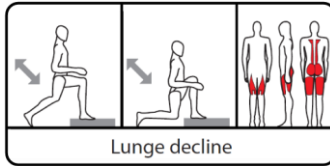
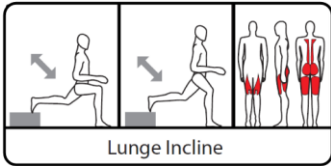
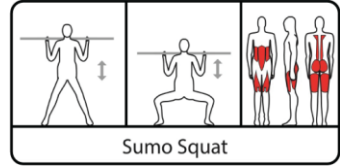
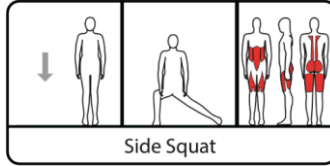
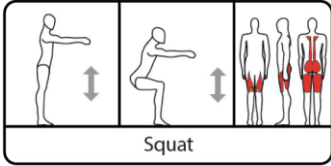


Instructions

- Sit on the seat
- Place both feet on the pedals
- Make cycling motion
- Adjust resistance to make the exercise harder or easier



Other exercises

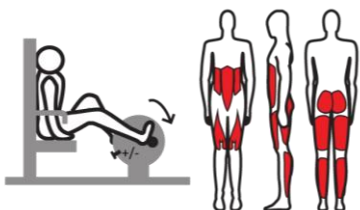


BikeFit SR w/ Resistance Cycling

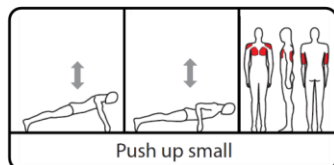
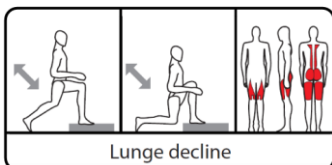
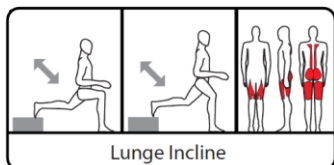
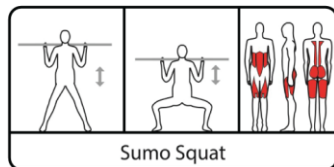
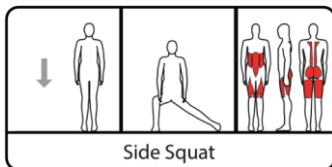
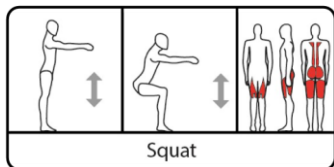


Instructions

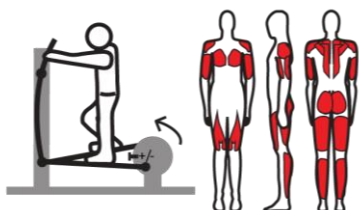
- Sit on the seat
- Place both feet on the pedals
- Make cycling motion
- Adjust resistance to make the exercise harder or easier



Other exercises



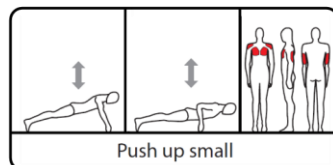
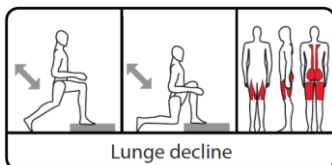
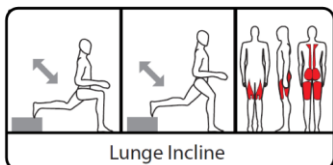
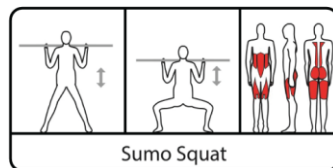
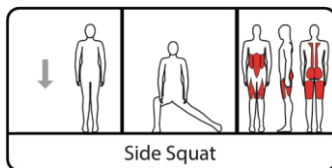
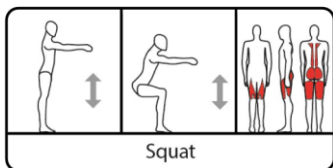
CrossFit w/resistance Crosstraining



Instructions

- Carefully step up
- Get used to the resistance and motion slowing
- Use both arms and legs for strength
- Adjust resistance to make the exercise harder or easier

Other exercises

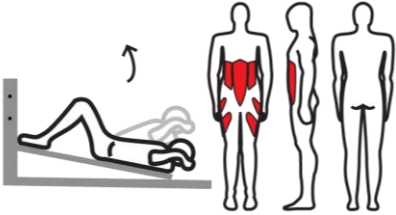


AB Bench Sit Ups

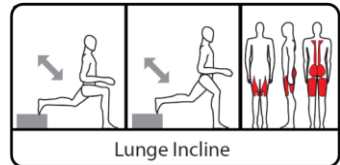
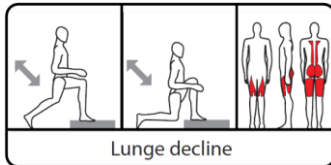
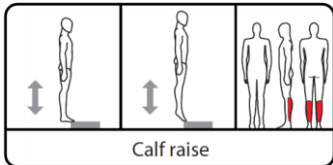
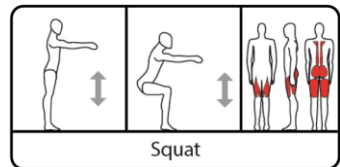
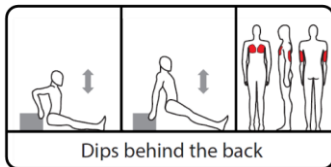
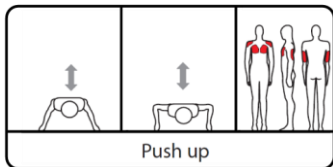
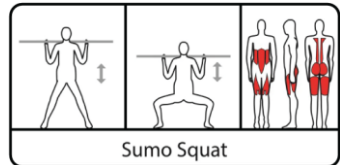
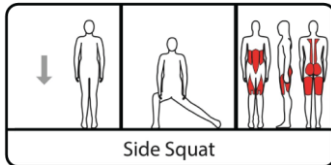
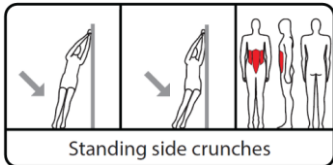
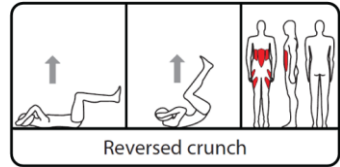
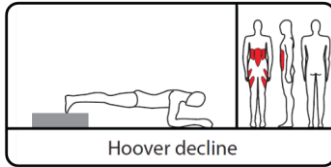
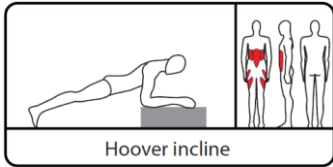


Instructions

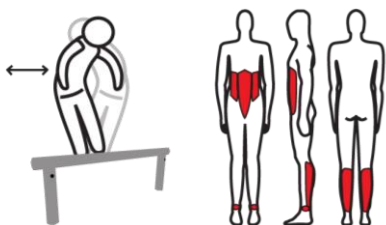
- Hands at the ears, do not grab the neck
- Hands at the waist if it is too hard
- Bend torso and tighten the abs
- Raise torso towards the knees
- Repeat



Other exercises



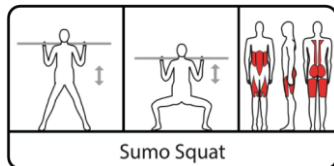
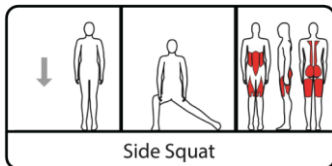
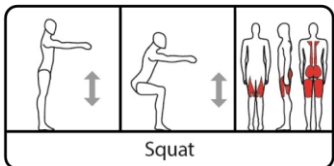
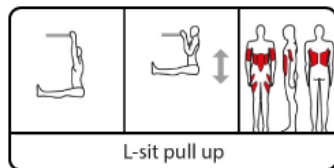
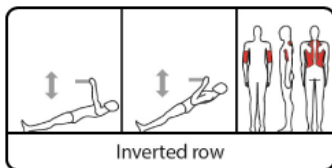
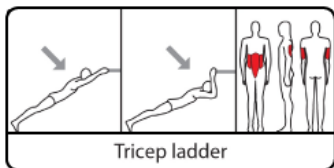
Semi-high Balance Beam Balancing



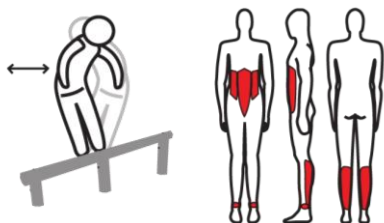
Instructions

- Carefully step up onto beam
- Walk across while maintaining balance
- Alternate and/or turn around to challenge your balance
- If challenged or insecure ask for support

Other exercises



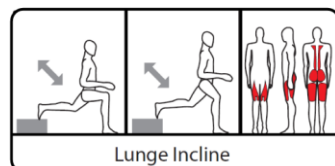
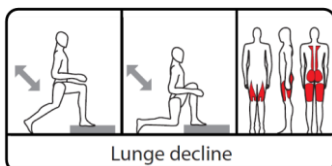
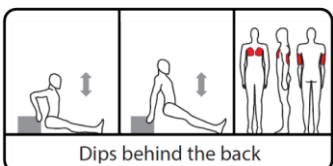
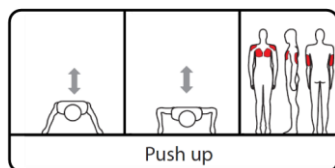
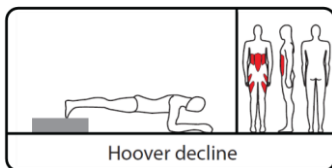
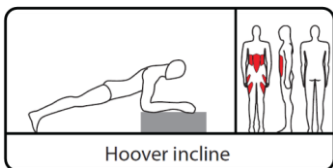
Low Inclined Balance Beam Balancing



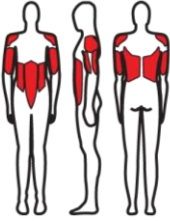
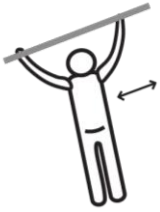
Instructions

- Carefully step up onto beam
- Walk across while maintaining balance
- Alternate and/or turn around to challenge your balance
- If challenged or insecure ask for support

Other exercises



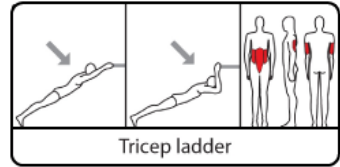
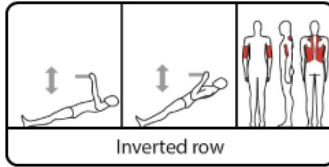
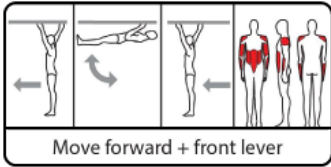
High Inclined Beam Traversing



Instructions

- Grab beam
- Travel up and down the beam with out touching the ground with your feet
- Continue as long as you can
- Repeat after taking a break

Other exercises

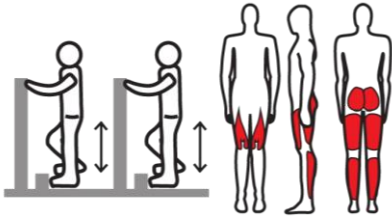


Step Rows Step Ups

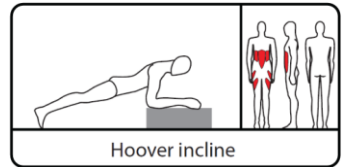
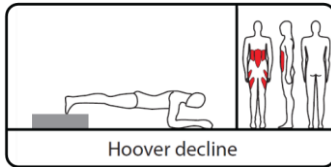
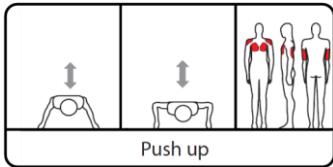
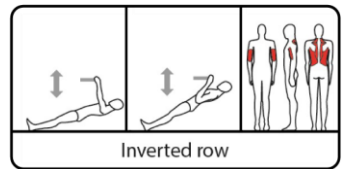
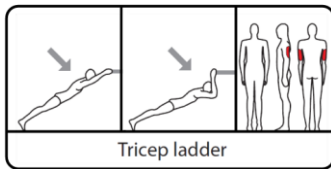
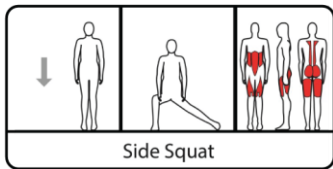
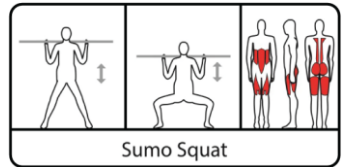
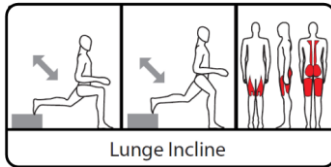
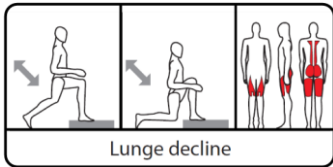
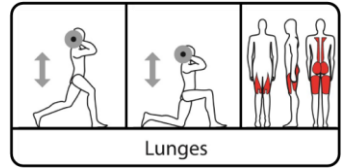
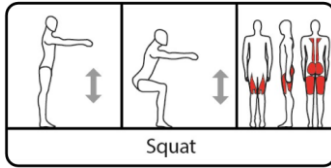
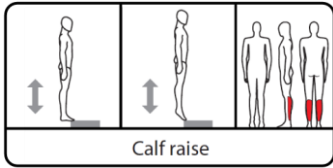


Instructions

- Carefully step up and down
- Use the bar for support



Other exercises



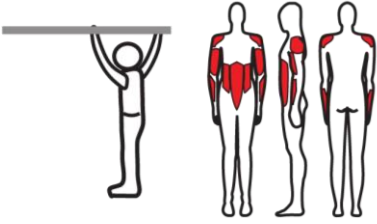
Monkey Bar

Hanging moving forward

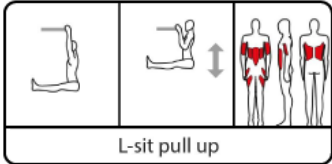
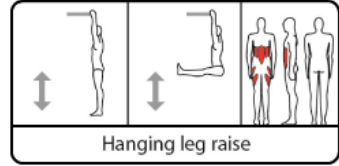
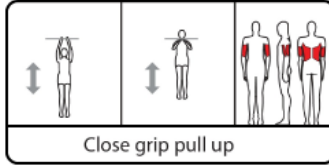
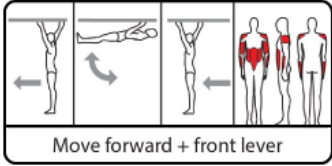


Instructions

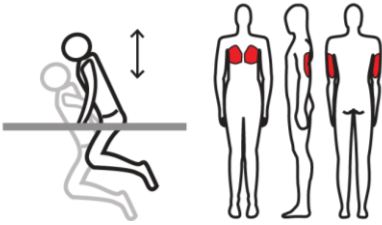
- Use steps to get hold of bar
- Travel across the ladder
- Turn around and travel back
- Repeat if you can



Other exercises



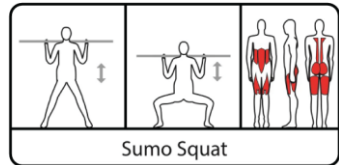
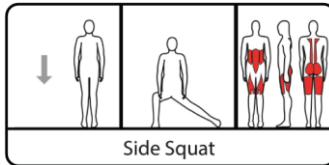
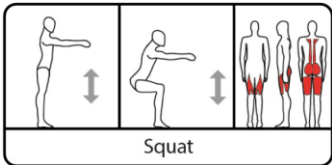
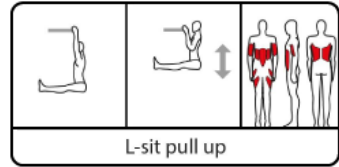
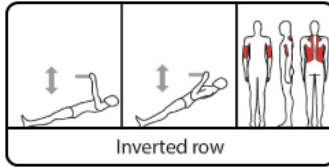
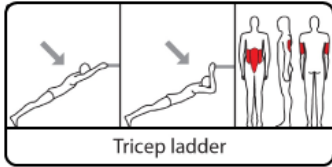
Horizontal Bars w/Steps Dips



Instructions

- Grip the parallel bars and lift yourself up
- Straighten your arms
- Lower your body by bending your elbows
- Push back up
- Repeat

Other exercises

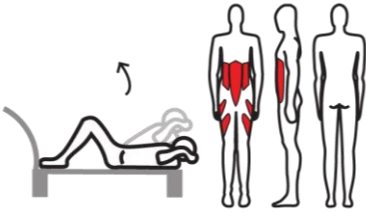


Plateau with Arch Sit Ups

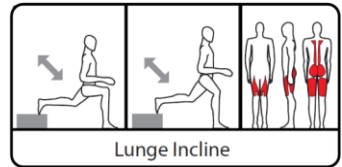
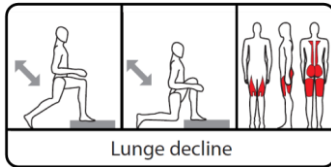
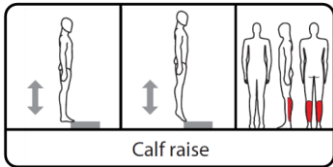
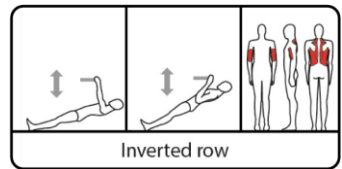
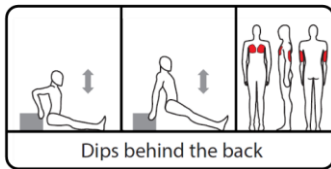
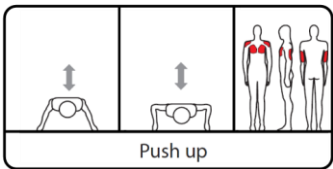
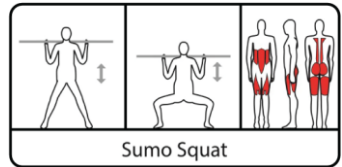
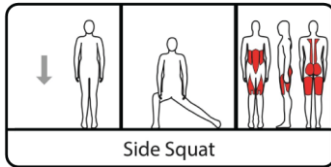
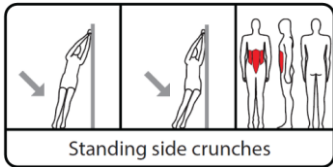
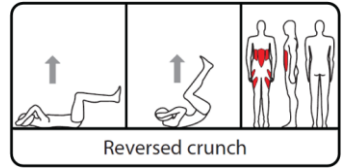
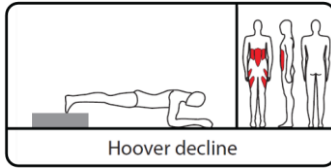
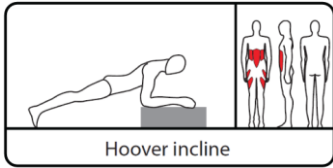


Instructions

- Hands at the ears, do not grab the neck
- Hands at the waist if it is too hard
- Bend torso and tighten the abs
- Raise torso towards the knees
- Repeat

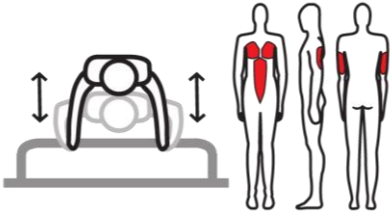


Other exercises



Push Up Bars

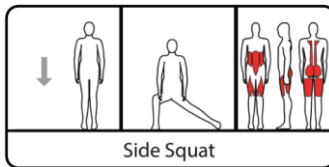
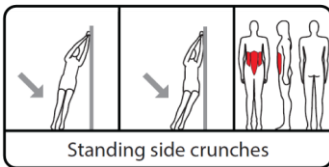
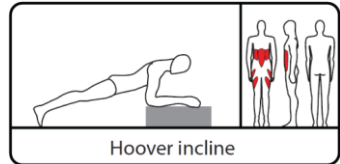
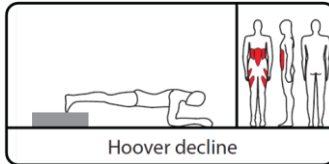
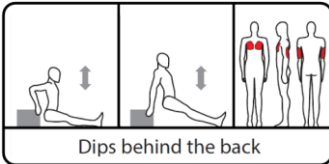
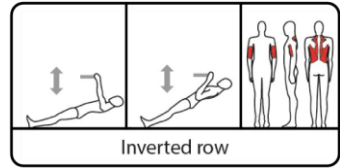
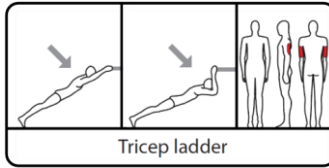
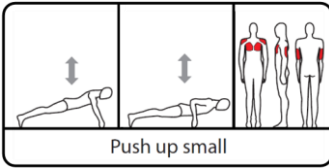
Push Ups



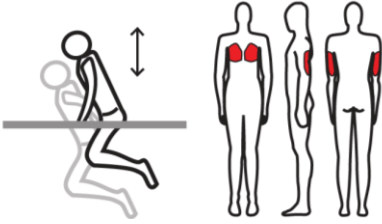
Instructions

- Grip the bar firmly with the desired width
- Place your feet firmly on the ground and get your body into the push up position
- Lower yourself towards the bar
- Lift yourself up, completing the move
- Repeat

Other exercises



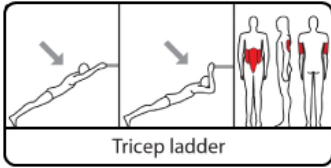
Parallel Bars Dips



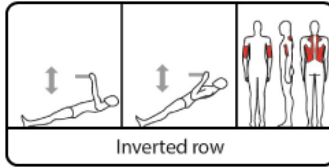
Instructions

- Grip the parallel bars and lift yourself up
- Straighten your arms
- Lower your body by bending your elbows
- Push back up
- Repeat

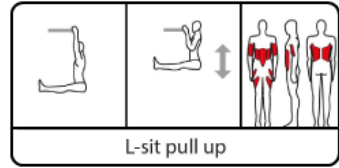
Other exercises



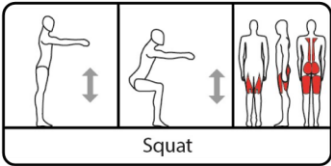
Tricep ladder



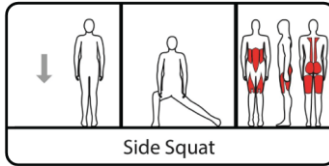
Inverted row



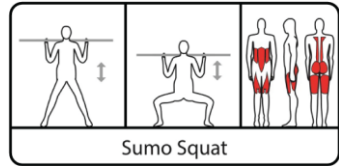
L-sit pull up



Squat



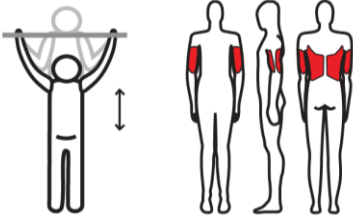
Side Squat



Sumo Squat

Pull Up Bars

Pull Ups



Instructions

- Grip the bar firmly with the desired width
- Start to hang from the bar with your legs suspended
- Then pull yourself up until your chin is over the bar
- Lower yourself slow and controlled
- Repeat

Other exercises

