

Hip Surfer

Activity type:

Mobility and toning.

Benefits: Improves condition of heart, increases mobility and strength of the hips and legs.

Recommendations:

Beginner 2-5 mins.

Intermediate 5-7 mins.

Experienced 7-10 mins.

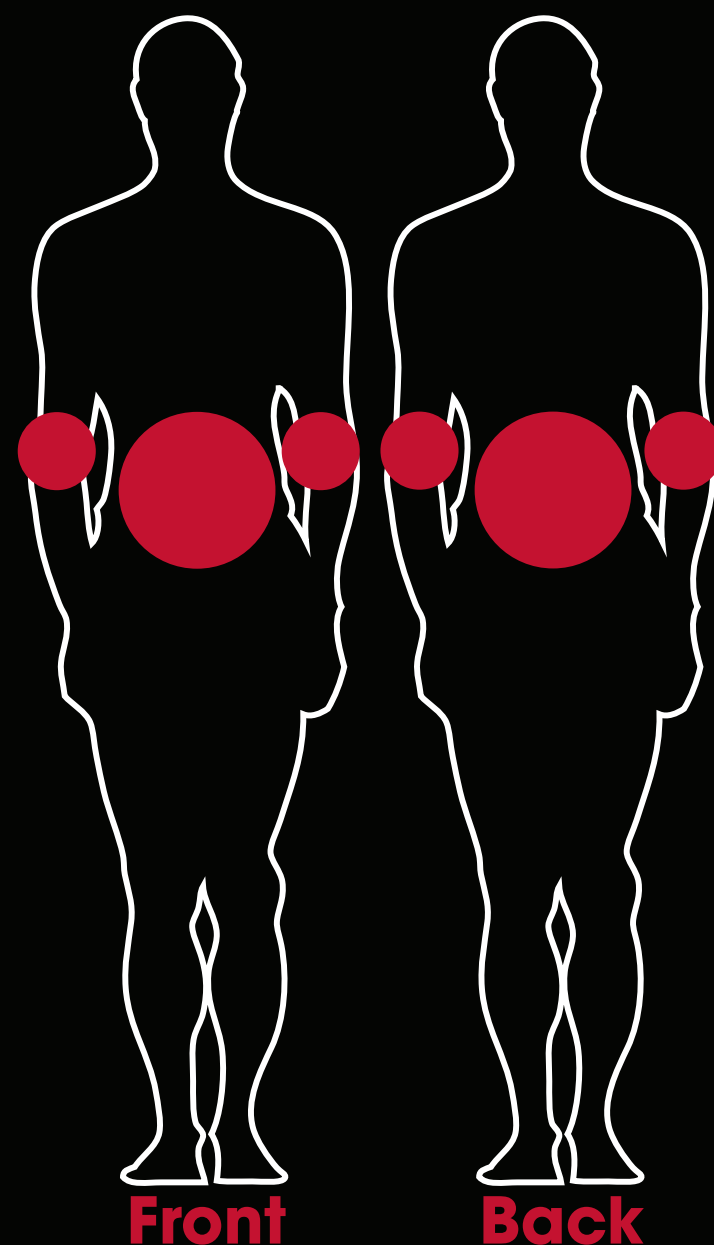
Rest in-between exercises.

Instructions for use:

Position both feet in the tread plate, firmly hold the support bars with both hands. Push legs left and right alternatively to a comfortable distance.

Swing in a controlled manner.

Increase time as fitness improves. Squat for a more intense workout.



Leg Press

Activity type: Strength.

Benefits: Increase strength in legs and abdominals.

Recommendations:

Beginner 5-7 reps.

Intermediate 7-10 reps.

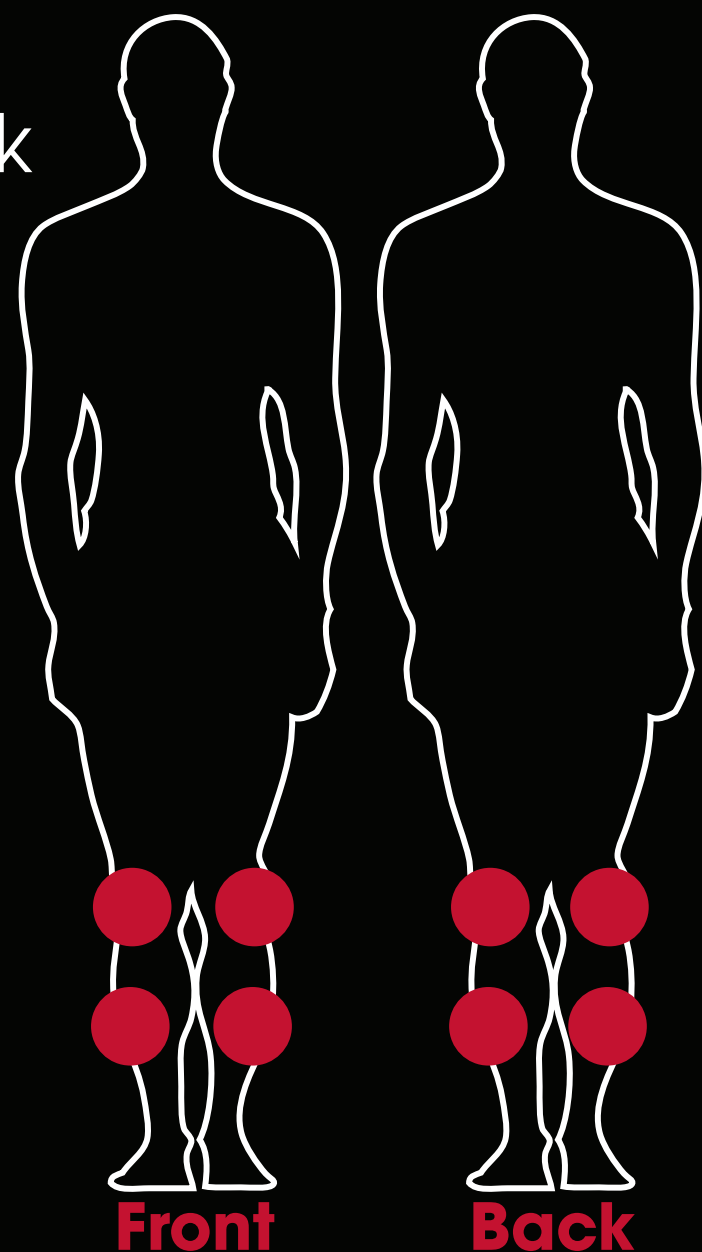
Experienced 10-15 reps.

Rest in-between exercises.

Instructions for use:

Sit upright in the seat with the back vertical and pushed firmly against the seat rest. Place both feet flat on the foot rest and have knees bent to right angles. Place hands on the hand bars at waist height. Push with both feet until legs are straight. DO NOT lock knees.

Lower back to the start position in a controlled manner increase reps as fitness improves.



Front

Back

Chest Push

Activity type: Strength.

Benefits: Increase strength in chest and upper arms.

Recommendations:

Beginner 3-5 reps.

Intermediate 5-7 reps.

Experienced 7-10 reps.

Rest in-between exercises.

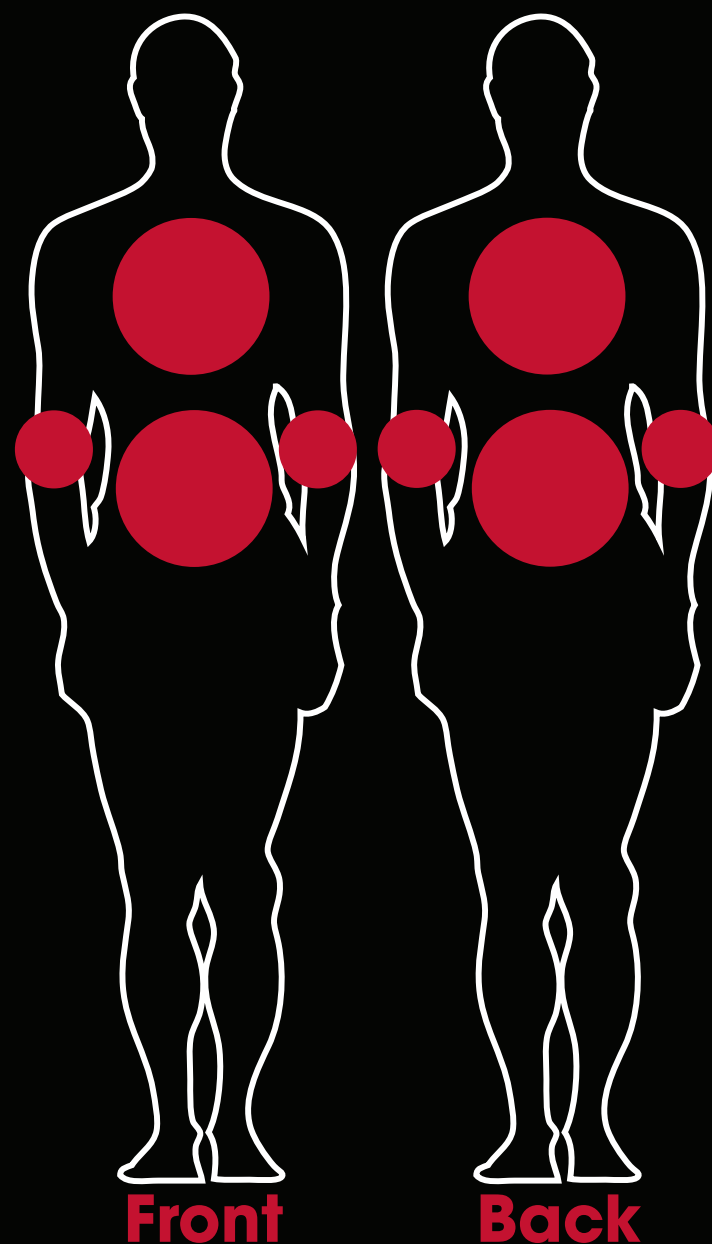
Instructions for use:

Sit upright in the seat with the back vertical and pushed firmly against the seat rest. Push out slowly with both arms until arms are straight. Breathe out as you push. DO NOT lock elbows.

Slowly bend arms to return to the starting position.

Inhale during the return stroke.

Increase reps as fitness improves.



Back Pull

Activity type: Strength.

Benefits:

Increase strength in arms, shoulders and back.

Recommendations:

Beginner 3-5 reps.

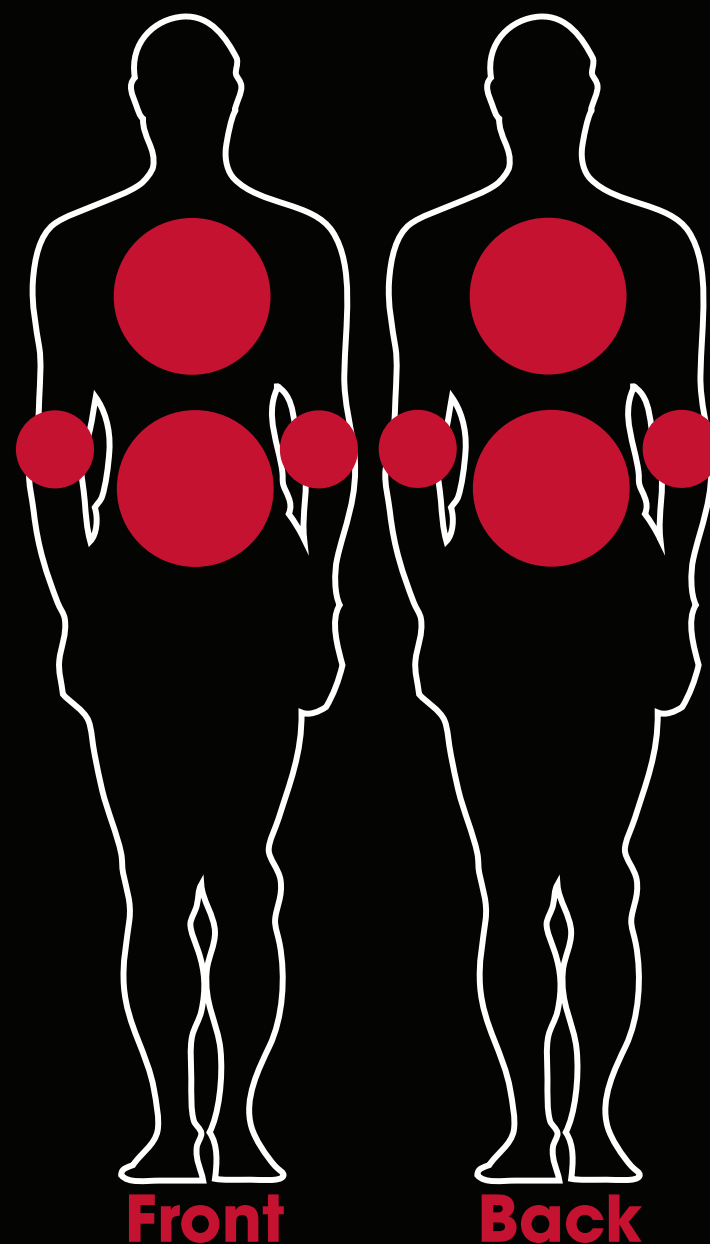
Intermediate 5-7 reps.

Experienced 7-10 reps.

Rest in-between exercises.

Instructions for use:

Sit upright in the seat with the back vertical and pushed firmly against the seat rest, Firmly grip both handles In a slow and controlled manner pull down until hands are chest height. Slowly return to the start position Increase reps as strength increases.



Cross Trainer

Activity type: Cardiovascular, mobility and toning

Benefits: Improves strength of heart and lungs whilst helping to tone and increase mobility in the arms, legs and hips.

Recommendations:

Beginner 2-5 mins.

Intermediate 5-7 mins.

Experienced 7-10 mins

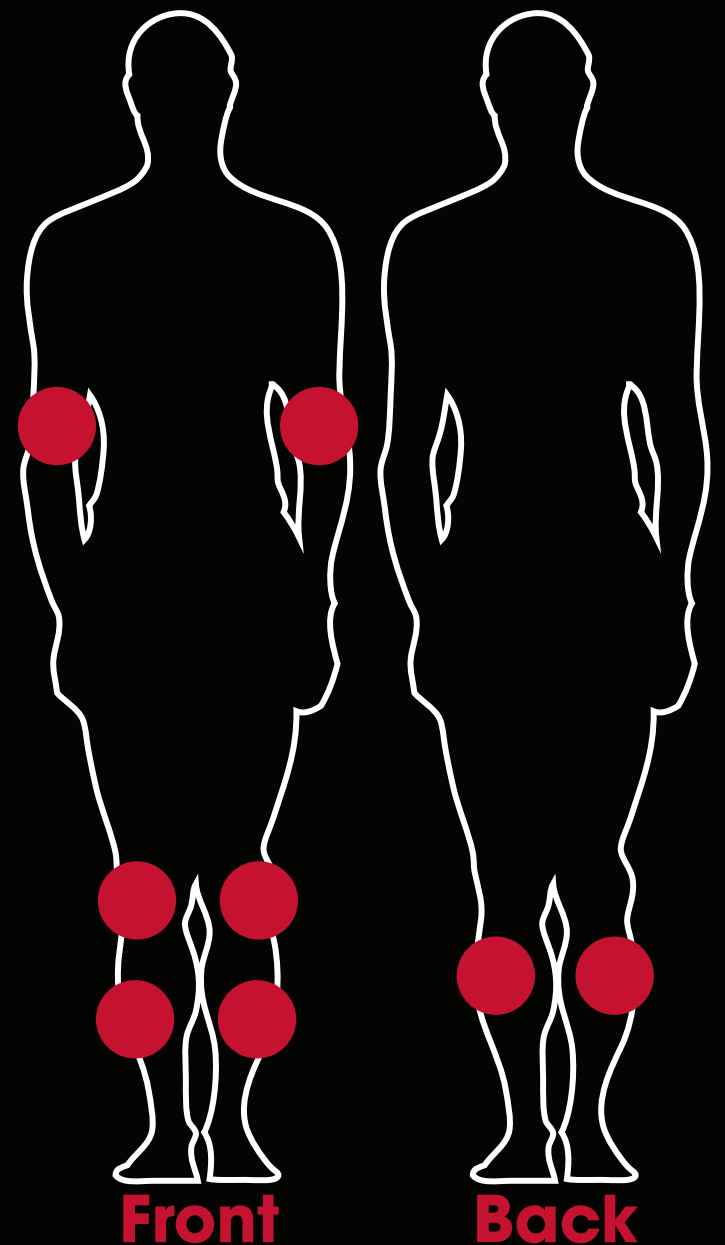
Rest in-between exercises.

Instructions for use:

Position feet in the tread plates and firmly hold the bar grips with both hands. Push arms and legs in an opposite circular motion.

Establish a controlled pace of exercise. Change between a forward and backwards motion to enhance workout.

Increase time as fitness improves effectiveness.



Sit Up

Activity type:

Benefits:

Improves condition of core, increases mobility and strength

Recommendations:

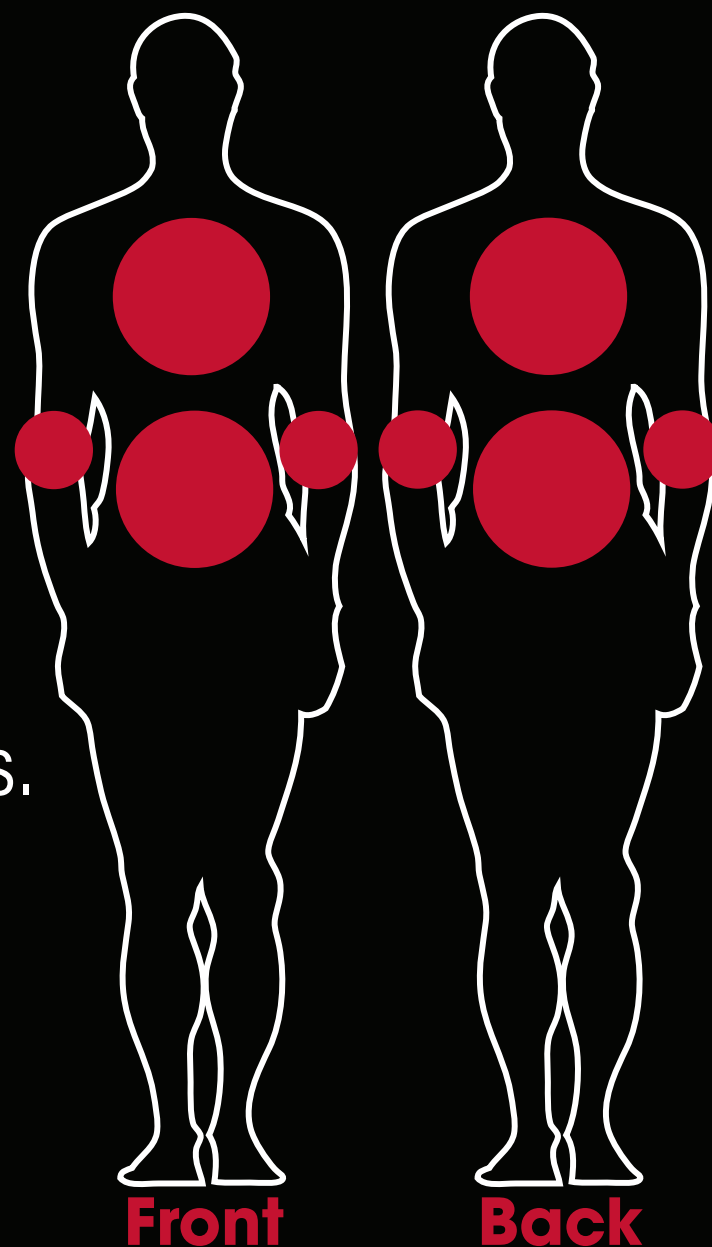
Beginner 5-7 reps. Intermediate 7-10 reps.

Experienced 10-15 reps.

Rest in-between exercises.

Instructions for use:

Lay back on bench with feet hooked under bars. Place hands across your chest. Do NOT interlock fingers behind your head. Slowly lift your upper body off the bench, bending at the hips. Inhale as you bend, exhale on return. Movement should be controlled on both strokes.



Body Twist

Activity type:

Strength, Mobility and Toning.

Benefits:

Improves core strength and flexibility, good for warm up and cool down.

Recommendations:

Beginner 5-7 reps.

Intermediate 7-10 reps.

Experienced 10-15 reps.

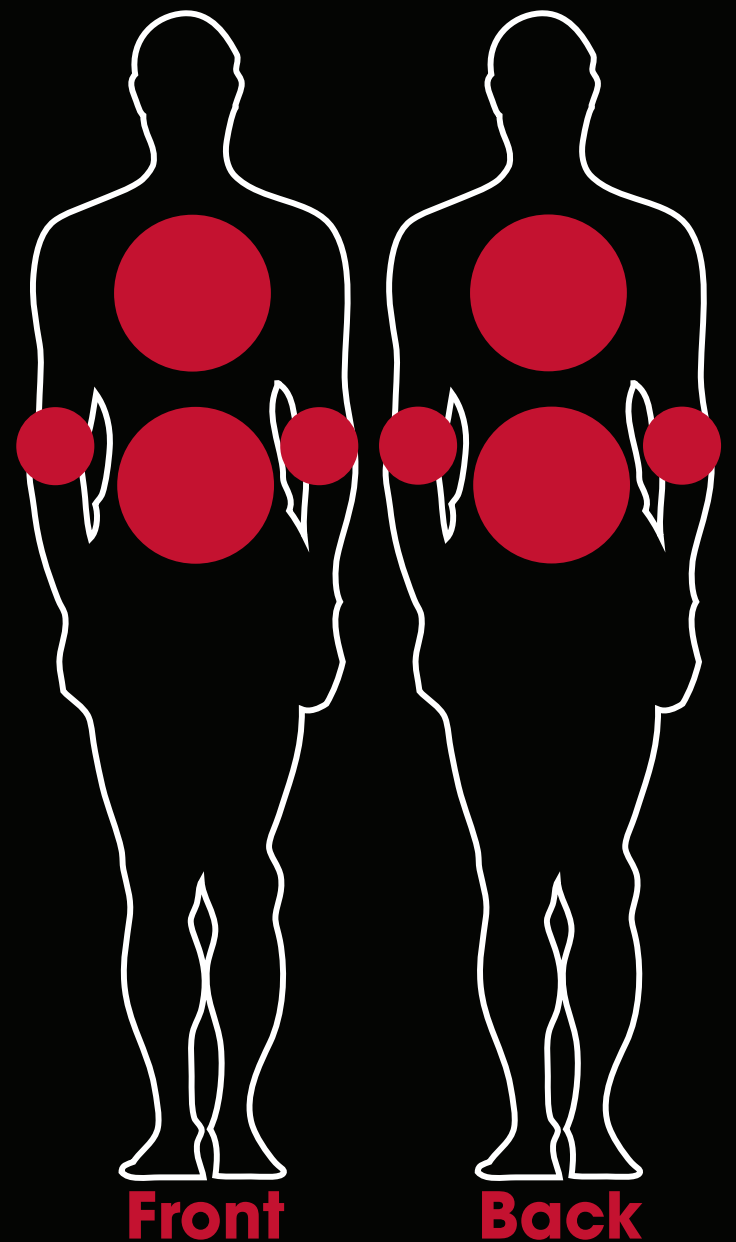
Rest between exercises.

Instructions for use:

Stand/sit on circular plate and firmly hold the grip bar with both hands. Twist to right in a controlled manner keeping shoulders straight and return to starting position.

Repeat exercise to the left.

Do not extend.



Air Walker

Activity type:

Cardiovascular and mobility.

Benefits:

Improves condition of heart, increases mobility and strength of the hips and legs.

Recommendations:

Beginner 2-5 mins.

Intermediate 5-7 mins.

Experienced 7-10 mins.

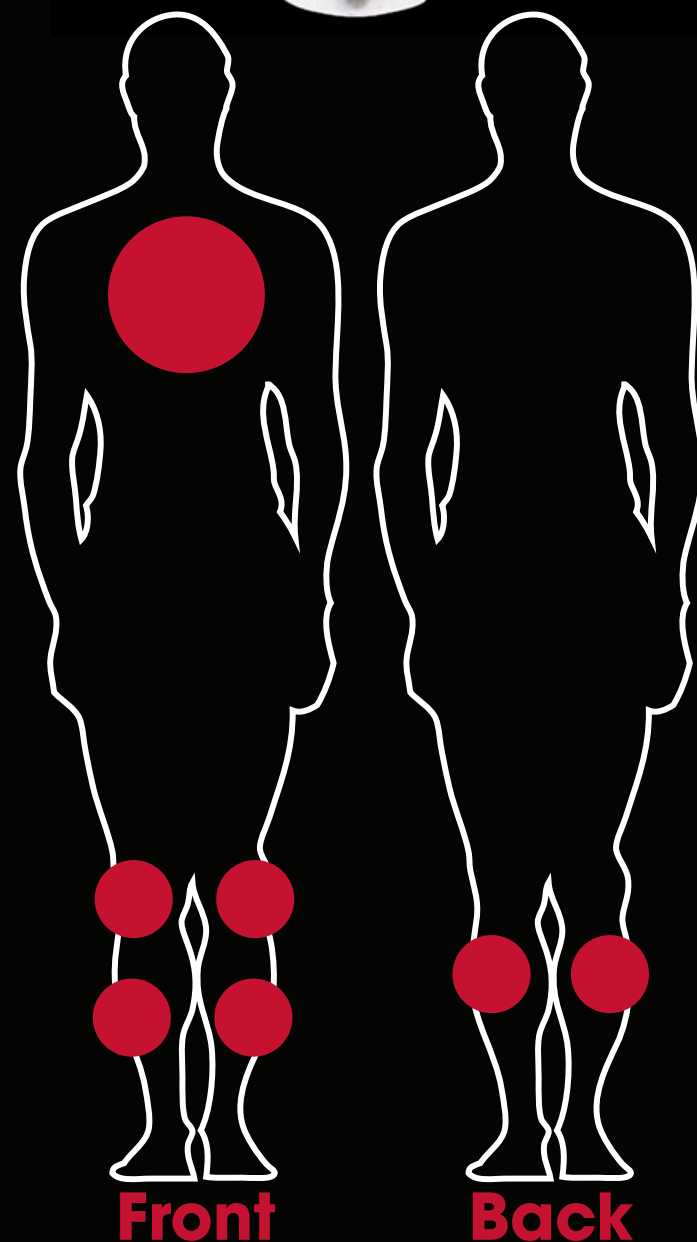
Rest in-between exercises.

Instructions for use:

Position both feet in the tread plates, firmly hold the support bar with both hands. Push legs back and forth alternatively to a comfortable distance.

Swing in a controlled manner.

Increase time as fitness improves.



Front

Back

Triple Step Podium

Activity type: Strength, Cardiovascular.

Benefits: Improves condition of heart, increases mobility and strength of the hips and legs.

Recommendations: Beginner 5-7 reps.

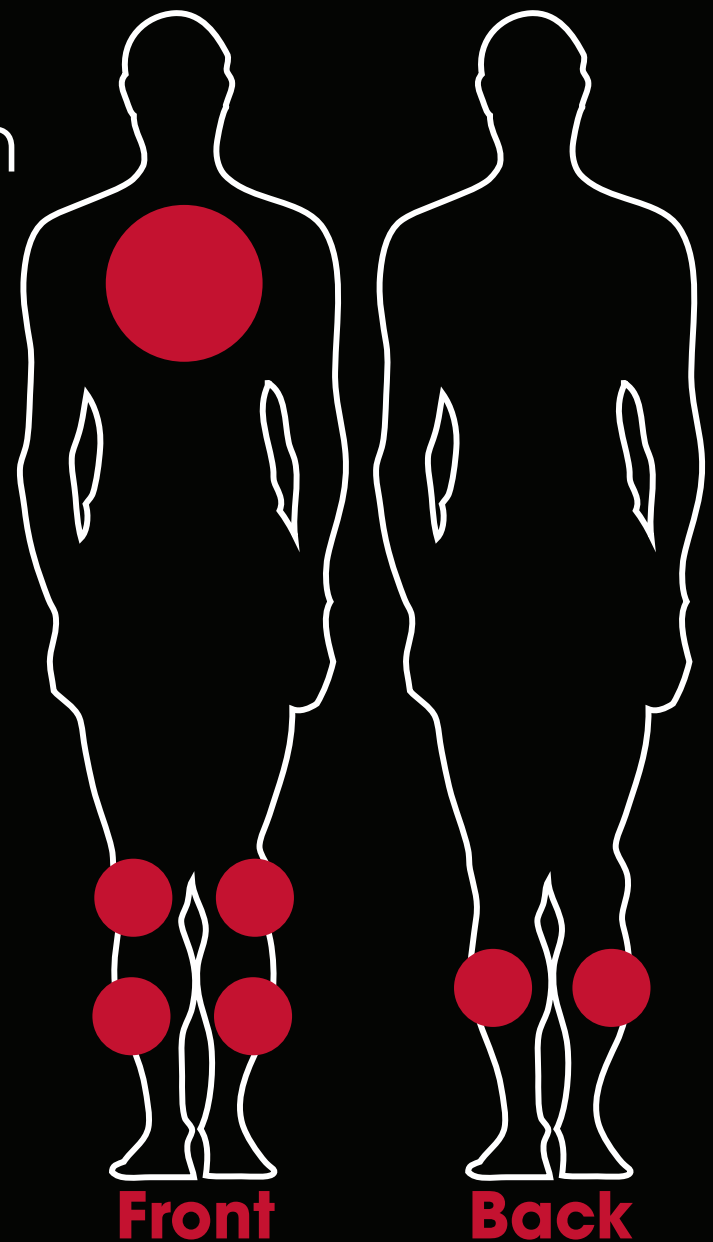
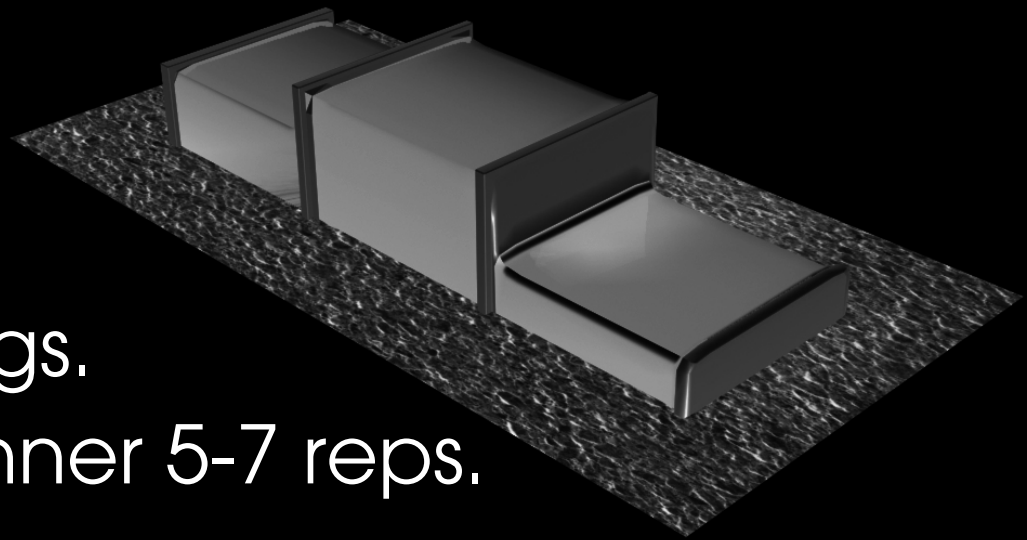
Intermediate 7-10 reps.

Experienced 10-15 reps. Rest in-between exercises.

Instructions for use:

Set your feet about shoulder width apart stand close to the box.

Jump straight up and land on the box softly. Step down, get back to your starting position, and jump again. The key to this exercise is landing as soft as you can on the box. Make sure you start with the smallest box and move up to a higher box when you feel comfortable. Advance to single leg jumps.



Double Dips

Activity type: Strength.

Benefits:

Increase strength in arms, shoulders and back.

Recommendations:

Beginner 3-5 reps.

Intermediate 5-7 reps.

Experienced 7-10 reps.

Rest in-between exercises.

Instructions for use:

Stand with feet shoulder length apart.

Firmly grip both handles.

In a slow and controlled manner straighten arms in order to lift feet off the ground.

Slowly return to the start position.

Increase reps as strength increases.

