

HOW TO USE THIS EQUIPMENT

Plyo Boxes



PURPOSE:

- A variety of intense exercises, aerobics and stretches.

HOW TO USE:

Step-ups

- Step from one box to the next, staying balanced and focused.
- Perform at a quick pace for a cardiovascular workout.

Jumps

Make sure your abilities will allow you to safely perform jumps.

- Choose one box or a combination of boxes to jump onto.
- Keep your hands to your sides or out in front of you for balance.
- Jump with both feet together and land with both feet together.
- Stay balanced and focused.

Dips or Push-ups

You may also do dips or push-ups at the edges of each box.

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Chest Press & Lat Pull-down

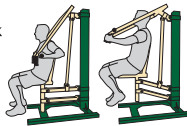
PURPOSE:

- The chest press develops strength in the chest, front of shoulders and triceps.
- The lat pull-down develops strength in your upper back, shoulders and biceps.

HOW TO USE:

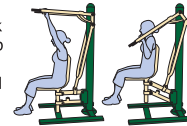
Chest Press

- Sit with your back straight, grasp the handles, then slowly exhale and push out.
- Inhale and slowly return to the start position.
- For variation, try different grip handles, extend your knees, or use one arm at a time.



Lat Pull-down

- Sit with your back straight and grasp the handles.
- Slowly exhale and focus on your upper back and rear shoulders to pull the handles down.
- Inhale and slowly return to the start position.



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Sit-up Bench

PURPOSE:

- Strengthens the muscles of the abdomen and the core.

HOW TO USE:

Ab Crunch

- Lie on the bench with your feet tucked under the handlebar.
- Keep your neck and upper back straight and tighten your abs as you raise your torso a few inches.
- During the crunch, you may gently support the back of your head and neck with your fingers, or reach forward towards your legs.
- Return to the starting position.



Leg Lift

- Lie on your back while holding the handlebar behind your head.
- Tighten your abs and keep your legs straight as you raise your legs and feet a few inches.
- Return to the starting position.



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PLEASE READ BEFORE YOU BEGIN

- Check with your doctor before beginning any of these workouts.
- If you are unsure of your fitness level or have not been exercising, start with the BEGINNER workout (see chart below).
- Move on to the next level once you can complete all repetitions and rounds for your current level.
- Warm up and stretch before your work out, and cool down and stretch afterwards.
- Wear proper footwear and clothes for exercising.
- If you are in pain, STOP immediately.
- Perform all exercises in a slow and controlled fashion and breathe normally.
- Follow the instructions for each piece of equipment.
- Please don't idle on the equipment when others are waiting.
- Equipment may be slippery when wet – use caution.
- Refer to stickers on equipment for full instructions.

RECOMMENDED WORKOUT FOR THIS STATION

EXERCISE	BEGINNER	ADVANCED	ELITE
Box Step-ups	8-10 each leg	10-12 each leg	0
Box Jumps	0	0	10
Chest Press	8	12	15
Lat Pull-down	8	12	15
Sit-up Bench Ab Crunch	8	12	15
Sit-up Bench Leg Lifts	0	8	12
Number of Rounds*	2	3	3-4

* Rest 2-3 minutes at the completion of each round before beginning the next round.

Want to make it more challenging?

- Hold the movement at the point of maximum resistance before returning to the starting point.
- Slow down the speed of each movement.
- Increase the number of repetitions or rounds.
- Decrease the rest time between each exercise.

RECOMMENDED STRETCHES FOR THIS STATION

Tips for stretching:

- Isolate the muscle group only, not ligaments or joints.
- Start from a point of no tension, and perform a gentle stretch until the first awareness of tension.
- Don't overdo your stretch.
- Perform a steady, constant gentle stretch.



Gluteal muscles



Inner thigh



Hamstrings



Shin and ankle

Stretching is recommended before and after workouts.

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