

HOW TO USE THIS EQUIPMENT

Step & Twist



PURPOSE:

- The stepper strengthens your legs and can improve your cardiovascular fitness.
- The standing rotator stretches your core and hips.

HOW TO USE:

Stepper

1. Grasp the handlebar and place your feet on the pedals.
2. While keeping your back straight, step up and down without hitting the bottom.
3. Continue for several minutes to increase your heart rate, while keeping your breathing rate steady.

Core & Thigh Stretch

1. Grasp the handle and slowly step onto the rotating disc. Slightly bend your knees and keep your back straight.
2. Focus on your core to rotate your lower body back and forth.
3. Hold the stretch for a few seconds before rotating to the other side.

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Rowing Machine



PURPOSE:

- Improves your cardiovascular health and tones your upper body.

HOW TO USE:

1. Sit with your feet on the pedals and hold the hand grips.
2. Keep your back straight and slowly pull the handles towards your chest using your arms and shoulders.
3. Move the handles back to the starting position.
4. Repeat several times to increase your heart rate while keeping your breathing rate steady.

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Squat Press



PURPOSE:

- Strengthens the quadriceps, gluteal muscles, hamstrings and back muscles.

HOW TO USE:

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 the start position with the handles above your shoulders: bend your knees, lower your rear, and 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, using your thighs and rear, and keeping your chest pushed forward.
6. Extend your knees so they are almost straight but do not lock them.
7. Inhale and slowly lower down until your thighs are parallel with the ground.

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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 you 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
Stepper	30 seconds	60 seconds	60 seconds
Core & Thigh Stretch	10 each side	15 each side	20 each side
Rowing Machine	10	15	20
Squat Press	10	15	20
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.



Calf and hamstrings



Back



Triceps



Front of thigh

Stretching is recommended before and after workouts.

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