LEG PRESS

Areas of focus: Large leg

muscles and glutes

Potential benefits: Increased muscle strength in large muscle groups and improved mobility.

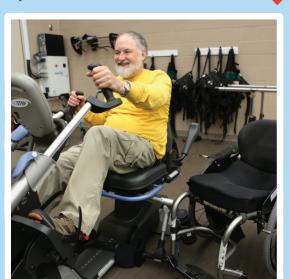
Things to consider: Use light weight at first-concentrate on proper form. Bend your legs no further than 90 degrees to protect your lower back.



UPPER-BODY ERGOMETER

Area of focus: Arms

Potential benefits: Improved endurance, muscle strength and weight management for people with limited leg mobility. Things to consider: Engage your core during this exercise to achieve full benefits. To compensate for muscle weakness, adjust the machine's resistance.



CORE

Areas of focus:

Torso, back and arms

Potential benefits: Improved overall balance and stability. Things to consider: Your

lower back is also part of your core – reverse this movement by lying on your stomach and lifting your upper body while your hips remain on the floor.



BICEP CURL

Areas of focus: Arms and hands

Potential benefits: Improved arm strength for movement that requires pulling or lifting.

Things to consider: To perform this exercise while seated, sit on the floor with your legs in front of you. Wrap the band

around your feet.



SHOULDER PRESS

Areas of focus: Arms, shoulders, torso and back Potential benefits: Improved arm strength for movement that requires pushing or lifting. Things to consider: Engage your core during this exercise to achieve full benefits.



STATIONARY BICYCLE

Area of focus: Legs

upright bicycle.

Potential benefits: Improved endurance, muscle strength and weight management. Things to consider: If you have balance or vision issues, consider a recumbent (reclined) bicycle as opposed to an

To compensate for muscle weakness, adjust the bicycle's resistance.