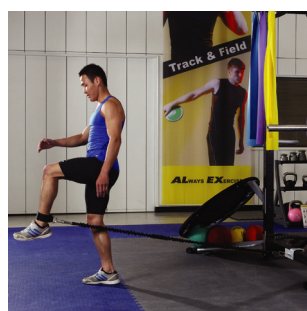
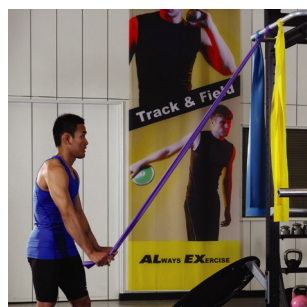


EXERCISE INSTRUCTION



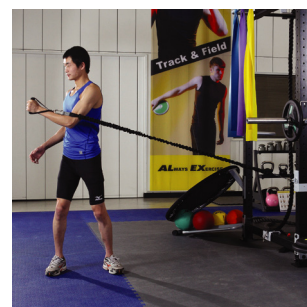
1 Resistant Cord (Exercise shown: Leg kick) **Quadriceps, Abductors.**

Facing away from the Station, place the ankle brace around your ankles. Space your feet to shoulder width. Initiate kicks for 10 repetitions, and then switch leg for the same repetition. Repeat the routine for 3 minutes.



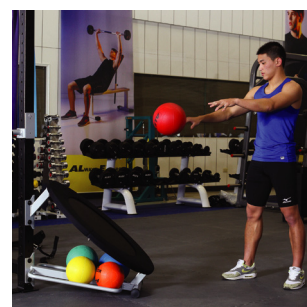
2 Simple Pull Up Bar with Resistance Band (Exercise shown: Tricep Push Down) **Triceps, Wrist Flexors.**

Facing towards the Station, feet apart at should width. Grip tight to the resistant band with both hands, pull down towards the thigh and stay there for 5 seconds. Repeat the routine for 3 minutes. (Ideal for warm up exercises)



3 Resistance Cord with Handle (Exercise shown: Resistant Cord Twist) **Oblique.**

Stand with your side facing the station at 2-3 meters distance with your feet at shoulder width. Take the handle without locking elbow, start twisting away from the station to approx. 45 degrees. Stay twisted for 5 seconds and return to the starting position. Repeat routine for 1 and a half minute and switch side.



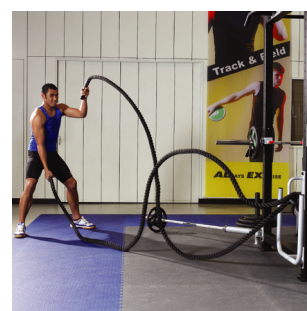
4 Medicine Ball Rebounder **Core muscle group, balance, ideal for physical therapy.**

After selecting the medicine ball with proper weight, stand facing the rebounder with feet at shoulder width (or seated on an exercise ball), throw the ball at the rebounder and catch as it rebounds. Do not throw with too much power to which makes the rebound difficult to catch, causing forceful impact to the body.



5 Kettle Bell Training Rack (Exercise shown: Rope Climb Simulator) **Back muscle group, biceps, forearm, abdominal muscle group.**

Tie the kettle bell to the training rope. Stand facing the station with feet shoulder width apart partially squatted. Pull the kettle bell upward slowly using both hands until it reaches the top, then lower the kettle bell in a slow controlled manner. Do not speed through the motion as it can cause the kettle bell to swing and potentially hurting others!



6 Battling Rope **Upper body muscle groups.**

Stand facing the station slightly squatted with feet shoulder width apart at approx. 3-4 meter from the Station. Take the end of the ropes in both hands and swing in an up-down motion to create waves with the ropes. Begin the routine slow, progressively increase the speed then slow back down. Repeat the motion for 3 minutes.



7 Landmines (exercise shown: Russian Twist) **Abdominal muscle group, glutes, lower back, shoulders.**

Facing the Station, insert the appropriate weighted barbell plates onto the bar and fasten. Begin lateral movement with single hand, then use both hands to place the bar near the chest, and swing the bar in lateral movement all the way down to the thigh by rotating the trunk and hip. Repeat the three routines for 3 minutes.



Training Video:
http://youtu.be/_U7fw_ik-nw



8 Incline Press **Pectoralis Major, Triceps.**

Add the appropriate weight to the bar with barbell plates, securely fasten the plates. Lay down onto the bench facing away from the Station. Let the legs naturally rest on either side of the bench. Adjust the posture so the chest is in line with the bar. Hold the bar with a positive grip and push to elevate the bar from the rack. Lower the bar to the chest and hold for 5 seconds, then take 10 seconds to push the bar back up (exhale when push). Keep the bar elevated for 5 seconds, then again take 10 seconds to lower the bar down to the chest (inhale while lowering the bar). Repeat routine for 3 minutes.



9 Power Cord Set **Lower body muscle group. Cardio vascular exercise**

Facing away from the Station. Wrap the waist band onto the waist and start sprinting with full force for 5-8 steps (amount of steps depend on the space given). Stay in the sprinting mode at the same spot for 5 seconds, then return to the starting position. Repeat the routine for 3 minutes.



10 Adjustable Parallel Bars (Exercise shown: vertical knee raises) **Abdominal muscles, Triceps.**

Facing away from the station, stand with feet shoulder with apart. After securely gripping the handles, leap upwards and stay elevated with arms supporting the body weight. The body stays vertical as the starting position. Raise the legs with feet close together while exhaling slowly. Try to have the legs parallel to the ground. Stay in this position for 15-20 seconds, then lower the legs back to starting position. Repeat routine for 3 minutes.

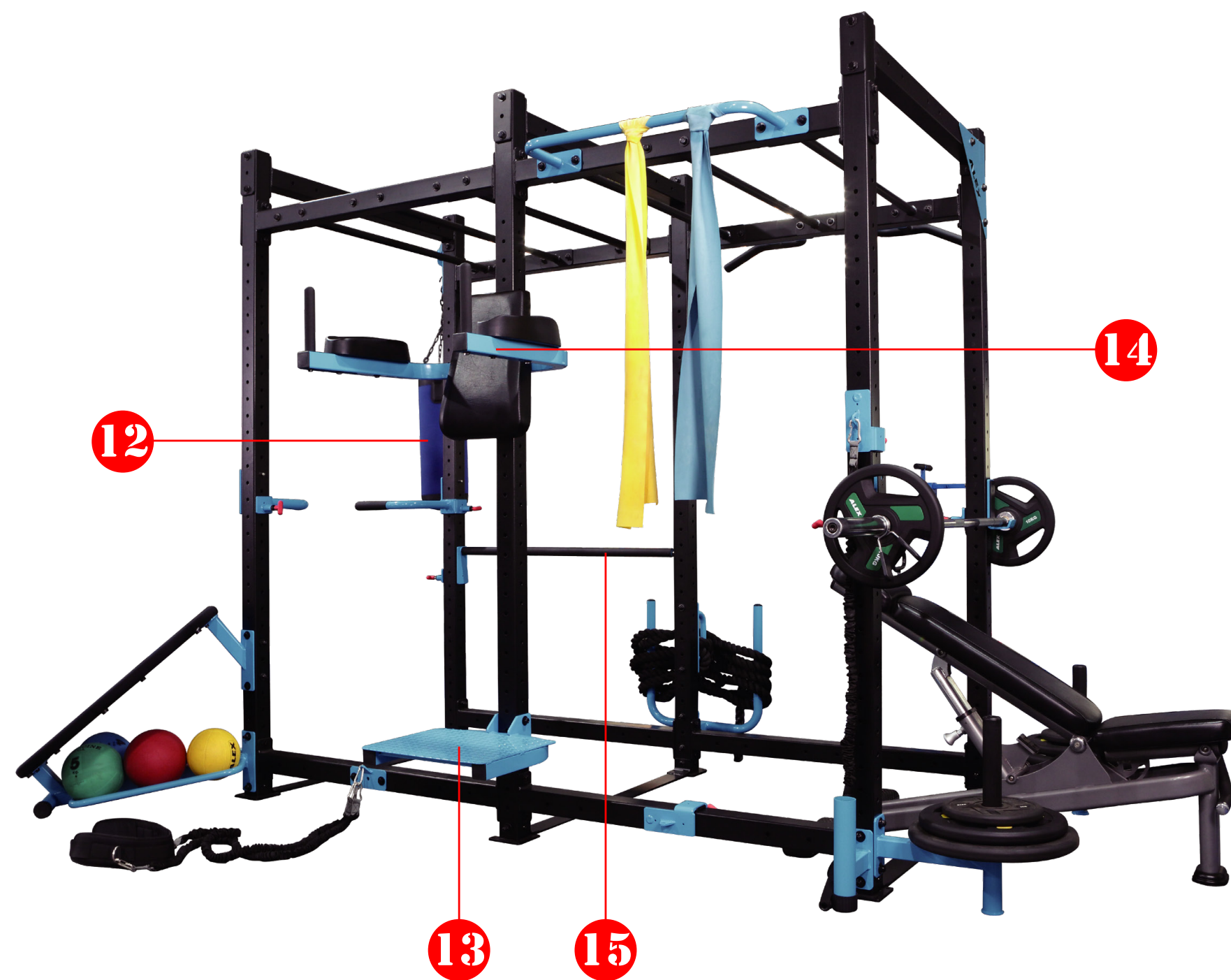


11 Multi-function Pull Up Bar **Back Muscle Group, Biceps.**

Standing with feet apart at shoulder width and face away from the Station, leap upward and grab the bar with positive grip. Let the body hang naturally with straight arm as the starting position. Inhale and then exhale as you pull yourself upward until the arms cannot curl anymore. Keep the legs straight and stay in this position for 5-10 seconds. Lower your body to the starting position as the arm extends. This completes 1 repetition of motion. Repeat routine for 3 minutes.

EXERCISE INSTRUCTION OF EXTENSION FRAME

GO TRAINING



12 Punching Bag

**Upper and lower body
(training/conditioning)**

The punching bag allows user to exercise the entire body with punching and kicking motions. The user can exercise the motions with or without gloves. Through jabs, hooks, straight punches, side kicks, roundhouse kicks, or a combination of various combat movements, the upper body, core, and lower body can be toned and conditioned.



13 Warm up Stepper

Lower body muscles, Aerobics

Adjustable height of the stepper allows aerobic exercise as well as plyometric training when the height of the stepper is raised to 18in above ground. For aerobics training, simply step up and down for low impact cardio pulmonary exercise. For plyometric training, jump onto and stepper plate and jump down to a squat position and repeat the routine, or use dumbbells or medicine balls to assist the high-reach step climb for high impact workout.



14 Captains Chair Exercise

Abdominal muscles

With back against the cushion, place both hands on the handle with the elbows on the resting pad. Jump up and support the body with arms with back leaned against the cushion. Raise either the entire legs so that the legs are parallel to the ground. Stay in this position for 5-10 seconds, and then lower the legs without touching the ground. Rest for 5-10 seconds, and then repeat the motion. Repeat the routine for 20~30 repetitions. A different variation of the routine would be to raise the knees only without extending the entire leg.



15 Push Up Bar

Pectoral muscles, Triceps.

The push up bar is adjustable to suit various degree of intensity by simple height adjustments. The lower the bar, the more challenging it is. To begin, first position the body facing the bar, allowing approximately 1 foot of space. Hold the bar with both hands with palms down as the starting position. Bend the elbows and let the body lean forward and down while keeping the back straight. Let the chest touch the bar for 3~5 seconds, then push up back to the starting position. This completes one repetition. Repeat the motion for 30~50 repetition as one set.