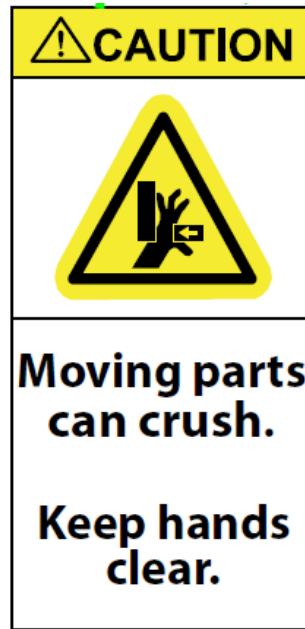


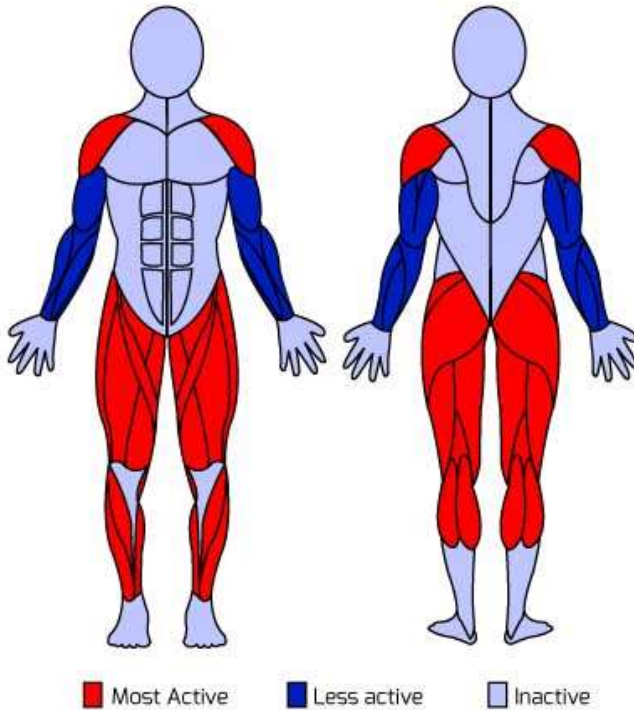
Air Strider



The Air Strider simulates the motion of cross-country skiing and offers a no-impact, cardiovascular workout, simultaneously exercising your upper and lower body.

Muscle Groups Used

Air Strider




AIR STRIDER


Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

The Air Strider can improve your cardiovascular health as you use both your legs and arms to simulate cross-country skiing.

1. Place one foot at a time on the pedals. Be careful as the strider legs and handlebars swing freely.
2. Grasp the handles.
3. Start slowly and swing your legs back and forth, using your arms to assist in the motion.
4. Keep a steady, rhythmic motion while keeping your back straight.
5. For added difficulty, bend your knees and keep your body low while moving.
6. Continue for several minutes at a steady pace to raise your heart rate but keep your breathing steady.



Smart Phone QR Code



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ADK-rev05/11

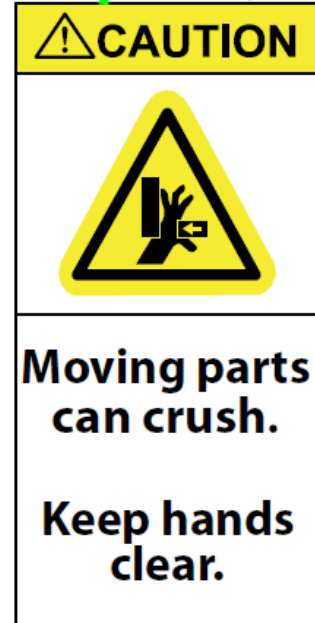
Function: Cardio

Muscles Activated: Lower Body, Chest, Biceps, Shoulders

Exercises to Perform: Simulated Cross-Country Skiing

Recommended Users: Adults and Seniors.

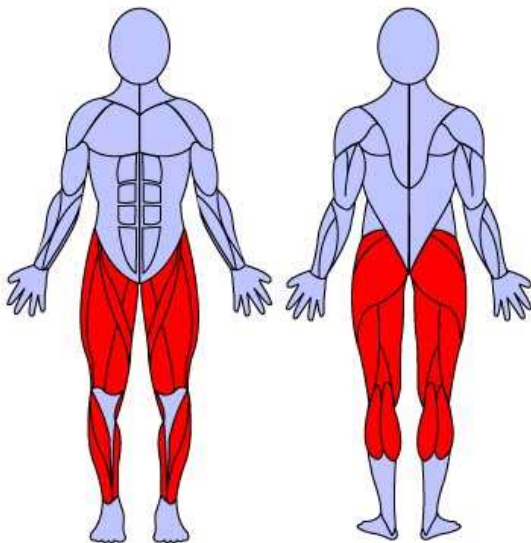
Air Walker Plus



The Air Walker Plus offers a no-impact, fun and effective cardio workout as you swing your way into shape! It features safety stoppers to prevent injury on this free-swinging apparatus.

Muscle Groups Used

Air Walker Plus



■ Most Active ■ Less active ■ Inactive

AIRWALKER

Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

The Airwalker simulates a running motion without any impact. It can increase hip and leg flexibility and cardiovascular conditioning.

1. Start by placing your feet on the foot pedals while holding the bar in front of you for support.
2. Begin swinging your legs with a steady, rhythmic motion.
3. After reaching a comfortable pace and stride, increase both the range of motion and speed of your stride. Stay within your comfort level.
4. Continue for several minutes to raise your heart rate while keeping your breathing steady.

CAUTION: The swinging walker legs can cause injury if you swing beyond your ability. Be aware of people in front of and behind the Airwalker.



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Function: Cardio

Muscles Activated: Lower Body

Exercises to Perform: Alternating Straight-leg Swinging

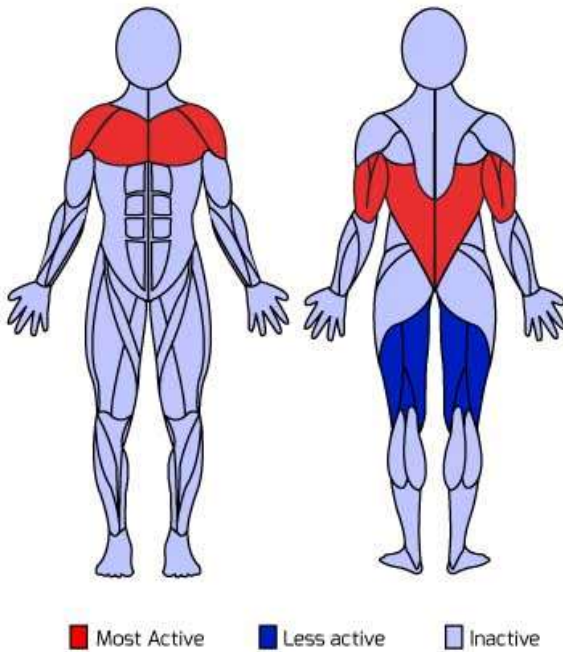
Recommended Users: Adults and Seniors

Back Extension



This effective product promotes lower back strength and hamstrings. It can enhance flexibility and improve posture and alignment.

Muscle Groups Used Back Extension

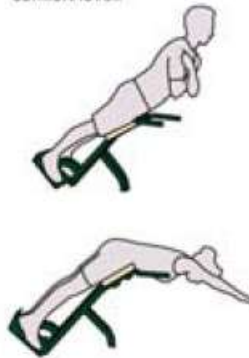


BACK EXTENSION

Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

This exercise promotes strength in the lower back, glutes, and hamstrings. It develops flexibility and helps with posture and alignment.

When performing this exercise, keep your back straight and bend at the hips. Do not stretch beyond your own own comfort level.



1. Start by placing your feet on the footplate and heels against the rear foothold. Use the handlebars for support.
2. Place your hands across your chest.
3. Slowly lower yourself until about parallel to the ground: focus on the lower back muscles.
4. Slowly rise back up. Use the handlebars if needed.
5. Repeat 8-10 times.
6. For increased difficulty, extend your arms during exercise.



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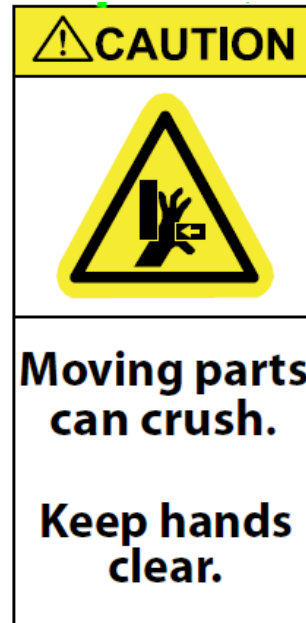
Function: Strength

Muscles Activated: Lower back, Chest, Shoulders, Triceps (Push-ups)

Exercises to Perform: Back Extensions, also Push-ups, Dips

Recommended Users: Adults

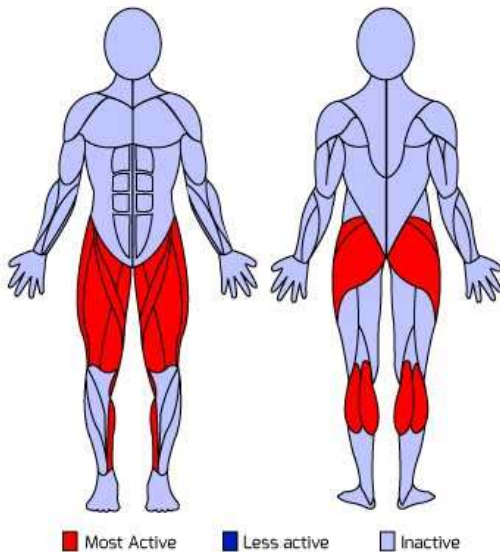
Leg Press



An essential piece for developing leg strength, this piece is effective in using your own weight for resistance. Offers two seat lengths for different user heights as well as different resistance levels.

Muscle Groups Used

Leg Press



LEG PRESS

The Leg Press uses your own body weight to strengthen your thighs, calves, and gluteal muscles.

1. Hold onto the vertical bar and place your feet on the pedals.
2. Inhale and slowly press outward with your thighs and gluteals.
3. Exhale and slowly lower yourself back down.
4. Repeat several times.

CALF RAISES:

1. Start with your legs extended and knees locked.
2. Balance your feet on the pedals so they can support your weight.
3. Focus on your calves, and push out with the balls of your feet.
4. Slowly lower yourself back to the start position.
5. Repeat several times.

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Function: Strength

Muscles Activated: Gluteals/Rear, Quadriceps/Front of Thighs, Calves

Exercises to Perform: Seated Leg Press

Recommended Users: Adults

Multi-Bars



You can perform a variety of stretching exercises, as well as assisted push-ups and pull-ups, on this versatile and essential product.

Function: Flexibility

Muscles Activated: Upper Body, Lower Body

Exercises to Perform: Angled Push-ups and Pull-ups, Stretching

Recommended Users: Kids, Adults, and Seniors


MULTI-BARS

The Multi-Bars will help you perform a variety of moderate strength and flexibility exercises.

ANGLED PULL-UPS:

1. Begin under the bar as shown with elbows fully flexed and a firm grip on the bar.
2. While maintaining tight abdominals, inhale and lower yourself until your arms are nearly straight.
3. Exhale as you pull yourself upwards. The bar should come in contact with your mid-chest.


Note: Reverse your grip (palms towards you) to focus on the biceps.



ANGLED PUSH-UPS:

1. Grasp the bar with a shoulder-width grip.
2. Inhale and lower yourself down until your mid-chest touches the bar.
3. Exhale and push yourself back to the start position.

Important: Always exhale on exertion. Maintain tight abdominals while you complete this exercise.

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MULTI-BARS

The Multi-Bars can be used for various stretching exercises. Use the bars for support on each exercise. Stretch your muscles comfortably and without pain. Hold each stretch for 10 seconds.



SQUAT:
Place feet shoulder-width apart and keep your back straight. Do not bend your knees below 90 degrees.



HAMSTRING STRETCH:
Place your foot on the bar and try to extend your leg. Keep your back straight and slowly lean your chest to your knee.



SWING KICK:
Stand parallel to the bar and hold it for support. Slowly swing your leg up, then behind you to stretch your hips.



LUNGE:
Bend one knee forward. Keep your back leg extended behind you until you feel the stretch in your thighs.

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Accessible Multi Gym



CAUTION

Moving parts can crush.

Keep hands clear.

CAUTION

Moving parts can crush.

Keep hands clear.

The Multi-Gym is a four station fitness unit designed to provide wheelchair bound individuals exercise.

Equipment Stations include:

- **Shoulder Wheel:** a free spinning wheel primarily used for flexibility.
- **Hand Bike & Foot Bike:** free spinning handles and peddles used for coordination and cardio.
- **Rotator:** slight resistance used for flexibility and strength.
- **Shoulder Press:** primarily used for over head strength.
-

ROTATOR

Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

HANDLE ROTATOR:

1. Position yourself in front of the handles, where you can hold each handle with your elbows bent.
2. Rotate to the left by pushing down on the right handle, pull your elbow into your body, and squeeze your right obliques.
3. Hold for a few seconds.
4. Slowly release and rotate towards the right side.
5. Repeat several times.
6. For variation, use one hand, both hands, or rotate the handle in circles

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EQUIPMENT

MDYM-1441013

SHOULDER PRESS

Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

SHOULDER LIFT:

1. Position yourself in front of the handles so you can grasp them and comfortably perform a repetition.
2. Grasp the handle(s) with one/both hands.
3. Exhale slowly, stabilize your shoulders, try to keep your elbow inward, then push upward.
4. Inhale and slowly return to the start position.
5. Repeat several times.
6. Try different grip positions, do simultaneous lifts, or alternate from one side to the other.

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TriActive Fitness
EQUIPMENT

MDYM-1441013

FOOT & HAND BIKE

Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

The **Hand Bike** is used to exercise muscles in your arms and shoulders.

1. Sit with your back straight and knees bent. Grip the handles on the hand bike.
2. Keep the rest of your body motionless as you turn the pedals with your arms and shoulders.
3. Move at a steady pace and continue for several minutes. Reverse direction for more of a workout.

The **Foot Bike** is used to exercise muscles in your thigh and calves.

1. Sit with your back straight and place your feet on the pedals.
2. Hold onto the frame or place your hands on your thighs.
3. Move the pedals at a steady pace. Reverse direction for more of a workout. For increased difficulty use both hand pedals and foot pedals simultaneously.

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TriActive Fitness
EQUIPMENT

MDYM-1441013

SHOULDER WHEEL

Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

SHOULDER WHEEL:

1. Position yourself in front of the wheel, either facing it or to the side, where you can do a full rotation comfortably.
2. Hold the handle, or place your palm on the disc.
3. Slowly perform rotations, in any direction.
4. Rotate 8-12 times in either direction, then in reverse.
5. Also use the wheel to perform stretches of the upper body and core: hold the wheel and rotate to one side to stretch your muscles and hold this position for several seconds.

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EQUIPMENT

MDYM-1441013

Parallel Bars



These popular parallel bars can be used for dips and also provide support for lunges and a variety of stretches. This is also essential classic equipment in rehabilitation environment.

Function: Strength

Muscles Activated: Hand Grip, Shoulders, Triceps, Upper Back, Abdominals

Exercises to Perform: Arm walk, Dips, also Angled Push-ups and Pull-ups, Stretching


Recommended Users: Kids, Adults, and Seniors. Also used as traditional rehabilitation equipment in a outdoor environment.

PARALLEL BARS

Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.


HAND WALK:

1. Start at one end of the bars with your feet on the ground and hands on the bars.
2. Exhale and press yourself up to the top position (arms straight).
3. Slowly shift your weight to one hand as you place the opposite hand forward on the bar.
4. Keep your abdominals tight and repeat with the other hand and continue until you reach the other side.




DIPS:

1. Start at one end of the bars with your feet on the ground and grasp the bars with both hands.
2. Exhale and push yourself up to the top position.
3. Inhale and lower yourself down slowly by bending your elbows.
4. Exhale and push yourself back up.
5. Repeat several times.



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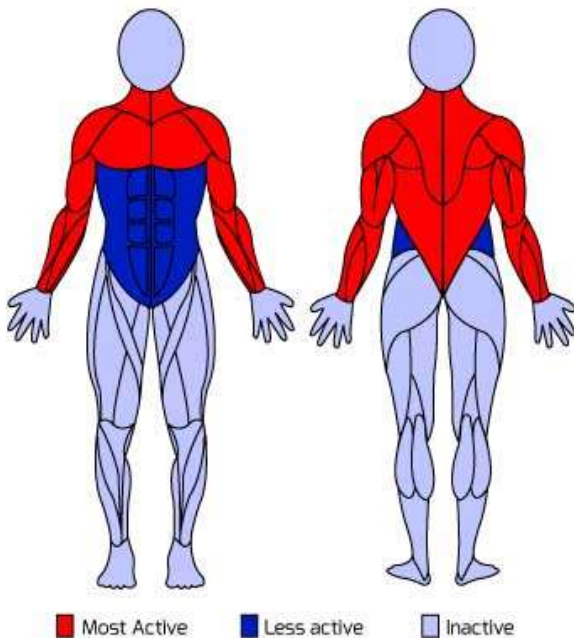
Pull Up & Dip Station



Use this multi-purpose product to perform pull-ups, dips, leg lifts, as well as stretching exercises. It is excellent for improving strength and flexibility.

Muscle Groups Used

Pull Up & Dip Station



PULL-UP & DIP STATION

Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

The Pull-Up and Dip Station develops upper body strength in the shoulders, chest, and triceps. Perform knee lifts for an abdominal workout.

DIPS:

1. Face the station and grip the handles.
2. Push yourself up above the handles by extending your elbows.
3. Inhale, keep your abdominals tight, and slowly lower yourself so your elbows are bent 90 degrees.
4. Exhale and push yourself back up to the start position.
5. Repeat several times.



KNEE RAISES:

1. Lift yourself up on the support bars with your back against the backrest and hands gripping the handles.
2. With your weight supported by your forearms and shoulders, slowly lift your knees to your chest while keeping your back straight.
3. Hold for 3 seconds, then lower your knees.
4. Repeat several times.



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Function: Strength

Muscles Activated: Triceps, Biceps, Shoulders, Chest, Core

Exercises to Perform: Pull-ups, Dips, Knee Lifts

Recommended Users: Adults

Push-Up Bar






A fitness trail or challenge course favorite! Appropriate for strengthening hand grip, triceps and chest.

Function: Strength

Muscles Activated: Chest, Triceps, Shoulders, Core, also Lower Body

Exercises to Perform: Push-ups, also Jumping

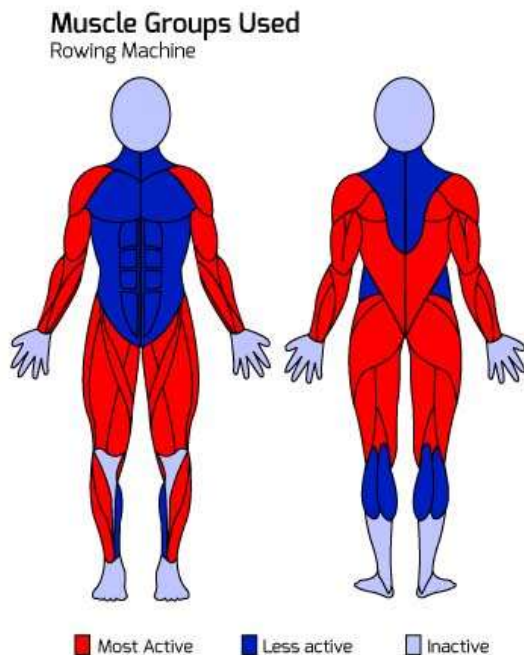
Recommended Users: Kids and Adults

PUSH-UP BAR	<i>Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.</i>		  www.TriActiveAmerica.com 1-800-637-4228 PS/UP - rev/09/12
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Rowing Machine




The Rowing Machine offers a very fluid motion with great range. It uses a portion of your body weight as resistance, and develops strength in your back, shoulders and biceps. It offers a great cardiovascular workout as well.




ROWING MACHINE

The Rowing Machine provides a fun way to improve your cardiovascular health and tone your upper body. The movement is smooth across a large range of motion.

1. Sit in the seat as shown with your feet on the bars at the front of the machine and grasp the handles in front of you.
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 start position, and repeat.
4. Continue for several repetitions to increase your heart rate while keeping your breathing steady.



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Function: Cardiovascular

Muscles Activated: Upper Back, Lower Back, Shoulders, Biceps

Exercises to Perform: Upper Body Rowing

Recommended Users: Adults, Seniors

Seated Chest Press



CAUTION

Moving parts can crush.

Keep feet clear.

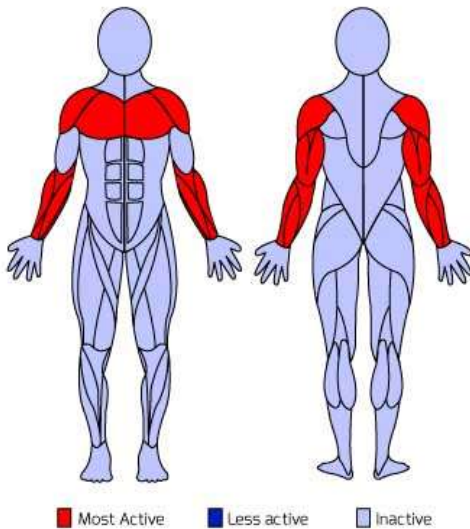
CAUTION

Moving parts can crush.

Keep hands clear.

This popular seller provides an optimal range of motion while you lift part of your body weight as resistance. The product develops strength in the chest, front of the shoulders, and triceps, providing a smooth range of motion.

Muscle Groups Used Seated Chest Press



SEATED CHEST PRESS

Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

The Seated Chest Press develops strength in the chest, front of the shoulders, and triceps.

1. Sit on the seat with your back straight and hold the handles.
2. Slowly push out your hands and exhale.
3. Inhale and slowly return to the start position.
4. Repeat 8-10 times.
5. For variation, move your elbows in towards your body or up near shoulder level.
6. For increased difficulty, use one arm to push out and one arm to hold the seat while exercising.

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Function: Strength

Muscles Activated: Chest, Shoulders, Triceps, Abdominals

Exercises to Perform: Seated Chest Press

Recommended Users: Adults

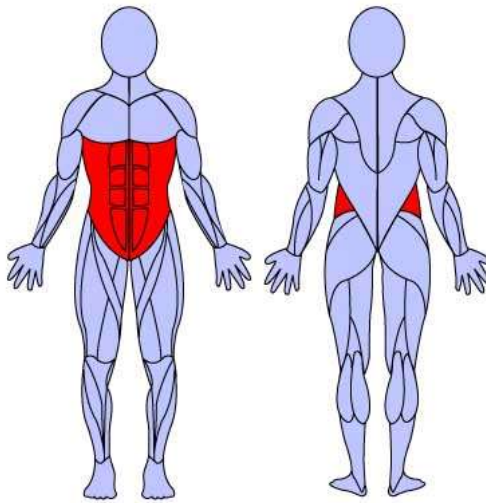
Sit-up Board



Compact and efficient, this product is effective for abdominal exercises and back stretches.

Muscle Groups Used

Situp Board



■ Most Active ■ Less active ■ Inactive

SIT-UP BOARD

SIT-UPS:

1. Place your feet under the footholds for support.
2. Lie on the board with your hands crossed on your chest.
3. Focus on your abdominals and exhale while you raise your body to the upright position. Inhale and slowly lower yourself backwards.
4. Try to keep your back off the board.
5. Repeat 8-15 times. Move smoothly and avoid bouncing.

KNEE RAISES:

1. Lie on the board with your head at the bar as shown.
2. Grab the support bar.
3. Exhale as you tuck your knees in to your chest.
4. While keeping your knees bent, inhale and slowly lower your feet.
5. Return to start position.
6. Repeat several times.



www.ironciseamerica.com
1-800-387-4228

Function: Strength

Muscles Activated: Abdominals

Exercises to Perform: Sit-ups, Knee Lifts

Recommended Users: Adults, Kids and Seniors

S-Shaped Jump Board



Great for fitness trails or challenge courses, this product tests and develops physical coordination and agility by hopping over the bar.

Function: Balance & Coordination

Muscles Activated: Lower Body, also Chest Triceps (Push-ups)

Exercises to Perform: Jumping, also Push-ups, Step-up

Recommended Users: Adults and Kids

S-SHAPED JUMP BAR

The S-shaped Jump bar can be used to develop leg strength, improve agility, and provide an aerobic workout. The bar is shaped to add difficulty and fun to your jumps. It can also be used as a balance beam to develop stability or as a push-up bar.

1. Start with your feet together, standing next to one end of the bar.
2. Jump over the bar with your knees bent and land on the other side with your feet together.
3. Continue jumping over the bar, from one side to the other, while moving forward to the opposite end.
4. For increased difficulty, leap higher with each jump, or jump at a faster rate.

Be careful when you perform several repetitions, as your muscles will tire and clearing the bar will become more difficult.



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Seated Lat Pull



CAUTION

Moving parts can crush.

Keep hands clear.

CAUTION

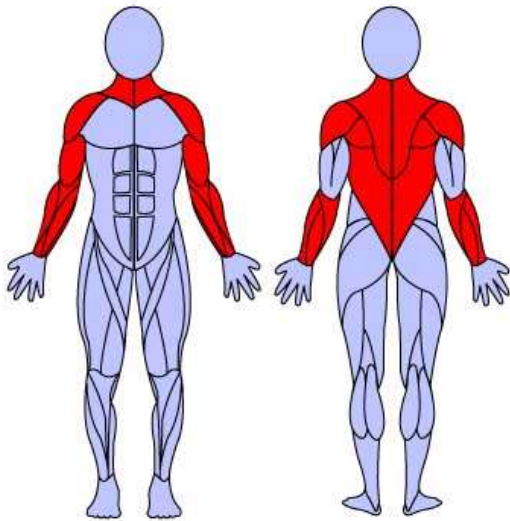
Moving parts can crush.

Keep feet clear.

Use part of your body weight as the resistance over a smooth range of motion. This product strengthens your back, rear shoulders, and biceps as you pull the upper bar towards your body.

Muscle Groups Used

Seated Lat Pull



■ Most Active ■ Less active ■ Inactive

SEATED LAT PULL

Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

The Seated Lat Pull develops strength in your upper back, shoulders, and biceps.

1. Sit on the seat with your back straight and hold the handles.
2. Slowly exhale and pull the handles down towards your chest.
3. Inhale and slowly return to the start position.
4. Repeat 8-12 times.
5. For variation, try different grip positions and extending your knees.
6. For increased difficulty, use one arm at a time, or perform more repetitions.



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Function: Strength

Muscles Activated: Upper Back, Shoulders, Biceps, Abdominals

Exercises to Perform: Seated Lat Pull, or Assisted Pull-up

Recommended Users: Adults

⚠ CAUTION



**Moving parts
can crush.**

**Keep hands
clear.**

⚠ CAUTION



**Moving parts
can crush.**

**Keep feet
clear.**

⚠ CAUTION



**Moving parts
can crush.**

**Keep hands
clear.**