

4-PERSON PENDULUM ABS & DIPS

GR2005-1-22

TYPE OF ACTIVITY:

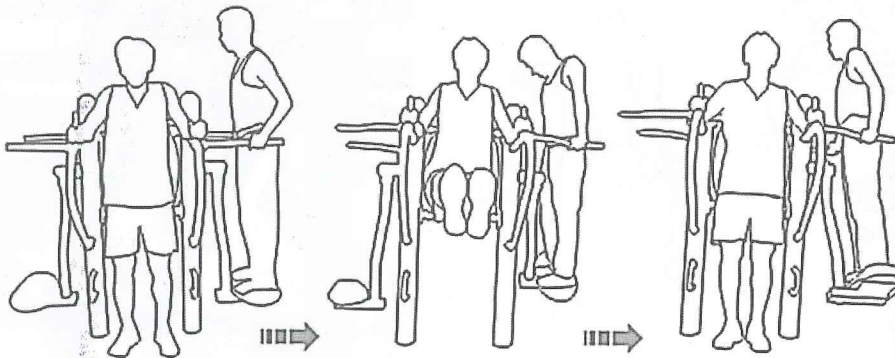
Full Body—This station develops strength, flexibility and balance in the whole body. The 4-Person Pendulum, Abs & Dips station provides a total body multi-joint workout.

INSTRUCTIONS:

Waist Stretch Station: Place feet on foot plate and grasp handles. Swing legs side to side while tightening stomach muscles.

Leg Lift Station: Stand facing away from equipment. Place back against backrest and grasp handles. Raise legs off the ground at a 90 degree angle.

Dip Station: Jump up if necessary. Grasp bars with hands supporting body with straight arms. Bend arms to lower body. Return slowly to start position. Do not lock elbows.

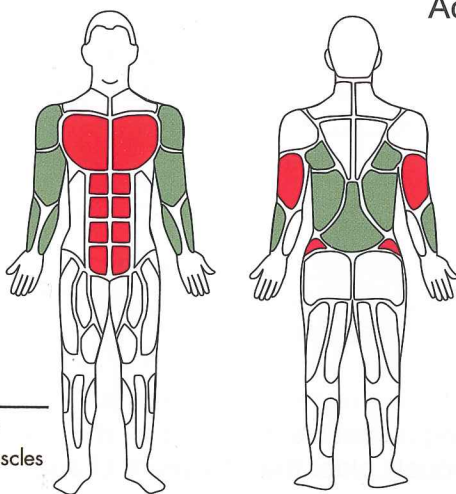


EXERCISE INTENSITY:

1. Use this equipment only within your own physical capabilities.
2. Increase repetitions for a longer and more beneficial workout.
3. Control your breathing.
4. Number of repetitions per session:

Teens & adults: 20 - 30 repetitions

Active Seniors: 15 - 20 repetitions



LEGEND

- Target Muscles
- Secondary Muscles

NOTICE:

1. Not suitable for people with general health conditions.
2. Do not over exert yourself.
3. Keep fingers, toes, hair or other body parts away from equipment elements during exercise.
4. This equipment is designed for the use and enjoyment of individuals older than 14 years of age.