

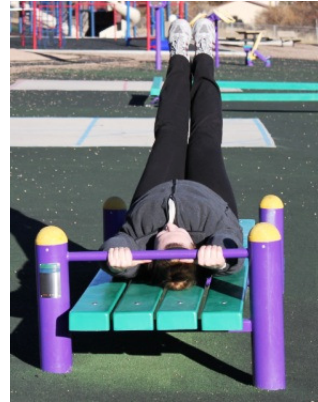
# Sit-up Bench

The **Sit-up Bench** exercises improve the strength of the abdominal muscles and the flexor group of muscles of the hip and upper thigh.

Sit on the **Sit-up Bench**, with the feet down, held under the support bar. Lie on your back with legs slightly bent. Raise the shoulders and upper body off the bench, feeling the muscular contraction in the abdomen and flexors. Return slowly, Repeat. Resistance can be varied depending on the extent to which the legs are bent -- straight legs providing the most resistance. Also, the further back the arms and elbows, the greater the resistance.

You can also vary the exercise by grabbing the bar, overhead with the hands and raising the legs. This will place more emphasis on the lower abdominals and hips. Resistance will depend on the straightness of the legs. The straighter the legs, the more difficult the exercise.

Perform 8 to 20 repetitions depending on strength and variation used. As always, begin easily and impose no excessive strain.



# Strength & Stretch Bars

The **Strength and Stretch Bars** help develop arm and shoulder power with a variety assisted pulling and pushing exercises. The five bars are set at different heights providing a choice of resistance levels.



The assisted push-up is an effective overall upper-body strengthening exercise which exercises not only your chest, but your triceps, deltoids, biceps, back and abdominals as well. These are the same benefits achieved with regular push-up, the bars vary the resistance and allow additional repetitions without excessive strain.

Assisted pull-ups exercises the same muscle groups required of chin-ups. Position yourself under the bar with the feet planted on the ground. Pull with the rowing action until the chin is above the bar. The resistance is controlled by the position of the feet and the chosen height of the bar.

Additionally, all of the many exercises that can be done on a ballet bar can be practiced on the strength and stretch bars. These can include many leg strengthening exercises including alternating leg swings, lunges and deep knee bends.

## Spring Balance Beam

The **Spring Balance Beam** is a set of 3 individual balance beams, with an advanced degree of difficulty added by the spring supports. It is an enjoyable and fun way to promote balancing skills.

The Spring Balance Beam improves balancing skills, an important aspect of motor development. Many school-age kids will walk on straight lines whenever possible during free play. Balancing is pure fun. But adults too should practice and enjoy their balancing skills equally.



Practice walking along the beam flawlessly, without the need to check balance, without a pause, completing the walk quickly. Perform this several times until you are secure and confident. Overcome any loss of balance gracefully.

Stand in place on the right foot and balance the body with the arms stretched out, repeating this also with the left foot. Walking across the balance beam backwards will add additional challenges. Invent other balancing skills commensurate with your abilities.

## Uneven Bars



The **UnEven Bars** accommodate a variety of strength exercises, including chin-ups and dips.

Chin-ups are one of the best exercises to build shoulder strength and the biceps. They require considerable strength. The bars can be set at a height that allows a boost from the ground which applies momentum to the pull. For increased difficulty, stronger individuals can work without foot contact so that the pull is unassisted. A similar approach can be applied to the dips exercise. Provide assistance with a boost from the

ground, or perform the exercise without assistance.

# Bounding Bars

The **Bounding Bars** apparatus promotes the important motor skill of agile jumping. This exercise uses the total body with emphasis on the muscles in the legs.

The three bars are low rounded barriers which can be used for side-to-side frog leaping down the length of the apparatus -- this works on building agility, leg strength and endurance. For a simpler version, you

can jump from one side to the other, repeatedly, using a one leg take-off or two.



# Pommel Horse

The **Pommel Horse** apparatus features three exercise positions with bars which allow assisted dips to be performed. Dips on the Parallel Bars are very difficult for most people, so this apparatus is designed to preserve the value of the important tricep and shoulder exercise for those who need less resistance.



The resistance is controlled by the vertical force provided by the legs. The feet are planted on the ground. The more the feet are underneath the body the more support can be provided.

Like the dips, push from a position with the elbows bent to a straight armed position. Focus on the extension of the triceps.

The bars can also be used for angled push-ups and for abdominal exercises where the legs and feet are lifted from the ground to form an "L" position.

# Back Extension

The **Back Extension** equipment strengthens the lower erector spine muscles of the lower back, as well as the gluteus and hamstring areas. This will also have the effect of improving posture and stability.

To perform the exercise, lie forward on the back extension bench with your thighs resting against the green pad and the heels held in the foot bracket.

With your hands behind your head, or arms across the chest, slowly raise your upper body to a high comfortable position, extending the lower back until the lumbar curve is increased. Hold briefly, then slowly lower to the starting position. Perform this carefully to protect the lower back.

