

Before you begin the strength-building portion of your Resistance Chair® system workout, take a few minutes to stretch your muscles and warm up to reduce the risk of injuries and improve blood circulation.

### IMPORTANT:

You should customize your fitness routine to your specific physical abilities and goals.

We have presented the following routines to provide a basic knowledge of how to exercise with our equipment.

We strongly recommend that you work with your physician and personal trainer to create routines specifically tailored for you.

**STRETCHING & WARM-UP # 1**



To begin, sit up straight at the front of the seat and roll your shoulders back so they are in line with your hips as shown in the photo above.

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STRETCHING & WARM-UP # 2



**Arm Circles:** Hold your arms straight out to each side and slowly rotate your hands in a small circular motion. Complete at least 20 revolutions in each direction.

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STRETCHING & WARM-UP # 3



**Leg Raises:** Extend one leg out straight while supporting the leg under the knee. On the raised leg, and rotate your foot in a circular direction, then reverse direction. Do 5 to 10 repetitions with each leg.

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**STRETCHING & WARM-UP # 4**



**Marching in Place:** March raising your leg and arm. Complete 20 to 40 repetitions on each side.

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STRETCHING & WARM-UP # 5



**Kneeling Twist:** Sit sideways on the chair with one knee on the Health Step and your thigh resting on the seat. Raise your other arm and move it slowly in a horizontal direction so that you twist your upper body. Hold this position for 20 seconds on each side.

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**STRETCHING & WARM-UP # 6**



**Arm Cross:** Hold one arm across your chest and use your other arm to gently pull on this outstretched arm. Hold this position for 20 to 30 seconds before switching to the other arm.

STRETCHING & WARM-UP # 7



**Shoulder Roll:** Hang your arms straight down at your sides, pull your shoulders up toward your ears, then roll your shoulders back slowly in a circular motion. Roll 10 to 15 repetitions in one direction then reverse direction and repeat.

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STRETCHING & WARM-UP # 8



**Push Out with Arms:** Push out with both arms and kick out one leg at the same time. Alternate kicking out one leg at a time, pushing out with your arms with each leg kick. Complete 10 to 15 repetitions.

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STRETCHING & WARM-UP # 9



**Upper Body Twist:** Cross your left leg over the right knee, then slowly twist your body and look over your left shoulder. Hold this position for 10 seconds. Repeat in the opposite direction.

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A



B



**Arm Raises:** Sit up straight at the front edge of the seat. Raise one arm out directly in front of you (Fig. A) and then straight up above your head (Fig. B). Alternate from side to side slowly, working on raising your arm as high as possible. Do 10 repetitions with each arm, then do 10 repetitions raising both arms at the same time.