

### LEG PRESS

**Areas of focus:** Large leg muscles and glutes

**Potential benefits:** Increased muscle strength in large muscle groups and improved mobility.

**Things to consider:** Use light weight at first— concentrate on proper form. Bend your legs no further than 90 degrees to protect your lower back.



### CORE

**Areas of focus:**

Torso, back and arms

**Potential benefits:** Improved overall balance and stability.

**Things to consider:** Your lower back is also part of your core—reverse this movement by lying on your stomach and lifting your upper body while your hips remain on the floor.



### UPPER-BODY ERGOMETER

**Area of focus:** Arms

**Potential benefits:** Improved endurance, muscle strength and weight management for people with limited leg mobility.

**Things to consider:** Engage your core during this exercise to achieve full benefits. *To compensate for muscle weakness, adjust the machine's resistance.*



### SHOULDER PRESS

**Areas of focus:** Arms, shoulders, torso and back

**Potential benefits:** Improved arm strength for movement that requires pushing or lifting.

**Things to consider:** Engage your core during this exercise to achieve full benefits.



### BICEP CURL

**Areas of focus:** Arms and hands

**Potential benefits:** Improved arm strength for movement that requires pulling or lifting.

**Things to consider:** To perform this exercise while seated, sit on the floor with your legs in front of you. Wrap the band around your feet.



### STATIONARY BICYCLE

**Area of focus:** Legs

**Potential benefits:** Improved endurance, muscle strength and weight management.

**Things to consider:** If you have balance or vision issues, consider a recumbent (reclined) bicycle as opposed to an upright bicycle.

*To compensate for muscle weakness, adjust the bicycle's resistance.*