

STRETCHING & WARM-UP

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.



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.



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.



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.



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



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.



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.



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.



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.



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.



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.



QUICK-REFERENCE WALL CHART

Visit us online for more workout ideas and instructional videos: www.VQActionCare.com

STRENGTH EXERCISES

Before you begin strength-building routines with your Resistance Chair® exercise system, always make sure to fasten the cable anchor lock securely onto the anchor assembly base before putting any tension on the exercise cables. Please read the owner's manual completely before beginning to use this equipment.

Proper Technique: Maintain proper technique when using the Resistance Chair® exercise system in order to prevent injury and to ensure that the resistance affects the target muscles with each exercise. These target muscles are shown in parentheses next to each exercise on this chart. The following tips are important to remember in regard to technique:

- Keep your wrists locked during exercises.
- Keep your back straight with shoulders rolled back.
- Use a smooth, full range of motion.
- Move slowly through the exercises.
- Maintain resistance on the return movement of the exercises.
- Remember to breathe with each repetition.

Repetition and Sets: A repetition (also referred to as a "rep") is a single pulling movement on the resistance cable. A group of repetitions is referred to as a "set". Your workout routines will generally be comprised of 2 to 3 sets of each exercise, and each set usually includes 8 to 15 repetitions.

Alternate the Target Muscle Groups: In order to give your muscles time to recover between sets, alternate between shoulder, chest, and back routines throughout your workout. Following is an example workout routine divided into two halves and alternating between the major muscle groups. Complete each of the following exercises in the order that they are presented:

First Half

1. chest press
2. ab crunch
3. knee raises
4. front raises
5. incline press
6. front step

Second Half

1. side step
2. overhead press
3. bent row
4. knee bends
5. lateral raises
6. tricep extension
7. bicep curls

Rest for 30 to 60 seconds between each set, then repeat this sequence up to two times, for a total of up to three sets.

Cable Resistance Range

We offer other cables as optional accessories that use color coded cable ends to identify their resistance levels.

4	Blue	2.5 to 5.5 lbs.
5	Black	5 to 8 lbs.
6	Gray	7.5 to 10.5 lbs.
7	Yellow	10 to 13.5 lbs.
8	Red	12.5 to 16 lbs.
9	Green	15 to 19 lbs.



Knee Bend: (thighs) Stand at one side of the chair and hold the Balance Bar with one hand (fig. A). Position your feet hip-distance apart with feet facing forward. Bend your knees and squat down while keeping your upper body upright (fig. B). Slowly return to standing position. Repeat 8 to 15 times.



Front Step: (thighs and calves) Stand behind the chair with both hands on the Balance Bar and face forward. Step up with your right foot (fig. A), then step up with your left foot (fig. B). Step down one foot at a time. Repeat 8 to 15 times with each leg, alternating from one foot to the other.



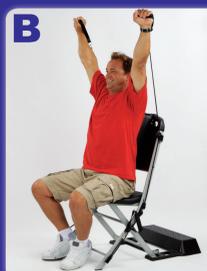
Knee Raise: (thighs and stomach) Face the chair at an angle while holding the Balance Bar with your right hand and step first with your right foot (fig. A). With your right foot on the Step, kick your left knee up (fig. B). Bring the knee back down to the Step, then move off the Step with your left leg first and then your right. After 10 or more repetitions repeat the exercise in the opposite direction.



Side Step: (thighs and muscles on side of stomach) Stand sideways on the Step and steady yourself by holding the Balance Bar (fig. A). Slowly raise one leg (fig. B) and then bring it back down to the starting position. After completing 8 to 12 repetitions of this exercise, turn to the opposite direction and repeat the routine with the other leg.



Overhead Press: (shoulders and triceps) Begin with your hands close to your shoulders (fig. A) and press straight up until your arms are fully extended (fig. B). Slowly ease your hands back to the starting position. Repeat 8 to 15 times.



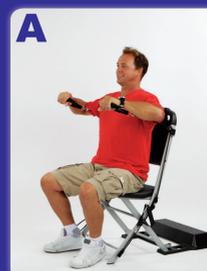
Incline Press: (upper chest and triceps) With your hands close to your shoulders (fig. A), press forward and upward at an approximate 45-degree angle (fig. B) until your arms are fully extended, then return slowly to the starting position.



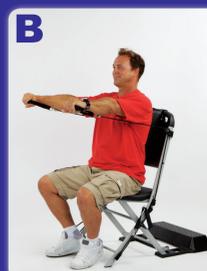
Lateral Raises: (shoulders) Using the lower cables, begin with your arms at your sides with palms down (fig. A), then raise your arms, keeping the elbows as straight as possible (fig. B).



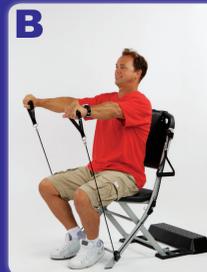
Bent Row: (back and shoulders) Support yourself with one hand and one knee on the chair seat (fig. A). Pull straight up on the lower cable so your hand ends up near your chest with your elbow pointed up (fig. B).



Chest Press: (chest and triceps) Starting with your hands close to your shoulders and the cables under your arms (fig. A), press straight out until your arms are fully extended (fig. B). Slowly ease your hands back to the starting position.



Front Raises: (shoulders) Begin with arms straight in front (fig. A). Pull the cables up as high as possible, keeping your arms straight (fig. B), and slowly return to the starting position.



Tricep Extension: (triceps) Start with your arms bent and your elbows pointed upward (fig. A). Extend your arms until they are pointed up while keeping your elbows as stationary as possible (fig. B).



Bicep Curl: (biceps) Take the lower cables with palms facing up and wrists locked. (fig. A). Bend your elbows and pull your arms up (fig. B).

