



Osceola, IA

Port St. Lucie, FL

## CHEST PRESS / LAT PULL COMBO



### CHEST PRESS

**Muscle Focus:** Chest, Triceps and Shoulders

**Training:** The Chest Press exercise provides an optimal range of motion while you press out and lift part of your body weight as resistance.

### LAT PULL DOWN

**Muscle Focus:** Back, Shoulders and Biceps

**Training:** Pull the upper bar towards your body using part of your body weight as the resistance. This will help strengthen your back, rear shoulders, and biceps.

### FITNESS BIKE



**Muscle Focus:** Lower Body

**Training:** A great low-impact cardio workout, that can also strengthen the thighs, glutes and calves.

### SIT-UP BENCH



**Muscle Focus:** Muscles of the Hip and Upper Thigh

**Training:** This exercise can improve the strength of the abdominal muscles, as well as the flexor group of muscles of the hip and upper thigh. It can be used for sit-ups, leg raises and back stretches.

### DOUBLE SKIER



**Muscle Focus:** Lower Body, Core, Upper Body

**Training:** The Double Skier helps develop strength in the legs and hips, while improving cardiovascular endurance for a complete whole-body workout.

### AIR WALKER



**Muscle Focus:** Lower Body

**Training:** A great low-impact cardio workout, that can also strengthen the thighs, glutes and calves.

### LEG PRESS



**Muscle Focus:** Legs and Glutes

**Training:** As you are seated, stretch legs with force (using your body weight) and recover slowly.