



TOE PRESSES

SIT ON CHAIR. PLACE FEET OVER PEDAL WITH TOP OF FOOT ON TOP OF PEDAL. PRESS DOWN.

SINGLE FOOT – BOTH FEET.

REPEAT SINGLE FOOT STANDING

WASHER WOMAN SERIES

Stand in front of chair; align toes, ankles and knees. Circle arms to back and over head. Medium Spring.

1. Round over place hands on bar; press bar to floor; releve / lower heels
2. Pull torso up / press down
3. Round up keeping hands on bar/ releve
4. Pull torso up / Press down
5. Round down -- bend and extend arms only
6. Pulse arms
7. Round up

NOTES:

STANDING LEG PRESS

PLACE FOOT ON PEDAL. PRESS DOWN. RELEASE UP.
ADD LIFT HEEL ON STANDING LEG IN BAR DOWN POSITION.
ADD LIFT HEEL ON STANDING LEG IN BAR UP POSITION

FROG ON THE FLOOR

LIE ON FLOOR IN FRONT OF CHAIR. PLACE FEET ON PEDAL.
PRESS BAR DOWN. RELEASE UP.
PRESS BAR DOWN. BRING ONE LEG OUT AT SIDE OF BODY. BEND TO BAR. REPEAR WIRH
OTHER LEG. REPEAT WITH BAR LIFTED ½ WAY.

SIDE ARM PRESS

Lie on top of chair on side of body with hip over hip and shoulder over shoulder. Press pedal down.
Pull up. Pedal half way up. Scissors legs. Scissors legs while pressing pedal down and up.

PIKE SERIES

Stand on foot bar. Round torso and place hands on back of chair directly under shoulders.
Hold releve, lift/lower bar up without leaning forward, lift higher lower.
Run in place.
Place heels on bar. Flex feet, lift/lower bar up without leaning forward, lift higher lower.
Lift to releve, lower heels on 4 counts, stay in stretch.

FLYING EAGLE

Lie on floor in front of chair on stomach with arms straight and hands on bar.

Press bar down as torso lifts. lower torso lifting bar.

Lift torso, lower bar, lift bar, lower torso.

Press bar down – torso stays down, lift torso up, lift and lower bar, lower torso, lift bar up.

ADD: LIFT ARM.

BALANCE CONTROL/TRICEPS PRESS WITH PELVIC TILTS AND LEG LIFTS

Sit on floor facing away from chair with legs extended in parallel position. Place arms on bar behind back fingertips facing body, elbows back

- 1. Press bar down - release up 8 times
- 2. Small presses upward
- 3. Press bar down, lift straight back 1" off floor, contract in pelvic tilt, press torso up in straight line
- . Break at hip to straight spine position, bend arms and lower torso to floor
- 4. Bend arms lifting bar. Press bar down - release up
- 5. Press bar down, lift straight back 1" off floor, contract in pelvic tilt, press torso up in straight line
- Lift right leg to ceiling, lower to floor, alternate legs. Break at hip to straight spine position , bend arms and lower torso to floor

Can be repeated with hands facing body.

NOTES:
