

# Fitness Equipment Instructions and Functions



## 1. Air Walker – SS-AW-20

**Function:** This apparatus provides excellent cardiovascular exercise while developing coordination and balance. It helps to improve flexibility and strength of lower limbs.

**Instructions:** Hold the handrail with both hands and step on the footrests with both feet. Both legs move back and forth repeatedly in a walking motion.

**Warning:** Not recommended for children under 14 years. Take care not to overstretch the muscles.

## 2. Arm Stretcher – SS-AS-20

**Function:** To improve the flexibility of wrists, arms and shoulders.

**Instructions:** Grasp the handles with both hands and pull down alternately to stretch the opposite arm.

**Warning:** Not recommended for children under 14 years. Take care not to overstretch the muscles.

## 3. Dipper – SS-DP-20

**Function:** To strengthen shoulder and abdomen muscles.

**Instructions:** Stand between the handles and grasp the bars with both hands. Raise the body off the ground and perform dips, leg raises or push up exercises.

**Warning:** Not recommended for children under 14 years. Take care not to overstretch the muscles.

## 4. Elliptical Trainer – SS-ET-20

**Function:** This apparatus provides a cardiovascular workout while improving flexibility of muscles and joints. It improves the aerobic function of heart and lungs.

**Instructions:** Grasp handles with both hands and place both feet on the footrests. Move legs back and forth in a running motion.

**Warning:** Use a moderate pace to a comfortable level. Not recommended for children under 14 years. Take care not to overstretch the muscles.

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## 5. Lat Pull Down & Chest Press – SS-CP-LATP-20

**Function:** This apparatus strengthens the back and arm muscles and improves heart and lung function.

**Instructions:** Lat Pull Down - Sit on seat and grasp handles with both hands. Pull handles down to shoulder level and slowly return arms to original position. To increase challenge lift feet off the ground.

**Instructions:** Chest Press - Sit on seat and grasp handles with both hands. Push handles forward to full extension and slowly return arms to original position. To increase challenge lift feet off the ground.

**Warning:** Not recommended for children under 14 years. Take care not to overstretch the muscles.

## 6. Leg Press – SS-LEGP-20

**Function:** This apparatus strengthens the thighs and core muscles.

**Instructions:** Sit on seat and place feet on footrests. Flex and extend the legs to raise and lower the seat while grasping the vertical rail for balance.

**Warning:** Not recommended for children under 14 years. Take care not to overstretch the muscles.

## 7. Leg Stretcher – SS-LEGS -20

**Function:** This apparatus stretches the ligaments of the legs and waist.

**Instructions:** Place one leg on one of the bars at a height to suit. Lean forward slightly to increase the stretch.

**Warning:** Not recommended for children under 14 years. Take care not to overstretch the muscles.

## 8. Overhead Wheels – SS-OW-20

**Function:** This apparatus improves the flexibility of the body and physical coordination.

**Instructions:** Hold one of the rotating wheels with both hands and alternately rotate the wheel in each direction.

**Warning:** Not recommended for children under 14 years. Take care not to overstretch the muscles.

## 9. Pull-Up Tower – SS-PU-20

**Function:** This apparatus will strengthen the muscles of the upper limbs and chest and improve the flexibility of the shoulder joints.

**Instructions:** Jump up and grasp the handles with both hands to perform pull-up exercises.

**Warning:** Not recommended for children under 14 years. Take care not to overstretch the muscles.

## 10. Rider – SS-RD-20

**Function:** This apparatus provides an overall cardiovascular exercise. The leg and chest muscles are stimulated while improving the heart and lung functions.

**Instructions:** Sit on seat and grasp handles with both hands and place both feet on the footrests. Pull the handles forward while pressing the pedals to raise the seat. Slowly return to original position and repeat.

**Warning:** Not recommended for children under 14 years. Take care not to overstretch the muscles.

## 11. Rotating Wheels – SS-RW-20

**Function:** This apparatus strengthens the muscles of the upper limbs and improves flexibility of the shoulder joints.

**Instructions:** Hold the handgrips with both hands and rotate the wheel in both directions. To increase the intensity, stand with back towards the wheel and reach over your shoulders to rotate the wheel.

**Warning:** Not recommended for children under 14 years. Take care not to overstretch the muscles.

## 12. Sit Up Bench - SS - SU-20

**Function:** This apparatus strengthens the muscles of the upper limbs, abdomen, hips, chest and waist.

**Instructions:** Lie on the bench and hook feet under the bars. Cross hands over chest or put them behind the head. Using abdominal muscles repeatedly raise and lower the body.

**Warning:** Not recommended for children under 14 years. Take care not to overstretch the muscles.



**13. Surfer – SS - SB-20**

**Function:** This apparatus stimulates the muscles of the waist and increases the flexibility of the body.

**Instructions:** Grasp the handles with both hands and step onto the footplates. Slightly bend the knees and swing the feet from side to side.

**Warning:** Not recommended for children under 14 years. Take care not to overstretch the muscles.

**14. Tai Chi Wheels – SS-TC-20**

**Function:** This apparatus improves the flexibility of the shoulders, hips and knees

**Instructions:** Hold the handgrips with both hands and rotate the wheels in the same and alternating directions. To increase difficulty, stand with back towards the wheels and reach over your shoulders to rotate.

**Warning:** Not recommended for children under 14 years. Take care not to overstretch the muscles.

**15. Waist Twister – SS-WT-20**

**Function:** This apparatus relaxes the muscles of the waist and improves the flexibility of the waist and core.

**Instructions:** Hold the handgrips with both hands and stand on the disc with both feet together. Twist the waist from side to side.

**Warning:** Keep a hold of handles at all times. Not recommended for children under 14 years. Take care not to overstretch the muscles.