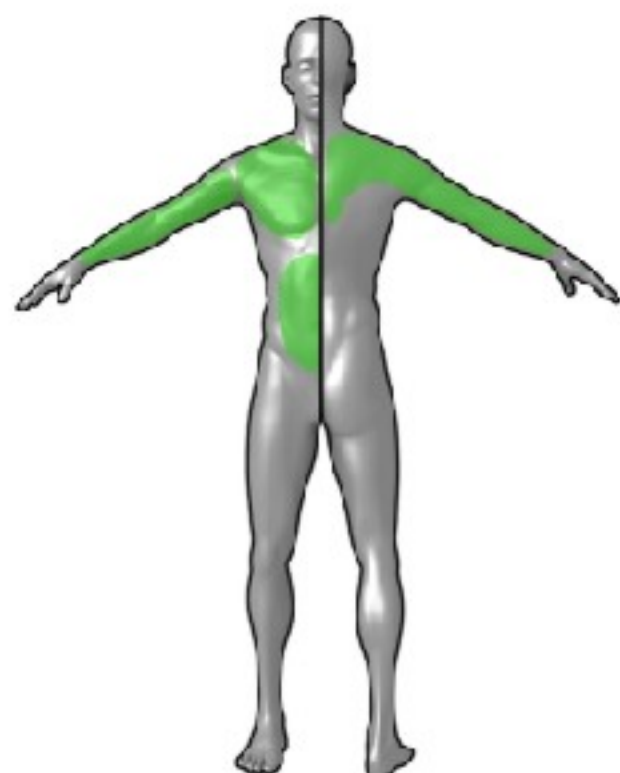


AGILITY BENCH

Activity type:

- ~ Flexibility
- ~ Strength



Muscle Groups

BEGINNER



3 - 5

Reps

INTERMEDIATE



5 - 7

Reps

ADVANCED



7 - 10

Reps

Instructions for use:

- Place hands on each side & place feet away from apparatus for support
- Slowly lower your chest towards apparatus by bending elbows
- Slowly push your chest away from apparatus whilst exhaling
- Increase reps and/or feet distance from apparatus as fitness improves
- Stand aside the unit with waist adjacent to the lower beam support (front or side on)
- In a controlled fashion slowly move the upper body towards the centre of the unit beam
- When at full stretch return to the upright position



If in doubt about undertaking physical exercise always consult a doctor beforehand. This equipment is intended for use by adults and children above 12 years of age.