

STRENGTH EXERCISE #1

A



B



**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.

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STRENGTH EXERCISE # 2

A



B



**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).

STRENGTH EXERCISE # 3

A



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

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STRENGTH EXERCISE # 4

A



B



**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.

STRENGTH EXERCISE # 5

A



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).

STRENGTH EXERCISE # 6

A



B



**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.

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STRENGTH EXERCISE # 7

A



B



**Ab Crunch:** (stomach) With the exercise cables over or under your shoulders, interlock your fingers in front of your chest by pulling the two handles together (fig. A). Bend forward as far as comfortably possible (fig. B) then return slowly to the starting position.

STRENGTH EXERCISE #8

A



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).



STRENGTH EXERCISE # 9

A



B



**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).

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STRENGTH EXERCISE # 10



**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.

STRENGTH EXERCISE # 11



**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

STRENGTH EXERCISE # 12



**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.



**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.

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