

## LOWER BODY WARM-UP



Proper warm-up is an important component of any exercise and activity program - and can also be enjoyable.

The Lower Body Warm-Up is as easy as riding a bike. Literally.

Leg pedaling is a good warm-up for the other stations because it gradually warms the muscles, reducing the risk of strain. Warm-up exercises also prepare the heart for further exercise. A 3 to 5 minute warm-up on this station is recommended prior to using the other LifeTrail stations.

There are 2 seat heights to choose from. Choose the seat that works best for your height and leg length. Users under 5'8" will generally prefer the lower seat, while the taller users will most likely prefer the taller seat.

Before climbing onto the seat, loosen the resistance dial so the pedals move with minimal resistance.

Holding the grab bars for support, climb onto the seat and position your feet on the pedals.

Begin pedaling forward, keeping your hands on the grab bars.

Pedal forward at a controlled pace for about 1 minute.

Stop and pedal in reverse for 1 minute. Most people are unaccustomed to pedaling backwards, so this may feel a bit awkward at first.

Complete your warm-up by pedaling forward for 1 additional minute.

Advanced users can increase the resistance by turning the dial so the pedals move with moderate difficulty.

Please note: longer periods of pedaling - 5 or more minutes - can be performed in either direction for additional aerobic or cardiovascular benefit.



## BENCH STEPPER

Everyone must navigate stairs on a daily basis - even if it is simply stepping up on a curb.

Leg muscle weakness is a major contributor to accidental falls among the elderly. The bench stepper exercise is one of the most effective for increasing leg strength and improving balance.