



Instruction Manual

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Stability Plus Introduction

Introducing Stability Plus, the exciting new exercise program designed for people of all ages, sizes and abilities.

The Stability Plus programs combines the latest technological advances in fitness education and training.

With a patented exercise system proven to get results in both the clinical and home environments.

The following instructional video will help you to understand every facet of the Stability Plus Program.

Every Stability Plus exercise has been designed to increase

- Range of motion
- Functional strength
- Balance
- Muscular endurance
- Overall joint stability

Research has shown that as these qualities of life increase, pain and recovery time will decrease.

Further studies have proven that resistive exercise helps stabilize the joints by strengthening the surrounding muscles, tendons and ligaments.

Installation Instructions

For strength and safety, a permanently mounted units must be attached to a strong, secure and solid surface at least 2" thick (e.g. wall stud, door frame, solid door) for optimal safety and efficiency. A minimum, unobstructed space of six feet wide and eight feet deep is needed to accommodate all possible exercises. This space can be at an angle or straight forward away from the unit allowing room for the use of a chair for support or seated exercises.

Choosing the Proper Mounting Height

The area(s) of the body that is being exercised determines the height at which the door/wall unit should be mounted: high, medium, or low. The position rules apply whether using the unit in a standing or seated position while exercising. The center attachment clip on the unit should be the aiming point when installing.

Permanent Installation

WARNING:

Do not mount the unit on wallboard, plasterboard or stucco. Even with anchors or specialty bolts, these surfaces will not safely hold the unit.

Use a stud finder to locate a weight-bearing vertical stud.

Once a stud is located, use a level to mark a straight line. Then place a pencil in each of the three holes in the wall unit to mark the location of the anchoring screws.

Double-check that your markings are within the edges of the stud.



Use three flathead wood screws, at least 3/16" x 1 1/2" to attach the unit to a wall stud, door frame or back (hinge side) of a solid wood door.

Appropriate, material-specific anchors should be purchased and used for other non-wood surfaces like brick, concrete, cement block and metal.



Portable Installation

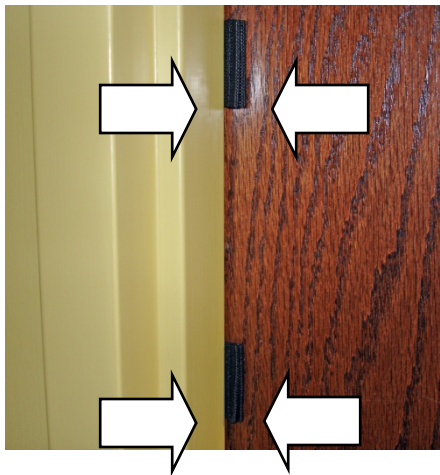
Each wall unit has two self-contained nylon webbing strips connected to the unit's steel rod. Position the strips at the desired exercise height between the open door (hinge side) and the door frame.



Slide the strips completely through the opening in the door jamb to make sure that the reinforced ends of the webbing strips protrude past the door when it is fully closed.



Close the door completely and Securely, making sure that the ends of the strips are sticking all the way through the opening and out the back of the of the door frame.



WARNING:

The unit will pullout if the webbing is not completely through the jamb.

Once the door is completely closed, pull on the unit to make sure it is secure before clipping on the resistive cord to begin exercising.



BASIC FUNDAMENTALS

The basic fundamentals are essential to the success of your workout program.

Use a staggered stance to optimize balance and provide a solid base

It is important to use a smooth, rhythmical motion keeping the same speed on each repetition both up and down. This control will increase the effectiveness of the exercise.

Range of motion is an important goal of many of the prescribed exercises. Make sure to go to full extension to increase your range of motion and flexibility.

Never hold your breath while exercising. Exhale as you move the handles away from the unit. Inhale as you return them toward the unit. Breathing this way ensures proper oxygen intake AND helps you to maintain a steady rhythm.

All exercises start with slight tension on the cords. If there is any slack, you are too close to the wall unit. Always adjust your position BEFORE you start the exercise.

During seated exercises, always keep your back against the chair while exercising... Do not rock back and forth. Always keep at least one foot on the floor for balance, even during leg exercises.

Complete at least eight full repetitions of each exercise. If you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



Knee and Hip Exercises

KNEE AND HIP EXERCISES: Attaching the Leg Cuff

Hook the adjustable leg cuff to the handles of the exercise cord you have chosen...

You may hook both handles, or just one... depending on the desired level of resistance.



Select a chair with no bottom rungs to use as a balance aid. Sit in the chair, place the cuff over the foot and around the ankle. Slide the black clip forward until the cuff is comfortably snug.



SEATED KNEE EXTENSION ATTACHMENT SETTING: LOW

- With your back toward the wall, make sure to place the chair far enough from the wall unit to provide a slight tension on the cords at the starting position. The back should maintain contact with the chair throughout the entire exercise.

- Holding the leg steady with your hands, smoothly extend the foot outward and upward until the knee reaches a “Soft lock” position being careful not to hyperextend the knee...

- Once “soft lock” is achieved, smoothly and slowly return the foot to the starting position at the same rate.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



SEATED KNEE CURL ATTACHMENT SETTING: LOW

- While facing the wall, make sure to place the chair far enough from the wall unit to provide a slight tension on the cords at the starting position. The back should maintain contact with the chair throughout the entire exercise.

- Facing the wall unit, holding the upper leg steady with your hands... bend at the knee allowing you to smoothly extend the foot upward and outward as far as you can go without pain.

- Once you have reached your limit, smoothly and slowly return the foot to the starting position at the same rate.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



HIP ADDUCTION

ATTACHMENT SETTING: LOW

- Stand parallel to the wall unit with the hip to be exercised facing TOWARD the wall. Extend the leg away from the centerline of the body, toward the wall unit. Make sure to place the chair far enough from the wall unit to provide a slight tension on the cords at the starting position,

- Holding on to the top of the chair and keeping the knee in a “soft lock” position... smoothly draw the foot and leg inward toward the body’s centerline as far as you can go without pain. Do not go past the centerline of the body.

- Once you have reached your limit, smoothly and slowly return the foot to the starting position at the same rate.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



HIP ABDUCTION

ATTACHMENT SETTING: LOW

- Stand parallel to the wall unit with the hip to be exercised facing AWAY from the wall. Start with both legs together at the body's centerline. Make sure to place the chair far enough from the wall unit to provide a slight tension on the cords at the starting position...

- Facing parallel to the wall, holding on to the top of the chair and keeping the knee in a "soft lock" position... smoothly extend the foot and leg outward away from the body's centerline as far as you can go without tilting your body or causing pain.

- Once you have reached your limit, smoothly and slowly return the foot to the starting position at the same rate.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



HIP FLEXION

ATTACHMENT SETTING: LOW

- Stand with your back to the wall with the hip to be exercised in a straight line with the unit. Start with the toe of the exercise foot approximately 6" behind the heel of the other foot. Make sure to place the chair far enough from the wall unit to provide a slight tension on the cords at the starting position. Keep your upper back straight throughout the exercise.

- Holding on to the top of the chair... bend the knee and smoothly draw the upper leg up toward the ceiling as high as you can go without pain.

- Once you have reached your limit, smoothly and slowly return the foot to the starting position at the same rate.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



FORWARD HIP EXTENSION ATTACHMENT SETTING: LOW

- Stand with your back to the wall with the hip to be exercised in a straight line with the unit. Start with the leg extended back toward the wall unit and the toe of the exercise foot approximately 6" behind the heel of the other foot. Make sure to place the chair far enough from the wall unit to provide a slight tension on the cords at the starting position,

- Holding on to the top of the chair and keeping the knee in a soft locked position... smoothly extend the full leg toward and beyond the body's centerline as far as you can go without pain. Keep your upper body straight throughout the exercise.

- Once you have reached your limit, smoothly and slowly return the foot to the starting position at the same rate.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



REVERSE HIP EXTENSION ATTACHMENT SETTING: LOW

- Stand facing the wall with the hip to be exercised in a straight line with the unit. Start with the leg extended toward the wall unit with your heel approximately 6" in front of the other foot. Make sure to place the chair far enough from the wall unit to provide a slight tension on the cords at the starting position,

- Holding on to the top of the chair and keeping the knee in a soft locked position... smoothly draw the whole leg toward and beyond the body's centerline to approximately 6" behind the heel of your other foot without tilting your upper body or causing pain.

- Once you have reached your limit, smoothly and slowly return the foot to the starting position at the same rate.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



Elbow Exercises

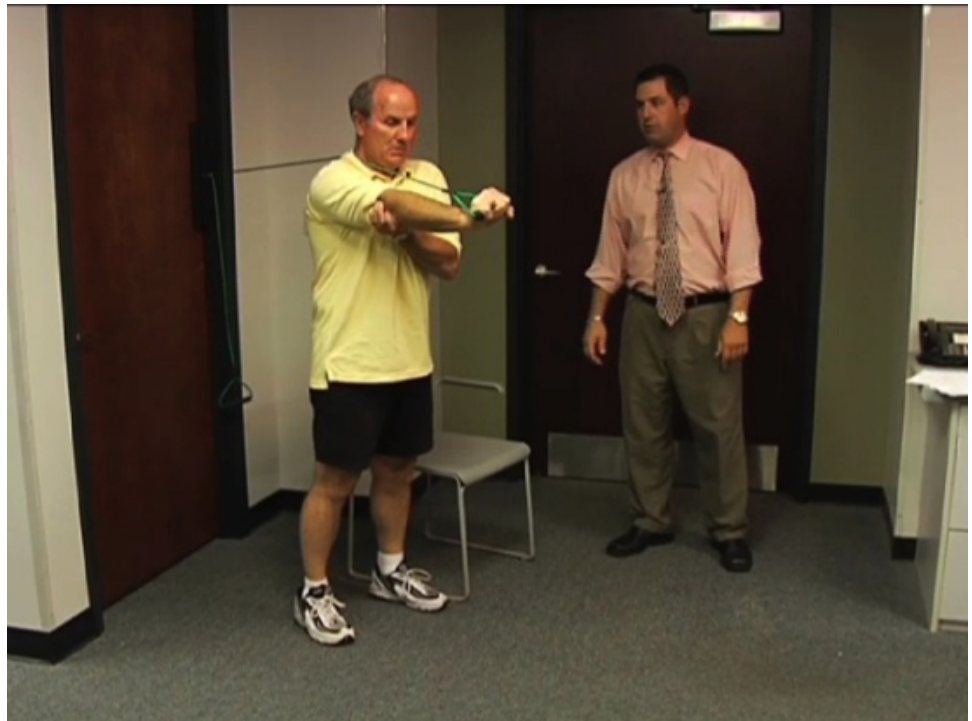
TRICEPS EXTENSION ATTACHMENT SETTING: MID

- Stand with your back to the wall with the arm to be exercised in a straight line with the unit. Start with the upper arm parallel with the floor with the elbow bent and supported by your other hand. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Holding the upper arm steady, parallel with the floor... smoothly extend the lower arm away from the body until you reach the "soft lock" position... taking care not to hyperextend the elbow.

- Once you have reached your limit, smoothly and slowly return the arm to the starting position at the same rate.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



SEATED TRICEP EXTENSION ATTACHMENT SETTING: MID

- Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

Sit with your back to the wall with the arm to be exercised in a straight line with the unit.

Start with the upper arm parallel with the floor with the elbow bent and supported by your other hand. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position,

•

Holding the upper arm steady, parallel with the floor... smoothly extend the lower arm away from the body until you reach the "soft lock" position... taking care not to hyperextend the elbow.

•

Once you have reached your limit, smoothly and slowly return the arm to the starting position at the same rate.

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Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



SEATED ROTATING ARM CURL ATTACHMNT SETTING: MID

- Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.
- Sit facing the wall with the arm to be exercised in a straight line with the unit. Start with the arm fully extended toward the floor, palm facing down. Slide your other wrist under the armpit, using your forearm as a stabilizer.
- Starting with palm facing downward, draw the hand toward your body, keeping the upper arm steady... rotate the handle inward as you draw the hand up, finishing with the palm facing your body.
- Once you have reached your limit, smoothly and slowly return the hand to the starting position at the same rate, rotating the handles counter clockwise to arrive back at the correct starting position.
- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



BICEPS CURL

ATTACHMNT SETTING: LOW

- Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.
- Facing the wall with the arm fully extended toward the floor, palms facing up... keeping the upper arms tight against the body... bend at the elbow drawing the hand upward toward the body as far as you can go without pain.
- Once you have reached your limit, smoothly and slowly return the arm to the starting position at the same rate.
- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.
- By changing the position of the handles, variations to this exercise work different muscle groups around the elbow. Individual therapy may require any and all of these variations



LOWER BACK AND TRUNK EXERCISES

BACK EXTENSION

ATTACHMENT SETTING: LOW

- Sit facing the wall with both feet on the floor to ensure proper balance... Start with arms extended to the front... on plane with the cord, elbows soft locked and palms facing down. Now, bend at the waist bringing your upper body as far forward as you can. Keep your head up to maintain a straight spine and make sure to keep your seat on the chair. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Keeping the elbows locked, smoothly and slowly lean backward, keeping the arms on the same plane as the cord, until your back touches the back of the chair.

- Immediately after you have touched your back, without hesitation, smoothly and at the same rate as the pull... lean forward maintaining tension on the cord... to return to the starting position.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



BACK EXTENSION VARIATION ATTACHMENT SETTING: LOW

- As a variation to this exercise, stand with facing the wall with knees bent, head up and spine straight. Bend at the waist, and keeping the arms on plane with the cords, lean forward as far as you can. Individual therapy may require both of these variations

- Keeping the elbows locked and the arms on the same plane as the cord... smoothly and slowly lean backward until your back is in line with your legs.

- Immediately after achieving the straight-up position and without hesitation... smoothly and at the same rate as the pull... lean forward maintaining tension on the cord... to return to the starting position.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



SEATED ABDOMINAL CRUNCH

ATTACHMENT SETTING: LOW

- Sit with your back to the wall with both feet on the floor to ensure proper balance... Start with the upper arms pressed tightly against the ribs, elbows bent and the base of your thumbs touching your shoulders at the armpit. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position

- Holding your hands in place, smoothly and slowly bend at the waist, pressing your upper body forward and downward until you cannot go any further.

- Once you have reached the bottom, smoothly and at the same rate as the press... return your upper body to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



SEATED ABDOMINAL CRUNCH VARIATION

ATTACHMENT SETTING: LOW

- As a variation to this exercise... stand with your back facing the wall, spine straight. Start with the upper arms pressed tightly against the ribs, elbows bent and the base of your thumbs touching your shoulders at the armpit. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Holding your hands in place, smoothly and slowly bend at the waist, pressing your upper body forward and downward until you cannot go any further.

- Once you have reached the bottom, smoothly and at the same rate as the press... return your upper body to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



TRUNK TWIST

ATTACHMENT SETTING: LOW

- Stand facing the wall with a staggered stance to ensure a good base... Start with upper arms pressed tightly against the ribs, elbows bent and hands interlocked around both handles, palms facing each other. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Smoothly and slowly rotate the torso counterclockwise, keeping the hands and arms at the midline of the chest throughout the entire exercise. Turn as far as you can go without pain.

- Once you have reached your limit, smoothly and at the same rate as the turn... return the hands and upper body to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



UPPER BODY EXERCISES -SEATED

ALTERNATE SHOULDER RAISE

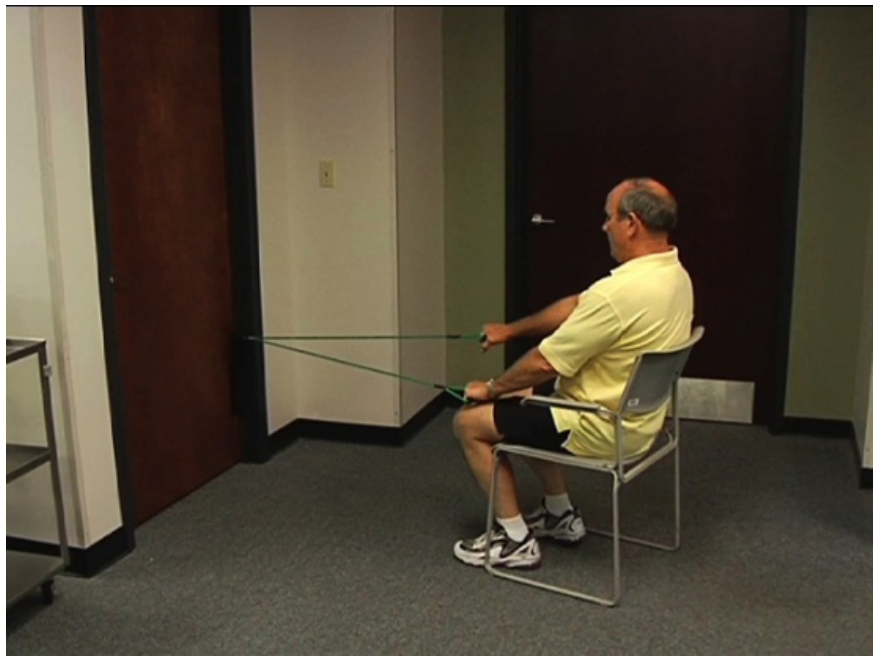
ATTACHMENT SETTING: LOW

- Sit facing the wall with both feet on the floor to ensure proper balance... Start with arms just wider than your body, extended on plane with the cord, elbows soft locked and palms facing downward. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Smoothly and slowly raise a single handle upward, maintaining a soft lock of the elbow, as high as you can go with no pain your hands pass the center line of your body.

- Once you have reached your limit, smoothly and at the same rate as the raise... return the hand to the starting position following the same path in reverse. Now repeat the process with the alternate hand, maintaining a soft lock of the elbow, as high as you can go... then returning the hand to the starting position.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



BICEPS CURL

ATTACHMENT SETTING: HIGH or MID

- Facing the wall with the arm fully extended toward the floor, palms facing up... keeping the upper arms tight against the body... bend at the elbow drawing the hand upward toward the body as far as you can go without pain.

- Once you have reached your limit, smoothly and slowly return the arm to the starting position at the same rate.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.

- By changing height of the wall unit, variations to this exercise work different muscle groups around the shoulder. Individual therapy may require any and all of these variations.



DECLINE PRESS

ATTACHMENT SETTING: HIGH

- Sit with your back to the wall with both feet on the floor to ensure proper balance... Start with upper arms on plane with the cord, elbows bent and the base of your thumbs touching your shoulders at the armpit. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Smoothly and slowly press the handles downward toward the floor at a forty-five degree angle until you reach the “soft lock” position... taking care not to hyperextend the elbows.

- Once you have reached “soft lock”, smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



FLY

ATTACHMENT SETTING: LOW or HIGH

- Sit with your back to the wall with both feet on the floor to ensure proper balance... Start with arms extended to the side, on plane with the cord, elbows soft locked and palms facing away from the wall unit. Make sure to have tension on the cords at the start.

- Smoothly and slowly press the handles forward and inward, maintaining a soft lock of the elbows and staying on plane with the cord. Smoothly draw the palms of your hands together at eye height, NO HIGHER. Do not bend at the waist or rock forward.

- Once you have touched your hands in front of your eyes, smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level

- By changing height of the wall unit, variations to this exercise work different muscle groups around the shoulder. Individual therapy may require any and all of these variations.



INCLINE PRESS

ATTACHMENT SETTING: LOW

-

Sit with your back to the wall with both feet on the floor to ensure proper balance... Start with upper arms parallel with the floor, elbows bent and the base of your thumbs touching your shoulders at the armpit. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

-

Smoothly and slowly press the handles upward at a forty-five degree angle toward the ceiling until you reach the "soft lock" position... taking care not to hyperextend the elbows.

-

Once you have reached "soft lock", smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

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Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



LAT PULLDOWN

ATTACHMENT SETTING: HIGH

- Sit facing the wall with both feet on the floor to ensure proper balance... Start with arms extended to the front... on plane with the cord, elbows soft locked and palms facing down. Now, bend at the waist to bring your upper body into the same plane as the cord also. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Bending the elbow, smoothly and slowly draw the handles downward and inward, keeping the arms on the same plane as the cord, until your thumbs touch the top of your shoulders.

- Once you have touched your shoulders, smoothly and at the same rate as the pull... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



PULL BACK
ATTACHMENT SETTING: LOW

- Sit facing the wall with both feet on the floor to ensure proper balance... Start with arms just wider than your body, extended on plane with the cord, elbows soft locked and palms facing downward. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Smoothly and slowly press the handles downward and inward, maintaining a soft lock of the elbows until your hands pass the center line of your body as far as you can go with no pain. top of your shoulders.

- Once you have reached your limit, smoothly and at the same rate as the pull... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



PULLOVER

ATTACHMENT SETTING: LOW or HIGH

- Sit with your back to the wall with both feet on the floor to ensure proper balance... Start with arms extended straight up, shoulder width apart, elbows soft locked and palms facing away from the wall unit. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Smoothly and slowly press the handles forward and downward, maintaining a soft-lock of the elbows. Keep your arms shoulder width apart as you smoothly press the handles down until your hands touch the top of the thighs. Do not bend at the waist or rock forward.

- Once you have reached the bottom, smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level

- By changing height of the wall unit, variations to this exercise work different muscle groups around the shoulder. Individual therapy may require any and all of these variations.



PULLDOWN CROSS

ATTACHMENT SETTING: HIGH

- Sit facing the wall with both feet on the floor to ensure proper balance... Start with arms extended on plane with the cord, elbows soft locked, hands together and palms facing downward. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Smoothly and slowly pull the handles downward and inward towards the outside of the left knee, maintaining a soft lock of the elbows and keeping the hands together until your hands touch the outside of the knee.

- Once you have touched the left knee, smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- On the next repetition, follow the same basic steps but this time toward the outside of the right knee. Alternate left and right with each rep.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



TRICEPS EXTENSION

ATTACHMENT SETTING: HIGH

- Sit with your back to the wall with both feet on the floor to ensure proper balance... Start with upper arms pressed tightly against the ribs, elbows bent and the base

- Holding the upper arms tightly against the ribs... smoothly and slowly extend the lower arms away from the body... keeping your hands shoulder width apart, until you reach the "soft lock" position... taking care not to hyperextend the elbows.

- Once you have reached "soft lock", smoothly and at the same rate as the extension... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



TRICEPS PRESS

ATTACHMENT SETTING: LOW

- Sit with your back to the wall with both feet on the floor to ensure proper balance... Start with the upper arms pressed tightly against head, elbows bent and the base of your thumbs touching the base of your neck. Make sure to be hooked low enough on the wall unit to provide a slight tension on the cords at the starting position.

- Keeping the elbows pressed tightly to the head so that only the lower arm moves... smoothly and slowly press the handles upward toward the ceiling until you reach the “soft lock” position... taking care not to hyperextend the elbows.

- Once you have reached “soft lock”, smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



UPRIGHT ROW

ATTACHMENT SETTING: LOW

- Sit facing the wall with both feet on the floor to ensure proper balance... Start with arms extended to the front on plane with the cord, elbows soft locked and palms facing down. Make sure to be far enough from the wall unit to provide

- Bending the elbow, smoothly and slowly draw the handles upward and inward, keeping the arms on the same plane as the cord, until the base of your thumbs touch the top of your shoulders.

- Once you have touched your shoulders, smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



UPPER BODY EXERCISES- STANDING

PULLDOWN

ATTACHMENT SETTING: HIGH or MID

- Stand facing the wall with a staggered stance to ensure a good base... Start with arms extended on plane with the cord, elbows soft locked and palms facing downward. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Smoothly and slowly press the handles downward and inward, maintaining a soft lock of the elbows until your hands touch the tops of the thighs.

- Once you have reached the bottom, smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.

- By changing height of the wall unit, variations to this exercise work different muscle groups around the shoulder. Individual therapy may require any and all of these variations.



BICEPS CURL

ATTACHMENT SETTING: HIGH or MID

- Facing the wall with the arms fully extended toward the unit, upper arms parallel to the floor, palms facing up... keep the upper arm still and bend at the elbow drawing the hand upward toward the body as far as you can go without pain.

- Once you have reached your limit, smoothly and slowly return the arm to the starting position at the same rate.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.

- By changing height of the wall unit, variations to this exercise work different muscle groups around the shoulder. Individual therapy may require any and all of these variations.



ROW

ATTACHMENT SETTING: HIGH or MID

- Stand facing the wall with a staggered stance to ensure a good base... Start with arms extended to the front on plane with the cord, elbows soft locked and palms facing down. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Bending the elbow, smoothly and slowly draw the handles forward and inward, keeping the arms on the same plane as the cord, until the base of your thumbs touch your shoulders at the armpit.

- Once you have touched your shoulders, smoothly and at the same rate as the press... return the hands to the starting position

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



SHOULDER PRESS

ATTACHMENT SETTING: LOW

- Stand with your back close to the wall with a staggered stance to ensure a good base... Start with upper arms out to the side, parallel with the wall, elbows bent and the base of your thumbs touching the tops your shoulders. Make sure to be hooked low enough on the wall unit to provide a slight tension on the cords at the starting position.

- Keeping the upper arms should width apart... smoothly and slowly press the handles upward, until you reach the “soft lock” position... taking care not to hyperextend the elbows.

- Once you have reached “soft lock”, smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



DECLINE PRESS

ATTACHMENT SETTING: HIGH

- Stand with your back to the wall with a staggered stance to ensure a good base... Start with upper arms parallel with the floor, elbows bent and the base of your thumbs touching your shoulders at the armpit. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Smoothly and slowly press the handles downward toward the floor at a forty-five degree angle until you reach the “soft lock” position... taking care not to hyperextend the elbows.

- Once you have reached “soft lock”, smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



UPRIGHT ROW

ATTACHMENT SETTING: LOW

- Stand facing the wall with a staggered stance to ensure a good base... Start with arms extended to the front on plane with the cord, elbows soft locked and palms facing down. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Bending the elbow, smoothly and slowly draw the handles upward and inward, keeping the arms on the same plane as the cord, until the base of your thumbs touch the top of your shoulders.

- Once you have touched your shoulders, smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



PULL BACK

ATTACHMENT SETTING: LOW

- Stand facing the wall with a staggered stance to ensure a good base... Start with arms just wider than your body, elbows soft locked and palms facing downward. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Smoothly and slowly press the handles downward and inward, maintaining a soft lock of the elbows until your hands pass the center line of your body as far as you can go with no pain. top of your shoulders.

- Once you have reached your limit, smoothly and at the same rate as the pull... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



PULLOVER

ATTACHMENT SETTING: HIGH

- Stand with your back to the wall with a staggered stance to ensure a good base... Start with arms extended straight up, shoulder width apart, elbows soft locked and palms facing away from the wall unit. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Smoothly and slowly press the handles forward and downward, maintaining a soft lock of the elbows. Keep your arms shoulder width apart as you smoothly press the handles down until your hands touch the top of the thighs. Do not bend at the waist or rock forward.

- Once you have reached the bottom, smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



TRUNK TWIST

ATTACHMENT SETTING: MID

- Stand facing the wall with a staggered stance to ensure a good base... Start with upper arms pressed tightly against the ribs, elbows bent and hands interlocked around both handles, palms facing each other. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Smoothly and slowly rotate the torso counter-clockwise, keeping the hands and arms at the midline of the chest throughout the entire exercise. Turn as far as you can go without experiencing pain.

- Once you have reached your limit, smoothly and at the same rate as the turn... return the hands and upper body to the starting position following the same path in reverse.

- On the next repetition, follow the same basic steps but this time rotate the torso clockwise. Again, repeat this process at least eight times.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



ABDOMINAL CRUNCH

ATTACHMENT SETTING: HIGH

- Stand with your back to the wall with a staggered stance to ensure a good base... Start with the upper arms pressed tightly against the ribs, elbows bent and the base of your thumbs touching your shoulders at the armpit. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Holding your hands in place, smoothly and slowly bend at the waist, pressing your upper body forward and downward until you cannot go any further.

- Once you have reached the bottom, smoothly and at the same rate as the press... return your upper body to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



CHEST PRESS

ATTACHMENT SETTING: MID

- Stand with your back to the wall with a staggered stance to ensure a good base... Start with upper arms parallel with the floor, elbows bent and the base of your thumbs touching your shoulders at the armpit. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Keeping the upper arms parallel with the floor... smoothly and slowly press the handles outward, away from the wall until you reach the “soft lock” position... taking care not to hyperextend the elbows.

- Once you have reached “soft lock”, smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



INCLINE PRESS

ATTACHMENT SETTING: LOW

- Stand with your back to the wall with a staggered stance to ensure a good base... Start with upper arms parallel with the floor, elbows bent and the base of your thumbs touching your shoulders at the armpit. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Smoothly and slowly press the handles upward at a forty-five-degree angle toward the ceiling until you reach the "soft lock" position... taking care not to hyperextend the elbows.

- Once you have reached "soft lock", smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



TRICEPS PRESS

ATTACHMENT SETTING: LOW

- Stand with your back close to the wall with a staggered stance to ensure a good base... Start with the upper arms pressed tightly against head, elbows bent and the base of your thumbs touching the base of your neck. Make sure to be hooked low enough on the wall unit to provide a slight tension on the cords at the starting position.

- Keeping the elbows pressed tightly to the head so that only the lower arm moves... smoothly and slowly press the handles upward toward the ceiling until you reach the “soft lock” position... taking care not to hyperextend the elbows.

- Once you have reached “soft lock”, smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



PULLDOWN CROSS
ATTACHMENT SETTING:
HIGH or MID

- Stand facing the wall with a staggered stance to ensure a good base... Start with arms extended on plane with the cord, elbows soft locked and palms facing downward. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Smoothly and slowly press the handles downward and inward, maintaining a soft lock of the elbows until your hands touch the tops of the thighs.

- Once you have reached the bottom, smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- On the next repetition, follow the same basic steps but this time toward the outside of the right thigh. Alternate left and right with each rep.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.

- By changing height of the wall unit, variations to this exercise work different muscle groups around the shoulder. Individual therapy may require any and all of these variations.



FLY

ATTACHMENT SETTING: MID or HIGH

- Stand with your back to the wall with a staggered stance to ensure a good base... Start with arms extended to the side, parallel with the shoulders, elbows soft locked and palms facing away from the wall unit. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Smoothly and slowly press the handles forward and inward, maintaining a soft lock of the elbows. Keep your arms parallel with the floor as you smoothly draw the palms of your hands together. Do not bend at the waist or rock forward.

- Once you have touched your hands, smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



PRESS TURN
ATTACHMENT SETTING: MID

- Stand with your back to the wall with a staggered stance to ensure a good base... Start with upper arms parallel with the floor, elbows bent and the base of your thumbs touching your shoulders at the armpit. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.
- Keeping the upper arms parallel with the floor... smoothly and slowly press the right handle outward away from the wall, rotating the upper body counter clockwise as far as you can go without pain and reaching the "soft lock" position with the elbow.
- Once you have reached the end of your rotation, smoothly and at the same rate as the press... return the hand and upper body to the starting position following the same path in reverse.
- On the next repetition, follow the same basic steps but this time pressing with the left hand and rotating the torso clockwise.
- Alternate right and left with each repetition.
- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



TRICEPS PUSH DOWN

ATTACHMENT SETTING: HIGH

- Stand with your back to the wall with a staggered stance to ensure a good base... Start with the upper arms pressed tightly against the ribs, elbows bent and the base of your thumbs touching your shoulders at the armpit. Make sure to be far enough from the wall unit to provide a slight tension on the cords at the starting position.

- Keeping the elbows pressed tightly to the body so that only the lower arm moves... smoothly and slowly press the handles downward toward the floor until you reach the “soft lock” position... taking care not to hyperextend the elbows.

- Once you have reached “soft lock”, smoothly and at the same rate as the press... return the hands to the starting position following the same path in reverse.

- Repeat this process at least eight times. Remember, if you cannot use perfect form for at least eight reps, you must step back a cord to ensure success. If you achieve more than fifteen reps, step up to the next resistance level.



Stability Plus™ Workout for _____ (Individual)

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Stability Plus™ Workout for _____ (Individual)

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Stability Plus™ Workout for _____ (Individual)

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