Here are examples of equipment that we are looking to install. They include: Balance spring, chest press, workout bench, Air walker, workout with pedals, shoulder wheel, pull up bars and step and calf. The second page highlights which items are designed for elderly users and which are designed for all users.
<table>
<thead>
<tr>
<th>Equipment</th>
<th>Aimed at:</th>
<th>Benefits</th>
</tr>
</thead>
</table>
| Balance spring     | Seniors  | • Improves balance  
• Improves posture                                                   |
| Pull up bars       | All       | • Improves upper body strength  
• Improves grip strength                                               |
| Chest press        | All       | • Strengthens upper body and core  
• Promotes muscular endurance                                           |
| Shoulder wheel     | Seniors  | • Improves shoulder mobility                                              |
| Work out bench     | All       | • Suitable for a variety of exercises  
• Improves core strength and upper body strength                      |
| Work out bench with Pedals | All       | • Suitable for a variety of exercises  
• Improves core strength and lower body strength                      |
| Air walker         | All       | • Improves resistance and mobility of legs and hips  
• Suitable for warm-up before exercise                                 |
| Step and calf      | Seniors  | • Improves leg mobility  
• Helps to maintain good balance                                       |

- Improve balance and posture
- Improve upper body strength and grip strength
- Strengthen upper body and core
- Promote muscular endurance
- Improve shoulder mobility
- Suitable for a variety of exercises
- Improve core strength and upper body strength
- Improve leg mobility
- Help to maintain good balance
- Improve resistance and mobility of legs and hips