

Balance Spring



Chest press



Workout Bench



Air walker

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.



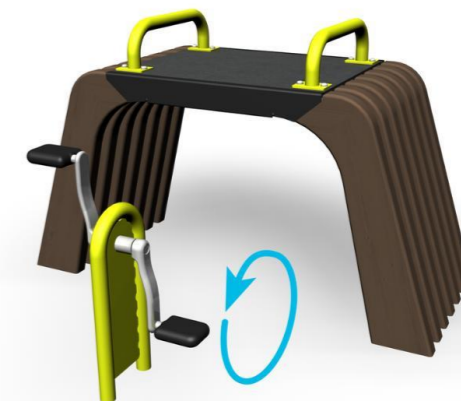
Step and Calf



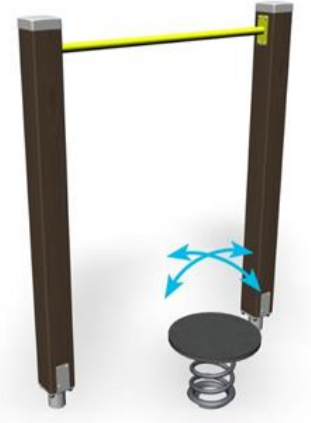




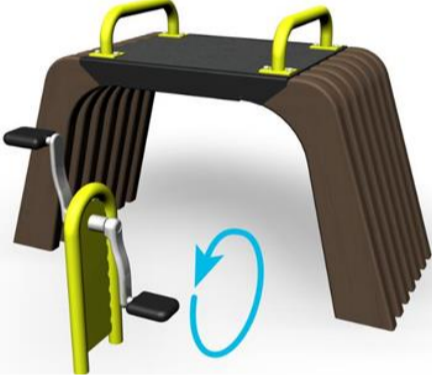


Pull up bars



Shoulder wheel



Work Out with Pedals

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| <p>Balance spring</p> <p>Aimed at: Seniors</p> <p>Benefits:</p> <ul style="list-style-type: none"> • Improves balance • Improves posture |  <p>A diagram of a balance spring machine. It consists of two vertical dark brown posts connected at the top by a yellow horizontal bar. A black circular platform is mounted on a spring at the base between the posts. Blue double-headed arrows indicate the platform's movement.</p> | <p>Pull up bars</p> <p>Aimed at: All</p> <p>Benefits:</p> <ul style="list-style-type: none"> • Improves upper body strength • Improves grip strength |  <p>A diagram of pull-up bars. It features two vertical dark brown posts with a horizontal silver bar between them at a height suitable for pulling up.</p> |
| <p>Chest press</p> <p>Aimed at: All</p> <p>Benefits:</p> <ul style="list-style-type: none"> • Strengthens upper body and core • Promotes muscular endurance |  <p>A diagram of a chest press machine. It has a central vertical post with two handles extending outwards. The handles are connected to a mechanism that allows for a pressing motion. There are foot pedals at the base.</p> | <p>Shoulder wheel</p> <p>Aimed at: Seniors</p> <p>Benefits:</p> <ul style="list-style-type: none"> • Improves shoulder mobility |  <p>A diagram of a shoulder wheel machine. It has two vertical dark brown posts with a large yellow wheel between them. A blue arrow indicates the wheel's rotation.</p> |
| <p>Work out bench</p> <p>Aimed at: All</p> <p>Benefits:</p> <ul style="list-style-type: none"> • Suitable for a variety of exercises • Improves core strength and upper body strength |  <p>A diagram of a work-out bench. It has a black top surface with two yellow handles. The base is made of several dark brown, curved, ribbed sections that provide stability.</p> | <p>Work out bench with Pedals</p> <p>Aimed at: All</p> <p>Benefits:</p> <ul style="list-style-type: none"> • Suitable for a variety of exercises • Improves core strength and lower body strength |  <p>A diagram of a work-out bench with pedals. It features the same black top and yellow handles as the standard bench, but includes a yellow pedal mechanism on the side. A blue arrow indicates the pedal's rotation.</p> |
| <p>Air walker</p> <p>Aimed at: All</p> <p>Benefits:</p> <ul style="list-style-type: none"> • Improves resistance and mobility of legs and hips • Suitable for warm-up before exercise |  <p>A diagram of an air walker machine. It has two yellow handles and two yellow pedals. A blue arrow indicates the forward and backward motion of the pedals.</p> | <p>Step and calf</p> <p>Aimed at: Seniors</p> <p>Benefits:</p> <ul style="list-style-type: none"> • Improves leg mobility • Helps to maintain good balance |  <p>A diagram of a step and calf machine. It has two vertical dark brown posts with a yellow horizontal bar at the top. A black platform is mounted at the base between the posts.</p> |