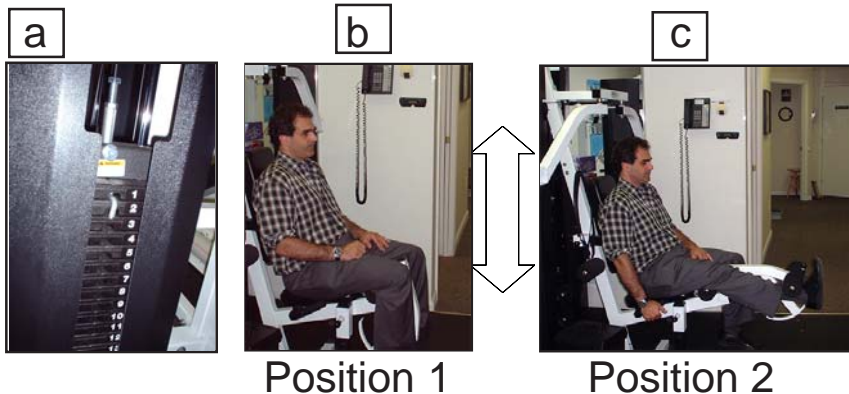


Quadricep, Hamstring and Abdominal Strengthening Exercises

Quadricep Strengthening.

Prior to performing any exercises on our universal gym, be sure to check and see that the pin is in the desired amount of weight(a). The weight stack for this part of the machine is located to the right of the seat. To strengthen the quadriceps (in front of the thighs), one leg at a time, lift the weight and straighten leg as shown. Begin with 6 repetitions on each side and every other day add 1-2 repetitions (reps) until you reach 18. At that time, increase the weight and begin again with 6 reps and build back up to 18, and then increase the weight again.

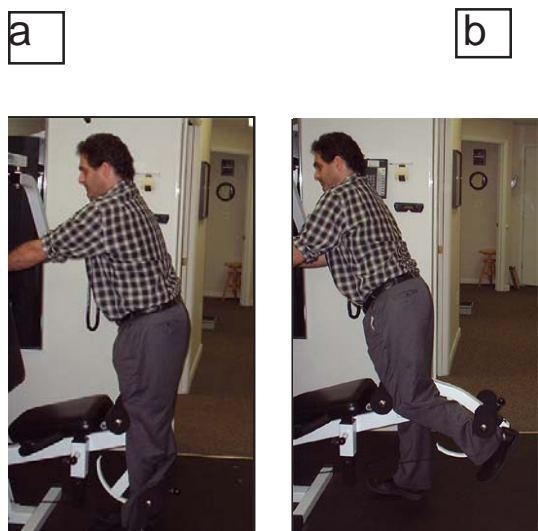


Position 1

Position 2

Hamstring Exercises

Bend leg with thigh leaning against the round cushion (a). Pull back to 90 degrees. Begin with 6 reps and build to 18 as you would the quadriceps. When the quads increase to 20, lbs, keep the hamstrings at the same weight. When you increase the quads to 30 lbs, increase the hamstrings to 20 lbs. then, keep your weight for the hamstrigs approximately 1/3 less that the quads because this is most appropriate for these muscles when strengthening them.

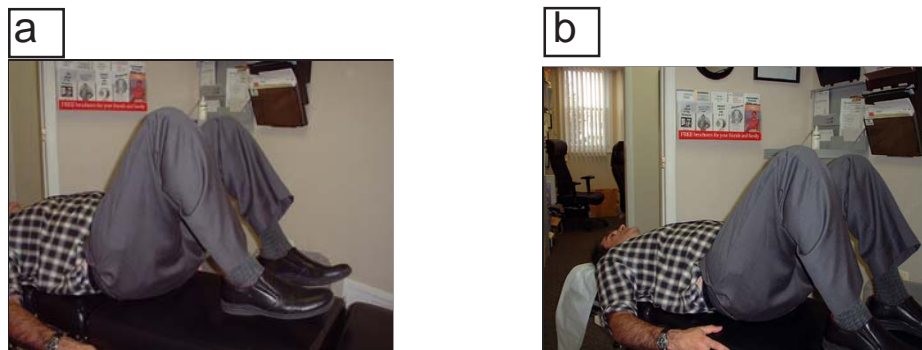


Position 3

General Rules- If the exercise causes pain, discontinue and tell the doctor. If there is considerable weakness on one side or you cannot do the exercise, let the doctor know. He will help you.

Exercises for abdominal muscles

This is a challenging sit-up that can significantly add tone to the region while helping to shape the core muscles. First suck your stomach in (a), flattening your back to the table or floor. Continue contracting these muscles this



way until the legs begin to lift slightly off the table (b). The goal is to lift the legs using the abdominal muscles only. Begin with 5 reps and increase daily to one set of 15. Then every other day, add a second and then a third set.