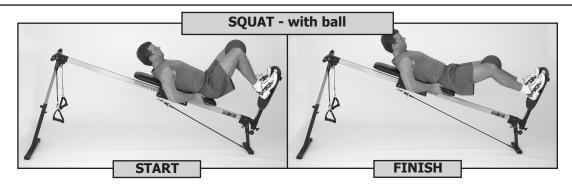


- Straddle the bench and sit at the bottom edge of bench.
- Place feet shoulder width apart on foot platform. Lie back on the bench. Place hands on sides of bench for stability and safety (DO NOT place hands on ends of bench).
- Start with legs bent to 90 degrees at knees.
- Push yourself up the incline until your legs are fully extended.
- Slowly return to start position by squatting with both legs until knees are bent to 90 degrees.
 - DO: Control the bench on the down phase of the squat. By lowering slowly you work the leg muscles in both phases of the movement.
 - DON'T: Do not bounce the bench when in the START position.
 - VARIATION 1: Do with toes out, toes in or single leg. VARIATION 2: Increase incline, add stretch cords, power cords, or add weights to weight bracket to increase resistance.
 - TARGETED MUSCLES: Quadriceps and Trunk





- Straddle the bench then sit towards bottom edge of bench.
- Place feet shoulder width apart on foot platform and place a ball between your knees. Lie back on the bench. Place hands on sides of bench for stability (do not place hands on ends of bench).
- Start with legs in a squat position by bending both knees to 90 degrees.
- While squeezing the ball between your knees, push yourself up the incline until your legs are fully extended.
- Return to start position until knees are bent to 90 degrees.
 - OD: Return to start slowly to work the leg muscles in both phases of the movement. Squeeze the ball during the entire exercise.
 - DON'T: Do not place hands on ends of bench, place hands on the sides of the bench.
 - NARIATION: Increase incline, add stretch cords / power cords, or add weights to weight bracket to increase resistance.
 - TARGETED MUSCLES: Inner and Outer Thighs, Calves, Hamstrings

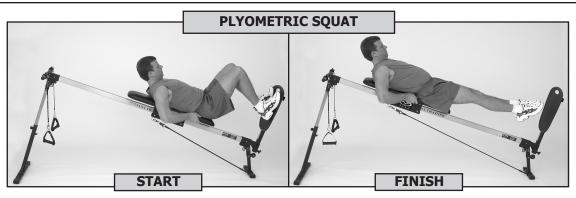


- Straddle the bench and sit at the bottom edge of bench.
- Place one foot on foot platform and the other foot on the back edge of the bench. Lie back on the bench.
- Place hands on sides of bench for stability and safety (do not place hands on ends of bench).
- Start with legs bent to 90 degrees at knees.
- Push yourself up the incline until your leg is fully extended.
- Slowly return to start position by lunging with active leg until leg is bent 90 degrees at knee.
 - DO: Extend your leg on a 1 count and slowly lower on a 3-4 count to maximize the benefit.
 - DON'T: Do not lower quickly. Use muscles to control return to start.
 - VARIATION 1: Do with toes out, toes in or both legs.
 VARIATION 2: Increase incline, add stretch cords, power cords, or add weights to weight bracket to increase resistance.
 - TARGETED MUSCLES: Quadriceps and Hamstrings

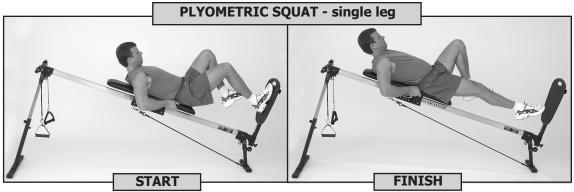
SQUAT - skiing



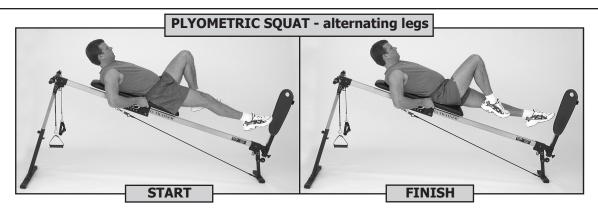
- Straddle the bench then sit towards bottom edge of bench. Place feet together on the foot platform. Lie back on the bench. Place hands on sides of bench for stability (do not place hands on ends of bench).
- Start with legs in a squat position by bending both knees to 90 degrees. Rotate the hips to one side until they are at a 45 degree angle from the center (simulating a skiing squat).
- Push up the incline until your legs are fully extended. When your legs are fully extended (see MID position), rotate your hips, knees and feet 45 degrees in the opposite direction and repeat the movement.
- Continue the exercise for your chosen number of repetitions under 25 reps for strength, over 25 for reps for endurance.
 - DO: This movement is intended to raise your heart rate. Establish a rhythm that allows you to move quickly while still maintaining complete control.
 - DON'T: Do not bend your knees below 90 degrees.
 - VARIATION: You can do this as a plyometric by pushing off quickly with enough force so that your feet leave the platform.
 - TARGETED MUSCLES: Inner and Outer Thighs, Hamstrings, Calves



- Straddle the bench and sit with your hips at the end of the bench. Place hands on sides of bench for stability (DO NOT place hands on ends of bench).
- Place feet shoulder width apart on the foot platform. Lie back on the bench, tuck your chin into your chest and push your lower back into the bench. Bend legs at the knees to 90 degrees.
- Push forcefully off the foot platform. Keep your eyes on your feet and your chin tucked to your chest.
- Extend your legs and point your toes, keeping your body streamlined.
- As your body returns to the start position, watch your feet return to the platform.
- Absorb the return with your legs, bending legs to 90 degrees and push off again.
 - DO: Always hold sides of bench and watch your feet return and touch the platform.
 - DON'T: Do not return to the platform with straight legs. Always bend at the knees to absorb the return force.
 - VARIATION : Alternate legs or do one leg at a time.
 - TARGETED MUSCLES: Thighs, Hamstrings, Buttocks, Calves, Abdominals



- Straddle the bench and sit with your hips at the end of the bench. Place hands on sides of bench for stability (DO NOT place hands on ends of bench).
- Place one foot on the foot platform, bending the other leg enough so that it does not hit the platform.
- Lie back on the bench, tuck your chin into your chest and push your lower back into the bench. Bend the active leg at the knee to 90 degrees.
- Using one leg at a time, push forcefully off the foot platform. Keep your eyes on your feet and your chin tucked to your chest. Extend your leg and point your toe, keeping your body streamlined.
- Return with the same leg each time. Do a set of repetitions, then repeat set with other leg.
- Watch your foot return to the platform and absorb the return with your leg.
 - OD: Always hold sides of bench and watch your feet return and touch the platform.
 - DON'T: Do not return to the platform with straight legs. Always bend at the knees to absorb the return force.
 - AVARIATION: Alternate legs with each repetition, keeping a rhythm (see PLYO SQUAT alternating).
 - TARGETED MUSCLES: Thighs, Hamstrings, Buttocks, Calves, Abdominals



- Straddle the bench and sit with your hips at the end of the bench. Place hands on sides of bench for stability (DO NOT place hands on ends of bench).
- Place one foot on the foot platform, bending the other leg enough so that it does not hit the platform.
- Lie back on the bench, tuck your chin into your chest and push your lower back into the bench. Bend the active leg at the knee to 90 degrees.
- Using one leg at a time, push forcefully off the foot platform. Keep your eyes on your feet and your chin tucked to your chest. Extend your leg and point your toe, keeping your body streamlined.
- As your body returns to the start position, switch legs and land on the platform with the opposite leg.
- Watch your foot return to the platform and absorb the return with your leg.
 - DO: Always hold sides of bench and watch your feet return and touch the platform.
 - DON'T: Do not return to the platform with straight legs. Always bend at the knees to absorb the return force.
 - TARGETED MUSCLES: Thighs, Hamstrings, Buttocks, Calves, Abdominals

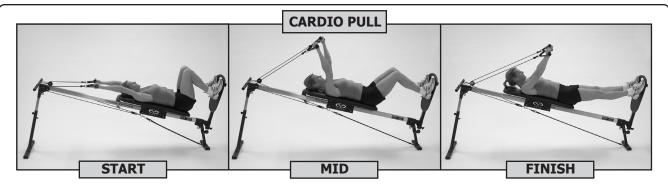


- Straddle the bench and sit towards bottom edge of bench.
- Place feet shoulder width apart on foot platform.
- Hold a medicine ball between your hands. Lie back on bench and extend arms above chest.
- Start with legs in a squat position by bending both knees to 90 degrees.
- Push up the incline until your legs are fully extended.
- Hold the medicine ball above your chest throughout the exercise.
- Engage your abdominals by trying to keep the ball stable with arms extended at chest height.
- Return to start position by squatting with both legs until knees are bent to 90 degrees.
 - OD: Try to hold the arms and medicine ball perpendicular to your body above your chest.
 - DON'T: Do not allow your lower back to arch. Press it into the bench.
 - NARIATION: You can do this as a plyometric by pushing off quickly with enough force so that your feet leave the platform.
 - TARGETED MUSCLES: Thighs, Hamstrings, Buttock, Calves, Abdominals, Shoulders, Chest

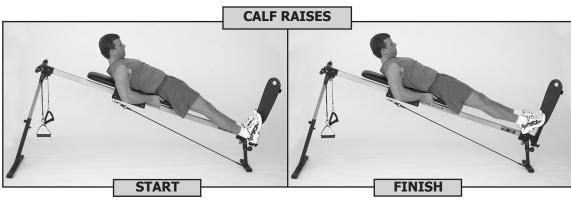


Ball will move back and forth.

- Straddle the bench and sit towards bottom edge of bench.
- Place feet shoulder width apart on foot platform.
- Hold a medicine ball between your hands. Lie back on bench and extend arms above chest.
- Start with legs in a squat position by bending both knees to 90 degrees (see START).
- Push forcefully off the foot platform, holding the medicine ball above your chest.
- Engage your abdominals by trying to keep the ball stable with arms extended at chest height.
- Absorb the return with your legs, bend legs to 90 degrees and push off again.
 - DO: Hold the arms and medicine ball straight above your chest throughout the exercise as best a possible. The ball will tend to move back and forth.
 - DON'T: Do not allow your lower back to arch. Press it into the bench.
 - A VARIATION: You can use a light dumbbell or freeweight plate in place of medicine ball.
 - (a) TARGETED MUSCLES: Thighs, Hamstrings, Buttock, Calves, Abdominals, Shoulders, Chest

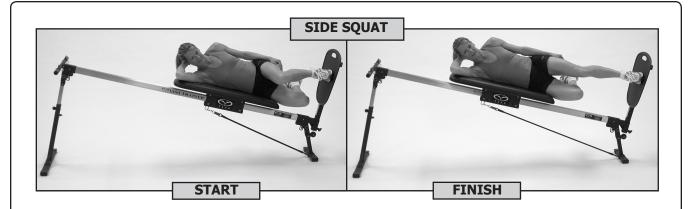


- Hold both handles and pull the bench halfway up the incline. Straddle the bench facing the rear of the Vasa Trainer and lie on your back with your hips at the rear end of the bench.
- Place feet against platform and bend legs to 90 degrees. Extend arms behind head (see START).
- Press low back into bench to protect the back and to work the abdominals.
- To start the exercise, push against the platform while simultaneously pulling your arms overhead (toward ceiling). Pull with arms and push with legs.
- Extend your legs until they are just slightly bent, maintaining contact between platform and feet.
- Slowly return to starting position.
 - DO: This exercise will build aerobic endurance. Use a rhythmic cadence and perform for at least 5 minutes to achieve an aerobic effect. Use a heart monitor to measure intensity.
 - DON'T: Do not use jerky movements. Try to establish a smooth, steady pace.
 - A VARIATION: Pull your arms in a wide, arcing motion and return the same way.
 - TARGETED MUSCLES: Total body

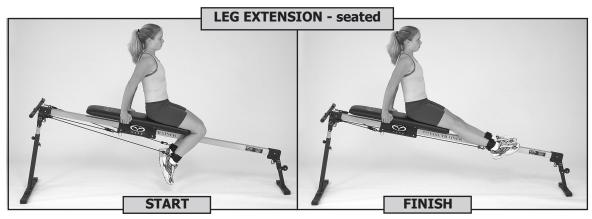


- Straddle the bench then sit towards bottom edge of bench.
- Place feet shoulder width apart on bottom edge of foot platform, so that your heels hang off the edge.
- Lie back on the bench. Place hands on sides of bench for stability (DO NOT place hands on ends of bench).
- Push off the foot platform by raising your heels and pointing your toes.
- Slowly return to start position by lowering your heels back to the starting position.
 - OD: Stretch your calves in the START position by letting your heels drop, until you can feel the calf muscles tighten slightly.
 - DON'T: Do not bounce up and down during this exercise, use slow controlled movements.
 - A VARIATION: Use toes in or toes out position with feet, or one leg at a time.
 - TARGETED MUSCLES: Calves



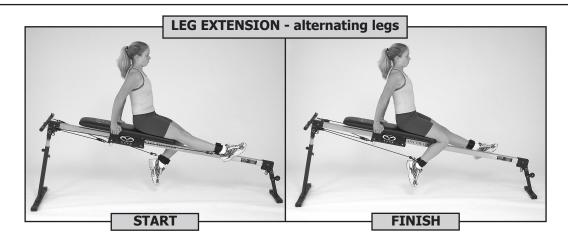


- Push the bench partway up the incline, then lie sideways on the bench with feet towards rear of Vasa Trainer.
- Place the foot of your top leg on foot platform and bend lower leg.
- Start with active leg bent 90 degrees.
- Push up the incline until your leg is fully extended.
- Slowly return to start position by bending active leg until knee is bent to 90 degrees.
- Complete set, then repeat with opposite leg on top.
 - OD: Your inactive leg should remain bent at 90 degrees throughout the motion.
 - DON'T: Do not use a fast, jerky motion.
 - TARGETED MUSCLES: Thighs, Buttocks, Hamstrings

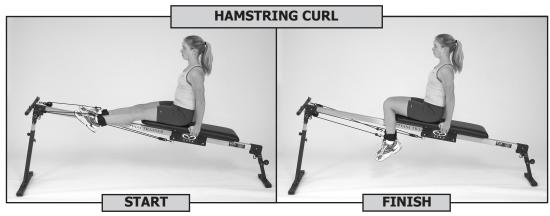


- · Attach ankle straps to your ankles.
- Grasp the pulley clips, one in each hand. Pull the bench partway up the incline and straddle thebench. While straddling the bench, clip the pulley clips to the D-ring on the ankle straps.
- Sit on the bench with your legs bent over the end of the bench. Grasp sides of bench for stability.
- Extend your legs until they are straight. Slowly straighten legs to return to starting position.
 - ✓ DO: Flex the quadriceps muscles when the leg is fully extended. Keep your back straight.
 - DON'T: Do not allow the knee to go beyond a 90 degree angle when in the start position. This will put excessive stress on the knee.
 - VARIATION: Extend one leg at a time (single leg) or alternate legs in a continuous motion (see below).
 - (TARGETED MUSCLES: Quadriceps



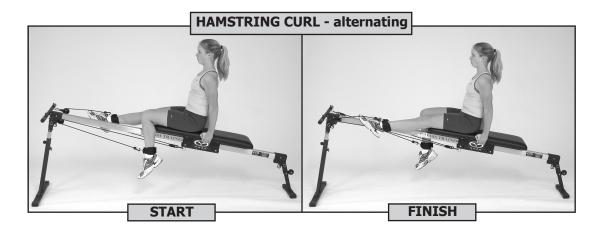


- Attach ankle straps to your ankles.
- Grasp the pulley clips, one in each hand. Pull the bench partway up the incline and straddle the bench. While straddling the bench, clip the pulley clips to the D-ring on the ankle straps. Sit on the bench with your legs bent over the end of the bench. Grasp sides of bench for stability.
- Extend one leg until it is straight. As you bring one leg back to start position, bring the other legtowards finish position, so legs are continuously moving.
 - OD: Flex the quadriceps muscles when the legs are fully extended.
 - DON'T: Do not allow the knee to go beyond a 90 degree angle when in the start position. This will put excessive stress on the knee.



- · Attach ankle straps to your ankles.
- Grasp the pulley clips, one in each hand. Pull the bench partway up the incline and straddle the bench. While straddling the bench, clip the pulley clips to the D-ring on the ankle straps.
- Sit on the bench with your legs extended towards the front. Grasp sides of bench for stability.
- Using the hamstring muscles, curl legs by bending both knees to 90 degrees.
- Slowly straighten legs to return to starting position.
 - OD: Keep back straight and maintain good form.
 - DON'T: Do not return to start quickly. Use slow, controlled movements.
 - VARIATION: Flex one leg at a time (single leg) or alternate legs in a continuous motion (see below).
 - (TARGETED MUSCLES: Hamstrings

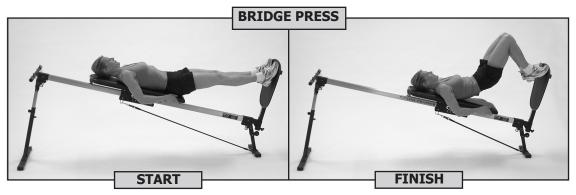




- Attach ankle straps to your ankles.
- Grasp the pulley clips, one in each hand. Pull the bench partway up the incline and straddle the bench. While straddling the bench, clip the pulley clips to the D-ring on the ankle straps.
- Sit on the bench with your legs extended towards the front. Grasp sides of bench for stability.
- Using the hamstring muscles, curl legs by bending knees to 90 degrees. As you bring one leg back to start position, bring the other leg towards finish position, so legs are continuously rotating positions.
- Slowly straighten legs to return to starting position.
 - OD: Keep back straight and maintain good form.
 - DON'T: Do not return to start quickly. Use slow, controlled movements.
 - TARGETED MUSCLES: Hamstrings



- · Push the bench partway up the incline, then place one knee about 6" from bottom of bench.
- · Place hands on top sides of bench for stability.
- Place foot of active leg on the foot platform (see START).
- · Push up the incline until your leg is fully extended. Maintain contact between platform and foot at all times.
- Slowly return to start position by squatting with active leg until knee is bent to 90 degrees.
- Complete set, then repeat with opposite leg.
 - DO: Keep your back straight and flat throughout the motion. Remember to keep shoulders down and abdominals tucked to protect lower back.
 - DON'T: Do not lock knee in FINISH position. Keep knee slightly bent.
 - TARGETED MUSCLES: Buttocks, Hamstrings, Thighs, Calves



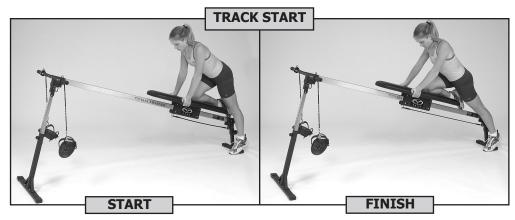
- Straddle the bench then sit towards bottom edge of bench.
- Place feet shoulder width apart on foot platform, towards the top of the platform.
- · Lie back on the bench making sure your head is supported. Place hands on sides of bench for stability (DO NOT place hands on ends of bench).
- Lift your hips and buttocks six to eight inches off the bench.
- · Keeping your hips and buttocks up in the air, lower the bench by squatting with your legs until your knees form a 90 degree angle.
- Return to start position by pressing your feet against the foot platform.
 - DO: Keep your abdominals tight throughout the motion to keep your hips off the bench.
 - DON'T: Do not perform this exercise if you have lower back pain.
 - A VARIATION: Squeeze a ball between your knees.
 - TARGETED MUSCLES: Buttocks, Thighs, Calves, Abdominals



bridge press with ball



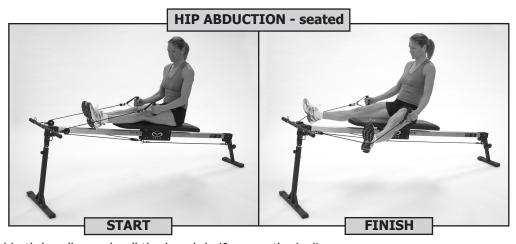
- Disconnect handles or paddles from the pulley cable clips. Attach ankle straps around your ankles.
- Grasp the pulley clips, one in each hand. Pull the bench partway up the incline and straddle the bench.
- While straddling the bench, clip the pulley clips to the D-ring on the ankle straps, then lie on the bench on your stomach, facing forward. Grasp sides of bench for stability.
- Pulley rope can go outside of arms (shown above) or between your arm and your side.
- Start with legs bent and feet pointing towards ceiling. Begin the exercise by pushing your heels towards the rear of the Vasa Trainer, simulating the breaststroke kick.
 - OD: Use slow controlled movements.
 - DON'T: Do not use fast, jerky motions, especially on the return.
 - TARGETED MUSCLES: Thighs, Lower Back, Buttocks



- Stand at the back of the Vasa Trainer and face forward.
- Place one knee on the bench, with your instep over the back of the bench.
- Place the foot of the other leg on the rear stanchion base bar. Hold the sides of the bench for stability (see START).
- Push the bench up the incline by pushing off of the base bar with your active leg until it is fully extended (see FINISH).
- Slowly return to starting position.
 - OD: Keep your back aligned with the bench throughout the movement.
 - DON'T: Do not return to start position quickly. Use muscles for a slow, controlled return.
 - VARIATION: Increase incline, add stretch cords / power cords, or add weights to weight bracket to increase resistance.
 - TARGETED MUSCLES: Buttocks, Thighs, Hamstrings, Calfs



- Attach the ankle straps to your legs. Stand to the side of the Vasa Trainer with your back to the bench.
- Connect the ankle strap of the active leg to the pulley clip.
- Move the active leg across the stabilizing leg.
- Swing active leg back across stabilizing leg. The seat will move up the monorail.
- Slowly return to starting position. Repeat set with other leg, standing on opposite side of Vasa Trainer.
 - OD: Maintain a straight back and balance with stabilizing leg.
 - DON'T: Do not bend at waist. Do not allow active leg to swing quickly use slow, controlled motions.
 - NARIATION: Increase incline, add stretch cords / power cords, or add weights to weight bracket to increase resistance.
 - TARGETED MUSCLES: Hips and Outer Thighs

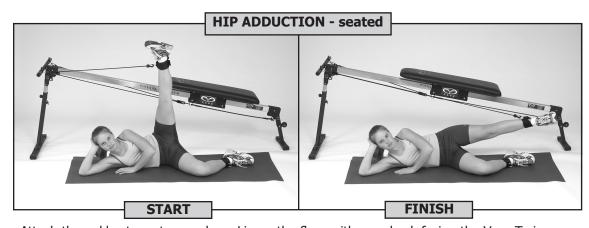


- Hold both handles and pull the bench halfway up the incline.
- Sit on the bench and extend your legs in front. Position the pulley cord on outside of shoes.
- Hold handles with palms facing in beside knees (see START).
- Press your feet outward against the pulley cord, keeping arms relaxed and hands on sides of knees.
- Slowly return to starting position.
 - OD: Keep a straight back and good form.
 - DON'T: Do not lean back to assist the pull.
 - VARIATION: Increase incline, add stretch cords / power cords, or add weights to weight bracket to increase resistance.
 - TARGETED MUSCLES: Hips and Outer Thighs

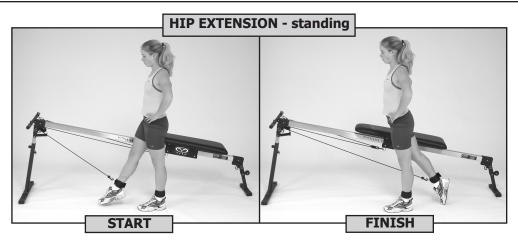




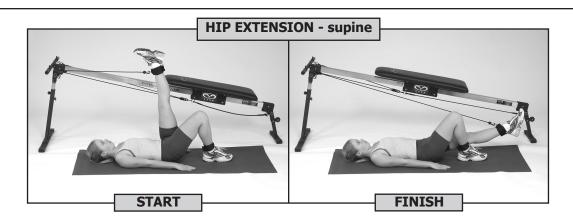
- Attach the ankle straps to your legs. Stand to the side of the Vasa Trainer, with your back to the bench.
- Connect the ankle strap of the active leg to the pulley clip.
- Move the active leg across the stabilizing leg.
- Swing active leg back across stabilizing leg. The seat will move up the monorail.
- Slowly return to starting position. Repeat set with other leg, standing on opposite side of Vasa Trainer.
 - OD: Maintain a straight back and balance with stabilizing leg.
 - DON'T: Do not bend at waist. Do not allow active leg to swing quickly use slow, controlled motions.
 - VARIATION: Increase incline, add stretch cords / power cords, or add weights to weight bracket to increase resistance.
 - **()** TARGETED MUSCLES: Inner Thighs



- Attach the ankle straps to your legs. Lie on the floor with your back facing the Vasa Trainer.
- Connect the ankle strap of the active leg to the pulley clip.
- Start with your active leg extended towards the ceiling (see START).
- Using your hip adductors, pull your leg down towards the floor. The bench will move up the incline.
- Slowly return to starting position. Repeat set with other leg.
 - OD: Allow the legs to stretch slightly in the START position.
 - DON'T: Do not let your leg return quickly. The movement should be slow and controlled.
 - VARIATION: Increase incline, add stretch cords / power cords, or add weights to weight bracket to increase resistance.
 - TARGETED MUSCLES: Inner Thighs



- Attach the ankle straps to your legs. Stand to the side of the Vasa Trainer facing forward.
- Connect the ankle strap of either leg to the pulley clip.
- Extend active leg towards front of Vasa Trainer, keeping leg straight (see START).
- Pull your leg back towards the rear in a pendulum motion (keep leg straight).
- Slowly return to starting position. Repeat set with other leg.
 - OD: Maintain a straight back and balance with the stabilizing leg.
 - DON'T: Do not bend at the waist.
 - VARIATION: Increase incline, add stretch cords / power cords, or add weights to weight bracket to increase resistance.
 - TARGETED MUSCLES: Hip Extensors & Buttocks



- Attach the ankle straps to your legs. Lie on your back next to the Vasa Trainer, with your head towards the front of the Vasa Trainer. Connect the ankle strap of either leg to the pulley clip.
- Start with your leg extended towards the ceiling (see START).
- Using your hip and buttocks muscles, pull your leg down towards the floor.
- Slowly return to starting position. Repeat set with other leg.
 - OD: Keep your active leg straight and stabilize with the other leg and arms.
 - DON'T: Do not let the bench drop quickly, the movement should be slow and controlled.
 - VARIATION: Increase incline, add stretch cords / power cords, or add weights to weight bracket to increase resistance.
 - TARGETED MUSCLES: Hip Extensors and Buttocks

04/01/15



- Attach the ankle straps to your legs. Stand to the side of the Vasa Trainer facing the back.
- Connect the ankle strap of either leg to the pulley clip.
- Put your hands on your hips and stand straight. Extend active leg towards front of Vasa Trainer, keeping leg straight (see START).
- Pull your leg towards the rear in pendulum motion (keep leg straight),
- · Slowly return to starting position.
- · Repeat set with other leg.
 - DO: Maintain a straight back and balance with the stabilizing leg.
 - NON'T: Do not bend at the waist.
 - VARIATION: Increase incline, add stretch cords / power cords, or add weights to weight bracket to increase resistance.
 - (6) TARGETED MUSCLES: Hip Flexors