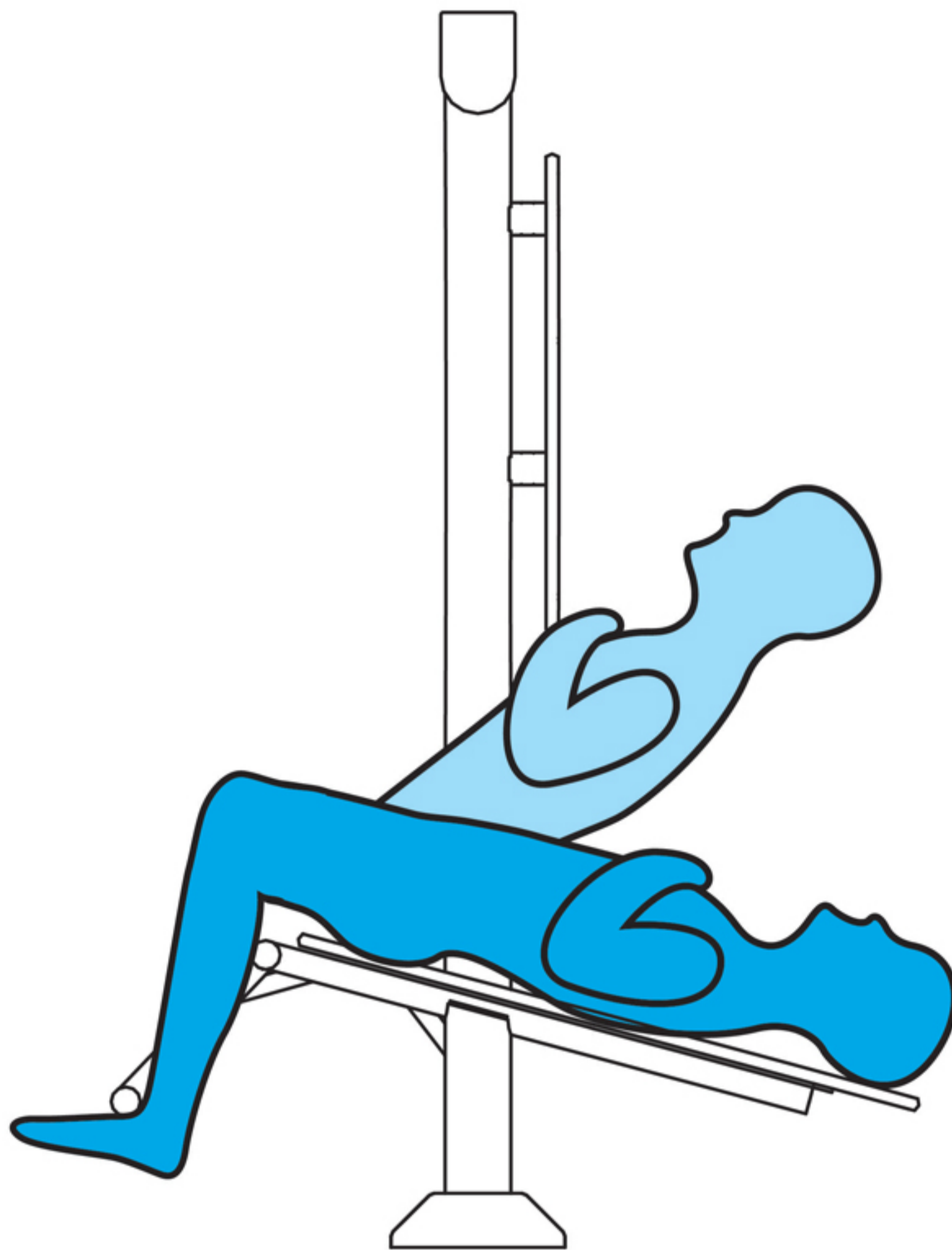
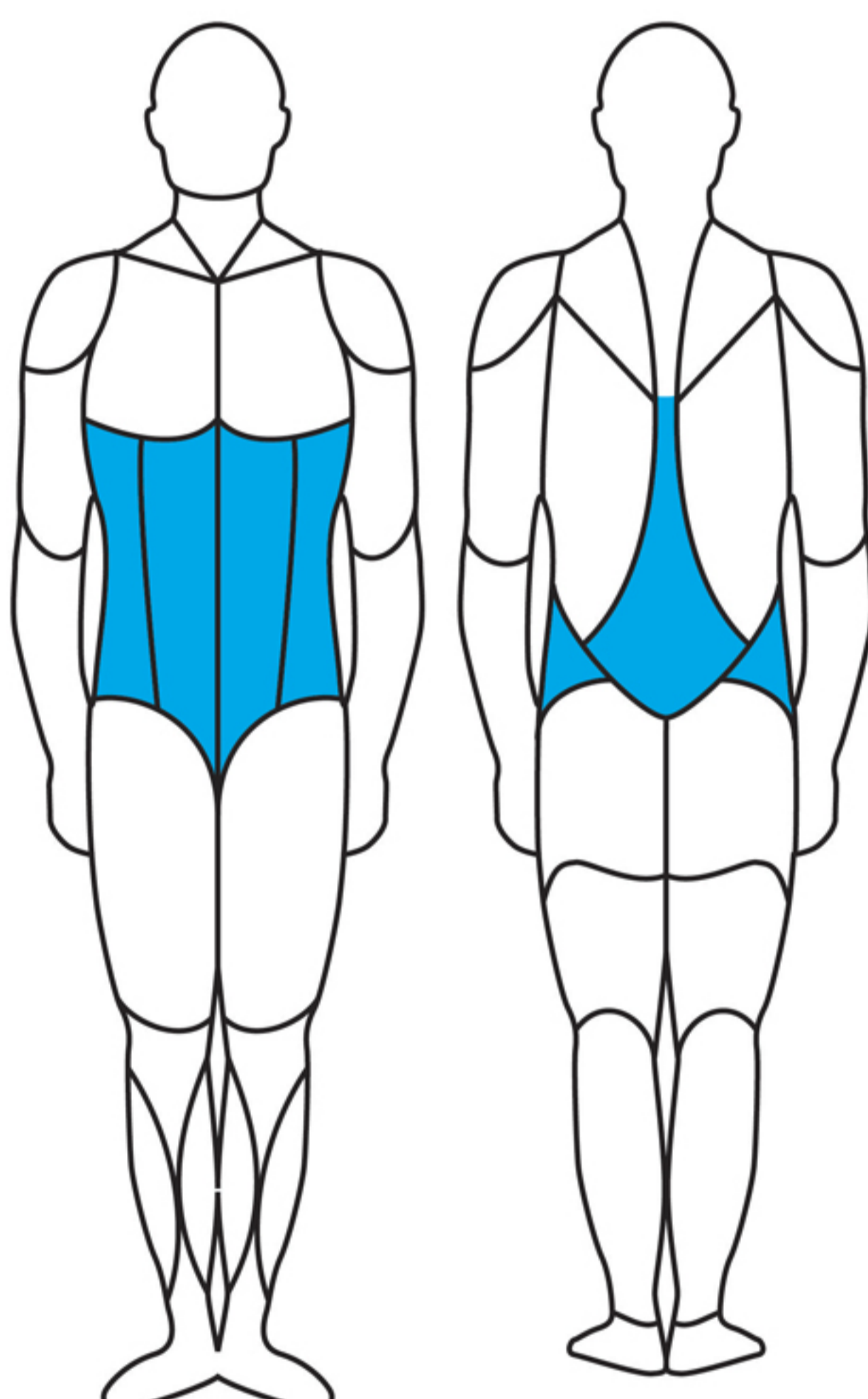


AB BENCH



Target your core and improve your abs.

Wrap your feet under the foot bar and lie back on the bench. With your arms crossed against your chest, raise your upper body to 45°. Slowly lower yourself back to the original position. As your strength improves increase your reps for a tougher workout.



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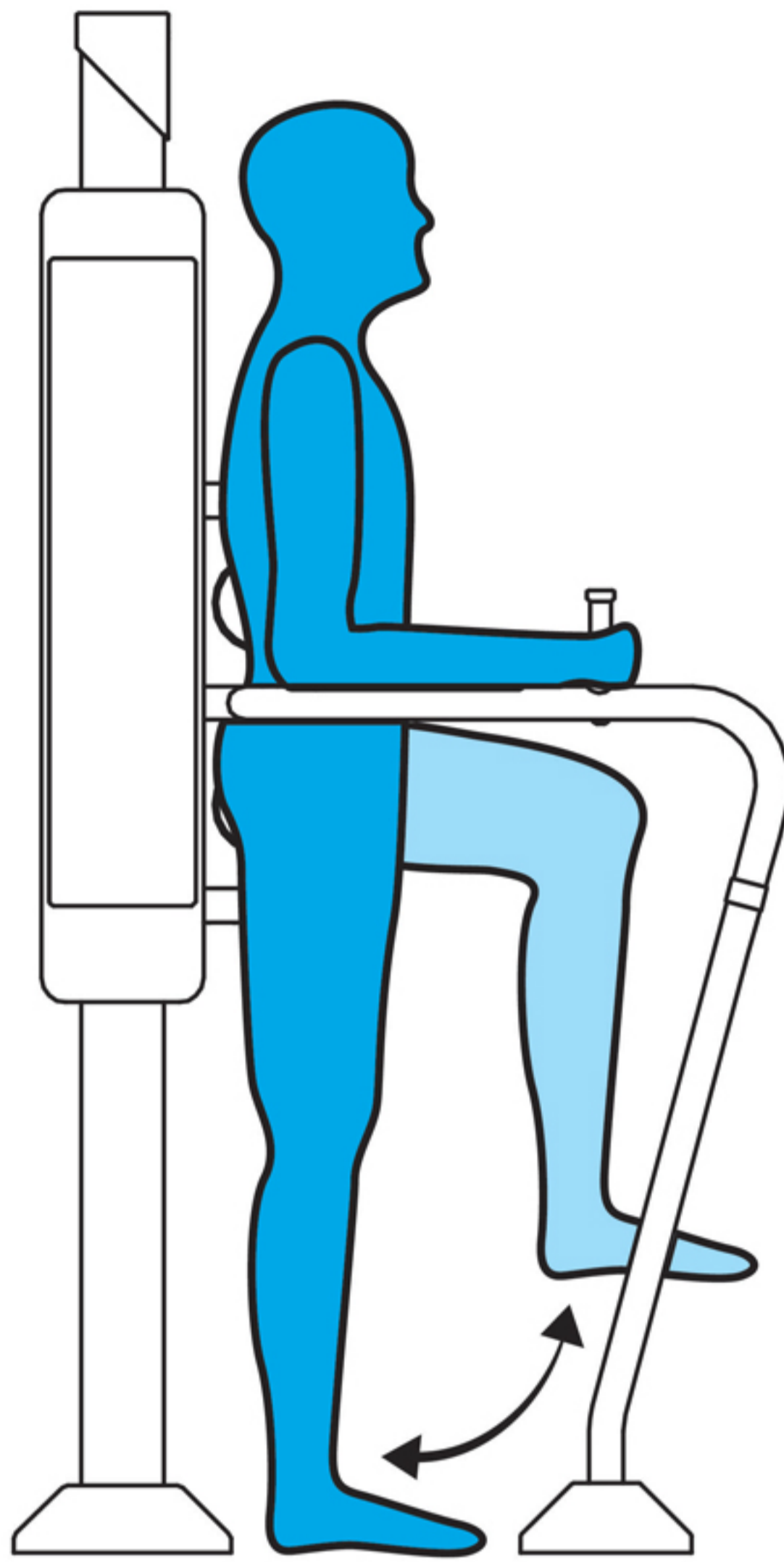
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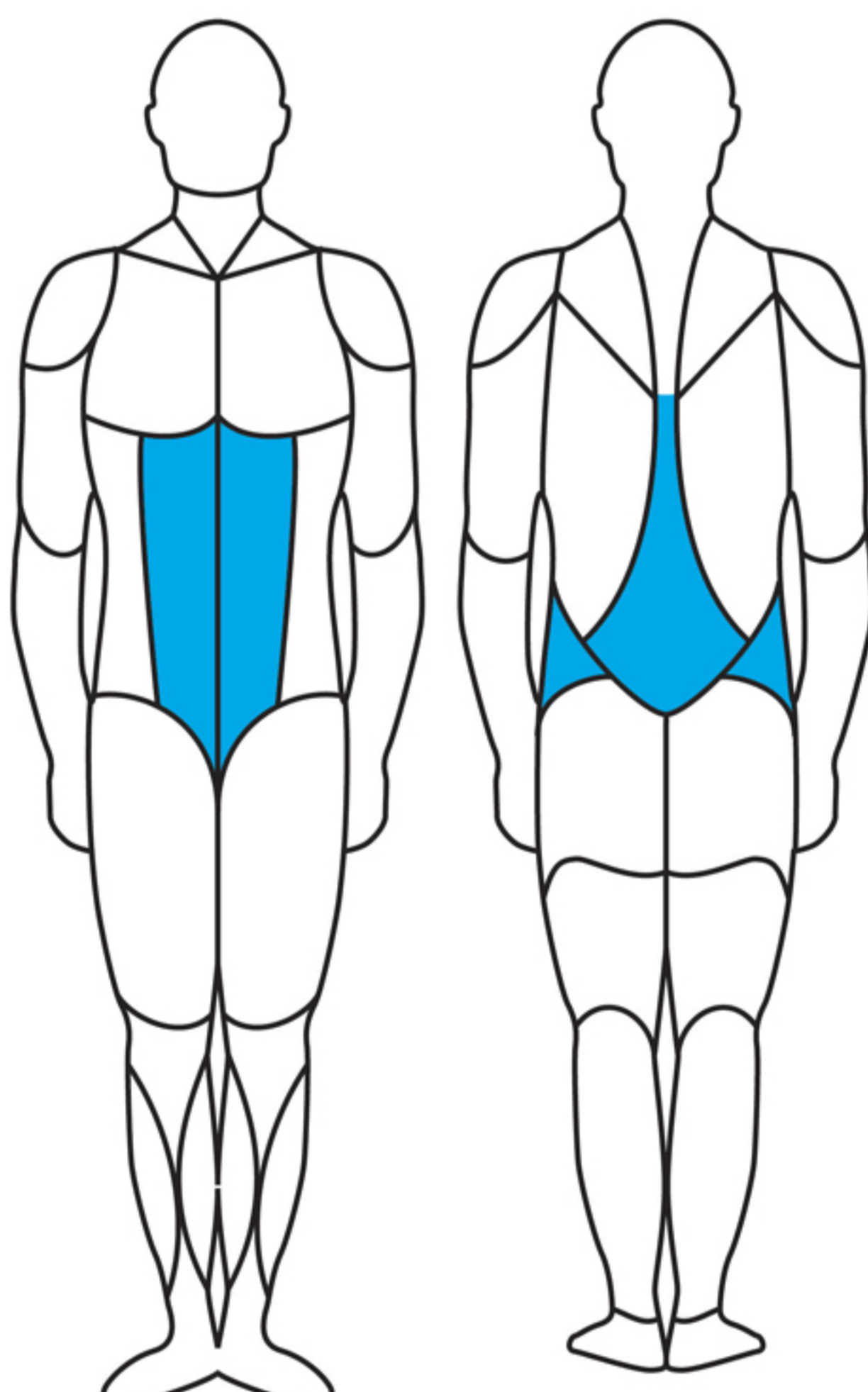
Willplay has designed this unit with the environment in mind. Equipment is fully recyclable.

LEG LIFT



Target your lower core and increase flexibility.

Position your arms on the rests and grip the handles. With your back against the back rest raise your legs 90°, bending at the knee. Slowly lower them to the ground, then repeat. As your strength grows you can push yourself further by keeping your legs straight as you raise them.



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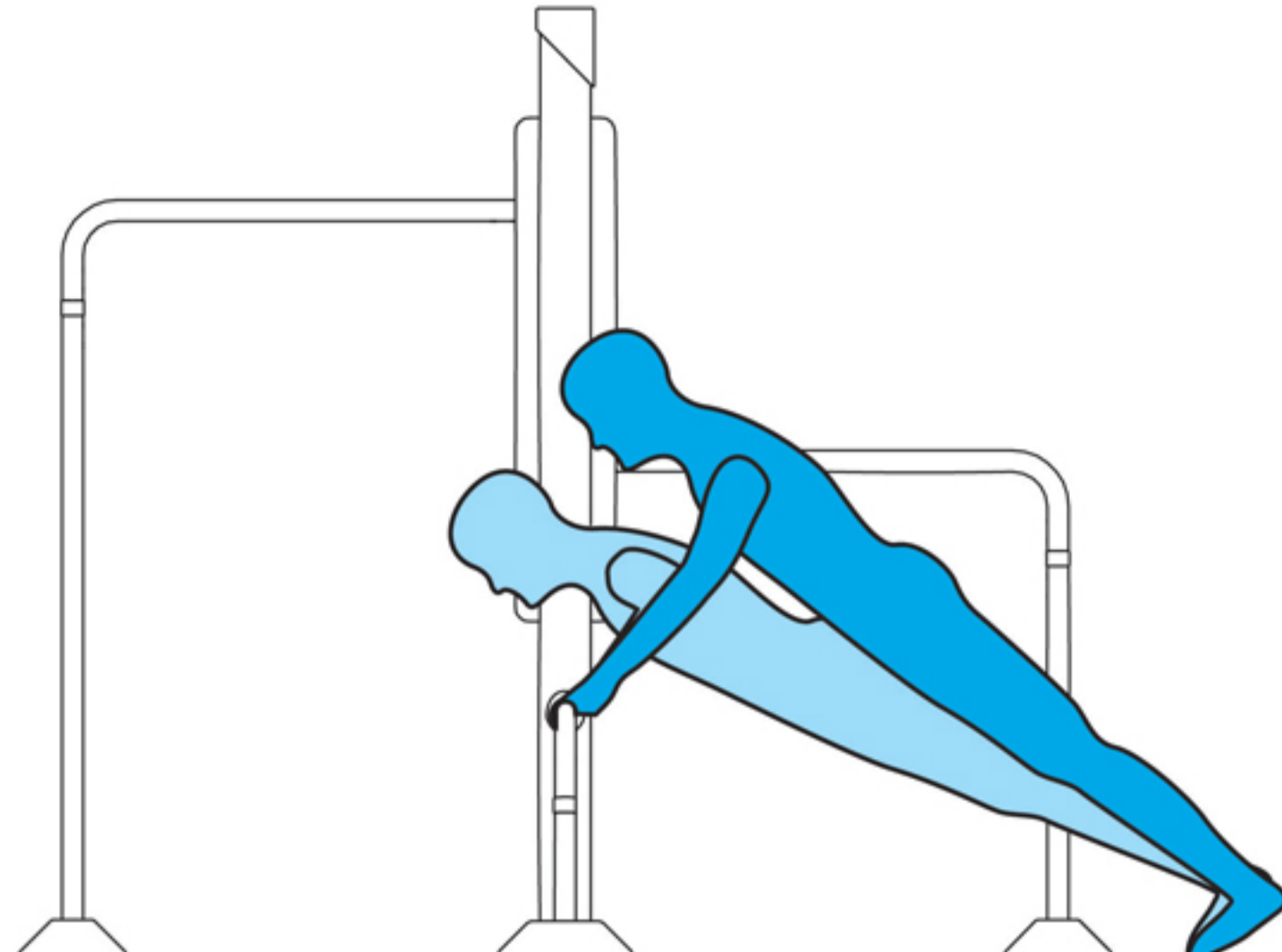
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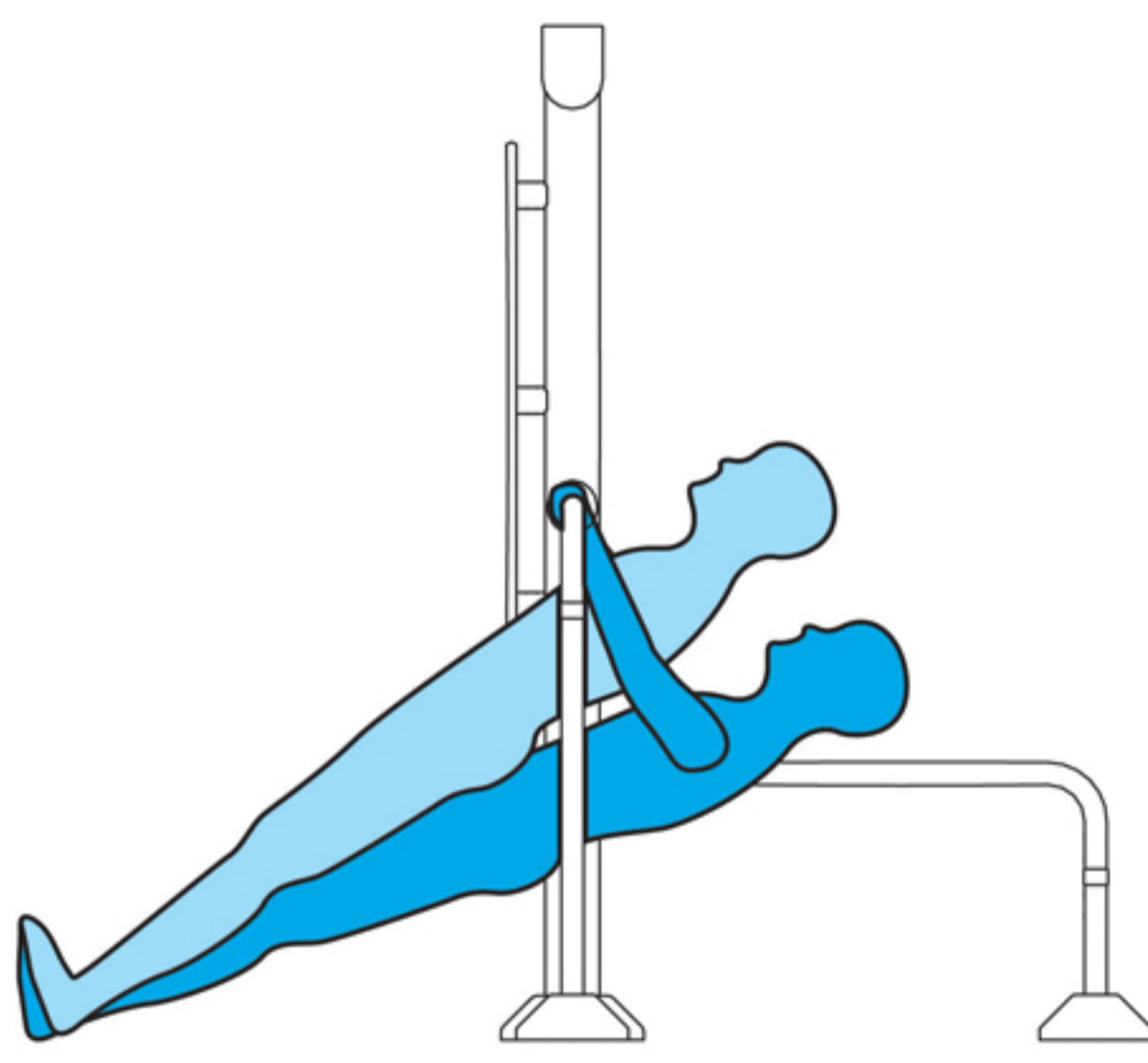
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PUSH-UP & PULL UP



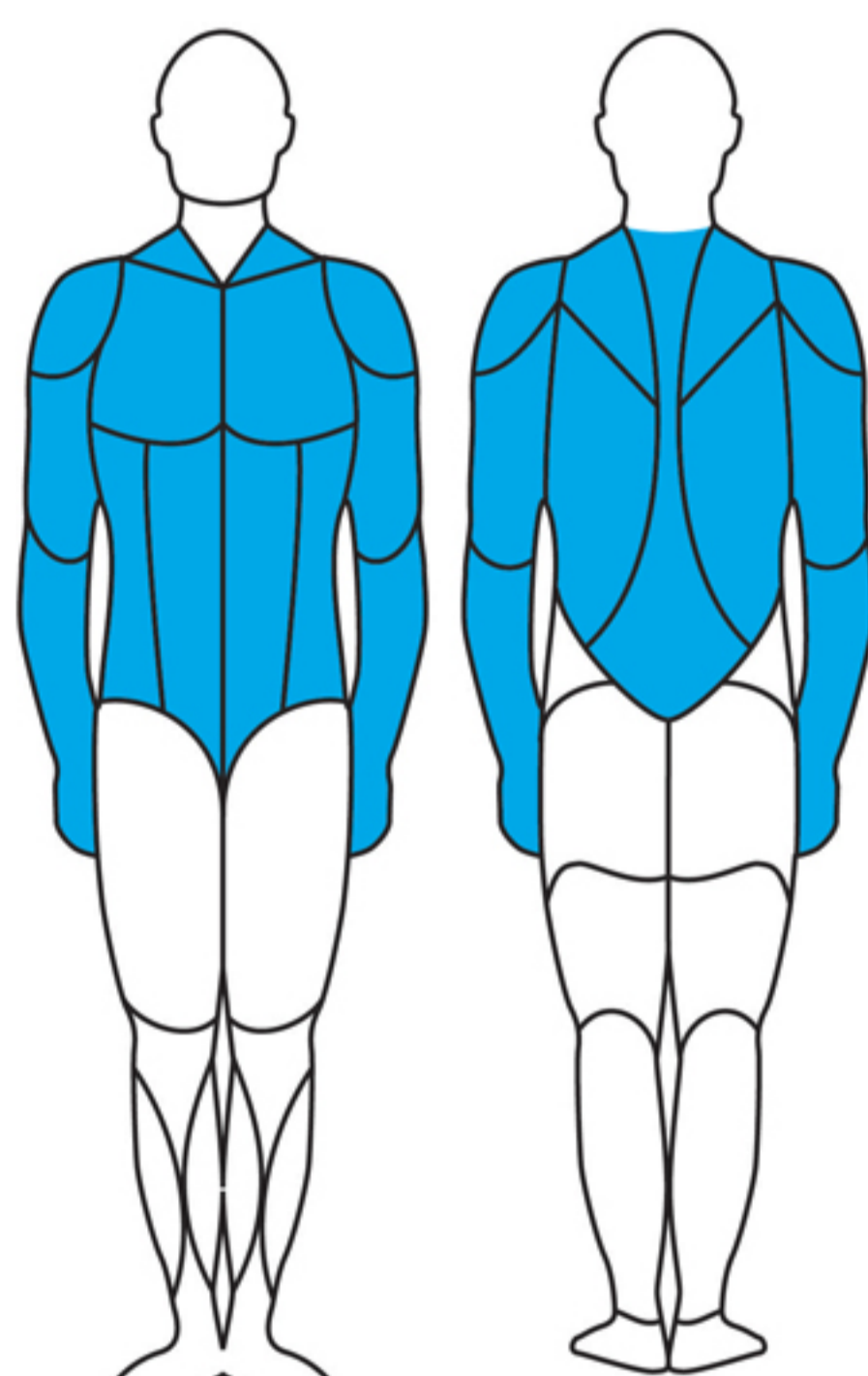
Beginner or advanced? Customise your training.

Grab the handrail with your arms extended keeping your body straight. Beginners should start with their feet closer to the bar. Lower your chest to the bar in a controlled motion and then return to the original position. As you gain strength move your feet further back or change to the medium height bar.



Great for building upper body strength.

You can also use this station for rowing. Position yourself under the bar and follow the steps for the push-up. Remember, you can customise your workout as you gain strength. Move your feet further from from the bar and increase your reps for more of a challenge.



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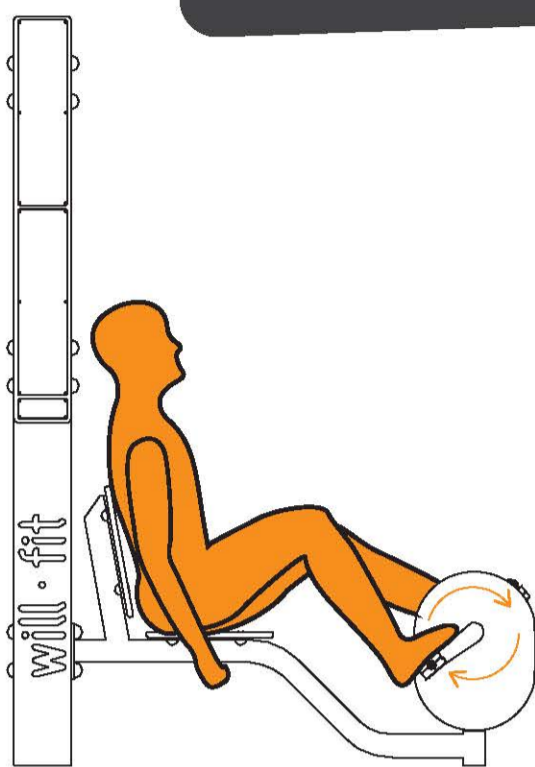
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EXERCISE BIKE



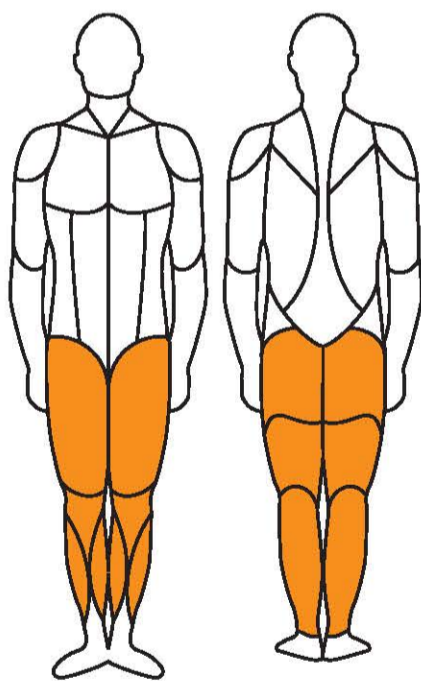
Beginners, start with:

secs

60

sets

2



A cardio workout that's both effective and fun.

The old-fashioned bicycle offers a great cardiovascular workout while toning your legs at the same time. Simply hop on and start pedalling. Cycling is a low impact exercise, making it a great option for people of all abilities.

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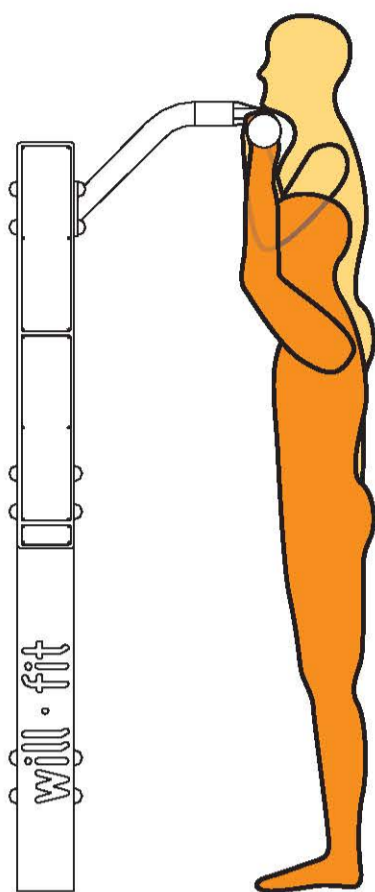
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CHIN UP



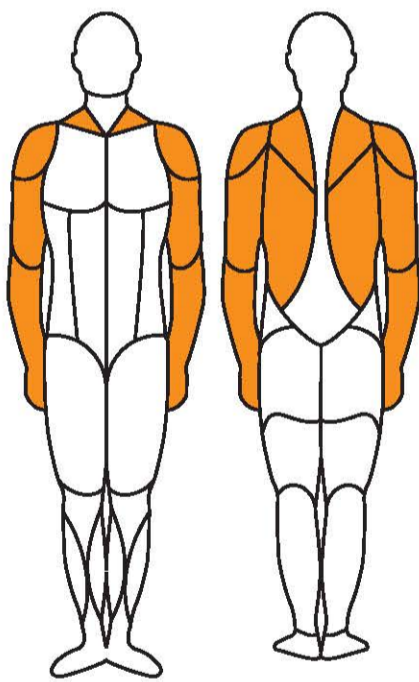
Beginners, start with:

reps

8-12

sets

2



Build your arm strength with this classic exercise.

Grip the bar with an underhand grip and slowly raise your body until your chin is level with the bar. Maintain control of your body and don't rush, you shouldn't be rocking back and forth. Advanced users can try gripping the bar with an overhand grip (palms facing away from body).

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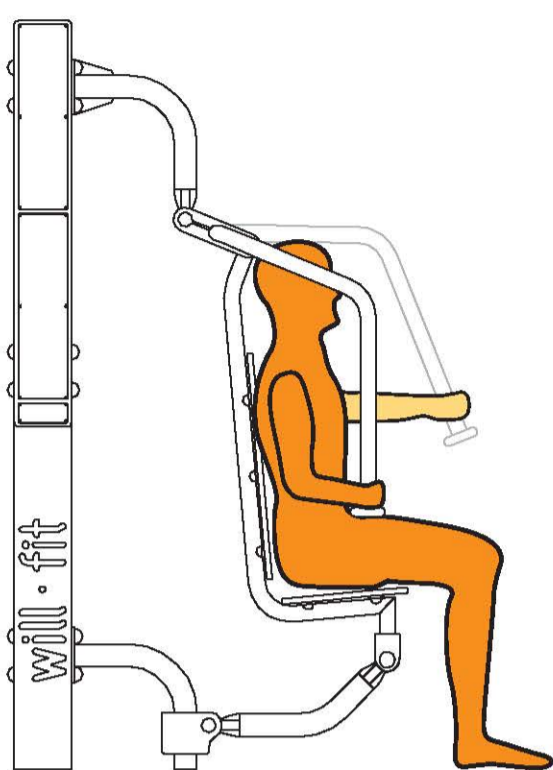
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CHEST PRESS



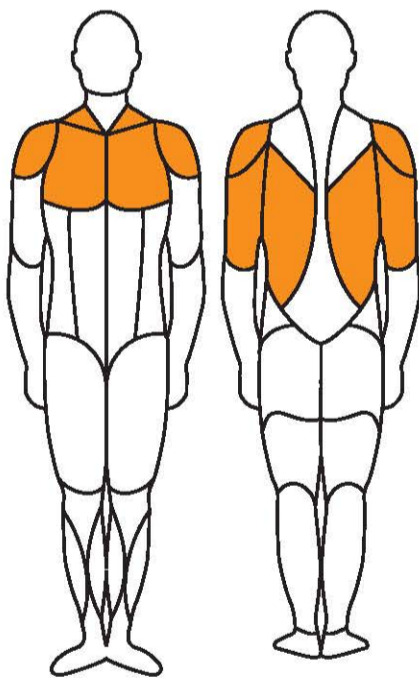
Beginners, start with:

reps

8-12

sets

2



Focus on building your chest and arm muscles.

Take a seat making sure your feet are flat on the ground and your back is straight. Grip the bars and push forward taking care not to lock your elbows as your arms straighten. Pull back to your original position and repeat. Focus on making smooth and controlled movements. Increase your reps as you gain strength.

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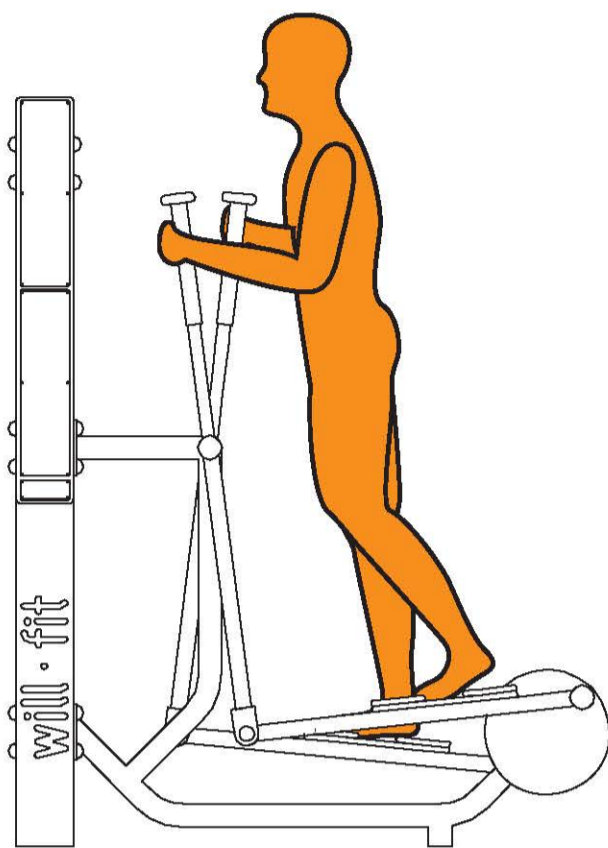
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CROSS TRAINER



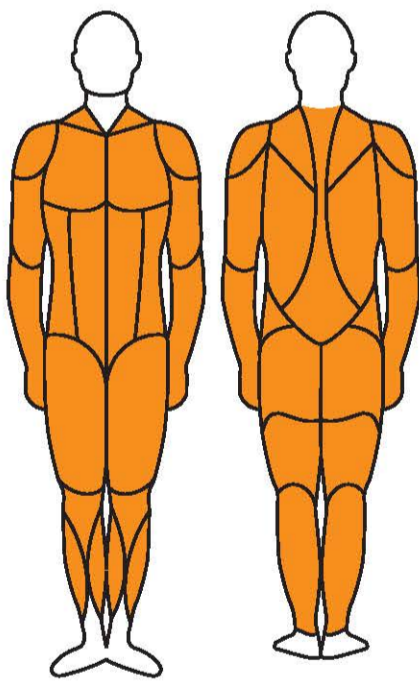
Beginners, start with:

secs

60

sets

2



A gentle warm up or low
impact cardio workout.

If you're short on time but still want to get a whole body workout then the cross trainer is for you. Keep your legs moving in a circular motion and work your upper body by pushing and pulling on the hand bars. Aim for endurance or increase the intensity and your fitness improves.

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