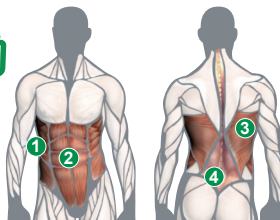




### Abdominal Back 腹肌背肌運動

Benefits include... 好處包括...

- Reduces risk of back pain 減少背痛
- Improves back posture 改善脊椎姿勢



Focus Area 集中部位

- 1 In/External Oblique 腹內/外斜肌
- 2 Rectus Abdominis 腹大肌
- 3 Latissimus Dorsi 闊背肌
- 4 Erector Spinae 豎脊肌

- Approx. 12 reps per 1 set (15 sec per rep, 3 mins per set) 1組大概12次 (每次15秒, 每組3分鐘)
- Put maximum effort into each rep, your strength will weaken gradually 每一次要盡全力, 您會發現每一次會逐漸減弱出力度
- Exhale while you're doing putting in effort, inhale when you are in resting position 出力時記得呼氣, 在休息位置時吸氣

### Instructions for beginners 初學者使用說明



1 Rest your arms on top of the handle.  
Focus on your back and abs.  
輕放雙手在手柄上。  
請注意背及腹位置。



2 With your arms resting on the handle, push handle downwards with maximum effort and exhale.  
雙手放在手柄上時, 用盡力把手柄往下壓, 同時記得持續呼氣。



3 It takes approximately 7 seconds to this point. Rest and inhale.  
大約7秒到達最低位置。吸氣後繼續。



4 1 rep completed, this takes approximately 15 seconds.  
每一次大概15秒內完成。



5 Remember to exhale.  
保持呼氣。



6 Rest your back against the back rest, push upwards with maximum effort and exhale.  
將背部貼著靠背, 用盡力把靠背往上推, 同時記得保持呼氣。

### Correct posture 正確姿勢



Rest your arms gently on top of the handle. Do not put effort with your arms.  
輕放雙手在手柄上。  
雙臂請不要用力。



When pushing down, leave a gap behind your back, sit with your back stretched.  
往下壓時, 背部留些空位, 並保持背部伸直。



Raise your toes, plant your toe joints onto the ground. The angle of the knees should be at right angle.  
擡起腳趾, 將腳趾關節平放在地面上。膝蓋的角度應成90度。

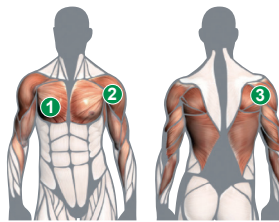




### Chest Press 推胸運動

Benefits include... 好處包括...

- Strength to carry daily objects 提升日常舉起重物能力
- Arm movements 改善手臂活動能力



#### Focus Area 集中部位

- 1 Pectoralis Major 胸大肌
- 2 Biceps Brachii 肱二頭肌
- 3 Triceps Brachii 肱三頭肌

- Approx. 12 reps per 1 set (15 sec per rep, 3 mins per set) 1組大概12次 (每次15秒, 每組3分鐘)
- Put maximum effort into each rep, your strength will weaken gradually 每一次要盡全力, 您會發現每一次會逐漸減弱出力度
- Exhale while you're doing putting in effort, inhale when you are in resting position 出力時記得呼氣, 在休息位置時吸氣

### Instructions for beginners 初學者使用說明



Focus on the positioning of your back and shoulder blades when positioning yourself. Grip the handle.  
將自己定位時, 請注意背部及肩胛骨位置。用手握著手柄。



Stretch your back, push the handle forward with maximum effort and exhale.  
伸直背部, 用盡力把手柄往前推, 同時記得持續呼氣。



It takes approximately 7 seconds to this point. Rest and inhale.  
大約7秒推到最出位置。吸氣後繼續。



1 rep completed, this takes approximately 15 seconds.  
每一次大概15秒內完成。



Remember to exhale.  
保持呼氣。



Stretch your back, pull the handle backward with maximum effort and exhale.  
伸直背部, 用盡力把手柄往後拉, 同時記得保持呼氣。

### Correct posture 正確姿勢



Have your forefinger extended and your thumb pressed down on your middle finger.  
伸出食指, 將拇指往下壓在中指上。



Grip the handle, with a gap behind your back, sit with your back stretched.  
握著手柄, 背部留些空位, 並保持背部伸直。



Raise your toes, plant your toe joints onto the ground. The angle of the knees should be at right angle.  
擡起腳趾, 將腳趾關節平放在地面上。膝蓋的角度應成90度。

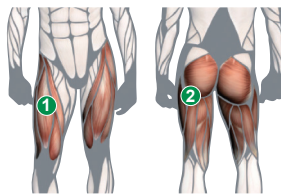




### Leg Curl 腿彎舉運動

Benefits include... 好處包括...

- Reduces stress on knee 減少膝蓋受的負荷
- Reduces of falling from daily activity 減少跌倒的風險



Focus Area 集中部位

- 1 Quadriceps Femoris 股四頭肌
- 2 Hamstring 大腿後肌

- Approx. 12 reps per 1 set (15 sec per rep, 3 mins per set) 1組大概12次 (每次15秒, 每組3分鐘)
- Put maximum effort into each rep, your strength will weaken gradually 每一次要盡全力, 您會發現每一次會逐漸減弱出力度
- Exhale while you're doing putting in effort, inhale when you are in resting position 出力時記得呼氣, 在休息位置時吸氣

### Instructions for beginners 初學者使用說明



Stretch your back and lift your legs upwards with maximum effort and exhale.  
伸直背部, 用盡力把雙腳往上提, 同時記得保持呼氣。



Focus and do not split your knees.  
把雙腳往上提時, 請注意雙膝不要逐漸分開。



It takes approximately 7 seconds to this point. Rest and inhale.  
大約7秒到達最高位置。吸氣後繼續。



1 rep completed, this takes approximately 15 seconds.  
每一次大概15秒內完成。



Remember to exhale.  
保持呼氣。



Stretch your back and push your legs downwards with maximum effort and exhale.  
伸直背部, 用盡力把雙腳往下壓, 同時記得保持呼氣。

### Correct posture 正確姿勢



The angle of the knees should be at right angle, adjust your sitting position accordingly.  
調整坐姿直至到膝蓋達到90度。



To avoid splitting your knees, focus on placing your knees closer to each other.  
避免雙膝逐漸分開, 開始之前盡量把雙膝互相移近。



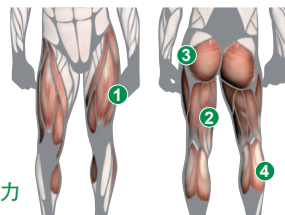
Rest your back against the back rest with your back straight, adjust back rest accordingly.  
調整靠背距離直至背部貼著靠背, 同時保持背部伸直。



## Leg Press 大腿推運動

Benefits include... 好處包括...

- Strength for walking/climbing stairs 改善步行及上落樓梯能力
- Helps standing up from sitting position 改善起身能力



### Focus Area 集中部位

- 1 Quadriceps Femoris 股四頭肌
- 2 Hamstring 大腿後肌
- 3 Gluteus Maximus 臀大肌
- 4 Gastrocnemius 腓腸肌

- Approx. 12 reps per 1 set (15 sec per rep, 3 mins per set) 1組大概12次 (每次15秒, 每組3分鐘)
- Put maximum effort into each rep, your strength will weaken gradually 每一次要盡全力, 您會發現每一次會逐漸減弱出力度
- Exhale while you're doing putting in effort, inhale when you are in resting position 出力時記得呼氣, 在休息位置時吸氣

### Instructions for beginners 初學者使用說明



1 Focus on the inner thighs. Push your upper body upwards with maximum effort and exhale.  
請注意大腿內側。用盡力把上身往上推, 同時記得保持呼氣。



2 Stop before your legs straighten.  
直至雙腳微曲時停止。



3 It takes approximately 7 seconds to this point. Rest and inhale.  
大約7秒到達雙腳微曲位置。吸氣後繼續。



5 1 rep completed, this takes approximately 15 seconds.  
每一次大概15秒內完成。



4 Relax your thighs and descend slowly.  
雙腿放鬆, 慢慢地下降到原位。

### Correct posture 正確姿勢



At starting position, the angle of the knees should be at right angle.  
在起步點, 膝蓋的角度應成90度。



Rest your back against the back rest with your back straight when pushing upwards. Hold the grip for additional support.  
把上身往上推時背部貼著靠背同時保持背部伸直。  
雙手可以扶著手柄作輔助。





## Shoulder Press 肩部推舉運動

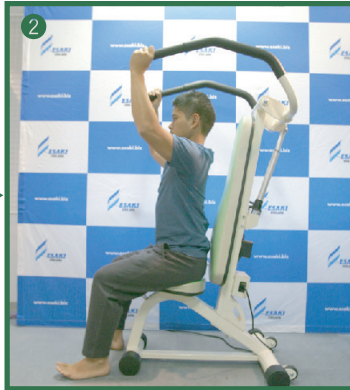
Benefits include... 好處包括...

- Prevention of painful shoulder 預防肩周炎
- Relief of stiff shoulder 緩解肩膀僵硬

### Instructions for beginners 初學者使用說明



Focus on the positioning of your shoulder blades when positioning yourself.  
將自己定位時，請注意肩胛骨位置。



Push the handle upward with the whole of your upper body with effort and exhale.  
用盡力，利用上身的力把手柄往上推，同時記得持續呼氣。



It takes approximately 7~8 seconds to this point. Rest and inhale.  
大約7~8秒推到最高位置。吸氣後繼續。



1 rep completed, this takes approximately 15 seconds.  
每一次大概15秒內完成。



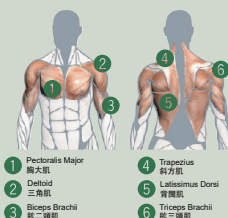
Continue to exhale until rep is complete.  
完成一次動作前，記得持續呼氣。



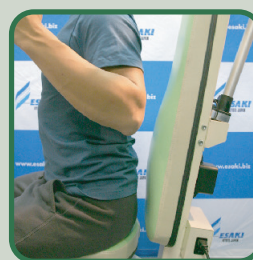
Pull the handle downward with the whole of your upper body with effort and exhale.  
用盡力，利用上身的力把手柄往下拉，同時記得持續呼氣。

- Approx. 12 reps per 1 set (15 sec per rep, 3 mins per set) 1組大概12次(每次15秒，每組3分鐘)
- Put maximum effort into each rep, your strength will weaken gradually 每一次要盡全力，您會發現每一次會逐漸減弱出力度
- Exhale while you're doing putting in effort, inhale when you are in resting position 出力時記得呼氣，在休息位置時吸氣

### Correct posture 正確姿勢



Have your forefinger extended and your thumb pressed towards your middle finger.  
伸出食指，將拇指往中指壓。



Grip the handle, with a gap behind your back, sit with your back stretched.  
握著手柄，背部留些空位，並保持背部伸直。



Raise your toes, plant your toe joints onto the ground. The angle of the knees should be at right angle.  
擡起腳趾，將腳趾關節平放在地面上。膝蓋的角度應成90度。





## Twister 扭腰運動運動

Benefits include... 好處包括...

- Prevention of lower back pain 預防腰背疼痛
- Improve posture 改善姿勢

### Instructions for beginners 初學者使用說明



1 Relax your arm and focus on the positioning of your back and abdominal muscle.  
放鬆雙臂，請注意背部及腰部位置。



2 Move your elbows towards one direction with effort and exhale.  
用盡力，把手肘往一方移動，同時記得持續呼氣。



3 You may start to reduce effort gradually returning to original position.  
回到起點時，可以開始慢慢減力。



4 Continue to exhale until mid-point.  
去到中段休息前，記得持續呼氣。



5 It takes approximately 7-8 seconds to this point. Rest and inhale.  
大約7~8秒回到起點。吸氣後繼續。



9 1 rep completed, this takes approximately 15 seconds.  
Left + Right rotation is 1 rep.  
每一次大概15秒內完成。  
完成左右方向才算完成一次。



8 Continue to exhale until rep is complete.  
完成一次動作前，記得持續呼氣。



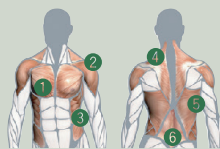
7 You may start to reduce effort gradually returning to original position.  
回到起點時，可以開始慢慢減力。



6 Move your elbows towards the other direction with effort and exhale.  
用盡力，把手肘往另一方向移動，同時記得持續呼氣。

- Approx. 12 reps per 1 set (15 sec per rep, 3 mins per set) 1組大概12次(每次15秒，每組3分鐘)
- Put maximum effort into each rep, your strength will weaken gradually 每一次要盡全力，您會發現每一次會逐漸減弱出力度
- Exhale while you're doing putting in effort, inhale when you are in resting position 出力時記得呼氣，在休息位置時吸氣

### Correct posture 正確姿勢



- |                                 |                           |
|---------------------------------|---------------------------|
| 1 Pectoralis Major<br>胸大肌       | 4 Trapezius<br>斜方肌        |
| 2 Deltoid<br>三角肌                | 5 Latissimus Dorsi<br>背闊肌 |
| 3 In/External Oblique<br>腹內/外斜肌 | 6 Erector Spinae<br>豎脊肌   |



Have your forefinger extended and your thumb pressed towards your middle finger.  
伸出食指，將拇指往中指壓。



Use your lower body strength to avoid knees movements.  
利用下身的力防止膝蓋左右擺。



Raise your toes, plant your toe joints onto the ground.  
擡起腳趾，將腳趾關節平放在地面上。