

Lower-body Exerciser Installation and Exercise Instructions

All lower body exercises should be performed with the handle and strap around foot and ankle respectively. The strap is conveniently placed on the ankle while in the sitting position or by standing with one leg supported on the chair. The strap should always be placed with the velcro overlay along the instep of the foot.

1. Leg extension (quadriceps)

Major muscles used: quadriceps (vastus lateralis, vastus medialis, vastus intermedius, rectus femoris)

Execution:

1. Adjust pulley arms to 45 degree position, with cables around lower pulley. Assume a sitting position with lower leg at right angle to thigh and handle over foot, strap around ankle, and cord under heel. Perform this exercise one leg at a time. Elevate the thighs if necessary, so that they are parallel to the floor. Extend the knee until the lower leg is parallel to the floor.
2. Return to starting position to complete the repetition and repeat. Keep lower back against pad at all times. Perform the movement in a smooth, controlled fashion. Make sure the leg is completely extended at the top of the exercise.
3. Repeat with the opposite leg after completing the prescribed repetitions.

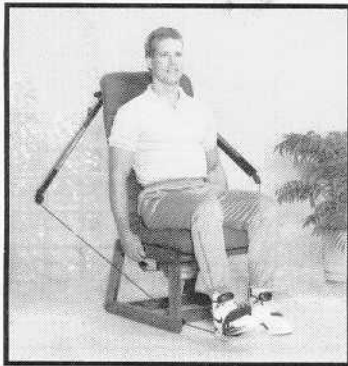
Benefits:

These muscles are involved in any activity in which the leg is extended. This would include any running or jumping movements. Strong quadriceps muscles offer the first line of defense against injury. The knees support body weight, are important in starting and stopping movements that put tremendous pressure on the knee joints. The quadriceps muscles also contribute to the size and strength of the thighs. Examples of recreational or athletic activities include: track, basketball, football and tennis.

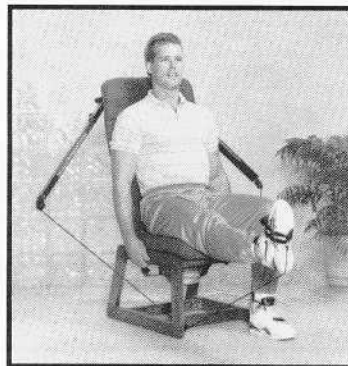
No. of sets: 2

No. of repetitions per set: 8-20

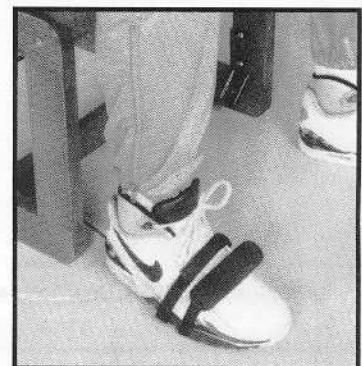
Recovery time between sets and exercises: 30 seconds to one minute.



Leg Extension Start Position



Leg Extension Finish Position



Leg Extension Foot Strap/Handle Position

2. Leg Curl (hamstrings and gluteals)

Major muscles used: hamstrings (semimembranosus, semitendinosus, biceps femoris) and gluteals

Execution:

1. Adjust pulley arms to the 45 degree position with cable around lower pulley. Assume a standing position while facing the chair and stabilizing yourself by using the back of the chair. Perform this exercise one leg at a time with handle around foot, strap over ankle, and cord extending under front of shoe. Make sure the velcro overlay on the strap is on the inside of the ankle. While maintaining an erect body position, lift the leg upward until the back of the ankles are as close as possible to the buttocks. This will take the musculature through a full range of motion in order to obtain good strength gains. Stabilize the thigh also while performing the exercise.
2. Return to the starting position and repeat the exercise. Movement should be in the knee joint. Avoid unnecessary jerking or body movement.
3. Repeat with the opposite leg after completing the prescribed repetitions.

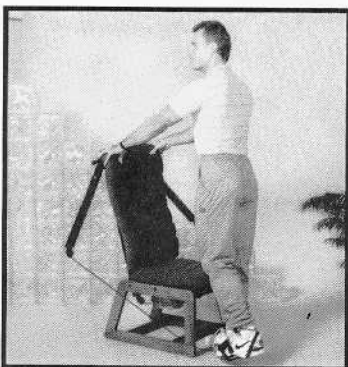
Benefits:

The hamstring muscles are one of the most-injured groups in recreational activities, daily tasks and sports. Many times an individual does not take the time to increase their strength, which is so important in the relationship to the contractions of the leg extensors. These muscles are important in skiing, skating, quick starts in most sports, hurdling, and all jumping activities.

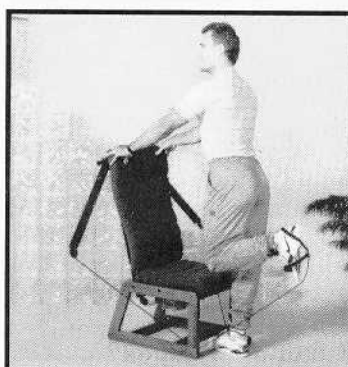
No. of sets: 2

No. of repetitions per set: 8-20

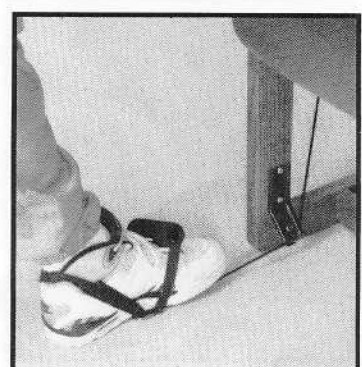
Recovery time between sets and exercises: 30 seconds to one minute.



Leg Curl Start Position



Leg Curl Finish Position



Leg Curl Foot Strap/Handle Position

3. Hip Abduction (outer hip)

Major muscles used: gluteals and tensor fasciae latae

Execution:

1. Adjust pulley arms to the 45 degree position with cables around lower pulley. Place the handle over your foot and the strap around your ankle. Assume a standing position and stabilize your body by grasping the back of the chair while reinforcing the chair with the non-exercising limb against the front of the seat. Raise the leg outward away from chair as far as possible while maintaining a standing erect body position and a slight bend in the knee. Perform this exercise one leg at a time.
2. Return to the starting position and repeat the exercise.
3. Repeat with the opposite leg after completing the prescribed repetitions.

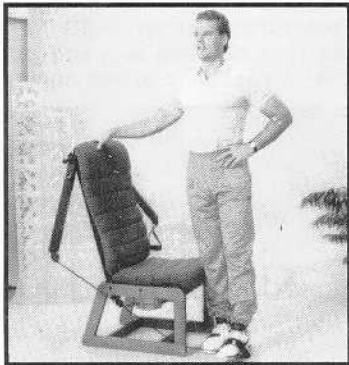
Benefits:

Muscles in the legs must be kept strong to protect the joints from injury. Strong legs not only prevent injuries, but improve performance in any running and jumping activity. Strong legs also contribute to overall fitness and body appearance. These muscles are significantly utilized in lateral or side to side movements such as skating, soccer, football, skate-style cross country skiing, racquetball and tennis.

No. of sets: 2

No. of repetitions per set: 8-20

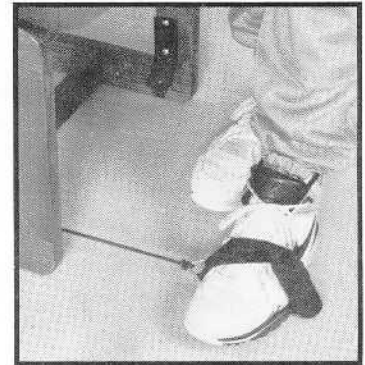
Recovery time between sets and exercises: 30 seconds to one minute.



Hip Abduction Start Position



Hip Abduction Finish Position



Hip Abduction Foot Strap Position

4. Hip Adduction (inner thighs)

Major muscles used: adductor muscles

Execution:

1. Adjust pulley arms to 45 degree position, with cables around lower pulley. Place the handle over your foot and the strap around your ankle. Assume a standing position with the chair by a stationary object to assist in body stabilization. If you have the accessory bar, place the bar on the floor and stand on it with one foot to reinforce the chair. If you do not have the accessory bar, you must stand on a section of material to maintain the chair the proper distance. Pull leg across in front of your body with a slight knee bend while avoiding twisting movements. Perform this exercise one leg at a time.
2. Return to starting position and repeat the exercise.
3. Repeat with the opposite leg after completing the prescribed repetitions.

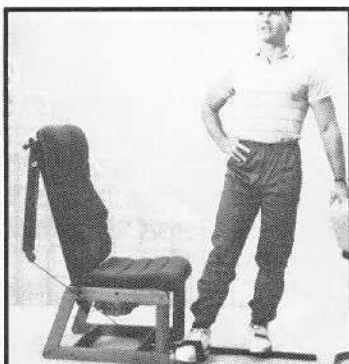
Benefits:

This exercise strengthens muscles of the inner thigh which are frequently used in lateral or side to side movements. Strong and flexible adductor muscles offer maximum support and mobility that may minimize your risk of groin pulls and strains which are very common injuries. These injuries may be extremely restricting and burdensome. Proper conditioning can also tone, tighten and firm this problem area where fat tends to be deposited.

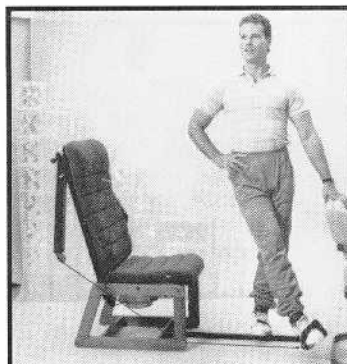
No. of sets: 2

No. of repetitions per set: 8-20

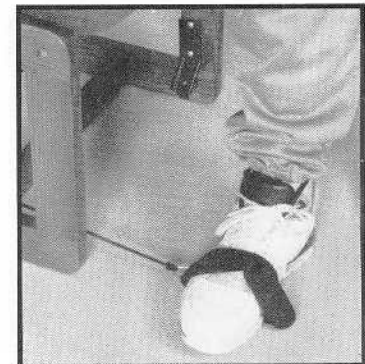
Recovery time between sets and exercises: 30 seconds to one minute.



Hip Adduction Start Position



Hip Adduction Finish Position



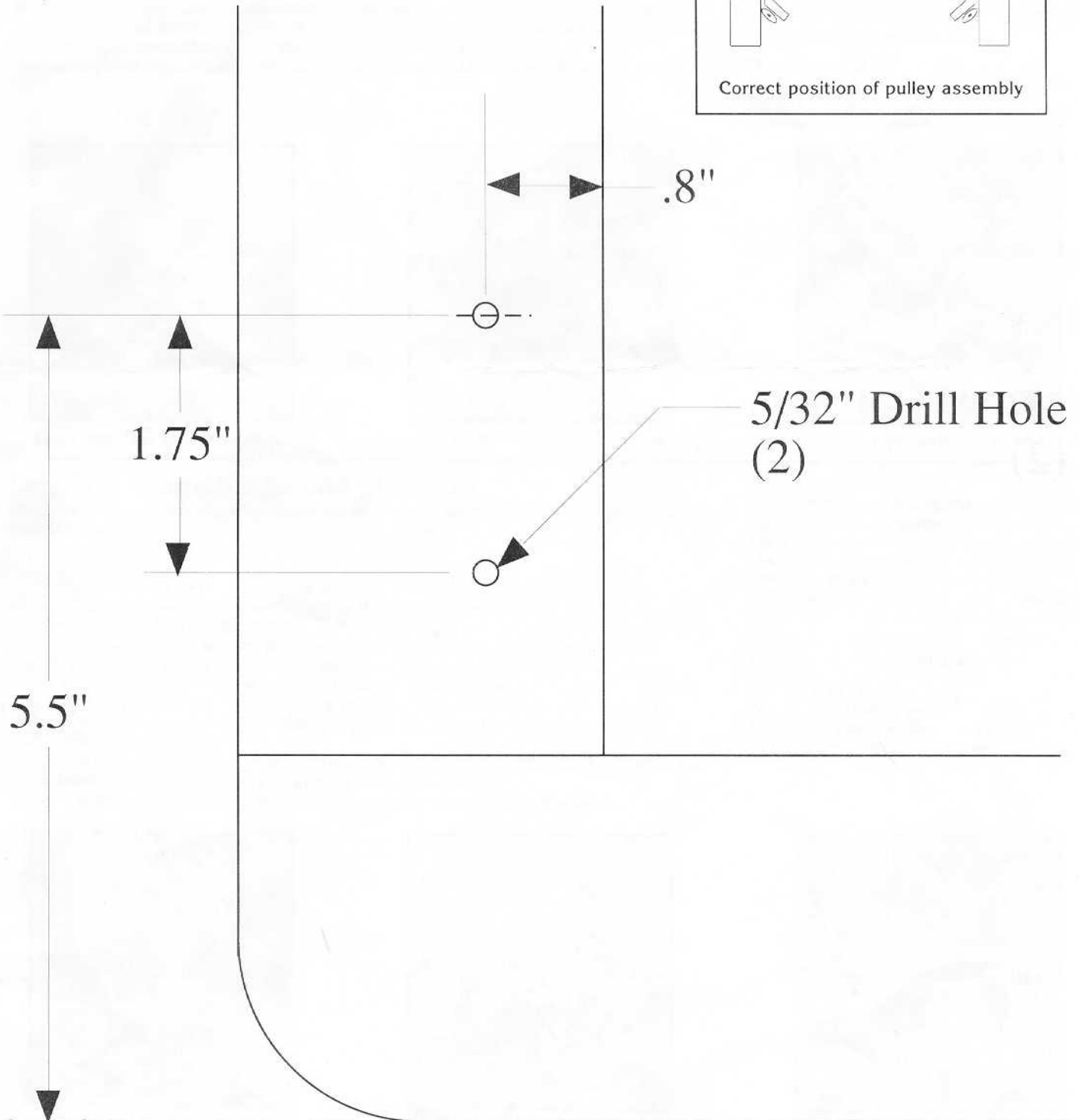
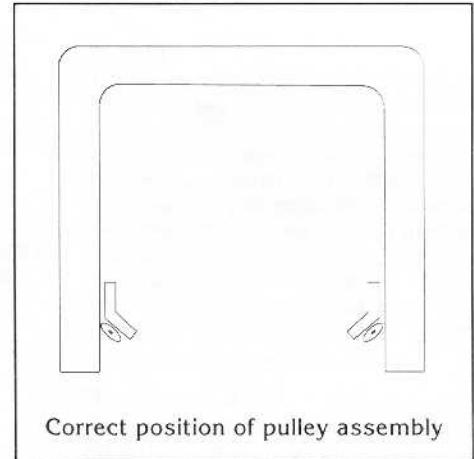
Hip Adduction Foot Strap Position

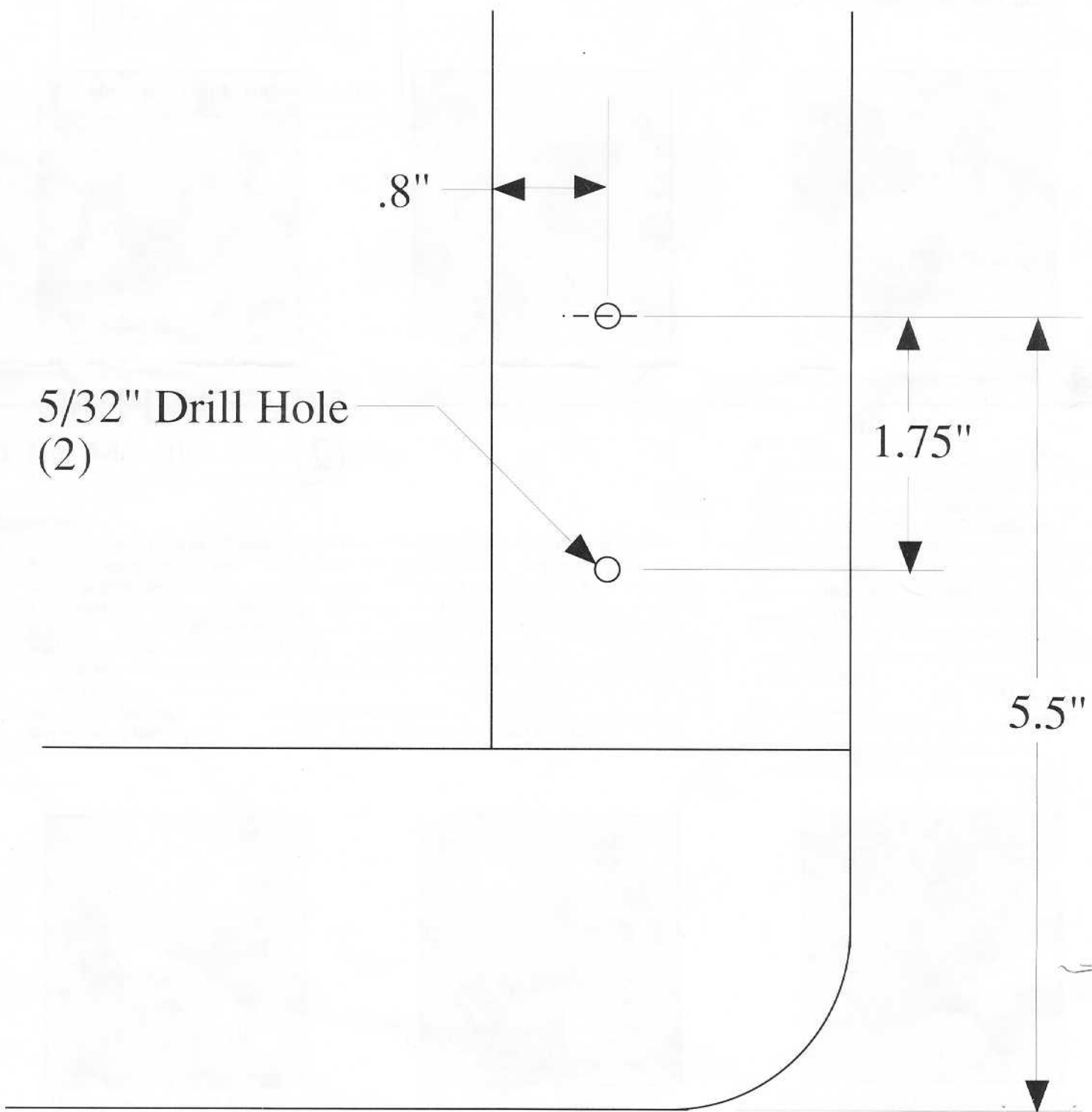
Mounting Lower-body Brackets

If you purchased your Nordic Fitness Chair before the lower body kit became available, you will need to drill holes to mount the pulley assembly. Follow all steps in the directions below to complete this.

If your chair has pre-drilled holes in the inside of the front leg, follow steps 1, 5, and 6 in the directions below.

1. Lay the chair on one side.
 2. Match up the correct template to the front leg. Mark the two holes on the inside of the front leg.
 3. Remove the template, and match up the holes in the pulley assembly to the holes you have marked.
 4. If they match up correctly, remove the pulley assembly and drill the two holes with a $5/32$ " bit, DRILLING THE HOLES ONLY $5/8$ " DEEP.
 5. Place the pulley assembly on the front leg and screw in place.
- NOTE: See the diagram for the correct position of the pulley assembly.
6. Repeat on the other side.





$5/32''$ Drill Hole
(2)

