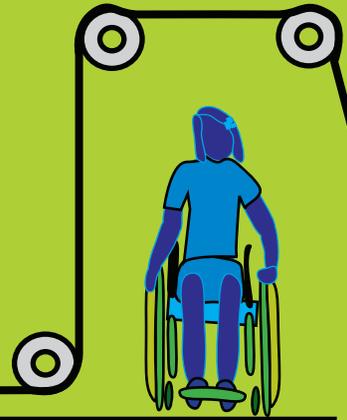


BE SAFE...

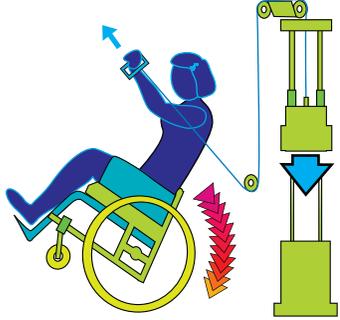
Guidelines for use of fitness equipment for persons using mobility devices

Consider these issues...



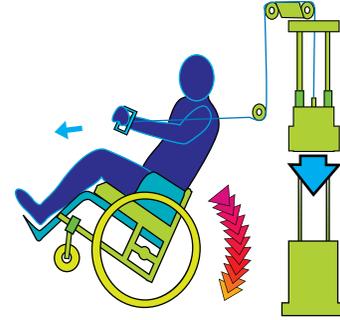
Rearward Instability

Incline or Upward Press
Incorrect



Rearward Instability

Forward or Decline Press
Incorrect



Rearward Instability

Overhead Free Weight to Rear
Incorrect



WARNING: Failure to take stability issues into consideration could cause you to tip over while exercising in your manual or powered mobility device and could result in severe injury or death. Always attempt exercises for the first time with the assistance of a spotter and be aware of the potential for your mobility device to tip over in any direction. Always lock your mobility device in position prior to exercising. The use of wheel locks is recommended during exercise. Powered mobility devices should be turned off prior to exercise.

Rearward Stability Tipping Prevention

Weight & Wheel Chock Securement
Correct



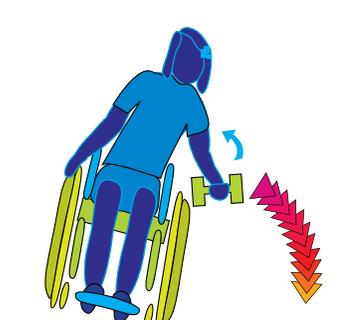
Rearward Stability Tipping Prevention

Personal Assistance
Correct



Lateral Instability

Dumbbell Curl to Side
Incorrect



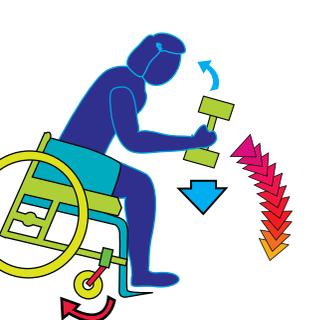
Lateral Stability Tipping Prevention

Lean to Opposite Side
Correct



Forward Instability

Casters Rotated to the Rear
Incorrect

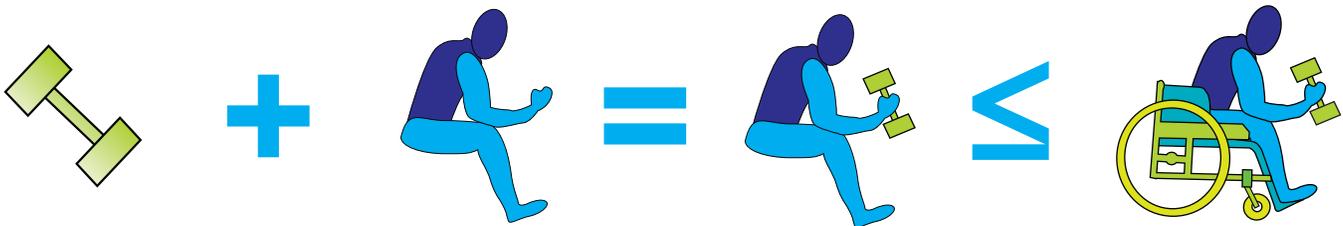


Forward Stability Tipping Prevention

Casters Rotated Forward
Correct



Potential overloading of your manual or powered mobility device



WARNING: The combination of your body weight and the exercise weight that you are lifting while seated in your mobility device effectively increases the total payload weight in your mobility device. Determine the maximum recommended weight capacity of your mobility device and stay within this limit to ensure that you will not cause over-stressing to the structure of your mobility device. Exceeding the maximum payload of your mobility device could result in failure of one or more components of your mobility device and could result in severe injury or death.

The management of the facility allows access to the equipment in this facility by persons of all abilities without prejudice. Reasonable accommodation under the Americans with Disabilities Act will be made to enable you to access any equipment that you desire to use. All individuals should consult with their healthcare provider before engaging in stressful strength or aerobic training.