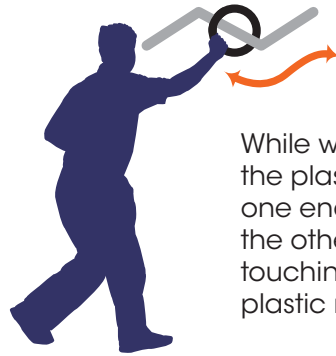


ZIG ZAG PIPE WITH HAND RING

XCCENT FITNESS - SENIOR SPORT

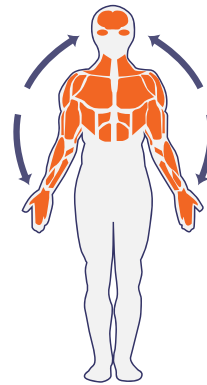


WHAT TO DO

While walking, navigate the plastic ring from one end of the pipe to the other end without touching the inside of the plastic ring to the pipe.

BODY BENEFITS

- Strengthens and mobilizes the shoulders.
- Improves hand-eye coordination.
- Promotes greater concentration skills.



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5005201 RevA

BENCH SIT UP & PUSH UP BAR

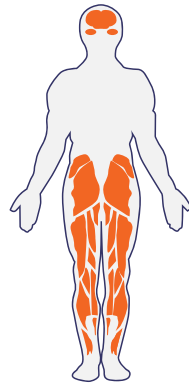
XCCENT FITNESS - SENIOR SPORT

WHAT TO DO

Practice standing up and sitting down while using the grab bar for support.



BODY BENEFITS



- Strengthens the leg muscles and glutes.
- Improves coordination for a range of everyday activities, such as getting on/off a chair or sofa, or picking up objects from the floor.



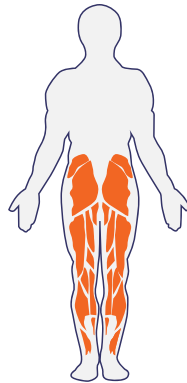
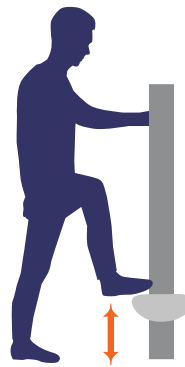
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5005301 RevA

STRETCHING BOARD

XCCENT FITNESS - SENIOR SPORT

WHAT TO DO

Step up and down on the stretching board. Alternate the lead leg to improve rhythm. Hold onto the handrail for added support.



BODY BENEFITS

- Stretches the leg muscles and glutes.
- Helps to enhance balance and flexibility for everyday tasks and situations.
- Great exercise for going up and down stairs.



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5005401 RevA

ROPE NET FLOOR

XCCENT FITNESS - SENIOR SPORT

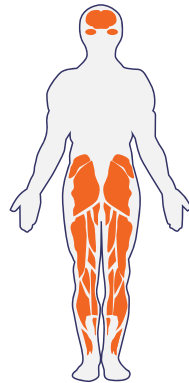
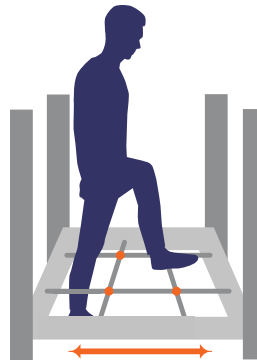
WHAT TO DO

Beginner -

Walk through the gaps in the net without touching the ropes.

Advanced -

Walk across the netting, stepping only on the circular balls connecting the ropes.



BODY BENEFITS

- Improves spatial awareness and coordination.
- Practicing this exercise greatly improves balance.



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5005501 RevA

• SNAKE PIPE WITH HAND RING

XCCENT FITNESS - SENIOR SPORT

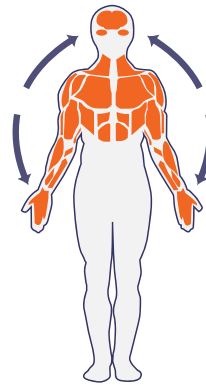


WHAT TO DO

While walking, navigate the plastic ring from one end of the pipe to the other end without touching the inside of the plastic ring to the pipe.

BODY BENEFITS

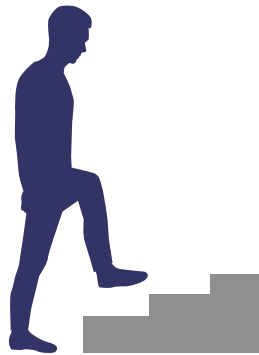
- Strengthens and mobilizes the shoulders.
- Improves hand-eye coordination.
- Promotes greater concentration skills.



• xccentfitness.com
5005601 RevA

FITNESS STEPS

XCCENT FITNESS - SENIOR SPORT

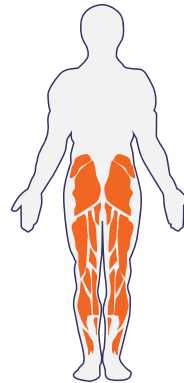


WHAT TO DO

Walking up and down steps is good exercise. Your heartbeat goes up and your limbs grow stronger. The handrail makes the exercise safe. Steps can also be used for stretching exercises.

BODY BENEFITS

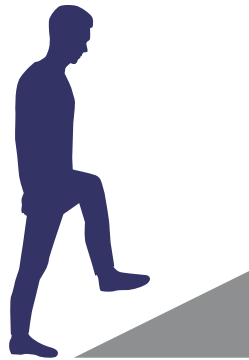
- Strengthens the leg muscles and glutes.
- Enhances cardio strength.
- Practice navigating steps increases confidence for practical applications.



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5005701 RevA

FITNESS RAMP

XCCENT FITNESS - SENIOR SPORT

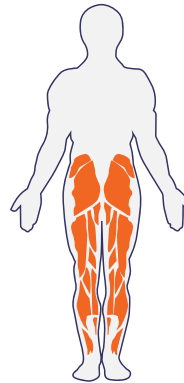


WHAT TO DO

Walking on an inclined surface promotes balance and flexes the ankles. Falls can be prevented by strengthening and exercising the lower limbs.

BODY BENEFITS

- Strengthens the leg muscles and glutes.
- Enhances cardio strength.
- Helps to enhance balance and confidence for everyday tasks and situations.



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5005801 RevA

BALANCE BEAM

XCCENT FITNESS - SENIOR SPORT



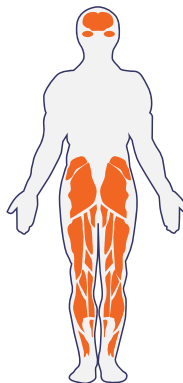
WHAT TO DO

Carefully walk forward along the wavy balance beam.

For an added challenge, walk backward along the beam.

BODY BENEFITS

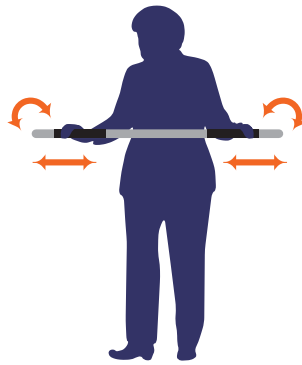
- Practicing this exercise greatly improves balance, especially when walking on uneven or awkward surfaces like natural and unpaved paths.
- Great concentration and coordination builder.



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5005901 RevA

HAND THROTTLE BAR

XCCENT FITNESS - SENIOR SPORT

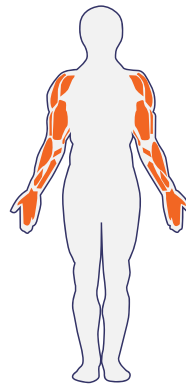


WHAT TO DO

Rotate grips forwards and backwards and slide grips from side to side.

BODY BENEFITS

- Improves flexibility and strength in the hand, wrist, arms and shoulders.
- Promotes increased grip strength.



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5006001 RevA

HAND AND DIAL TURN

XCCENT FITNESS - SENIOR SPORT

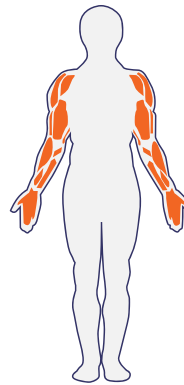


WHAT TO DO

Rotating the wrists and fingers, turn the knobs and the bolts to the right and the left.

BODY BENEFITS

- Improves flexibility and strength in the hand, wrist and fingers.
- Promotes increased grip strength; assisting in daily tasks such as opening doors and jars.



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5006101 RevA

ROPE BRIDGE WALK

XCCENT FITNESS - SENIOR SPORT

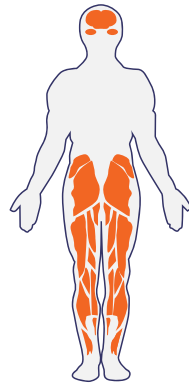
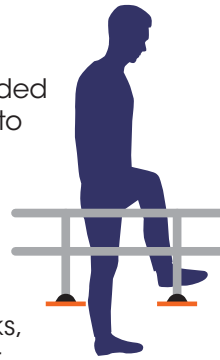
WHAT TO DO

Beginner -

Using the handrails for added balance, walk from plank to plank across the bridge.

Advanced -

Standing on the ground, use the handrails for added balance as you step over the bridge planks, lifting knees high in the air.



BODY BENEFITS

- Practicing this exercise greatly improves balance, especially when walking on uneven or awkward surfaces like natural and unpaved paths and when stepping over items along a path.



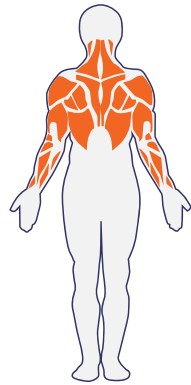
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5006201 RevA

HIGH CHIN UP BARS

XCCENT FITNESS - SENIOR SPORT

WHAT TO DO

Practice lifting your arms and reaching up to the bars. You can also hang from the bar and stretch your arms, back and shoulders.



BODY BENEFITS

- Practicing this exercise greatly improves the mobility and flexibility in your arms and shoulders.
- Helps to promote a proper posture.



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5006301 RevA

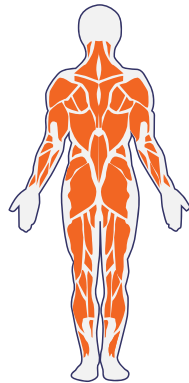
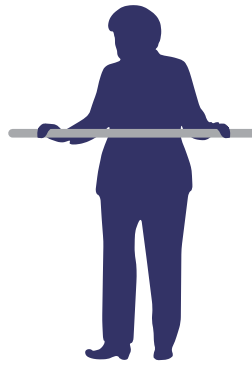
STRETCH & LOW CHIN UP BARS

XCCENT FITNESS - SENIOR SPORT

WHAT TO DO

Use the bar to perform chin-ups and push ups.

Grab the bar and bend your knees, lowering your body to the ground in a squatting motion.



BODY BENEFITS

- Chin ups and push-ups strengthen the arms and shoulders while squats strengthen legs and glutes.
- Assists in daily activities, such as reaching a high shelf, or bending to pick up a dropped item.



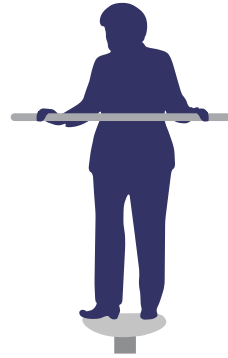
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5006401 RevA

BALANCE & HIP TWIST

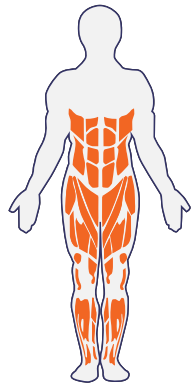
XCCENT FITNESS - SENIOR SPORT

WHAT TO DO

Step up onto the stool and practice balancing, using the handrail for added support and stability.



BODY BENEFITS



- Balancing on a wobbly surface greatly improves balance and works the deep muscles that support the spine, improving posture.



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