



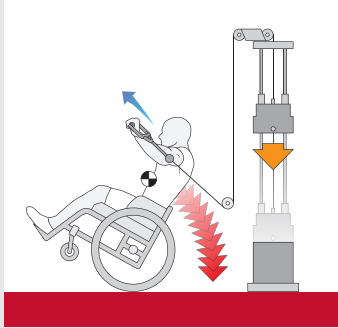
BE SAFE!

Guidelines for use of fitness equipment for persons using mobility devices

INCORRECT USE OF FITNESS EQUIPMENT

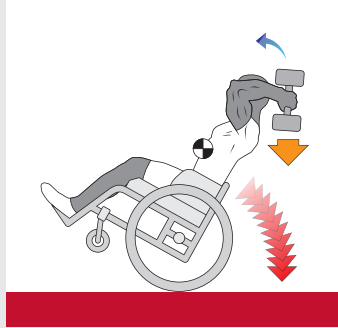
Rearward Instability

Any forward, upward, or downward pushing may cause rearward tipping.



Rearward Instability

Free weights lifted above and behind the head may cause rearward tipping.



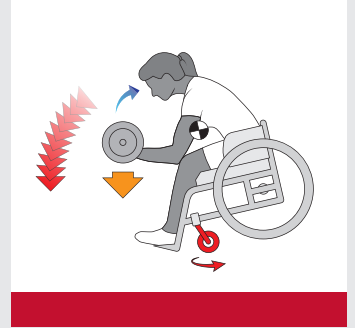
Lateral Instability

Too much weight on one side may cause lateral tipping.



Forward Instability

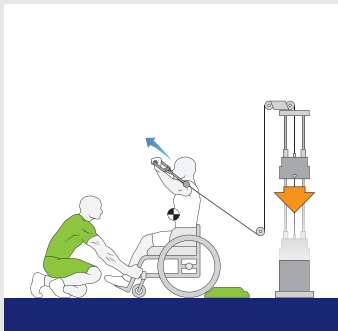
Rotating front casters backwards may cause forward tipping.



CORRECT USE OF FITNESS EQUIPMENT

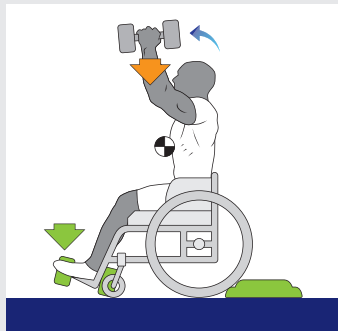
Rearward Stability

The aid of a spotter may prevent rearward tipping.



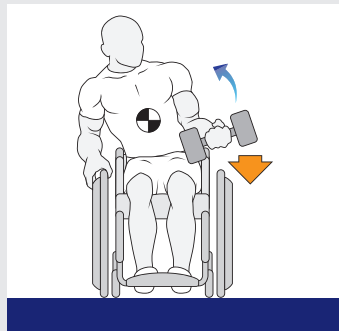
Rearward Stability

A wheel chock and weight on foot plate may prevent rearward tipping.



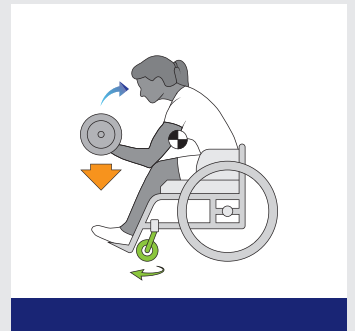
Lateral Stability

Leaning to the opposite side of the weight may prevent lateral tipping.



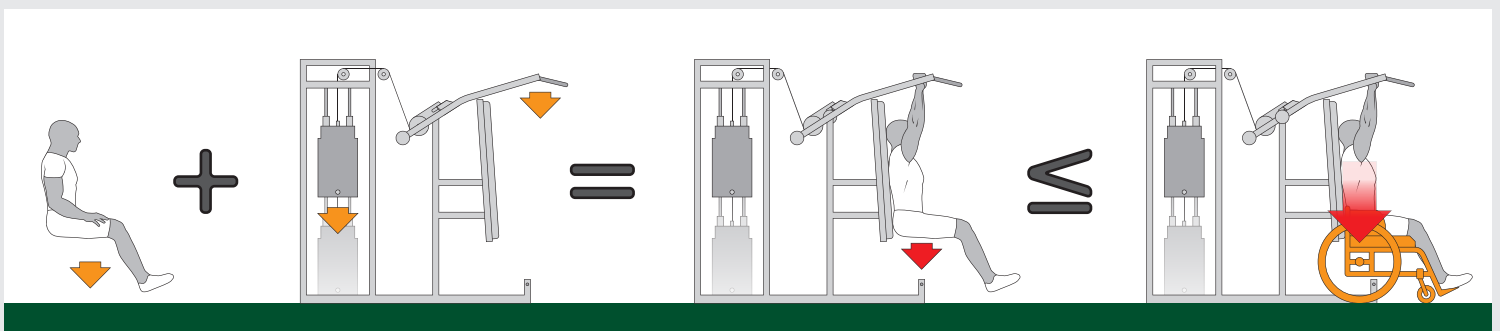
Forward Stability

Rotating front casters forwards may prevent forward tipping.



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.

POTENTIAL OVERLOADING OF YOUR 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 on 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.