



THE HEALTHY LIFESTYLE SYSTEM

## Fit Bed Exercise Instructions

### Rowing

1. Grasp handles with palms facing downward (one in each hand).
2. To begin exercise, inhale and then exhale as you pull your elbows back. Squeeze your shoulder blades and continue pulling until both hands are next to your rib cage.
3. Inhale and slowly return to starting position.
4. Perform all Reps with hood closed. Repeat for desired number of reps.

### Biceps Curls

1. Grasp handles with palms facing downward (one in each hand).
2. To begin exercise, take a deep breath, exhale and raise your hands slowly up towards your shoulders (keep your elbows under shoulders throughout the movement).
3. Inhale and slowly return to starting position.
4. Perform all Reps with hood closed. Repeat for desired number of reps

### Arm Crossovers

1. Grasp handles with palms facing downward (one in each hand).
2. To begin exercise, take a deep breath, exhale and alternately move your hands slowly across your body until your hand touches your opposing biceps.
3. Inhale after each movement and alternately return to starting position.
4. Perform all Reps with hood closed. Repeat for desired number of reps.

### Leg Raises

1. Note: Handles are not used for this exercise.
2. Lying on your back, slowly raise legs together to a point about six inches above the bed.
3. Hold this position for ten seconds and return to starting position.
4. Perform all Reps with hood closed. Repeat for desired number of reps

### Front Arm Raises

1. Grasp handles with palms facing downward (one in each hand).
2. To begin exercise, take a deep breath, exhale and - keeping your arms straight-- raise your hands slowly up towards the roof of the cabinet.
3. Inhale and slowly return to starting position.
4. Perform all Reps with hood closed. Repeat for desired number of reps.

### Reverse Curls

1. Grasp handles with palms facing downward (one in each hand).
2. To begin exercise, take a deep breath, exhale and raise your hands slowly up towards your shoulders (keep your elbows at your sides throughout the movement).
3. Inhale and slowly return to starting position.
4. Perform all Reps with hood closed. Repeat for desired number of reps.

**Perform all Reps with hood closed.**



Perform all Reps with hood closed at desired heat level.