

## **ParaBody Serious Steel – Strength Equipment:**

### **Before you start:**

- 1) Stretch lightly before using it.
- 2) Use the lightest weights and move slowly.
- 3) Keep your back straight and move gently.

### **Stay safe:**

If you feel dizzy, or uncomfortable, please stop. Drink water.

### **Set up the equipment:**

Check that the settings match your body before you begin.

### **Clean after using:**

Wipe the handles and seats.

### **Exercise often:**

Try to work out 2 to 3 times a week.

Always pay attention to how your body feels and ask your doctor if you're not sure about something.