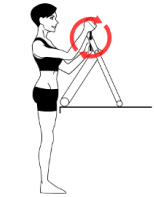


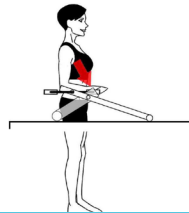


## Upper Body



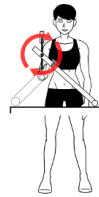
### Standing Upper Body Ergometer

Pin Placement:  
Top hole.



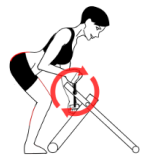
### Side Standing Shoulder Rotation

Pin Placement:  
No pin (will vary).



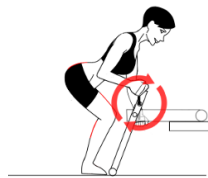
### Forward Standing Shoulder Rotation

Pin Placement:  
Lowest position (will vary).



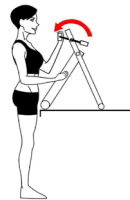
### Hand Ergometer Squat-N-Cycle

Pin Placement:  
Top hole.



### Arm Ergometer Squat Stabilizer

Pin Placement:  
No pin (will vary).



### Bicep curls

Pin Placement: Top  
hole.



### Hand Ergometer While Sitting

Pin Placement:  
Top hole.



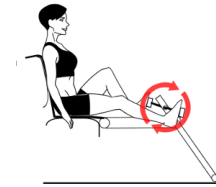
### Hand Pedal Bike Chair Workout

Pin Placement:  
Will vary.

**See online for  
more details:**

[www.excy.tips](http://www.excy.tips)

## Lower Body



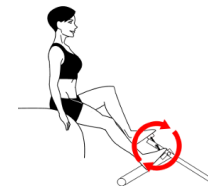
### Stationary Recumbent Chair Cycling

Pin Placement:  
Bottom hole.



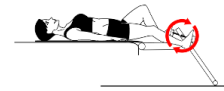
### Sitting Upright Cycling in Bed

Pin Placement:  
No pin (will vary).



### Bedside Cycling / Chair Cycling

Pin Placement:  
No pin (will vary).



### Bedside Lying Down Exercise Cycling

Pin Placement:  
Bottom hole (will vary).



### Lying Down Exercise Cycling

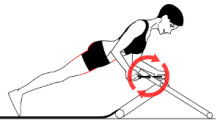
Pin Placement:  
No pin (will vary).



### Exercise Ball Balance Cycling

Pin Placement:  
No pin (will vary).

## Total Body



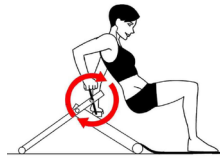
### Plank Cycling

Pin Placement:  
No pin for this exercise.



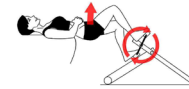
### Step & Unicycle Exercise

Pin Placement:  
No pin for this exercise.



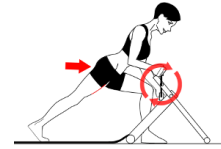
### Tricep Dip Bridge Cycle

Pin Placement:  
Middle or top (will vary).



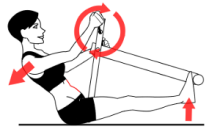
### Bridge Exercise for Couch Workout

Pin Placement:  
No pin for this exercise.



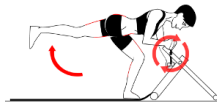
### Hip Flexor Stretch & Lunge

Pin Placement:  
Top or middle hole (will vary).



### Rowing Exercise

Pin Placement:  
Top hole (will vary).



### Single Leg Balance Hand Cycle

Pin Placement:  
Top or middle hole (will vary).



### Swim Exercises

Pin Placement:  
Will vary (focus on crank arm being 1 to 2 inches below shoulder).

See online for more details:

[www.excy.tips](http://www.excy.tips)

## Hand Pedal Setup

- Palms facing each other
- 5-10 degree in elbow
- Pedal axis at shoulder or 1-20 below
- Never hyper extend elbow

## Foot Pedal Setup

- 20-30 degree bend in knee while cycling
- Hips/feet/knees properly aligned
- Do not splay feet or knees inwards or outwards
- Barefoot and socks favored
- Never hyper extend knee

## Resistance Guidelines

**Getting Started:** It is important to start easy before increasing resistance, as it is easy to get very sore muscles almost immediately doing high tension cranking motions. Generally, rotations with light to moderate resistance are used to improve cardio vascular endurance and to improve range of motion, while high resistance with fewer cranks can be used to increase muscle strength. Take time to pedal, spin, or crank slowly at the easiest levels until it feels smooth and controlled.

## Pedal Guidelines

**Forwards and Backwards:** Envision pushing your hand or foot forward along the top of a square and pushing down against the front side of the square and pulling towards your body as you pull up the backside of the square. To pedal backwards, reverse the process.

**Back and Forth:** Apply pressure to the pedal, unweight the opposite hand or foot in a repeating back and forth motion.

**Isometrics:** Set the resistance to easy and steadily press into the pedals with even forces to constrict your upper or lower body muscles and hold it until fatigue sets in.

Contact: [excy@excy.com](mailto:excy@excy.com) / 425-205-9444 / [info@PT-Helper.com](mailto:info@PT-Helper.com)



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