EXERCISE GUIDE





Multi-planar resistance training designed to build lower body flexiblity and strength for better balance and mobility.

STARTING POSITIONS

Designed to gently build flexiblity and strength to optimize balance and movement.

Mobility Training

Start in a slow and controlled manner.

Move with an upright posture and within a pain-free range of motion.

Boost benefits by performing exercises from each plane of motion

Choose

(S) Sagittal Extension/Flexion (Front/Back)

(F) Frontal

(Side-to-Side) (T) Transverse Rotation (Right/Left) (C) Combo of SFT Circumduction

Motion

Adduction/Abduciton

(Circular)

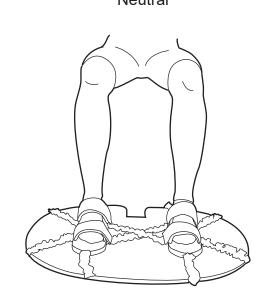
Press buttocks as far back into the seat as possible with your back upright and a neutral spine. Shoulders are back, ears in line with shoulders and hips. Thighs are parallel to the floor or hips are slightly higher than knees. Ankles are under knees or slightly forward. If your chair is too deep to allow for a

pain-free posture, place a pillow or lumbar

roll behind your lower back.

Sit Tall with Good Posture

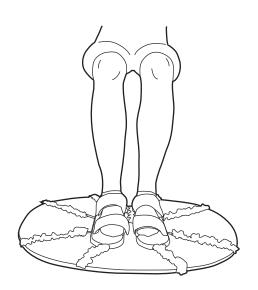
Level 1 Neutral



START & REST POSITION Knees and feet are hip distance

Muscles Activated: All relaxed

Level 2 Adduction



INTERMEDIATE CHALLENGE Bring knees and feet together

Muscles Activated: Inner Thighs; Hip Adductors; Gluteus Maximus (lower fibers)

Level 3 **Abduction**

Exercise: 1-3 sets of 8-15 repetitions

Activity: 1-10+ minute intervals

General Tips

Rest: Between sets and intervals

Vary Movement

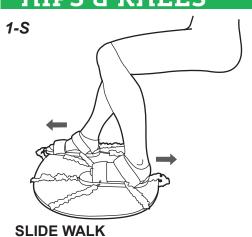
• Pace: Slow to Fast

- Range of Motion: Small to Large
- **Dynamic**: Movement about a joint
- Static: Hold position in place
- Combine: Dynamic moves with
- static Start Positions (Level 2 and 3)
- Explore Joint Angles: Such as Slide Walking while moving between adduction and abduction; March or do Toe Lifts with toes pointing inward or outward. 😊

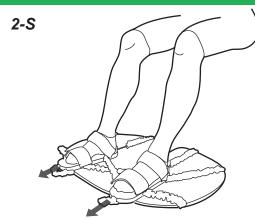
Breathe comfortably throughout exercise.

Stretch *muscles to enhance* flexibility.

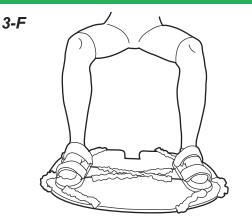
HIPS & KNEES



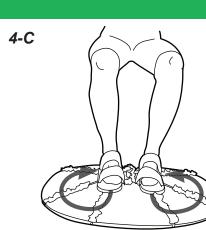
Slide one foot forward, pull one back, alternate.



DOUBLE KICKS Slide feet forward and back.



STRADDLE AND SQUEEZE Slide feet and knees out to the sides, squeeze back to center.



MERRY-GO-ROUND Circle feet upward and outward. Repeat circling in opposite direction.



ADVANCED CHALLENGE

Outer Thigh; Hip Abductors

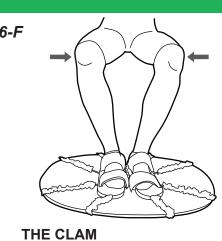
Gluteus Maximus (upper fibers)

Gluteus Medius: Gluteus Minimus

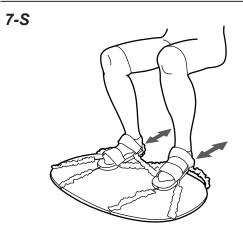
Bring knees and feet apart

Muscles Activated:

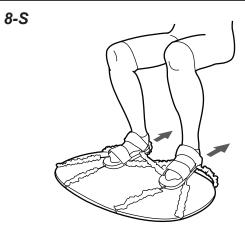
MARCH Lift and lower one knee, alternate.



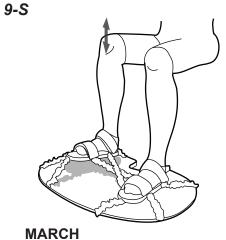
Slide ankles and knees together, open and close knees.



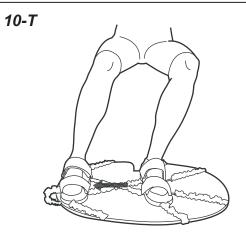
HAMSTRING HUG Pull feet behind knees, pulse heels slightly forward and back.



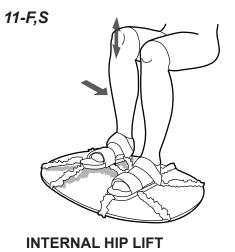
HAMSTRING HOLD Pull feet behind knees, heels naturally lift, hold.



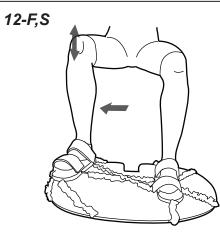
Lift and lower knee, alternate.



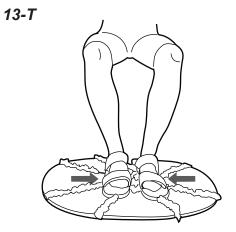
CHAIR SKATING Slide lower leg outward, push off, alternate.



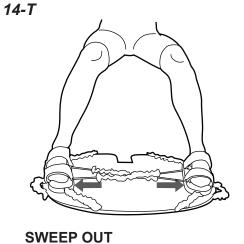
Slide one leg to center, lift and lower inward leg.



EXTERNAL HIP LIFT Slide one leg outward, lift and lower knee, pressing opposite foot down.



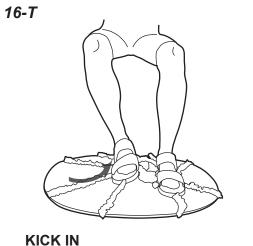
SWEEP IN Slide feet inward, knees rotate slightly outward.



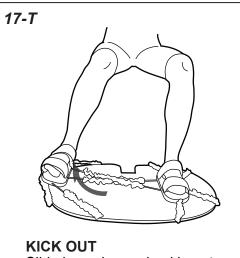
Slide feet outward, knees rotate slightly inward.



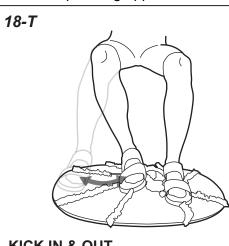
opposite knee and foot inward.



Rotate lower leg inward, knee rotates slightly outward

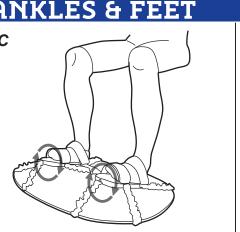


Slide lower leg and ankle outward, knee rotates slightly inward.

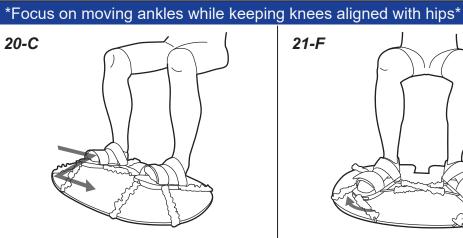


KICK IN & OUT Slide lower leg inward and outward as knee rotates in and out slightly.

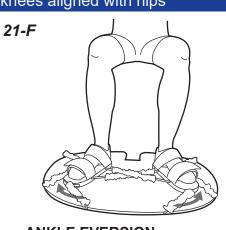
ANKLES & FEET 19-C



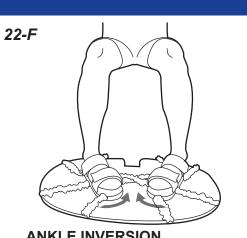
ANKLE O's Lift toes, make clockwise circles. Repeat with counter-clockwise circles.



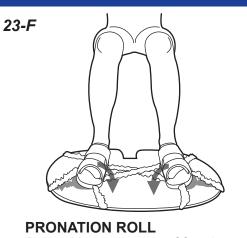
ALPHABET WRITING Lift toes, write the alphabet.



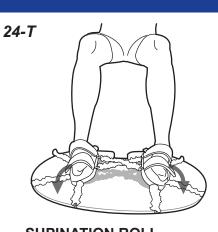
ANKLE EVERSION Rotate toes outward, lift soles outward, return to center.



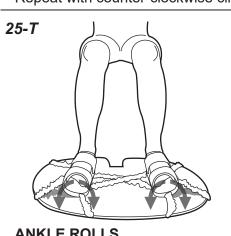
ANKLE INVERSION Rotate toes inward, lift soles inward, return to center.



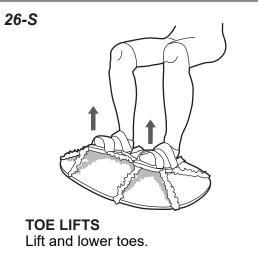
Roll ankles and edge of feet inward.



SUPINATION ROLL Roll ankles and edge of feet outward.



ANKLE ROLLS Roll ankles inward and outward.

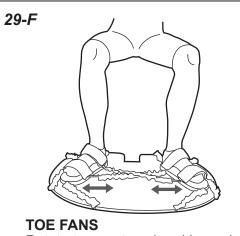


27-S **HEEL LIFTS**

Lift and lower heels.

28-S **TOE & HEEL TAPS** Lift toe of one foot, heel of the other,

alternate.



Rotate toes outward and inward.

30-F

WINDSHIELD WIPERS Rotate toes left and right.

EXERCIZE GNIDE



Simplifying Rehabilitation & Fitness

Whether you are recovering from an injury, illness or immobility, regaining mobility and balance starts with joints that are flexible and strong. Over 10 independent clinical studies with older adults across the continuum of care consistently show MoveMor® effective in increasing strength, flexibility and balance in as little as 10 minutes per week. MoveMore works by providing multi-planar resistance training of the lower body from one safely seated position.

Without any reconfiguration needed to perform pain-free exercises across all planes of motion, MoveMoro can help reduce injuries and fall risk for individuals and caregivers. Designed with 12-points of carefully designed resistance, moving through a comfortable, pain-free range of motion can simultaneously strengthen both the neuromuscular and proprioceptive sensory systems at hips, knees, ankles and feet to accelerate recovery when used as a single or integrated intervention.

Portable and proven effective, MoveMor_® can improve functional mobility safely with minimal time and effort for individuals who are non-ambulatory to those living independently; and can be used from the hospital or clinic to the home.

Getting started and maintaining mobility is simple with complimentary exercise programs and videos provided on our website at Movemor.com.

MoveMor_®: Move Freely, Live Fully™

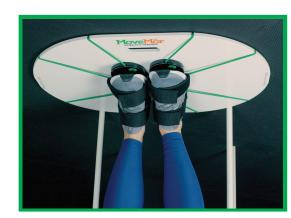
info@MoveMor.com | 303.515.7070

® 2023 Resistance Dynamics, Inc. All Rights Reserved.

MoveMor.com ResistanceDynamics.com

Littleton, Colorado Resistance Dynamics, Inc.

for better balance, posture & performance, without the pain. rebuild joint flexibility & strength across all planes of motion The world's first 3-dimensional lower body trainer proven to



Better Balance and Mobility Starts Here

If the WARNING label becomes damaged or illegible, replace it by contacting info@movemor.com Do not use cleaner on tubes as chemicals cause damage. Wipe with soft damp cloth if needed. Clean the board and footbeds with mild glass cleaner or hydrogen peroxide on a soft cloth.

• Store at room temperature, out of direct sunlight and away from heat sources. For use with feet only. Do not put your head near the tubes to prevent an injury to face or eyes.

Replace any tubing that appears worn or damaged.

 Inspect the equipment before each use. Check to see that tubes are connected securely. ly impaired, under the age of 13, or anyone who cannot use MoveMor® responsibly on their own.

> Do not stand or walk on the board's slippery surface. Use only while seated or standing with adequate support available.

PRODUCT SAFETY

exercises for which it was designed. Adult supervision is suggested at all times for anyone who is cognitive-The MoveMore Mobility Trainer is not a toy and should never be used for any activity other than the specific

of the product.

available to end users to provide the information contained in the MoveMor® Exercise Guide to all end users the responsibility of the instructor, facility or other persons who make the MoveMor® Mobility Trainer ▶ The information contained in the MoveMor® Mobility Trainer Exercise Guide is intended for end users. It is property that may result in connection with the exercises and use of the MoveMor® Mobility Trainer.

The manufacturer and its distributors assume no liability or responsibility for accidents or injury to persons or immediately and inform your healthcare provider.

▶ If you experience sharp pain, dizziness, light-headedness or shortness of breath, stop the activity professional to help develop an exercise program specific to individual needs.

should always consult a physician, physical therapist, chiropractor, athletic trainer or similar healthcare ▶ All persons with physical limitations, health concerns or requiring rehabilitation from an injury or illness ALLERGIC REACTIONS can be caused by natural RUBBER LATEX resistance tubes.

enitable for children or pets.

! WARNING: CHOKING HAZARD: Plastic Bags, Beads at Tube Ends and Small Parts Contained are not

appropriate exercise advice and safety precautions. ! CAUTION: Before beginning any physical activity program, consult a physician or healthcare provider for

PROVIDED TO OPTIMIZE BENEFITS AND REDUCE THE RISK OF INJURY. IMPORTANT: BEFORE USING YOUR MOVEMOR® MOBILITY TRAINER, READ ALL INFORMATION

MoveMor® Mobility Trainer

GUIDELINES FOR USE

- The MoveMoro Mobility Trainer is designed for use from any stable chair or
- MoveMor⊚ can also be used while standing with adequate support available.
- Use with flat shoes, stocking or bare feet.
- Use with proper posture. (See "Sit Tall with Good Posture" on opposite side.)
- Position the board on the floor, centered in front of your chair.
- Chair height should allow feet to be flat on the foot beds, hips aligned with knees or slightly higher, and allow for good posture.
- If using an office chair, roll one caster into the board notch.
- Place feet onto the foot beds. Adjust the straps for a snug, comfortable fit.
- For a longer strap, attach the strap extenders (rough side down) to the Velcro_® on the exterior strap. Attach the interior strap to the soft side of the strap extender and press
- Start by moving in a slow, comfortable pain-free range of motion (ROM). Gradually increase the pace and ROM.
- Breathe deeply throughout exercise activity.
- Exercise activity should not cause or increase pain. If pain is experienced, make movements smaller and slower, or decrease the tubing resistance level.
- Do not stretch the resistance tubes over 3 times their length. For example, the center "X" tubes are 8 inches long and should not be stretched to more than 24 inches.
- When activity is completed, open the foot straps and remove feet from foot beds.
- With stocking feet, you may slip your feet out without opening the foot straps. • When getting up, be careful and avoid stepping on the board's surface as it may be
- Store the MoveMoro board upright, at room temperature, and away from direct sunlight, water or heat sources.

CHOOSE RESISTANCE

MoveMoro is versatile and progressive to meet a myriad of ability levels, rehabilitation and fitness needs.

FITNESS LEVELS: Beginner, Intermediate & Advanced

Use the Fitness and Resistance Level Chart below to best match the resistance level to your current health condition and goals. Seven color-coded resistance tubing levels are available with two sets of resistance per fitness level (light and heavy). Extra light beginner tubing (amber) is available for individuals who are highly deconditioned. (Amber and replacement tubes available at MoveMor.com)

PROGRESSION

Before progressing to the next resistance challenge, you should be able to perform pain-free exercises through a full ROM with good form and posture. Quality and safety come first!

- Start with the lightest tubing of each fitness level: yellow, green, and black.
- Increase the tension underneath the foot bed from position #1 to position #2.
- If more tension is desired at the toes & heels, place tubes at position #3.
- Progress to the heavier resistance tubing and adjust tension underneath the footbeds as desired.
- Increase the tension underneath the foot bed before progressing to the next resistance level.

TUBE RESISTANCE

The resistance (force) is measured in pounds per tube. Resistance increases as the tube elongates and is cumulative of multiple tubes at any position (e.g. if an exercise engages 4 tubes, the force will be 4 times greater).

FITNESS & RESISTANCE LEVEL - 1

BEGINNER

Base Conditioning

WHO

For people recovering from an injury, illness or immobility; experience weakness or stiffness in joints that may cause discomfort during physical activity; who want to move more freely to reduce injury or fall

WHAT

A safe, convenient, impact-free way to begin multi-directional exercise activity that can help gently build balanced strength, flexibility, joint stability and mobility.

WHY

Benefits may include: Improved functional independence, range of motion, circulation, mobility and stability; regaining and maintaining strength in ankles, knees and hips; preventing and treating injury; help manage symptoms of conditions including, but not limited to arthritis, Multiple Sclerosis and Parkinson's; elevated mental alertness, mood and energy levels.

Tube Color & Resistance

Yellow	Orange
1.9 lbs / tube	2.3 lbs / tube

EXERCISE TIPS

- Start with the appropriate resistance level and perform only pain-free exercises. Certain exercises may not be appropriate for every individual, while other exercises may be suitable.
- Exercise activity should be performed as a part of a comprehensive program customized to your health, fitness level and goals.
- Warm-up & cool-down prior to and at the end of exercise with light dynamic activity, such as Toe and Heel Lifts or Slide Walking, at a comfortable pace and ROM that may be slower and smaller than during exercise activity.
- Alternate ankle and foot exercises with hip and knee exercises to prevent early muscle fatigue.
- In general, perform 1-3 sets of 5-15 repetitions of pain-free exercise. Focus on progressively increasing ROM and strength. • Exercise activity intervals from 1-10 minutes or longer can be conveniently
- performed while seated to improve joint function and metabolic health. • Perform exercise activity every other day (2-3 days per week); Intermediate and Advanced exercisers may perform activity 3-6 days per week if they do not
- experience muscle fatigue or joint aches. • **Rest** between sets of activity as needed. Generally, the lower the intensity, the shorter the rest period (≤ 30-60 seconds); the higher the intensity, the longer
- the recovery period (≥ 60-120 seconds). • Progress gradually by increasing the repetitions, sets, time and frequency of
- Breathe throughout the exercise activity and avoid holding your breath during challenging movements.

FITNESS & RESISTANCE LEVEL - 2

INTERMEDIATE

Physically Active

WHO For proactive people who move and exercise without pain and are looking to attain and maintain a higher level of lower body strength and flexibility, the foundation of better balance, mobility, posture and performance.

WHAT

Supports an active lifestyle to improve joint function and health while reducing injury risk; a fitness solution for desk dwellers that provides light intensity activity to enhance metabolic health while seated.

Planes of Motion

Benefits may include: Improved physical function, strength, balance, posture and performance; enhanced circulation, joint function and health; greater joint mobility and stability; stress relief; injury, illness and fall prevention; improved mental focus, productivity and energy levels.

Tube Color & Resistance

Green	Blue
2.7 lbs / tube	3.1 <i>lbs / tube</i>

MULTI-PLANAR TRAINING: OPTIMIZE FUNCTION

Training joints in all directions and planes of motion simultaneously strengthens the neuromuscular and proprioceptive sensory systems to regain and maintain strength, balance and mobility. This can safely and efficiently reduce the risk of injury and falls. Without any reconfiguration, MoveMor® enables seamless performance of over 30 multi-planar exercises shown to improve balance, strength and mobility in as little as 10 minutes per week.

Movement Exercise Sample Strengthens

Planes of Wotton	Wovement	Exercise Sample	Strengthens
Sagittal (S) (Vertically divides body into right and left parts)	Extension Flexion (Front and Back)	Dorsiflexion Plantar Flexion Knee Flexion Knee Extension Hip Flexion*	
Frontal (F) (Vertically divides body into front and back parts)	Adduction Abduction (Side-to-side)	Ankle Inversion Ankle Eversion Hip Adduction Hip Abduction	Feet Ankles
Transverse (T) (Horizontally divides the body into upper and lower parts)	Rotation (Internal and External) Horizontal abduction and adduction	Ankle Supination Ankle Pronation Hip Internal Rotation Hip External Rotation Forefoot Adduction Forefoot Abduction	Knees Hips
Triplanar: Combinations of All 3 (C)	Circumduction (Circular)	Toe and Heel Circles Foot/Lower Leg Circumduction	

*Additional exercises can be performed while standing with adequate support.

FITNESS & RESISTANCE LEVEL - 3

ADVANCED

Athletes

WHO

For people who train without pain and want to increase sports performance, speed and balance while reducing the risk of lower body joint injuries, particularly ankle strains and sprains.

WHAT

Multi-planar resistance training can strengthen hard-to-reach muscles, tendons, and ligaments of the hips, knees, ankles and feet; can build a stronger and more balanced lower body.

WHY

Benefits may include: Improved proprioception, balance and motor control; increased joint mobility and stability; strengthen micro-muscles and connective tissue surrounding injury-prone joints. especially ankles and knees.

Tube Color & Resistance

Black	Silver
3.6 lbs / tube	3.9 lbs / tube

BACKED BY SCIENCE WITH PROVEN RESULTS

"A resident who was previously unable to stand can now get up unassisted."

Brent Daley, Owner of Prestige Home

Over 10 independent clinical studies with older adults show:

better balance. increased leg strength, greater ankle flexibility, increased independence, improved continence and fall risk reduction.

"It's like having 10 resistance machines in one spot."

Dr. Desiree Hutchinson, DPT