

ELEVATED STRETCHING BENCH

As you know, doing stretching exercises is important, and even more important as you age. The usage of exercise mats in the open area of the gym in recent days tells me that many people understand that. However, some of us have difficulty getting down on the floor, and even more so getting up.

So, now that we have a bit more space, your Fitness Club BOD has commissioned the installation of an elevated exercise platform. Because we still do not have a surplus of space, we decided to make it a fold-down platform, so it does not take up a lot of room when not in use.

Yes, it looks a lot like a murphy bed. In fact, the mechanism we used is a murphy bed mechanism.

Installation of the platform is now complete – it was built and installed in the entirety by a dedicated crew from the Woodcraft Club. So, thank the woodworkers. It would have been in sooner, but the upholstery shop who made the mat (mattress) took a couple of weeks longer than expected.

The new equipment will be available for use Monday (Feb 20th, 2023) morning. I will attach detailed instructions on how to open and close it. In general, treat it gently, and make sure to unfold the legs when opening and folding up the legs when you are finished.

It is important that we get some feedback on this device – we have long-term plans to install up to two more, but we need to know if it works for you and how much it is used. If it is not utilized, we won't build any more. If it is a great success, maybe we will patent it – it is a Roadhaven invention.

READ DIRECTIONS BEFORE OPENING ELEVATED STRETCHING BENCH

1. PULL CABINET HANDLES TOWARD YOU ABOUT 24 INCHES
2. GENTLY ROLL THE SUPPORT LEGS TOWARD YOU AND SECURE THEM UNDER THE PLATFORM
3. GENTLY PUSH PLATFORM TO THE FLOOR
4. ENJOY YOUR WORKOUT
5. SANITIZE MAT

6. LIFT PLATFORM UP ABOUT 24 INCHES

7. GENTLY ROLL SUPPORT LEGS BACK INTO PLATFORM, MAKE SURE THEY ARE PLACE COMPLETELY INTO THE PLATFORM

8. GENTLY PUSH PLATFORM INTO UPRIGHT POSITION, WATCH YOUR FINGERS

9. THANK YOU FOR FOLLOWING THESE INSTRUCTIONS