

## Correct Body Mechanics for Operating the Sit-to-Stand Trainer



Incorrect



Correct

The pulley system of the Sit-to-Stand is designed to ease and assist the act of engaging the counter weight. The technique shown on the right is the biomechanically correct and easiest way for the trainer to pull the counter weight. The counter weight should be raised by leaning backwards, maintaining a straight torso, and using the lower extremities to assist with the pull. When done this way, even relatively light trainers can use their body weight to easily pull up the counter weight. It is recommended that the counter weight be pulled up in small increments rather than one long pull.