

ADL+

Leg



Press

PATENT PENDING

Strengthen Legs (& More) to Improve Standing Transfers

New product to help improve sit-to-stand movements. By strengthening the legs, the ADL Leg Press increases ability and safety with standing transfers. Flexing more than leg muscles, the Press can also be used for chest, back, and arm exercises (see + Plus options below) - great for gyms with limited space.

*+ Plus options
(removable
arms, handles,
and platforms)
allow for over 6
different
exercises.*



*Safely
exercise
without
needing to
transfer out
of
wheelchair.*

ADL+

1. Leg Press



2. Push Downs



Order at ADL 365 Inc. | 1.806.785.6300 | www.ADLbalance.com

ADL+

Leg



Press

PATENT PENDING

Strengthen Legs (& More) to Improve Standing Transfers

3. Lat Rows



4. Push Down w/Platform



5. Trunk Extensions



6. Chest Press



“For years I’ve wanted an effective way to strengthen legs (for patients in wheelchairs) that used the same muscles needed to stand. Traditional seated exercises did not provide the specificity, nor intensity, needed to make significant improvements in standing strength. The ADL Leg Press checks all of these boxes and more.” - Shane Haas, PT, MSIE, CPE—Inventor ADL Leg Press

Order at ADL 365 Inc. | 1.806.785.6300 | www.ADLbalance.com