

Mui My young friend, why don't you show us?

Gloria Chan Sure. This fitness rack is for joints and this one's for legs

They exercise the joints in our knees
heels and thighs

They also strengthen the thigh muscles

Uncle Chung Regular exercise
keeps your joints supple
and you won't fall over so easily

Gloria Chan That's right. But it's very important to have the right posture

First, hold the seat tightly with both hands

Don't let your body sway

Straighten your back
and breathe smoothly

Maintain an average speed while exercising
don't go too fast

If you're a beginner
5 minutes will probably be enough

If you are used to this exercise
you can increase it from 5 to 10 minutes

Mui Exercising is not hard at all

Uncle Chung With these estate fitness facilities to help us
we're already halfway there

Chan Your estate has fitness facilities too

Get this young lady to show you how to use them

Uncle Chung It's not often Chan is so modest!

Okay, any time