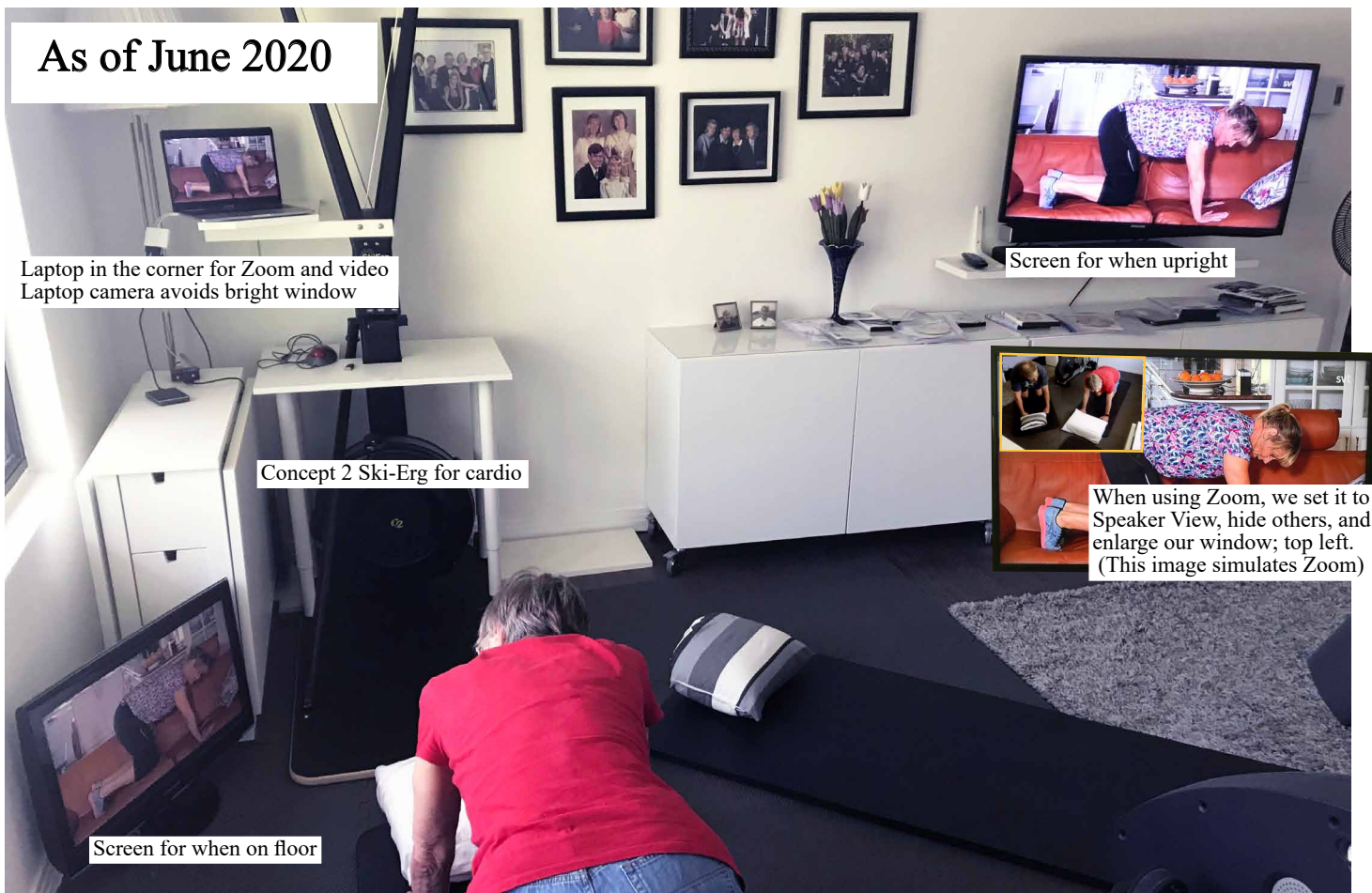


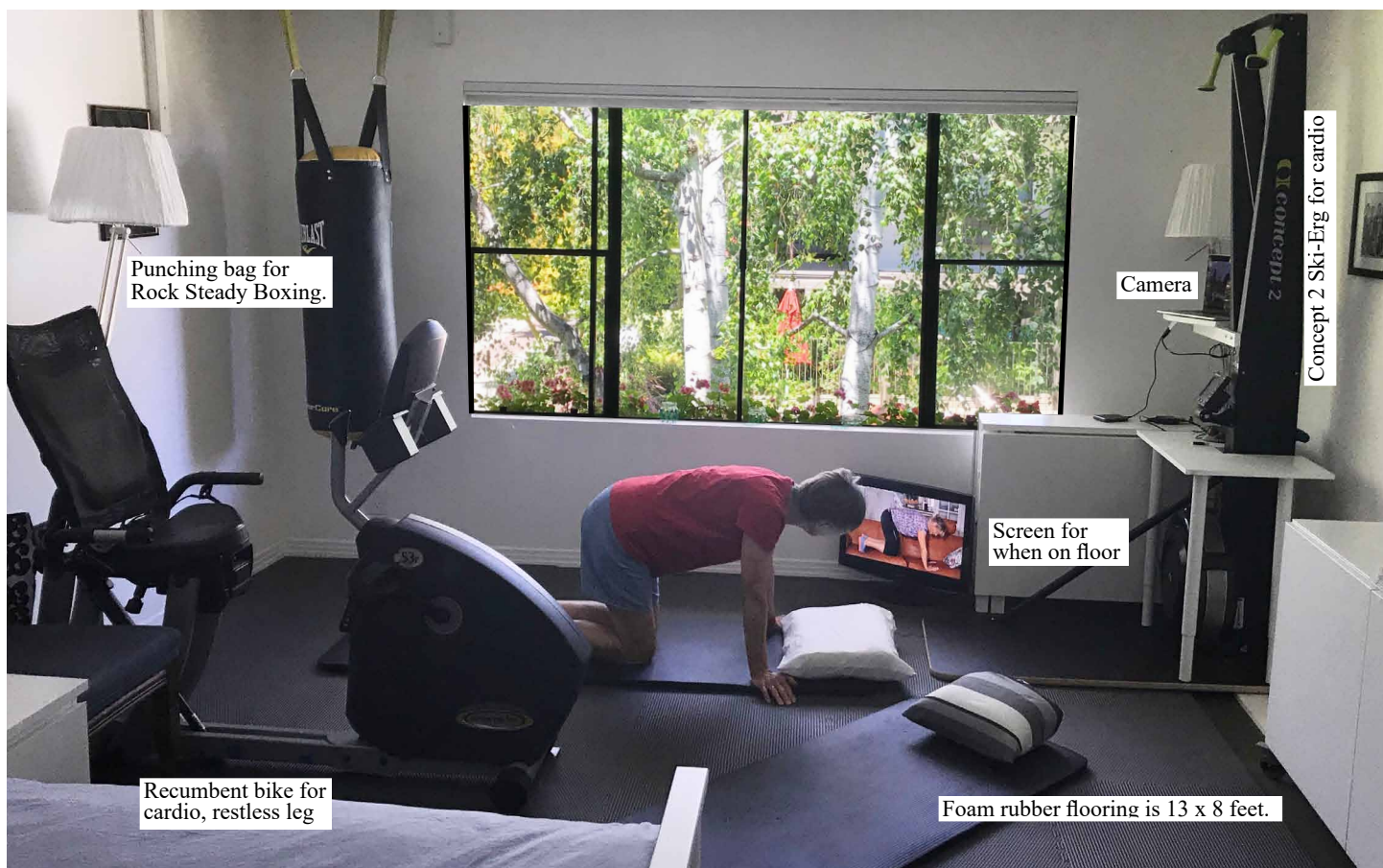


Every time we exercise, we come to think of ways to improve our setup. Here, the basic setup remains much the same as shown on pages 2 and 3, but the Ski-Erg is now secured to the wall and enclosed in a custom desk. The corner monitor is now a 32 inch TV, portable and angled for viewing when our heads and it are on the floor. We did not use the boxing punch bag. With it gone, the idea of a stand-up worktable germinated. With a hanging shelf for a flower pot and more lights, the room feels more homey. Lights in the computer corner are good for Zoom conferencing. Black tape on the floor remind us where to place our chairs and yoga mats. The recumbent bike is angled, closer to our bed. We have plenty of room to lie down, sit, stand, and move about without interfering with each other.





Christine & Dag home gym — features and layout



As of June 2020



Therapist view. Camera turned up for sitting / standing exercise

We pay attention to how our therapist sees us. That is a must if we are to get the full benefit of personal instruction with observation, correction, and adaptation. That is one reason to watch ourselves in a good size window within the Zoom display. Another is that it serves as a mirror.



Therapist view. Camera turned down for floor exercise