



## **A turnkey fitness program for older adult communities.**

STEP solves the common challenges that cause other programs to fail.





Stronger Together, Empowering Performance

Keiser's STEP Program is a turnkey fitness solution for older adult communities. It offers customizable equipment packages, education, and staff certification. Designed to fit the diverse fitness levels and unique needs of older adults, STEP improves both physical and mental well-being, enhancing the overall quality of life for residents.

## FOUR PILLARS OF SUCCESS

STEP combines four key elements into one solution for older adult communities.



**ADVANCED EQUIPMENT  
AND TECHNOLOGY**



**STAFF EDUCATION  
AND SUPPORT**



**EXERCISE PROGRAMS  
DESIGNED TO SUCCEED**



**MARKETING AND  
SALES ASSISTANCE**

These pillars help communities track wellness center success, boost revenue, improve resident wellness, and reduce care costs.

**Boosting community wellness and value.**

**That's the STEP advantage.**

## Overcoming aging challenges— **Live better, longer** with STEP.

As we age, strength, balance, and coordination decline, making everyday tasks more difficult and increasing the risk of injury. Chronic conditions like arthritis and diabetes worsen these challenges, and muscle loss significantly raises the risk of falls, a leading cause of injury among older adults. STEP addresses these issues head-on.



### Improve balance, resilience, and health.

✓ **Fall prevention:** Improves balance, stability, and strength to avoid falls.

✓ **Bone density:** Strength training that supports bone health.

✓ **Cardiovascular risk:** Strength and velocity training that helps reduce risks.

## STEP, a targeted solution for **preserving strength and well-being.**

Resistance training is key to maintaining muscle, bone density, balance, and overall well-being. Keiser's STEP program provides a targeted solution that preserves strength, and extends healthspan—helping older adults improve physical health, mental well-being, and social engagement.



**Residents can extend their quality of life —  
meaningfully!**

**Improve resident strength and independence | Explore at [ksr.cm/STEP](https://ksr.com/STEP)**

## A vision to enhance **independence** and the **quality of life**.

Keiser was founded to improve human performance at every level, no matter the age or limitations. This vision powers the STEP Program, combining innovative equipment and education to help residents build speed and strength. STEP enhances functional power, performance, independence, and quality of life. Keiser's low-inertia design provides smooth, consistent resistance, allowing users to train safely at higher speeds without the risks of traditional iron, helping residents maintain their health and well-being.



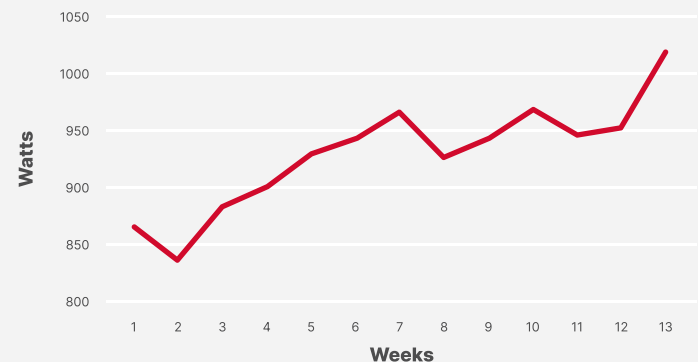
## Proven success **in just 12 weeks**

In a 12-week pilot study, Keiser's STEP program yielded impressive results – and life-changing benefits. Residents saw a boost in balance confidence, along with other transformative improvements.

- ✓ **Leg power: +17.9%**
- ✓ **Gait (or walking) speed: +12.3%**
- ✓ **Sit-to-stand speed: +15.6%**

### Average Power Output

39 Residents over 12 Weeks



Transform resident health and vitality | Get started at [ksr.com/STEP](https://ksr.com/STEP)

## Empowering your team and **engaging residents for lasting success.**

Keiser simplifies staff training with on-site and remote education, making it easy to onboard new hires. Our experts in exercise physiology and the longevity market ensure your team is fully equipped to run an effective STEP program with Keiser equipment. Your team will receive comprehensive support, including STEP certification and access to our online portal for ongoing resources.



## Encouraging **resident involvement and retention.**

STEP provides tools to engage residents, track progress, and motivate them to stay involved, helping boost participation and retention.

### ✓ **Engagement support:**

We provide the tools and materials needed to promote participation within your community.

### ✓ **Retaining participants:**

Our education program teaches your team how to keep residents active and engaged throughout.

### ✓ **Motivation through results:**

Track measurable progress to encourage continued participation and retention.



## Revolutionary technology **empowering performance.**

Keiser's equipment offers a safer and more effective alternative to traditional iron. It lets residents adjust resistance in real time and train at any speed. By removing the risks of momentum and inertia that come with traditional iron, Keiser's low-inertia design provides consistent resistance and supports safer, high-speed workouts—perfect for older adult training.

### Why Keiser equipment stands out:

- ✓ **Enhances power, speed, and endurance** more effectively than iron.
- ✓ **Safer for joints and connective tissue** by eliminating shock loading.
- ✓ **Smooth resistance** minimizes discomfort.
- ✓ **Easy-to-adjust**, user-friendly design with digital displays.

## A400 Technology—**Well-tech that works.**



Keiser's A400 leads the way in wellness technology, offering unmatched data capture across multiple metrics with easy access to all the information you need.

- ✓ **Tracks** power, velocity, and range of motion.
- ✓ **Monitors usage** and progress across locations.
- ✓ **Real-time feedback** boosts performance through gamification.
- ✓ **Remotely manage** machines and receive free software updates.
- ✓ **No subscription fees.**

## Tailored equipment packages for every community.

Keiser offers three STEP equipment packages, designed to fit different floor plans, budgets, and user needs. Each package can be customized to suit your community's specific requirements.

Package	Included Equipment	Key Benefits	Best For
<b>6-Piece Package</b>	<ul style="list-style-type: none"><li>• Leg Press: Strengthens lower body quadriceps, hamstrings, glutes</li><li>• Chest Press: Develops upper body strength, chest, shoulders, and triceps</li><li>• Upper Back: Strengthens upper back muscles, complementing chest exercises</li><li>• Leg Extension: Focuses on quadriceps, enhancing knee stability and strength</li><li>• Lat Pulldown: Strengthens back muscles, improving posture and reducing risk of back injury</li><li>• Leg Curl: Targets hamstrings, improving lower body strength and flexibility</li></ul>	<ul style="list-style-type: none"><li>• Covers all major muscle groups</li><li>• Ideal for space and budget-conscious communities</li><li>• Provides a solid foundation for any fitness program</li></ul>	Communities looking for the essentials of the STEP Program but may be limited in space or budget
<b>9-Piece Package</b>	<p>All equipment from 6-Piece Package, plus:</p> <ul style="list-style-type: none"><li>• Triceps: Strengthens triceps, complementing chest press for balanced upper body development</li><li>• Seated Calf: Strengthens calves, completing lower body workout options</li><li>• FT (Functional Trainer): Adds versatility, allows multiple users to engage in functional training simultaneously</li></ul>	<ul style="list-style-type: none"><li>• Expanded upper body focus</li><li>• Increases versatility with more equipment</li><li>• Allows for greater resident participation and training variety</li></ul>	Communities with a larger footprint and need for added versatility
<b>12-Piece Package</b>	<p>All equipment from 9-Piece Package, plus:</p> <ul style="list-style-type: none"><li>• Arm Curl: Strengthens biceps, completing upper body workout options</li><li>• Lower Back: Strengthens back, allowing for greater core stability</li><li>• Second FT (Functional Trainer): Further expands versatility, accommodates multiple users simultaneously</li></ul>	<ul style="list-style-type: none"><li>• The most comprehensive package</li><li>• Perfect for a complete fitness solution</li><li>• Ideal for larger communities or those seeking full-body training</li></ul>	Larger communities with higher resident participation or those seeking a complete fitness solution

Talk to a STEP specialist for **the best solution** | +1 559 256 8000 | [keiser.com](https://www.keiser.com)

**Empowering older adults with strength, safety, and confidence.**



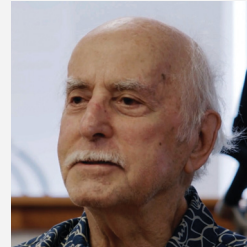
**STEP participants become STEP champions.**



**"The equipment is easier to use, and  
it's easier on the body."**

**Jill L**

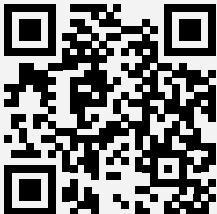
Wellness Assistant, River Landing  
at Sandy Ridge



**"After each program, I just felt  
euphoric — I felt so good."**

**Bob C, 89**

Member, Duke Center for Living  
at Galloway Ridge



**Learn More:**

**[ksr.cm/STEP](https://ksr.cm/STEP)**

**+1 559 256 8000 | [keiser.com](https://keiser.com)**

**Contact our STEP specialist:**

- ✓ Get pricing
- ✓ Ask about financing options
- ✓ Try our equipment
- ✓ Consult a longevity expert