

07 Strengthening

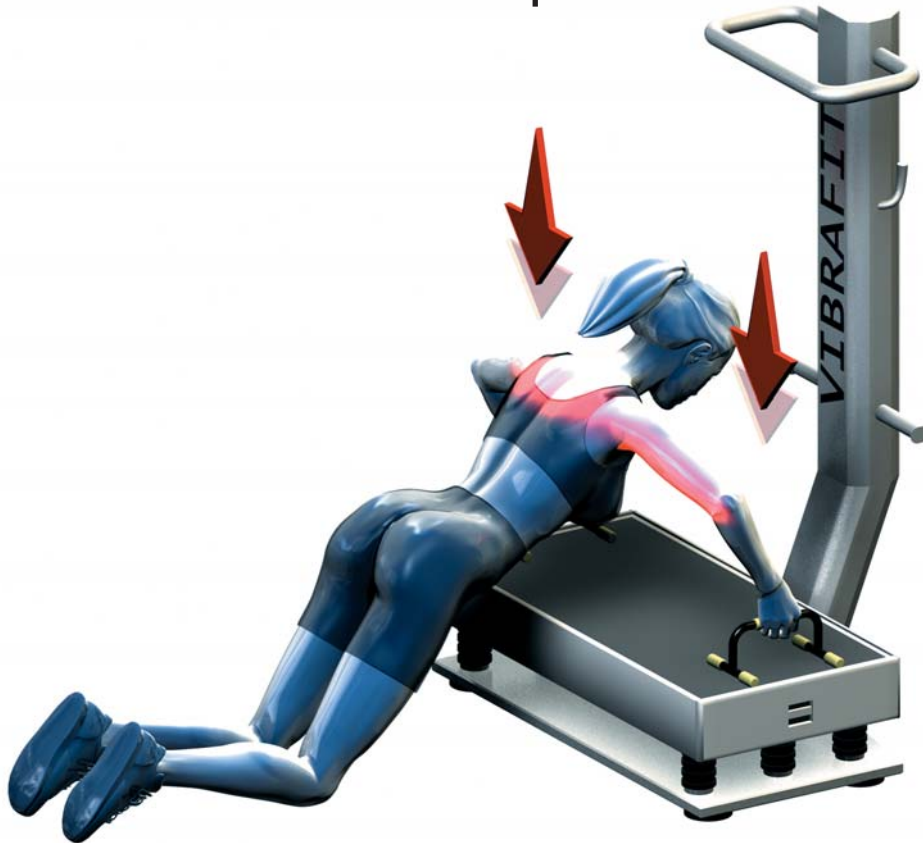
Basic Exercise Torso



- Position: Support grips in the middle close together, seat vertical hanging freely
- Posture: Wrists straight, arms stretched, pull shoulders strongly downwards
- Muscles: Arms, chest, back
- Variations: Legs stretched in the air

08 Strengthening

Press-Ups



- Position: Knee press ups, grips to outside
- Posture: Back straight, belly muscles tense, press torso downwards
- Muscles: Arms, chest, shoulders
- Variations: Legs stretched, raise knee

09 Strengthening

Arm Stretches



- Position: Seated with back to platform, hands on edge shoulder-width apart, back straight
- Posture: Arms at small angle, seat not on floor, shoulders downwards
- Muscles: Arms, shoulders, back
- Variations: Move torso towards and away from platform

Strengthening 10

Arm Bends



- Position:** Legs shoulder-width apart, knees slightly flexed, hold grips in both hands
- Posture:** Straight back, arms bent approx. 90°, fix upper arms in position,
- Muscles:** Arms, chest, shoulders, torso, legs
- Variations:** Hands together in front of belly, standing in front of platform

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Rowing Pull



- Position: Place feet at the centre in front of the platform, feet slightly apart, hands to the sides, knees slightly bent
- Posture: Chest out, pull shoulders together, pull arms strongly back
- Muscles: Back, shoulders
- Variations: Hands together in front of belly, standing in front of platform

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Shoulder Push



- Position: Hands shoulder-width apart, feet in front of unit, legs slightly bent
- Posture: Back straight, head held in line with spine, arms slightly bent, press shoulders strongly downwards
- Muscles: Shoulders, arms, back
- Variations: Arms and legs more bent

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Front Shoulder



- Position: Legs shoulder-width apart, lift arms to shoulder height in front of body
- Körperhaltung: Arms in front of body, back straight, arms slightly bent, hands straight, press arms upwards
- Muskulatur: Shoulders, arms
- Variationen: Stand on platform

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Side Shoulder



- Position: Feet in middle of unit shoulder-width apart, lift arms to shoulder height at side of body
- Posture: Back straight, arms slightly bent, hands straight, pull elbows upwards
- Muscles: Shoulders, legs, torso, arms
- Variations: Stand in front of unit

15 Strengthening

Belly in General



Position:

Sit on unit, incline torso backwards

Posture:

Legs over rests, arms folded

Muscles:

Tension belly muscles actively

Variations:

Lean upper body further back

16 Strengthening

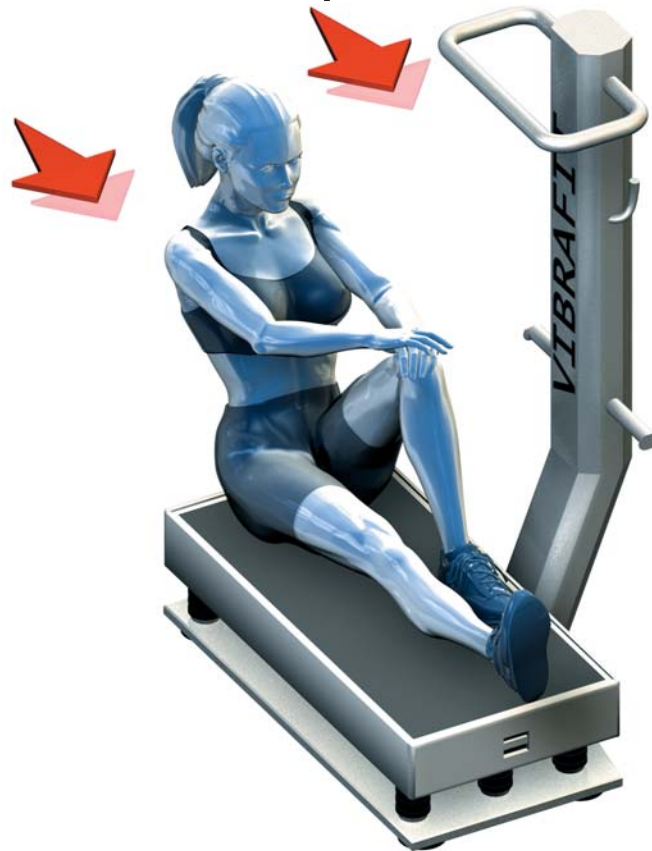
Lower Belly



- Position: Grasp edge of unit with hands
- Posture: Pull seat upwards, back straight, actively relax belly
- Muscles: Belly, back, arms
- Variations: Knees on floor

17 Strengthening

Belly Sides



Position:

Sit on unit, one leg stretched out, other leg pulled up

Posture:

Do not place feet on unit, bend torso slightly back,

Muscles:

move hands alternately to left and right bent knee

Variations:

Actively relax belly

Torso further back

18 Strengthening

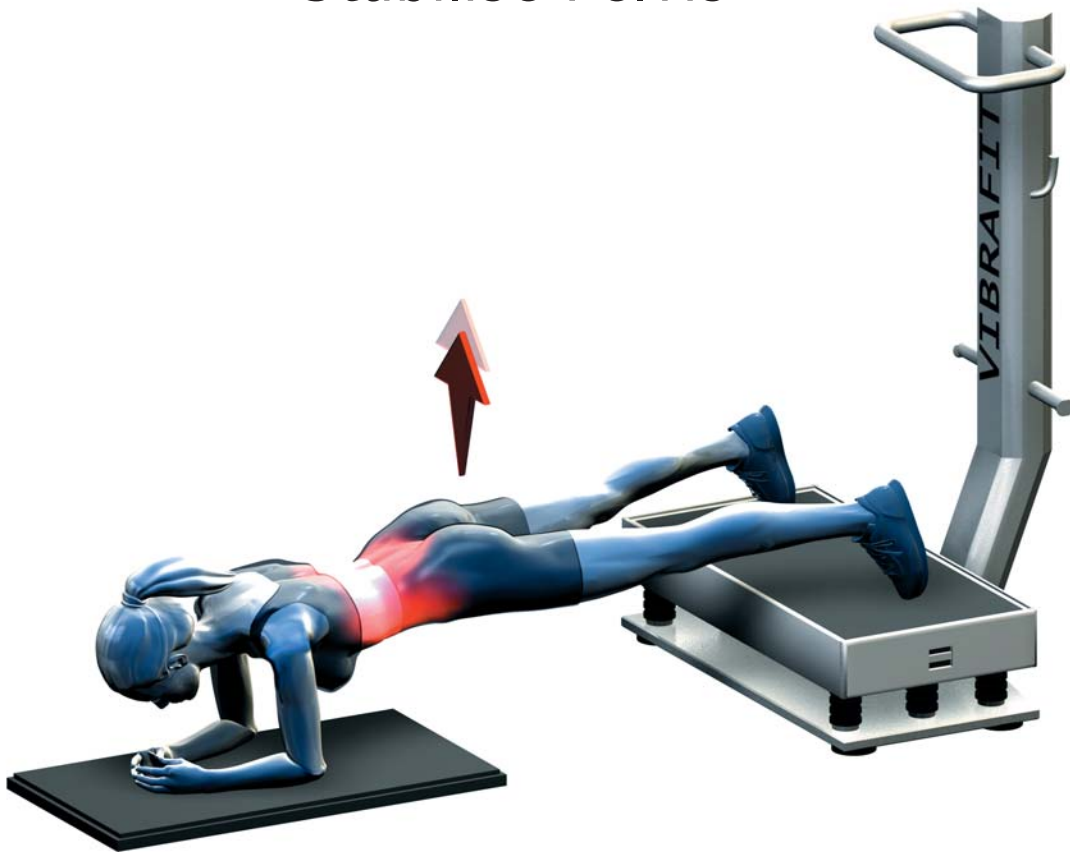
Belly Intensive



- Position: Mat on platform, cushion on middle of platform
legs vertical, slightly bent, foot on handle, pull chest
towards legs, do not press torso and seat downwards
onto mat, pelvis towards ceiling.
- Posture:
- Muscles: Actively relax belly
- Variations: Legs bent past column

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Stabilise Pelvis



- Position: Toes on platform, feet well apart, rest forearms on mat on floor
- Posture: Keep body stretched, back flat and straight, head stretched forward, tension belly
- Muscles: Pelvis, belly, back
- Variations: Raise one leg and other arm