

exercise instructions

back trainer "Edgar"

Art.-No. 11 195 0801



Thank you for choosing the "Edgar" back trainer with its diverse options for relaxation, fitness and therapy.

The back trainer "Edgar" is the new, versatile training device for balancing sports and back exercises for all ages. Ideal for relaxation and fitness training at home. But also for professional use in rehabilitation, therapy or fitness. The name "Edgar" is made up of the diverse possible uses of this unique back trainer.

The individual letters stand for:

E = Relief of the intervertebral discs and relaxation of the deep muscles near the spine.

D = Stretching to loosen or resolve muscle tension throughout the body.

G = Health sport: active, passive, preventative, varied and comfortable!

A = Agility for all age groups: exercise intensity can be freely selected based on position or location.

R = Relaxation situation, physically and mentally – "Edgar" is also well suited as a massage table!

By using the body weight, the user of "Edgar's" can carry out muscle length training that maintains body function, improves body function and, if necessary, also relieves pain.

Relaxing the deep muscles near the spine usually leads to the desired pressure relief of the intervertebral discs, which can then absorb and regenerate more fluid, nutrients and oxygen. Spinal canals (nerve canals) can be expanded through regular training and bottlenecks can be permanently eliminated, even after herniated discs.

Using isometric and isokinetic exercises, which are changes in force/load without significant muscle movement, the muscle lengthening is initially initiated and then improved to the point of normal expansion. The aim of this form of exercise is to restore atrophied or blocked movements, with all the unpleasant consequences, to normal function over time. Depending on the current physical condition, this process can take days or weeks. As soon as the user succeeds in assuming the positions that suit him/her and carrying out muscle length training with a little practice, mobility normally increases.

Whenever the text below says: "Hold the position briefly", this means that for all stretching exercises you should pay attention to the feedback from your muscles, tendons, ligaments and nerves and independently maintain times that are good for your muscles in order to maintain or improve their flexibility.

For the strength exercises, please decide on the length of the tension phases and the number of repetitions, depending on your fitness level or how you are feeling on the day. You can increase the number as needed as your fitness improves.

SPORT-THIEME®

Schulsport · Vereinssport · Fitness · Therapie

Wir sind Ihr Team!

exercise instructions

back trainer "Edgar"

application and safety instructions

This exercise guide shows the basic position for the respective relaxation, stretching, strengthening or mobilization. The procedure is explained in several individual steps. Some of the texts below contain suggestions for possible variations of the exercise. In addition, aids can be used to make the training more varied. For example, use therapy bands/dumbbells/ gym balls/loops/flexi bars/etc., for example by looping a therapy band around/in a pair of handles and strengthening your arms while lying on your back, while pushing them away from your body against the resistance. Or tense your body while lying on your stomach so that it is stretched out and let a ball circle horizontally around your torso in this position, etc. - develop your own exercise variations too.

Details about the back trainer "Edgar"

LxWxH: 124x73x46 cm. 13 kg. Birch plywood. Includes high-quality mat with polygrip cover (100% polyester) and detailed operating and exercise instructions

Suggestions for a varied sports program

Flowing elements can be integrated into the training, for example by holding a pair of handles while lying on your stomach and "swinging" your pelvis alternately left and right with your relaxed position. The speed and lateral reach can be varied.

Exercises to music for more joy in movement and relaxation

Relaxing sounds, for example, make it easier to "switch off" from everyday life. Training to slower rhythms is recommended. Important: Always perform all movements dynamically (round)!

Please note: Some of the application suggestions shown are not equally suitable for everyone!

When you first start using "Edgar", it is recommended to start the exercises carefully and find the right intensity of exercise or stretching for you. Using common sense, you can work your way to the stretching position that is just about comfortable, and the user's current mobility will determine the appropriate angle of the joints, which should not be increased beyond the pain threshold.

If you are already a slipped disc patient, are suffering from pain, or are unable to bear the full load due to diseases of the muscles, bones (e.g. osteoporosis), musculoskeletal system, etc., please speak to your doctor or therapist about the right training for you. If necessary, choose exercises together that are adapted to your age, state of health and current mobility. Please be particularly careful not to overload your intervertebral discs when rotating. As "shock absorbers" they are more resilient than when turning. Jerky movements or forcible stretching could cause health damage. Therefore, please always proceed with caution and have the patience that the body needs to be able to carry out a physiological reaction (remodeling/regeneration). This process can take days or even weeks, depending on the type and duration of the previous impairment or incorrect loading, e.g. B. in the case of misalignments.

The regularity with which functional gymnastics is practiced and actively or preventively trained plays an important role in keeping your body healthy, improving your mobility, or on the way to supply muscles.

Partner

exercises For exercises marked with the **symbol for partner exercises**, we ask that you only do the exercises with a second person. The second person serves to weigh down the Edgar back trainer, as the body's center of gravity of the person doing these exercises may be outside the training device. Under certain circumstances, this could lead to one side of the device lifting off the ground. To prevent this, the partner on the opposite side of the person doing the exercise should weigh down the device with their body weight.



Tip for better readability

This manual has been designed in compact DIN A5 format. For better readability, simply print it out in DIN A4 format - you can make this setting in your print menu.

application and safety instructions

Our recommendations

- Relax regularly, if possible twice a week for 10 minutes. Disc relief, combined with relaxation exercises and passive stretching positions.
- Better results for body and mind can be achieved with more extensive training:
2-3 times a week, combine approximately 30 minutes of active, preventive relaxation/stretching/strengthening/mobilization
- Initially 10 minutes of relaxation, passive stretching exercises, then 5 - 10 minutes of active stretching and mobilization exercises, selected individually according to how you feel on the day, and then 10 - 15 minutes of strengthening/back exercises/fitness.

Take your time to familiarize yourself with "Edgar" and its application

A suitable way to start is, for example, passive, 5 to 10 minute disc relief in a prone position with the pelvis tilted downwards (extension exercise, see figure a of the exercise instructions).

You can then choose exercises from the enclosed instructions that are easy for you. If you know back exercises that can be done on the curved surface in almost the same form, you can start with those. It is recommended that you only increase the difficulty of all exercises that can be varied from easy to difficult once you have mastered the easier version.

Please proceed as follows for all exercises

Take time to relax or exercise. Lie, sit or kneel on the device in the desired position, stretch your body if necessary and avoid a "hollow back" when lying on your back by pulling your legs up and then putting them down again.

If necessary, a flat pillow can be placed in the lumbar area.

Perform functional gymnastics slowly and in a controlled manner. Feel how tense strands of your muscles gradually relax and increase the tension if necessary in several small steps, but not abruptly. **Important:** The stretches should not be so strong that your muscles develop a reflex-like counter-tension, for example to "splint" a painful region of the body.

So stretch gently until you feel tension in your muscles. Hold this position for one to several minutes and repeat or increase the stretch, possibly over several days, until your previously tense muscles have almost reached their normal length, or until muscle-related misalignments have been straightened, tension has been resolved and the protective postures adopted to relieve pain are no longer necessary.

Please be patient with your muscles, tendons, ligaments and nerves, as it can take some time for muscle tension/shortening/tightness to start to ease and for your muscles to return to their natural shape or normal length and for physical complaints to disappear. If you cannot relax your muscles, it is advisable to speak to your doctor. Minerals to support muscle function may help.

Breathe deeply during all stretching exercises and consciously allow yourself to relax. Pay attention to feedback and changes in the "worked on" regions during and after the exercise.

In this way, you train your body awareness with each application until you are able to instinctively act correctly as an "expert in your own field" when, with a little practice, it comes to choosing the appropriate stretching position for the respective tension after an overload of the body, one-sided or occupational strain, e.g. due to long periods of sitting or after an unfavourable lifting technique (lumbago).

You can also combine your stretching exercises with heat applications or rubbing, for example by taking a (sauna) bath beforehand or treating tense areas with circulation-stimulating ointments (rosemary, etc.).

If you are one of the lucky ones who has a friendly person massage your back from time to time, then you can also enjoy it on the back trainer "Edgar".

We wish you good luck with your training!

exercise instructions



Disc relief/extension exercise • Lie on your stomach, breathe calmly • Stretch your body, place your hands in front of your head • Lie relaxed, tilt your pelvis slightly downwards • Allow passive extension to take effect, several minutes • Grasp the handles, actively but gently increase the stretch • Hold the position briefly, repeat several times



Stretching the neck muscles/head lifter • Lie on your back, hands on the back of your head • Stretch your neck, shoulder and neck muscles as far as you can • Gently stretch the back of your head lifter • Pull your neck downwards "like a hammock" • Hold the position briefly • Turn your head slightly to the right/left, repeat the exercise



Stretching the shoulder muscles • Get on your knees, feet hanging freely • Choose a pair of grips that suits your height • Slowly assume an egg-shaped squat • Let the bottom act as a pulling weight • Slowly increase the arm/shoulder/back stretch • Shift the weight slightly to the right and pull, left...

back trainer "Edgar"



Full body stretch • Sit in the middle of the arch • Lie on your back • Lie relaxed, not arching your back • Allow the muscles to expand in length • Feel how muscles, tendons and ligaments give way • Vary the position of your arms to the side



Stretching the hip muscles • Lie on your back • Bend one leg and place it on the ground • Place the other ankle on your knee • Let the hip hang loosely forward and downward • Swing and hold the right leg, left leg... • Change sides and repeat the exercise



Full body stretch/neck muscle stretch • Lie on your back • One hand grasps a suitable handle • The other hand gently turns the head to the side • Hold the position briefly, allow the pulling weight to work on the head • Straighten the head and stretch the neck • Change sides and repeat the exercise

exercise instructions



Mobilization of hip muscles • Lie on

your stomach • Choose a suitable pair of grips • Gently turn your hips backwards, hold the position • Raise your chest slightly in the direction of movement • Raise your upper foot to the side • Change sides and repeat the exercise



Stretching the abdominal muscles/backward

inclination • Please stretch gently and do not overdo it! • Lie on your stomach • Stretch out your body, bend your legs if necessary • Choose a suitable pair of front grips • Tilt your upper body backwards, hold briefly, put it down • Repeat with the next pair of grips, etc.



Stretching the back muscles • Lie on

your back • Pull your knees towards your head, grasp your lower legs • Raise your shoulders • Hold the position briefly • Relax the muscles • Return to the position and hold it briefly, etc.

back trainer "Edgar"



Strengthening/loosening hip muscles • Sit in the

middle of the arch • Choose a suitable pair of handles • Bend your knees to approx. 90 degrees • Swing your knees right/left and hold each one briefly • Perform the movement smoothly with your legs raised • Stretch your legs, relax your torso in the support position



Full body stretch/rounded back • Please

stretch gently and do not overdo it! • Sit on the arch, soles of your feet together • Put your feet down, bring your knees to the side and hold them • Tilt your upper body forward, support yourself with your hands • Roll your upper body up until your back is rounded • Hold the position briefly, go a few cm lower, etc.



Stretching the chest muscles • Sit

at the lower end of the arch • Lower the lumbar region / do not arch your back • Place your arms above your head • Breathe calmly, possibly alternating with abdominal breathing • Hold the position briefly • Let your arms hang down to the side, repeat

exercise instructions



Stretching neck muscles/head lift • Sit in the middle of the arch, bend your knees to about 90 degrees • Choose the right grips • Tilt your body to the side, feet in opposite directions • Stretch your arm, neck, shoulder and neck muscles • Tilt your head to the side, stretch and hold • Change sides, vary the direction of pull diagonally if necessary



Stretching arm/shoulder and back muscles • Lie on your stomach • Grasp the front pair of handles with your hands • Lower your upper body to maximum length • Lift your lower legs off the floor • Let your bottom/thighs act as a pulling weight • Swing your lower legs right/left, make a figure 8 circle



Stretching the chest muscles • Get on your knees hip-width apart, feet hanging freely • Take a four-legged stance • Hands grasp the end of the padded mat • Stretch your arms, lower your chest • Hold the position briefly • Release tension, repeat exercise, etc.

back trainer "Edgar"



Stretching hip muscles • Assume a push-up position • Support yourself with both hands on the mat/on handles • Push one knee forward under the body • Stretch the other leg backwards • Hold the position briefly • Change sides and repeat the exercise



Strengthening the abdominal muscles • Sit in the middle of the arch • Bend one knee, if necessary grasp the back of the knee with your hand • Support your head with the opposite hand • Bring your elbow and knee diagonally towards each other • Hold the position briefly • Change sides and repeat the exercise



whole body relaxation/ Stretching the chest muscles • Sit in the middle of the arch • Lie on your back • Place your arms at your sides, vary the position of your arms • Relax, breathe deeply and allow the stretch to develop • Stretch your body diagonally, left leg/right arm • Stretch rhythmically diagonally in alternation

exercise instructions



Stretching the hip muscles • Sit

in the middle of the arch • Lie on your back • Pull one knee up, hold it with both hands • Slowly pull the knee towards your chest • Hold the position briefly • Change sides and repeat the exercise



Stretching the core muscles • Lie

on your back • Bend your knees and place them to the side • Turn your head to the other side • Hold the position briefly • Keep your shoulders on the mat if possible • Change sides and repeat the exercise



Strengthening gluteal muscles/stomach, legs, bottom •

Get into a quadrupedal position • Support yourself with your elbows • Keep your back straight • Raise one leg at a bent angle • Hold the position briefly, tighten your pelvic floor • Change sides and repeat the exercise

back trainer "Edgar"



Strengthening the pelvic floor/stomach, legs, bottom

• Sit in the middle of the arch • Place both feet hip-width apart at the end of the arch • Choose a suitable pair of handles • Raise hips, torso and thighs in a line • Hold the position briefly, tense the pelvic floor • Raise/stretch lower legs alternately



Stretching the chest muscles •

Sit in the middle of the arch • Choose a pair of handles so that the feet hang freely • Stretch the body, push the chest upwards, • Let the head hang loosely • Hold the position briefly • Sit down and repeat the exercise



Stretching/mobilization of hip muscles • Lie on

your stomach • Stretch your body • Grab the first pair of handles with your hands • Bend both knees to about 90 degrees • Slowly swing your lower legs right/left • Circle your lower legs together or in opposite directions

exercise instructions

back trainer "Edgar"



Whole body strengthening

- Lie on your stomach
- Build up body tension, a line • Move your arms alternately back/forward • Hold the position briefly
- Do dry swimming exercises • Put the body down, take a break, repeat



Full body stretch • Lie

- on your back • Relax • Choose a suitable grip • Stretch one arm and one leg diagonally • Hold the position briefly • Change sides and repeat the exercise



Stretching the front of the thigh • Lie on

- your side, support your head • Bend your upper lower leg backwards • Grab your ankle with your upper hand • Stretch your thighs, keep your knees together • Move your knees backwards, hold the position briefly • Change sides and repeat the exercise



Strengthening hip muscles • Lie

- on your side, support your head • Place one hand on your hip • Bend your lower leg • Maintain your balance • Stretch your upper leg, move slowly up and down • Change sides and repeat the exercise



Stretching the thigh/hip muscles • Sit on one

- side of the incline • Put the soles of your feet together • Put your feet down
- Straighten your spine • Press your hands slightly sideways/downwards • Increase the stretch in several small intervals



Whole body strengthening/stomach, legs,

- bottom • Lie on your side • Support yourself with your elbow and grab a handle • Stretch your upper arm over your head • Raise your hips, stretch your entire body • Hold the position briefly, tighten your pelvic floor • Change sides and repeat the exercise

exercise instructions



Whole body strengthening/stomach, legs, bottom •

Get into a quadrupedal stance

- Stretch out your right hand and left leg straight •
- Hold the position briefly, put it down, repeat •
- Change sides and repeat the exercise •
- Support yourself with both hands on the mat •
- Raise/lower your stretched leg, move it right/left



Stretching hip and thigh muscles •

- Sit in the middle of the arch •
- Straighten your back/spine •
- Put one leg over the other, grab your shin •
- Pull the bent leg towards your chest, hold briefly •
- Press your knee down, hold briefly •
- Change sides and repeat the exercise



Whole body relaxation/stretching of the side of the body •

- Lie on your side, lie comfortably •
- If necessary, bend your lower knee to avoid tipping over •
- Stretch out your arms, lay down or support your head •
- Place your upper leg alternately in front/middle/back •
- Hold the position briefly
- Change sides and repeat the exercise

back trainer "Edgar"



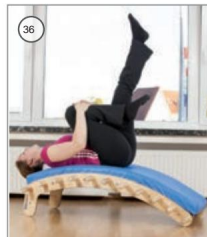
Stretching the back muscles •

- Take a four-legged stance •
- Arch your back •
- Tighten your pelvic floor/tilt your pelvis inwards •
- Stretch your neck and let it hang loosely downwards •
- Bend your torso downwards •
- Take alternate positions and hold them briefly



Whole body strengthening/stomach, legs, bottom •

- Lie on your stomach in the middle of the arch •
- Support your elbows •
- Place your knees hip-width apart, bend your lower legs •
- Tighten your core muscles and pelvic floor •
- Hold the position briefly, repeat
- In the holding position, move your core slightly forwards/backwards



Stretching the hip muscles •

- Sit in the middle of the arch •
- Lie on your back •
- Grab one knee with both hands •
- Stretch the other leg upwards, hold the position briefly •
- Pull the bent knee towards the chest, hold briefly •
- Change sides and repeat the exercise

exercise instructions



Whole body strengthening/stomach, legs,

bottom • Lie on the arch on your stomach • Choose a pair of handles that suit your body size • Do push-ups, or • Hold the top and bottom positions briefly, or • Go up and down gradually, or • Keep your body in a support position, alternately lifting one leg



partner exercise



Info: Page 2

Whole body strengthening/balance exercise

• Lie on your back, rest your head on the end of the cushion • Grab a suitable pair of handles • Straighten your body upwards to form a "candle" • Stretch one leg out to a horizontal position • Keep your position balanced • Change sides and repeat the exercise



Stretching the lateral neck muscles

• Sit on the front edge of the arch • Choose a suitable grip • Straighten the torso, tilt the head to the side • Support the stretch with one hand as needed • Hold the position briefly • Change sides and repeat the exercise

back trainer "Edgar"



Stretching hip and thigh muscles • Sit in the middle of the arch • Place both heels on the side of the handle or floor • Straighten your back/spine, keep it straight • Pull your upper body/belly button forward • Hold the position briefly • Release the tension and repeat the exercise



Loosen the lower back and hip muscles

• Sit in the middle of the arch • Grab a suitable pair of handles • Raise your buttocks slightly in the support position • "Roll" your torso, bottom and legs to the right/left • Alternate between narrow and wide swings • Roll your feet sideways on your calves



Stretching shoulder and neck muscles

• Lie on your stomach • Support yourself with your elbows • Grasp the back of your head with both hands • Gently pull on the shoulder/neck area • Hold the stretch for a short time • Push your body slightly forwards/backwards using your toes

exercise instructions



Stretching in the area of the sacral joint • Kneel on the arch • Support yourself with your elbows in the middle • Move your feet to the side as far as possible • Pull your belly button down • Breathe into your stomach • Hold the stretch for as long as possible



Loosening/stretching the core muscles • Sit in the middle of the arch • Hunch your back • Slowly pull your belly button back • Keep the tension short • Straighten your core again • Combine alternately with the previous exercise



Whole body strengthening/stomach, legs, bottom

- Lie on your stomach • Tense your arms, torso and legs • Keep a straight line short
- For a change, let a ball circle around • In front of your head, over your back into the other hand • and vice versa

back trainer "Edgar"



Stretching shoulder and arm muscles • Sit on the front edge of the arch • Choose a suitable pair of grips • Straighten the torso • Build up the pull upwards, tense the legs • If necessary, grab the next outer pair of grips • Hold the stretch briefly again



Full body stretch • Lie on your stomach • Grab a suitable pair of handles with both hands • Turn your hips on the spot into a sideways position • Gently pull your upper leg backwards • Hold the position briefly • Change sides and repeat the exercise



Whole body strengthening

- Lie sideways on the arch • Tense arms, torso and legs • Keep the straight line short • Put arms and legs down, take a break • Slowly, rhythmically change tension/relaxation • Change sides and repeat exercise

exercise instructions



Balance exercise/strengthening abdominal muscles

- Lie on your back • Pull your knees up, stretch your legs straight up • Grab your hands behind your knees • Raise your shoulders, hold the position briefly • Take a break, regain tension • Stretch your feet alternately and pull "flex"



Strengthening arm muscles •

- Lie on your back • Thread a Thera-Band around a suitable handle pair • Wrap the ends of the Thera-Band around your hands • Lie on your back/do not arch your back • Alternately pull your arms up and stretch them out again • Pull the bands in other directions too



Mobilization/massage of the shoulder muscles • Lie on your back • Choose a suitable pair of grips or freehand • Pull your knees up, roll your body in • Place your weight between your shoulder blades • Circle your bottom in minimal movements • Shift your weight, roll right, left, forward, backward

back trainer "Edgar"



Balance exercise/strengthening abdominal muscles

- Lie on your back • Pull one knee up and move it to the side • Stretch out the other leg • Hold the position briefly • Lay the body down and relax • Change sides and repeat the exercise



Stretching the back of the thigh muscles • Please stretch gently and do not overdo it! • Sit in the middle of the arch • If possible, do not let your feet touch the floor • Work your way from grip to grip with your hands • Hold the tension for a short time at a time • Stretch forwards and downwards with your nose towards your knee



Full body stretch • Lie on your back • Choose a suitable pair of grips • Stretch your legs over your head towards the floor • Only lower them as far as is comfortable for you • Hold the position briefly • Move your feet apart and then back together

exercise instructions

back trainer "Edgar"



Strengthening the abdominal

muscles • Sit on one side of the incline • Both feet are on the floor •

Hold your hands behind your head/to the side of your head • Tighten your abdominal muscles – slowly, not jerkily! • Bring one elbow to the opposite knee • Repeat the exercise alternately



Stretching the hip muscles •

Lie sideways on the arch •

Support your

head • Place one foot forward over the other leg •

Gradually pull the front foot towards the hip •

Hold the position

briefly • Change sides and repeat the exercise



Whole body strengthening

• Lie on your stomach

• Build up body tension •

Pull arms to the side, backwards and

upwards • Hold the position briefly,

take a break • Divide the up/down movement into

three stages • Change sides and repeat the exercise



Stretching the shoulders and arms • Sit

on the back edge of the arch • Grasp a

suitable pair of handles • Straighten

the upper body, lean straight forward • Let the

shoulders fall, pull the breastbone forward • Hold

the position briefly •

Tilt the upper body diagonally forward, pull



Mobilization of the

hips • Kneel on the arch • Bring one leg forward

• Support the front leg on the floor • Push

the hips forwards/backwards in small movements

• Sit backwards with the bottom on the calf

• Change sides and repeat the exercise



Mobilization of neck muscles • Lie

on your stomach • Turn your head to the side

• Wait until the muscle tension subsides •

Place your flat hand under your chin, wait...

• Place the other hand on the back of your head,

wait... • Change sides and repeat the exercise

exercise instructions

back trainer "Edgar"



Mobilization of hip muscles • Stand

- in front of the short side of the arch, hip-width apart •
- "Walk" forward on the palms of your hands •
- Hold briefly in the end position •
- "Walk" back on the palms of your hands • Place your feet together in the middle
- Repeat exercise



Strengthening the abdominal

- muscles** • Sit on one side of the incline • Both feet are on the floor •
- Hold your hands behind your head/to the side of your head • Or stretch your arms up or forwards •
- Tighten your abdominal muscles – slowly, not jerkily! •
- Raise, lower, raise, ... your shoulders



Full body stretch • Lie on

- your back • Wait until the body is lying without any counter-tension • Place your hands on your forehead, stretch your neck – do not overstretch! • Allow the weight of your head to work • Slowly move your head to the right/left with your hands • Stretch your neck again, hold the position briefly



Whole body strengthening

- Stand in front of the short side of the arch, approximately hip-width apart • Grab a suitable pair of handles • Assume push-up position • Lift your bottom • Slowly circle your upper body forwards • Change direction, circle backwards



Balance exercise •

- Lie on your back • Choose a suitable pair of grips • Pull your knees up and roll your body in • Place your weight between your shoulder blades • Gently move your knees from right to left • Balance your body

exercise instructions

back trainer "Edgar"



Back swing • Sit on

- one side of the slope • Pull your knees up and wrap your arms around them • Gain momentum backwards
- Roll forwards with momentum from your legs • Balance briefly in the end position • Roll back again with momentum, repeat the exercise



partner exercise



Info: Page 2



Strengthening the inner thigh muscles • Sit in the

- middle of the arch • Grasp a suitable grip pair • Lay the upper body down • Stretch the legs upwards • Lead the legs outwards and cross them • Alternate feet stretched out, flex position

Strengthening hip and thigh muscles • Lie sideways on the

- arch • Bend the lower leg, grasp the appropriate handle • Support the head • Stretch out the upper leg • Move the leg horizontally forwards and backwards • Change sides and repeat the exercise



Whole body strengthening/stomach, legs, bottom

- Lie on your stomach • Build up body tension • Pull shoulders and arms backwards and downwards
- Hold the position briefly, take a break
- While maintaining body tension, scissor your legs • While maintaining body tension, circle your arms



Balance exercise

- Kneel in the middle of the bow • Choose a pair of grips behind the knees • Raise the lower leg • Balance the body
- Hold the position briefly
- Take a break and repeat the exercise

exercise instructions



stretching the front thigh/hip muscles

- Kneel on the slope of the arch
- Place one leg forward, approx. 90 degree angle
- Support your hands, hips/raised knee
- Shift your weight forward, hold the position briefly
- Shift your weight backwards and hold the position briefly
- Change sides and repeat the exercise



partner exercise



Info: Page 2

balance exercise

- Lie on your back
- Grasp a suitable pair of handles
- Stretch your body upwards to form a "candle"
- Hold the position in balance briefly
- Bend your knees and take a break with your knees slightly rolled up
- Stand up again and keep your balance again



whole-body strengthening

- Lie on your stomach
- Grab the front pair of handles
- Raise or lower your head
- Lift one thigh bent/stretched
- Hold the position briefly
- Change sides slowly/rhythmically several times

back trainer "Edgar"



balance exercise/thigh stretch

- See exercise above
- Balance the body
- Lift the back foot, hold it with your hand
- Stretch the front thigh muscles
- Hold the position briefly
- Change sides and repeat the exercise



mobilization of the trunk muscles

- Place in the middle of the arch
- Turn your upper body and shoulders to the side
- Support yourself with your hands
- Feet/calves stay on the arch
- Hold the position briefly
- Change sides and repeat the exercise

Tip

to support muscle relaxation in the lumbar area:

Lie on your stomach and assume the position to relieve pressure on the intervertebral discs. (Extension exercise, see figure a) Then, with both thumbs, massage the point where your abdominal tendon is attached to the middle of your pubic bone for about a minute or until the deep muscles in the lumbar region relax.

You can increase the pulling effect and the level of difficulty of individual exercises by changing your lying direction from the flatter, higher side to the steeper, lower side of the arch.

