

BAMUSTA® CIRCULO



EXERCISE INSTRUCTION

FOR BEGINNERS

BA LANCE MU SCLE BUILDING STA BILISATION

ENGLISH

BAMUSTA[®] CIRCULO



IDEAL FOR THERAPY, FITNESS AND REHABILITATION!

WITH ITS CENTER FOOT THE BAMUSTA CIRCULO ENCOURAGES A HIGHLY CHALLENGING MOBILITY COORDINATION IN THE ADVANCED USE AND IS IDEAL FOR THE ADVANCED BUILD-UP OF MUSCLES.

BAMUSTA CIRCULO FOR A LATER REHABILITATION.

A ROUND SURFACE WITH A LARGE CENTER FOOT CREATES UNSTABLE TILTING MOVEMENTS. WITH THIS BOARD YOU ACHIEVE A GOOD BALANCE, COORDINATION AND MOBILITY.



Ø 39 X 11,0 CM



BALANCE, COORDINATION AND DEEP MUSCLES (STABILISATION)

STARTING POSITION STAND ON THE CENTRE OF THE BOARD ON ONE LEG, WITH STANDING LEG SLIGHTLY BENT. BALANCE THE BODY AND ENGAGE STOMACH MUSCLES.

EXERCISE BEND LEG AT KNEE AND LIFT AND LOWER AGAIN.

VARIANT LIFT OUTSTRETCHED LEG TO THE SIDE AND BACK AND LOWER AGAIN.

BAMUSTA® CIRCULO



UPPER THIGH, BUTTOCK AND DEEP MUSCLES

STARTING POSITION STAND ON THE BOARD WITH FEET HIP-WIDTH APART AND BALANCE BODY. FLEX WEIGHT ON HEELS AND STOMACH.

EXERCISE PULL BUTTOCKS BACK AND DOWNWARDS, BRINGING THE UPPER BODY FORWARD.

BAMUSTA® CIRCULO



HIP FLEXOR, UPPER THIGH MUSCLES AND BUTTOCK MUSCLES

STARTING POSITION PLACE FRONT LEG ON THE BOARD, BACK LEG ONE STEP BACK HIP-WIDTH APART. BALANCE WEIGHT ON FRONT LEG, WITH THE FRONT KNEE ABOVE THE FOOT JOINT.
EXERCISE LOWER BACK KNEE TO THE FLOOR.



LOWER AND LATERAL ABDOMINAL MUSCLES (STABILISATION)

STARTING POSITION HOLD THE BALANCE SITTING IN THE MIDDLE OF THE BOTTOM, PULL THE SHOULDERS BACK AND DOWNWARDS.

EXERCISE SLOWLY LEAN BACK UPPER PART OF THE BODY, PULL BENT LEG TO OPPOSITE ELBOW ALTERNATELY.



LATERAL ABDOMINAL MUSCLES

STARTING POSITION PUT ELBOW ON THE BOARD UNDER SHOULDER AND BALANCE, PUT UPPER ARM ON HIP. UPPER PART OF BODY AND KNEE / FOOT SHOULD BE IN ONE LINE.

EXERCISE LIFT HIP UP AND DOWN.

BAMUSTA® CIRCULO



CHEST MUSCLES

STARTING POSITION BALANCE HANDS ON THE SIDE RIMS OF THE BOARD, FLEX ABDOMINAL MUSCLES, HEAD IN LINE WITH THE SPINE.

EXERCISE BOW DOWN UPPER PART OF THE BODY AND TRUNK WHILE BENDING ELBOWS LATERALLY.



DEEP AND BOTTOCK MUSCLES

STARTING POSITION PLACE ELBOWS ON THE BOARD AS WIDE AS SHOULDERS, TURN PALMS UPWARDS, FLEX STOMACH, BALANCING AND PUTTING ONE KNEE UNDER HIP.

EXERCISE LIFT STRETCHED LEG UP IN LINE WITH TRUNK.

BAMUSTA® CIRCULO



ABDOMINAL MUSCLES

STARTING POSITION PLACE ELBOWS ON THE BOARD AS WIDE AS SHOULDERS, TURN PALMS UPWARDS, FLEX STOMACH, BOTTOM SHOULD BE IN ONE LINE WITH THE REST OF THE BODY.

EXERCISE LIFT TRUNK, STOMACH AND CHEST FROM THE GROUND AND HOLD.



DOWNLOAD
ÜBUNGSANLEITUNG
EXERCISE INSTRUCTION
WWW.TRENDY-SPORT.COM

EXERCISE INSTRUCTIONS FOR DOWNLOAD

YOU CAN DOWNLOAD ALL EXERCISE INSTRUCTIONS.
JUST VISIT WWW.TRENDY-SPORT.COM AND GET YOUR
EXERCISE INSTRUCTIONS WITH A „CLICK“.
TRENDY SPORTS HOPES YOU HAVE FUN AND SUCCESS
WHILE PRACTICING!

FIT WITH TRENDY SPORT!

TRENDY SPORT OFFERS EVERYTHING FOR FITNESS, THERAPY AND REHABILITATION. FIND THE BEST EXERCISE EQUIPMENT AND ACCESSORIES!

ARE YOU LOOKING FOR THE RIGHT FLOOR FOR YOUR SPORTS CLUB, YOUR YOGA ROOM OR YOUR FITNESS CENTER? TRENDY SPORT OFFERS A VARIETY OF SPORT FLOORS IN CHIC DESIGN.

TRENDY SPORT GMBH & CO. KG
AM ERBERSLOHE 15-17
D-91154 ROTH-ECKERSMÜHLEN

FON +49 9171 9756-30
FAX +49 9171 9756-35

INFO@TRENDY-SPORT.COM
WWW.TRENDY-SPORT.COM

BAMUSTA® BOARDS
BY TRENDY SPORT



BAMUSTA® PLACA



BAMUSTA® CIRCULO



BAMUSTA® TABLERO



BAMUSTA® JAQUE

