

MULTI GYM TRAINER

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You examine your Multi Gym Trainer thoroughly. Never use your Multi gym Trainer if any components have become very worn or damaged.

Before using it exercise, make sure the floor is not slippery.

Single leg squad.

Stand leaning backwards slightly, with your face against your Multi Gym Trainer, and hold on gently to the handles. Raise one leg and find the right body position, with your weight in the centre of your foot. Move down into a squat-ting position by bending your leg. Do not raise the heel of the leg you are standing on. Move back up into a standing position. Use your arms as little as possible.

Hip abduction.

Lie on your back, with your heels in the foot loops. Keep your shoulders and arms on the floor. Move your legs out to the sides in a V shape. Return to your starting position.

Triceps press.

Stand in the basic position, with your arms straight at shoulder height in front of your body.

Keeping your body straight, fall forwards by bending your arms until the handles are at the same level as your ears. Push your arms straight. Keep your body straight throughout the entire exercise.

Chest press.

Stand leaning forwards slightly in the basic position, with a handle in each hand. Drop forwards between the handles, with your upper arms slightly away from your body, and push up until your arms are straight. Keep your body straight throughout the entire exercise.

Back row.

Stand leaning backwards with your body straight, hold onto the handles with your arms straight in the direction of the straps. Pull up your upper body between the handles, with your elbows close to your body. Relax your arms and shoulders forwards into the starting position.

Oblique leg raise.

Lie on your back and hold onto both loops with your hands. Hold your legs straight up. Twist your legs to the side as far as you can. Return to your starting position. Then twist your legs in the other direction. Vary the sides.