

BAMUSTA® PLACA



EXERCISE INSTRUCTION

FOR REHABILITATION AND THERAPY

BALANCE MÜSKELAUFBAU STABILISATION

ENGLISH

BAMUSTA® PLACA

IDEAL FOR THERAPY, FITNESS AND REHABILITATION!

THE BAMUSTA PLACA HAS A SAFE AND SOLID CONTACT TO THE GROUND DUE TO ITS FOUR NON SLIP CORNER FEET. THE FLEXIBLE FEET CREATE A GENTLE BUT CHALLENGING COORDINATION OF MOVEMENTS. IT'S IDEAL FOR THE EARLY BUILD-UP OF MUSCLES. THE LARGE SURFACE ALLOWS A VARIETY OF POSITIONS FOR FOOT, HAND AND SITTING.

BAMUSTA PLACA FOR EARLY REHABILITATION AND BALANCE TRAINING.

THIS BOARD IS BEST TO EMPLOY FOR THERAPY AND REHABILITATION. YOU ACHIEVE A GENTLE BUILD-UP OF MUSCLES; ENHANCES THE BALANCE, COORDINATION AND MOBILITY.



60 x 39 x 10,0 CM

BAMUSTA® PLACA



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.

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STRAIGHT 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 LEGS TO CHEST WITHOUT TOUCHING THE FLOOR, CROSS LEGS ALTERNATELY.

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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.

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LUMBAR SPINE AND BOTTOM MUSCLES

STARTING POSITION LIE DOWN ON THE BACK, ONE LEG ON THE BOARD, POSITION OF SUPPORTING LEG'S HEEL UNDER THE KNEE. LIFT HIPS FLEXING THE BOTTOM MUSCLES, PRESS SHOULDERS ON THE FLOOR, LIE DOWN HEAD.

EXERCISE LIFT HIPS UP AND DOWN WITHOUT TOUCHING THE GROUND WITH THE BOTTOM.

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BACK AND DEEP MUSCLES (STABILISATION)

STARTING POSITION PLACE SUPPORTING ARM IN THE CENTRE OF THE BOARD UNDER SHOULDER, FLEX ABDOMINAL MUSCLES, STRETCH ARM AND LEG DIAGONALLY AND BALANCE.

EXERCISE BOW SLOWLY STRETCHED ARM AND LEG AND BRING THEM TOGETHER WHILE PULLING BELLY BUTTON INSIDE.

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LATERAL ABDOMINAL MUSCLES AND MUSCLES AROUND THE LUMBAR SPINE

STARTING POSITION BALANCE ONE HIP LYING LATERALLY ON
THE BOARD.

EXERCISE LIFT UP LEGS LATERALLY.



LATERAL ABDOMINAL MUSCLES

STARTING POSITION BALANCE ONE FOOT IN THE MIDDLE OF THE BOARD.

EXERCISE LIFT UP THE OTHER LEG TO THE SIDE AND BEND THE OUTSTRECHED ARM WITH THE ELBOW FROM ABOVE TO THE KNEE.

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HIP FLEXOR, THIGH AND BOTTOM MUSCLES

STARTING POSITION FRONT LEG ON THE BOARD, BACK LEG PLACED ONE STEP BACKWARDS. BALANCE WEIGHT ON THE FRONT LEG. FRONT KNEE OVER ANKLE.

EXERCISE PULL BACK KNEE DOWN TO THE GROUND.

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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.

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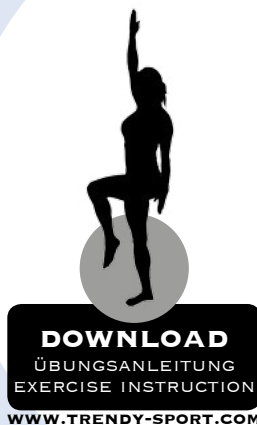
BALANCE, COORDINATION AND DEEP MUSCLES (STABILISATION)

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 PULL STRETCHED LEG ASIDE.

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BAMUSTA® BOARDS
BY TRENDY SPORT



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