

BAMUSTA® TABLERO



## EXERCISE INSTRUCTION BAMUSTA® TABLERO

ENGLISH

BALANCE MUSCLE BUILDING STABILISATION

[WWW.TRENDY-SPORT.EU](http://WWW.TRENDY-SPORT.EU)



## IDEAL FOR THERAPY, FITNESS AND REHABILITATION!

WITH ITS HIGH CENTER FOOT THE BAMUSTA TABLERO ENCOURAGES AN EVEN HIGHER CHALLENGING MOBILITY COORDINATION IN THE AMBITIOUS USE AND IS IDEAL FOR THE CONTINUOUS BUILD-UP OF MUSCLES. THE LARGE SURFACE ALLOWS A VARIETY OF POSITIONS FOR FOOT, HAND AND SITTING.

### BAMUSTA TABLERO FOR PHYSICAL FITNESS.

WITH THIS BOARD YOU ACHIEVE AN OPTIMAL BALANCE, COORDINATION, MOBILITY AND A GOOD PHYSICAL CONDITION FOR SPORTS. FIT WITH THE BALANCE-KICK!



60 x 39 x 13 CM

# BAMUSTA® TABLERO



**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  
VARIAINT**

BEND LEG AT KNEE AND LIFT AND LOWER AGAIN.  
LIFT OUTSTRETCHED LEG TO THE SIDE AND BACK AND  
LOWER AGAIN.



## **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.



# BAMUSTA® TABLERO



## 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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## 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 DOWNWARDS WHILE BRINGING THE UPPER BODY TO THE FRONT. ALTERNATELY LIFT OUTSTRETCHED ARMS OVER THE HEAD.

# BAMUSTA® TABLERO



## BACK 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.



## LUMBAR SPINE AND BOTTOCK 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.



# BAMUSTA® TABLERO



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

**EXERCISE**



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## HIP FLEXOR, THIGH AND BOTTOCK 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.



## LATERAL ABDOMINAL MUSCLES (TRUNK STABILISATION)

### STARTING POSITION

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

### EXERCISE

LIFT HIP AND HOLD.



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TRENDY SPORTS HOPES YOU HAVE FUN AND SUCCESS WHILE PRACTICING!

## FIT WITH TRENDY SPORT!

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