

# BAMUSTA® CIRCULO



## EXERCISE INSTRUCTION BAMUSTA® CIRCULO

ENGLISH

BALANCE MUSCLE BUILDING STABILISATION

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



## 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 CM

# BAMUSTA<sup>®</sup> CIRCULO



## **BALANCE, COORDINATION AND DEEP MUSCLES (STABILISATION)**

### **STARTING POSITION**

### **EXERCISE VARIANT**

STAND ON THE CENTRE OF THE BOARD ON ONE LEG, WITH STANDING LEG SLIGHTLY BENT. BALANCE THE BODY AND ENGAGE STOMACH MUSCLES. BEND LEG AT KNEE AND LIFT AND LOWER AGAIN. 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. PULL BUTTOCKS BACK AND DOWNWARDS, BRINGING THE UPPER BODY FORWARD.

**EXERCISE**



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

### EXERCISE



# BAMUSTA® CIRCULO



## 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.





# BAMUSTA® CIRCULO



## 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.



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## EXERCISE INSTRUCTIONS FOR DOWNLOAD

YOU CAN DOWNLOAD ALL EXERCISE INSTRUCTIONS. JUST VISIT **[WWW.TRENDY-SPORT.EU](http://WWW.TRENDY-SPORT.EU)** AND GET YOUR EXERCISE INSTRUCTIONS WITH A „CLICK“.

TRENDY SPORTS HOPES YOU HAVE FUN AND SUCCESS WHILE PRACTICING!

## FIT WITH TRENDY SPORT!

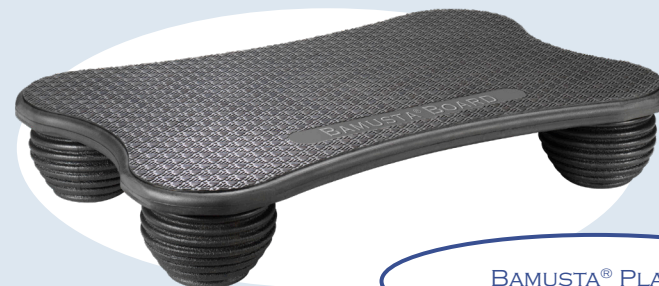
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## BAMUSTA® BOARDS BY TRENDY SPORT



BAMUSTA® PLACA



BAMUSTA® CIRCULO



BAMUSTA® TABLERO



BAMUSTA® JAQUE