

BAMUSTA® JAQUE



EXERCISE INSTRUCTION BAMUSTA® JAQUE

ENGLISH

BALANCE MUSCLE BUILDING STABILISATION

WWW.TRENDY-SPORT.EU



IDEAL FOR THERAPY, FITNESS AND REHABILITATION!

WITH ITS ROUNDED FOOT THE BAMUSTA JAQUE 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 JAQUE FOR MORE 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 8,5 cm

BAMUSTA® JAQUE



BAMUSTA® JAUQUE



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 VARIANT

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



BAMUSTA® JAQUE



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® JAQUE



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® JAQUE



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.



BAMUSTA® JAQUE



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.



BAMUSTA® JAQUE



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.



BACK MUSCLES (STABILISATION)

STARTING POSITION

EXERCISE

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

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



BAMUSTA® JAUQUE



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® JAQUE



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.



DOWNLOAD
ÜBUNGSANLEITUNG
EXERCISE INSTRUCTION
WWW.TRENDY-SPORT.EU

EXERCISE INSTRUCTIONS FOR DOWNLOAD

YOU CAN DOWNLOAD ALL EXERCISE INSTRUCTIONS. JUST VISIT **WWW.TRENDY-SPORT.EU** AND GET YOUR EXERCISE INSTRUCTIONS WITH A „CLICK“.

TRENDY SPORTS HOPES YOU HAVE FUN AND SUCCESS WHILE PRACTICING!

FIT MIT 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.EU

BAMUSTA® BOARDS BY TRENDY SPORT



BAMUSTA® PLACA



BAMUSTA® CIRCULO



BAMUSTA® TABLERO



BAMUSTA® JAQUE