

BAMUSTA® PLACA



EXERCISE INSTRUCTION BAMUSTA® PLACA

ENGLISH

BALANCE MUSCLE BUILDING STABILISATION

WWW.TRENDY-SPORT.EU



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 FLEXILE 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 POSTITIONS 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 cm



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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 VARIAANTE

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



STRAIGHT ABDOMINAL MUSCLES (STABILISATION)

STARTING POSITION

EXERCISE

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 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.



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.



LATERAL ABDOMINAL MUSCLES AND MUSCLES AROUND THE LUMBAR SPINE

STARTING POSITION
EXERCISE

BALANCE ONE HIP LYING LATERALLY ON THE BOARD.
LIFT UP LEGS Laterally.

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LATERAL ABDOMINAL MUSCLES

STARTING POSITION EXERCISE

BALANCE ONE FOOT IN THE MIDDLE OF THE BOARD.
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.



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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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!

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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.

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BAMUSTA® BOARDS BY TRENDY SPORT



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BAMUSTA® CIRCULO



BAMUSTA® TABLERO



BAMUSTA® JAQUE