



UK

060577 - Body shaper

DIRECTIONS:

STOMACH-1

Lie on the floor with both hands and feet in position as in illustration. With two strips in each hand and keeping your feet on the ground, pull with both hands and slowly lift your head, neck and upper back off the floor as far as you can go comfortably and certainly no more than halfway between lying down and sitting up. Hold for 5 seconds before coming to rest position. Repeat 10 times. Make sure that you curl up your head before your neck; otherwise you may strain your neck.

Main effect: stomach

Secondary effect: waist and legs

SHOULDERS

Place both feet and hands in position as in the illustration. Pull upwards 5 times. At last count hold hands out 5 seconds before coming to rest position.

Main effect: Shoulders

Secondary effect: Arms

ARMS 1

Place both arms in handles as in illustration. Grab both straps. Pull up 5 times. Repeat with other hand. At last count hold hands out 5 seconds before coming to rest position.

Main effect: Arms

Secondary effect: Forearm and wrist

ARMS 2

Place both feet and hands in position as in illustration. Pull upwards for 5 times. At last count hold arms upwards for 5 seconds before coming to the rest position.

Main effect: Arms

Secondary effect: Shoulders

BACK

Place both feet and hands in position as in illustration, with body leaning slightly forward. Pull up 5 times with whole body going backwards.

Main effect: Back

Secondary effect: Shoulders

CHEST

Place both hands in handles as in illustration. Pull apart 5 times before coming to rest position. Hold hands apart for 5 seconds.

Main effect: Chest

Secondary effect: Arms

STOMACH-2

Sit on the floor with both hands and feet in position as in illustration. With two stirrups in each hand and keeping your heels on the ground, pull with both hands and very slowly curl backwards no more than halfway between sitting up and lying down. Hold for 10 seconds before coming to rest position. Repeat 5 times.

Main effect: Stomach

Secondary effect: Waist and legs

An isometric/isotonic exercise for women

WAIST

Place right foot in loop as in illustration. Bend to side at waist with arm slightly bent or straight. Pull up with arms 5 times. At last count hold arms in extended position. Repeat with other hand. All movements should take place from waist.

Main effect: Waist

Secondary effect: Firming arms

STOMACH

Sit on the floor with both hands and feet in the position as in illustration. With two stirrups in each hand and keeping your heels on the ground, pull with both hands and very slowly curl backwards no more than halfway between sitting up and lying down. Hold for 10 seconds before coming to the rest position. Repeat 5 times.

Main effect: Stomach

Secondary effect: Waist and legs

BUST LINE

Sit or stand

Place speed shaper in each hand as in illustration. Bend arms in front of body. Pull 5 times. At last count hold arms in extended position for 3 seconds before coming to rest position.

Main effect: bust

Secondary effect: firming arms

UPPER ARMS

Hold speedshaper in each hand as in illustration. Pull apart 5 times. At last count hold arms in extended position for 3 seconds before coming to rest position. Repeat with other arm.

Main effect: Firms flabby arms

Secondary effects: firms back

OUTER THIGHS

Lie on side. Place speedshaper between legs. Pull upwards 5 times. Repeat with other leg.

At last count hold legs in extended position for 3 seconds before coming to rest position.

Main effect: Outer thighs

Secondary effects: waist

HIPS

(As in illustration). Place speedshaper between legs. Pull to side. Repeat with other leg five times. At last count hold legs in extended position for 3 seconds before coming to rest position.

Main effect: Hips

Secondary effect: Thighs

Anyone who is physically disabled, or suffers from back strain, or any woman who is pregnant, should consult their doctor before starting any course of exercise.

NL

060577 - Lichaamstrainer

GEBRUIKSAANWIJZING:

BUIK - 1

Ga op de grond liggen met beide handen en voeten zoals afgebeeld op de illustratie. Met de twee stroken in elke hand houdt u de voeten op de grond. Trek met beide handen en haal langzaam uw hoofd, nek en schouders van de vloer af, zover als dat comfortabel voor u is. Ga nooit verder dan halverwege tussen liggen en zitten. Houd deze positie 5 seconden lang vast, voordat u terug gaat. Herhaal dit 10 maal. Zorg dat u uw hoofd voor uw nek omhoog brengt, anders kunt u uw nek verrekken.

Hoofdeffect: buik

Secundair effect: taille en benen

SCHOUDERS

Plaats beide voeten en handen zoals afgebeeld op de illustratie. Trek 5 maal omhoog. Bij de vijfde keer houdt u uw handen 5 seconden lang naar buiten, voordat u terug gaat.

Hoofdeffect: Schouders

Secundair effect: Armen

ARMEN 1

Plaats beide armen in de hendels, zoals op de illustratie. Pak beide riemen vast. Trek 5 maal omhoog. Herhaal met de andere hand. Bij de vijfde keer houdt u uw handen 5 seconden lang naar buiten, voordat u terug gaat.

Hoofdeffect: Armen

Secundair effect: Voorarm en pols

ARMEN 2

Plaats beide voeten en handen zoals afgebeeld op de illustratie. Trek 5 maal omhoog. Bij de vijfde keer houdt u uw handen 5 seconden lang omhoog, voordat u terug gaat.

Hoofdeffect: Armen

Secundair effect: Schouders

RUG

Plaats beide voeten en handen zoals afgebeeld op de illustratie, waarbij u uw lichaam iets vooruit houdt. Trek 5 maal omhoog, waarbij het hele lichaam naar achteren gaat.

Hoofdeffect: Rug

Secundair effect: Schouders

BORST

Plaats beide armen in de hendels, zoals op de illustratie. Trek ze 5 maal uit elkaar, voordat u terug gaat. Houd de handen 5 seconden lang uit elkaar.

Hoofdeffect: Borst

Secundair effect: Armen

BUIK 2

Ga op de grond zitten met beide handen en voeten zoals afgebeeld op de illustratie. Met twee hendels in elke hand houdt u de hielen op de grond. Trek met beide handen en ga heel langzaam naar achteren, niet verder dan halverwege tussen zitten en liggen. Houd deze positie 10 seconden lang vast, voordat u terug gaat. Herhaal dit 5 maal.

Hoofdeffect: Buik

Secundair effect: Taille en benen

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