



SISSEL® PILATES CORE TRAINER

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Note: when exercising with the Pilates core trainer focus on regular breathing, avoid a hollow back and do not raise shoulders.



Scissors: strengthening of lower abdomen and back of leg.

Start: Supine position, pull belly button towards lumbar spine, arms and legs stretch the core trainer, hands determine the resistance of the tubes and do not change position during the exercise. Legs do scissors movement while pelvis remains stable and immobile.

10–15 repetitions.



“Wiper”: training of adductors / inside of legs and deep abdominal muscles

Start: Supine position, permit lumbar spine to sink into mat, tighten abdomen, open outstretched legs sideways, close again, pelvis remains stable and immobile, due to lower abdominal force.

10–15 repetitions.



Biceps training with complete body tension

Start: Supine Position, extend legs towards the floor and pull belly button towards lumbar spine. Raise upper body (up to shoulder blades) off the mat, straighten and bend elbows while upper arms remain close to the body.

10–15 repetitions.



Complete body training

Start: Supine position, raise upper body off the mat, tighten abdomen, straighten right leg and arm simultaneously, left leg points up, left arm is bent, pull shoulder blades together.

Switch sides, 8 x 10 repetitions.



Rowing, back and arm workout

Start: Sit with straight legs, pull in belly button, roll chin towards chest, round back and keep in C-shape. Extend arms sideways, shoulders remain low while straight arms move behind back.

10–15 repetitions.



Static abdominal workout combined with dynamic biceps training

Start: sit, upper body is straight and leans back, so that abdominal muscles are activated. Pull shoulders down, upper arms remain close to the upper body while elbows bend and extend.

15 repetitions.



Back workout with static complete body tension

Start: Prone position, straight toes, straight knees. Pull belly button towards lumbar spine (away from the mat), slightly raise upper body off the mat, facing the mat. Moving against the resistance pull arms together above the head and bring back in a gradual, controlled manner.

12–15 repetitions.



Back and arm training to activate the deep abdominal musculature

Start: Prone position, straight toes, straight knees. Pull belly button towards lumbar spine (away from the mat), slightly raise upper body off the mat, facing the mat. Alternately move arms above the head and back to hip, deep abdominal muscles prevent the remaining body to move along.

15 repetitions.



The natural way of Sweden

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