

BAMUSTA® CUATRO



EXERCISE INSTRUCTION

FOR BEGINNERS AND ADVANCED

BALANCE MÜSKELAUFLAUF STABILISATION

ENGLISH

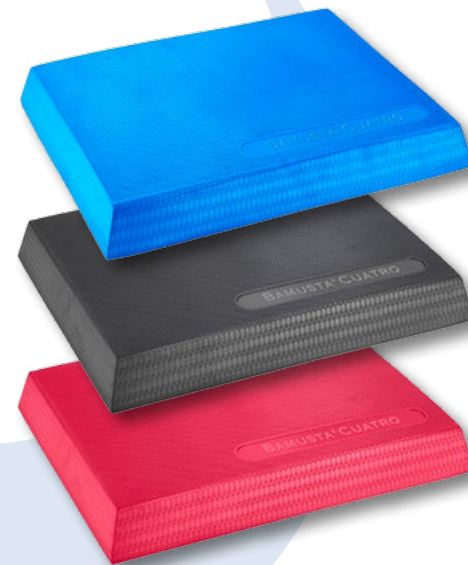


BAMUSTA[®] CUATRO

IDEAL FOR THERAPY, FITNESS AND REHABILITATION!

THE QUADRANGULAR BAMUSTA CUATRO PAD IS MADE FROM 60MM THICK CLOSED CELLULAR FOAM MATERIAL. EXCELLENT DAMPING PROPERTIES, ALSO WHEN STRAINED SELECTIVELY. NON-SLIP DUE TO WAFER STRUCTURE, WATER RESISTENT AND EASY TO CLEAN.

AS SOON AS THE USER STEPS ON THE BAMUSTA CUATRO PAD ONE AUTOMATICALLY STARTS PRACTICING THE BALANCE. THE BODY WEIGHT CREATES A COMPRESSION WHICH CHALLENGES THE USER'S BALANCE AND COORDINATION.



48 x 39 x 6,0 CM

BAMUSTA® CUATRO



BALANCE, COORDINATION AND DEEP MUSCLES (STABILISATION)

STARTING POSITION STAND ON THE CENTRE OF THE PAD ON ONE LEG, WITH STANDING LEG SLIGHTLY BENT. BALANCE THE BODY AND ENGAGE STOMACH MUSCLES.

EXERCISE BEND LEG AT KNEE AND LIFT AND LOWER AGAIN.

VARIANT LIFT OUTSTRETCHED LEG TO THE SIDE AND BACK AND LOWER AGAIN.

BAMUSTA® CUATRO



UPPER THIGH, BUTTOCK AND DEEP MUSCLES

STARTING POSITION STAND ON THE PAD WITH FEET HIP-WIDTH APART AND BALANCE BODY. FLEX WEIGHT ON HEELS AND STOMACH.

EXERCISE PULL BUTTOCKS BACK AND DOWNWARDS, BRINGING THE UPPER BODY FORWARD.



UPPER THIGH, BUTTOCK AND DEEP MUSCLES

STARTING POSITION STAND ON THE PAD 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® CUATRO



INSIDE OF LEG AND ADDUCTORS

STARTING POSITION STAND WITH FEET WIDER THAN HIP-WIDTH APART, PLACING ONE FOOT ON THE PAD.

EXERCISE DRAW HEELS TO MIDDLE, WITH TOES POINTING OUTWARDS AND WEIGHT ON THE HEEL. BEND LEGS AS FAR AS POSSIBLE WHILE KEEPING UPPER BODY STRAIGHT.

BAMUSTA® CUATRO



ERECTOR SPINAE AND DEEP MUSCLES

STARTING POSITION STAND ON ONE LEG ON THE CENTRE OF THE PAD.

EXERCISE STRETCH OUT ARM AND LEG DIAGONALLY AND BALANCE WEIGHT, BRINGING UPPER BODY FORWARD AS FAR AS POSSIBLE.

BAMUSTA® CUATRO



HIP FLEXOR, UPPER THIGH AND BUTTOCK MUSCLES

STARTING POSITION PLACE FRONT LEG ON THE PAD, 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.



LATERAL ABDOMINAL MUSCLES AND OUTSIDE OF LEG

STARTING POSITION STAND ON ONE LEG ON THE CENTRE OF THE PAD AND BALANCE BODY.

EXERCISE FIRST LIFT BENT LEG AND THEN STRETCH OUT SLOWLY AS HIGH AS POSSIBLE, WHILE BENDING THE UPPER BODY FORWARD.

BAMUSTA® CUATRO



LATERAL ABDOMINAL MUSCLES

STARTING POSITION BALANCE ONE FOOT IN THE MIDDLE OF THE PAD.

EXERCISE LIFT UP THE OTHER LEG TO THE SIDE AND BEND THE OUTSTRECHED ARM WITH THE ELBOW FROM ABOVE TO THE KNEE.

BAMUSTA[®] CUATRO

MAX. BELASTBARKEIT
MAX. WEIGHT CARRYING CAPACITY

200 KG



PLEASE DO NOT STEP ON
THE EDGE OF THE PAD!



PLEASE DO NOT STEP ON
THE PAD WITH SHOES!



PLEASE DO NOT PRESS
FINGERS INTO THE PAD!

BAMUSTA® CUATRO



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