

Elliptical



INFORMATION FOR USE / EXERCISE PROGRAMME

Set the pedals so that one is down low. Hold the handles firmly with both hands and first climb onto the lower pedal and then onto the upper one. Elbows should face downwards.

OPTION „MOVE FORWARDS“

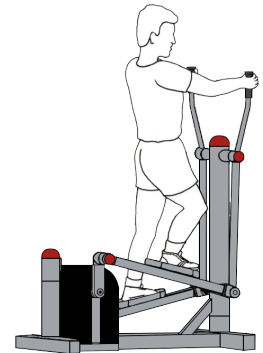
Move the handles forwards and backwards with your hands. Apply this arm movement to your legs in the form of slow walking. Keep your knees slightly bent in the process. By using a small amount of strength in your arms you can achieve an even, rhythmical movement between the upper body and the legs. Move forwards continuously at a steady speed for as long as the exertion remains pleasant.

OPTION „MOVE BACKWARDS“

Carry out the movement backwards at a steady speed.

OPTION „WITH ONE HAND“

To increase performance, perform the exercise alternately with only one hand (change hand every 30 sec.) on the grip bar (for advanced).



DURATION

As desired - until you feel slightly tired

RECOMMENDATION

10 minutes to warm up or 20 minutes to increase stamina

MAIN FUNCTIONS

The whole body is exercised in an even and balanced way. By pulling and pushing with the arms, the muscles in the arm, chest and shoulder area are strengthened. The leg movement strengthens all the muscles from the feet right up to the lower back and pelvic floor. The left-right movement trains coordination and increases stamina.

ACCORDING TO OLD CHINESE TRADITION

The balanced countermovement of the arms and legs allows the Yin and Yang to become balanced. Breathing evenly aids concentration on the exercise. The spirit finds relaxation and the nerves are calmed. The shoulder-arm movements stimulate the meridians of the cardiovascular system and the triple warmer thus strengthening the metabolism and immune system.