

Happy Big Wheel



INFORMATION FOR USE / EXERCISE PROGRAMME

Before you start, check that you can safely reach the spherical handle when it is in its highest position. Carry out the exercises slowly and steadily.

OPTION 1

Position yourself with your feet slightly apart in front of the rotating wheel and hold onto the spherical handle on the wheel with one hand. First turn the wheel in one direction and then in the other direction. Allow the whole body to swing along with it by shifting your weight from one foot to the other. Change hands.

OPTION 2

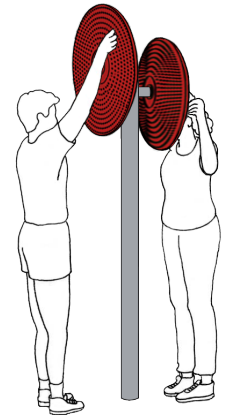
Position yourself sideways-on to the rotating wheel and with one foot out in front of the other. Hold the spherical handle and rotate the wheel forwards. When moving forward, shift your weight onto the front leg and when moving backward, onto the rear leg. Ensure the rotation movement and weight shifting is even is smooth. Change the direction of turning and the hand.

OPTION 3

Take one spherical handle in the left hand and one in the right. Relax the shoulder area by lowering your elbows. Turn the wheel slowly in a semicircle to and fro and move your hips in the same rhythm.

OPTION 4

Take one spherical handle in the left and one in the right hand. Turn the wheel in one direction. Continue to hold both spherical handles firm and turn your body in small steps around your own axis. During this process, only hold the spherical handles lightly. Change the direction of rotation. Carry this exercise out deliberately slowly and definitely not jerkily.



DURATION

As desired

RECOMMENDATION

Carry out the four options in the stated order. Continue exercising for as long as it is doing you good and you are enjoying it. Push yourself but do not overexert yourself.

MAIN FUNCTIONS

This whole body exercise particularly addresses the mobility of the shoulders and upper body. The height of the handle of the large wheel means that the torso muscles are stretched, and the turning with both hands contracts it on one side. The whole body is pulled in one turn around its own axis. The chest muscles extend and the shoulders are mobilised. The turning required coordination and a sense of balance .

ACCORDING TO OLD CHINESE TRADITION

This rotating movement, led via the hands and arms, brings the whole body into a spiral turn. Above all the triple warmer, heart, lungs, large intestine, liver and gall bladder meridians are activated in the process.