

Jump and Reach



INFORMATION FOR USE / EXERCISE PROGRAMME

WARM-UP

Assume a position approx. 40cm in front of the machine with your face turned towards the measuring stick. Breathe out gently. While breathing in, take both your arms up. Squat down slightly and then extend your hands as far as possible upwards along the measuring stick by standing on tiptoe. Hold this position for two seconds and repeat the movement.

OPTION „STRETCH FORWARDS“

Stand in front of the machine, extend just one hand upwards as far as possible and measure the height. Change hands.

OPTION „STRETCH SIDEWAYS“

Stand sideways to the machine and extend one hand as far upwards as possible along the measuring stick. Read off the height reached from the measuring stick. Change sides.

OPTION „JUMPING POWER“

Only carry out this exercise if you feel fit enough and do not have any problems with your back, knees or feet. Warm up your feet and leg joints with circular movements before jumping. Get ready to jump by squatting slightly and then stretch your whole body upwards from this position. Touch the measuring stick with your fingertips. When landing, absorb the impact of your jump with your legs by squatting down slightly. The difference in height from the „Stretch“ option equates to your personal jump height. Change sides, i.e. touch the measuring stick with your left, and on the next jump with the right, hand.



DURATION

As desired

RECOMMENDATION

Stretch each side 2-3 times and if appropriate jump 1-2 times. Push yourself, but do not overexert yourself.

MAIN FUNCTIONS

When standing, the body is extended as far as possible. The jumping trains the ability to tense quickly and also dynamic strength in the lower leg and thigh. The interplay of visual judgement and motor skills helps coordination. Inner concentration on a goal puts the body into its maximum extension with full jumping power. During landing the sense of balance is trained .

ACCORDING TO OLD CHINESE TRADITION

The fully body extension opens the meridians and distributes the energy in the body. The stretch-jump brings a unity of the Yin and Yang energies: In the preparatory concentration phase (Yin) lies the strength with which the active jump (Yang) is exerted. Through the jumping-off and placing the feet back on the ground numerous acupuncture points are stimulated.