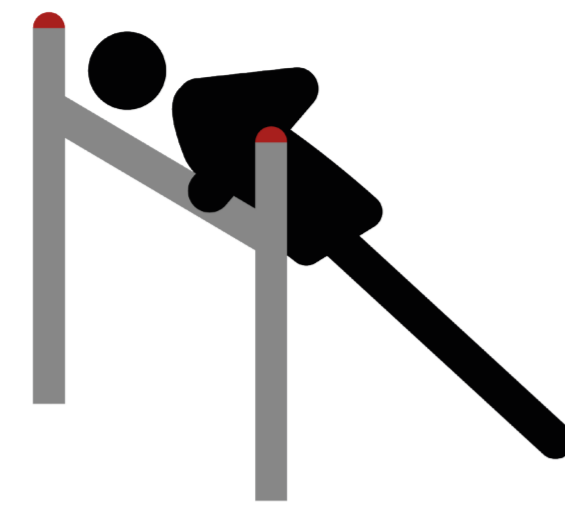
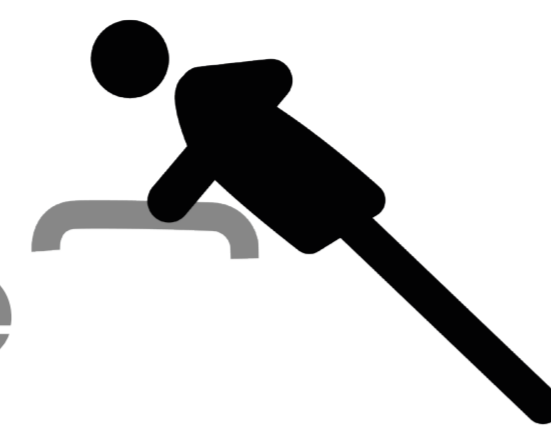


Push-up Basic



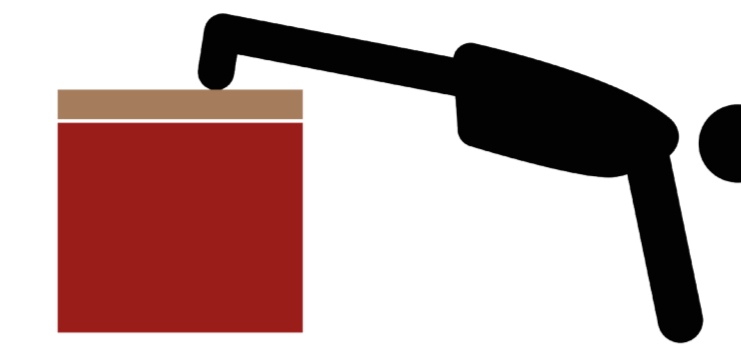
Stand behind the sports bench facing the horizontal bar. Support yourself with both hands on the bar and assume a tense posture. Perform push-ups and make sure your body is stretched out. If you find this is too difficult, then just bend your knees slightly.

Push-up Intermediate



Stand in front of the sports bench facing the handlebars that are mounted on the seat. Bend forward and support yourself by holding the handlebars with both hands and assume a tense posture. Perform push-ups and make sure your body is kept straight throughout the exercise. Bend your knees slightly if you find this exercise too difficult.

Push-up Advanced



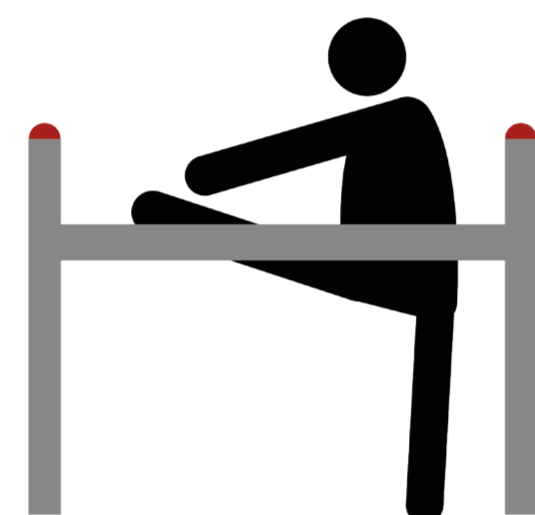
Stand about one and a half metres away with your back to the sports bench. Support yourself with your hands on the floor, raise the tips of your feet one after the other onto the bench. Assume a tense body position and start doing push-ups. Keep your body stretched during the exercise. Variation: Raise and lower your legs alternately with your arms stretched out. Maintain tension in the torso.

Lateral planks



Stand about one and a half metres away from the side of the bench. Hold onto the seat with your right hand and push your body in an upward direction. Make sure you keep your back straight and abdominal muscles tense. Hold this position for about 20 seconds and then repeat using the other arm to hold onto the seat.

Stretching



You can also use the horizontal bar for stretching exercises. Lift one leg onto the horizontal bar and keep it straightened. Bend your upper body slightly in the direction of the extended leg and stretch both arms slowly towards the tip of your toes. Hold this position for approx. 30 seconds and then repeat the exercise with the other leg.

Leg lifts



Sit between the handlebars on the sports bench. Support yourself with your hands on the handlebars and, from this position, stretch both legs forward. Raise one knee towards your upper body and repeat one leg at a time. Experienced users can raise both knees at the same time.

Dips



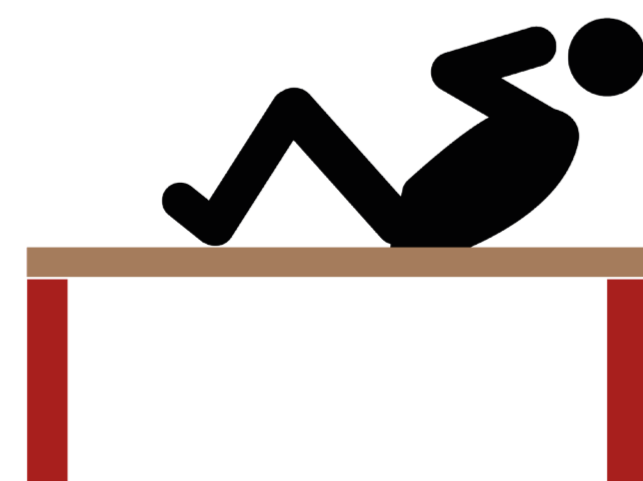
Stand with your back to the sports bench, rest your hands on the edge of the bench and stretch out your legs. Raise your pelvis upwards until your torso and body are in a straight line when your arms are fully stretched out. Bend and straighten your arms alternately. The exercise is easier when you keep your knees bent at around ninety degrees.

Mountain climber



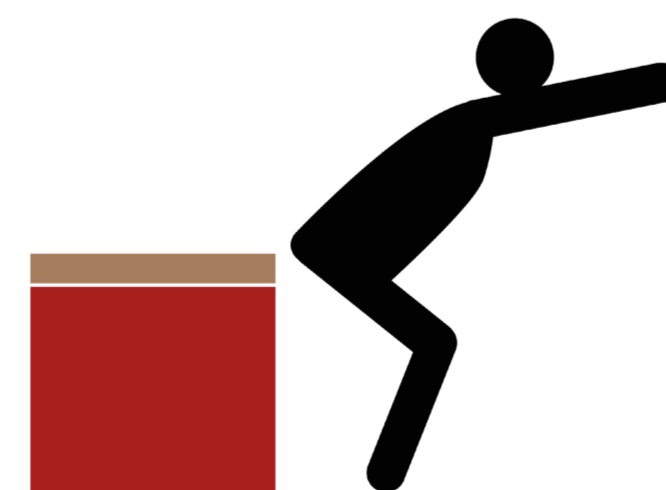
Stand in front of the bench and support yourself with your hands on the seat. Lift your legs alternately, bending the leg forwards towards the seat, keeping the back leg extended. Make sure to keep your back straight and abdominal muscles tense. Repeat this exercise as desired.

Sit up



Lie on the seat of the bench with your legs bent, and place your feet under the handlebars. Slowly raise your entire upper body towards your knees and lower it again. Keep your arms at your sides. To increase the effort required, keep your arms crossed in front of your chest during the exercise or at the side of your head and, if possible, with elbows pointing outwards.

Squats



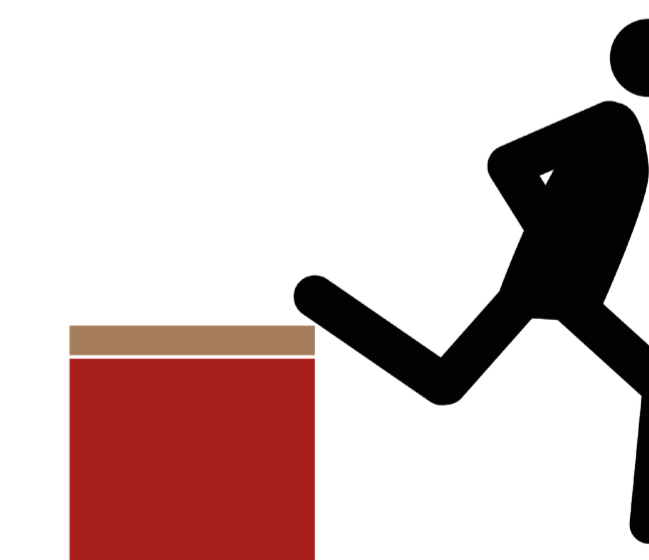
Stand with your feet about shoulder-width apart in front of the bench. Stretch both arms straight out in front of you and lower your body by bending your knees as if attempting to sit down. When your thighs are parallel to the ground, straighten your knees again raising your upper body at the same time. Your knees should stay positioned behind the tips of your feet and your arms extended forwards throughout the exercise.

Single-leg Squats



Stand with your feet about shoulder-width apart facing away from the front of the bench and stretch your arms out in front of you. Keeping your back straight, raise your right leg and stretch it outwards away from your body. Now bend and slowly straighten your left leg. Change your standing leg. The knee of the supporting leg should always stay aligned behind the tips of your toes.

Lunge exercise



Stand with your back to the sports bench. Lift your left foot onto the seat and rest your arms on your hips. Slowly lower your body down, making sure that your knees do not protrude over the tops of your feet. Hold the position for a few seconds before raising your body again. Repeat this exercise as you wish and then change your standing leg.