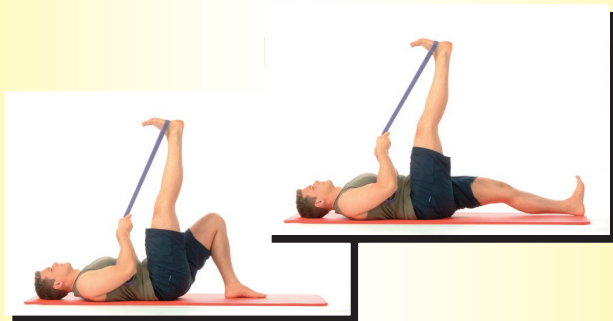


STRETCHING LEGS



Start-position

Suspine position, one leg bent, on the floor, of other leg with the foot on the floor.

Jumpstretch looped around the foot of raised leg.

Exercise

Pull Jump-Stretch slowly towards your body, until you feel the stretching-effect in your leg, calves and buttocks. You will get higher stretching-effect, when leg is outstretched on floor, with toes pointing up.

Pay attention

Execute these procedures in a slow, controlled manner.

STRETCHING CALVES



Start-position

Both legs are bent, Jump-Stretched is fixed around the foot.

Exercise

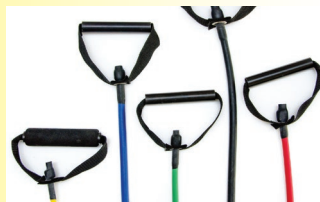
Pull Jump-Stretch slowly towards your chest, until you feel the stretching-effect in your calve and your leg. You get higher stretching-effect, when leg is outstretched on floor, on floor, with toes pointing up.

Pay attention

Execute these procedures in a slow, controlled manner

Our range of products

FITNESS-TUBE



Level 1 - Yellow
Level 2 - Green
Level 3 - Red
Level 4 - Blue

RUBBER-BAND



Level 1 - Yellow
Level 2 - Red
Level 3 - Green

CUFF-TUBE



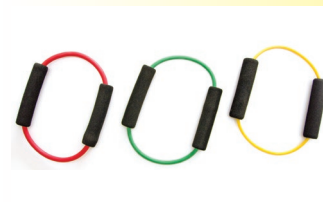
Level 1 - Green
Level 2 - Red
Level 3 - Blue

FIT-LASTICS



exercise traveller-kit Level 1 to Level 4
"Strongmen includes Level 5 and Level 6"

FITNESS-RING



Level 1 - Yellow
Level 2 - Green
Level 3 - Red

FITNESS-TONER



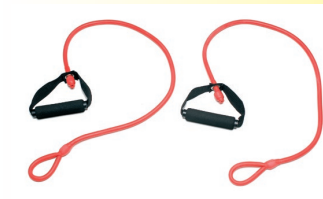
Level 1 - Yellow
Level 2 - Green
Level 3 - Red

FITNESS-BAND



Level 1 - Yellow
Level 2 - Red
Level 3 - Green
Level 4 - Blue
Level 5 - Black

BOOTCAMP-EXPANDER



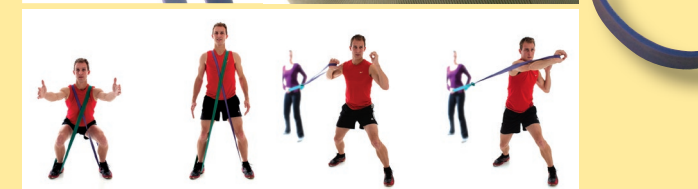
2 pcs in a pair with Handles and foot-loop

www.bodylastics.de

Training with

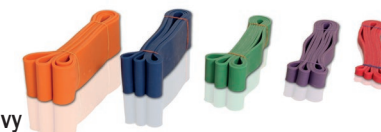


JUMP-STRETCH



available in 5 different tensile strength:

Level 1 = Red - extra-light
Level 2 = Violet - light
Level 3 = Green - medium
Level 4 = Blue - heavy
Level 5 = Orange - super heavy



SHOULDER-MUSCLES



Start-position

Stabile Hip, knees bent, elbows as shown. Hold Jump-Stretch from the bottom.



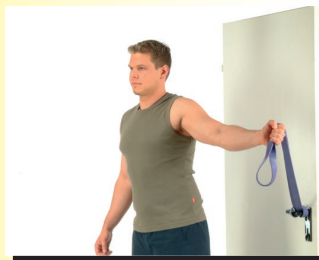
Exercise

Pull both elbows back, and exhale when exercising..

Pay attention

Keep your body straight

CHEST-MUSCLES



Start-position

One foot slightly in front of the body. Fix Jump-Stretch to the door-knob. Shoulders are pushed down, elbows bent hold Jump-Stretch with one hand.



Exercise

The angled holding arm will be pulled up to the upper-body.

Pay attention

Upper-body in straight position, tight abs, don't rotate the upper-body.

INNER-TIGH-MUSCLES



Start-position

Stand with your feet waist`s width apart beside a wall; fasten one end of Jumpstretch one a pole at ankle height, the other end around your ankle.

Pay attention

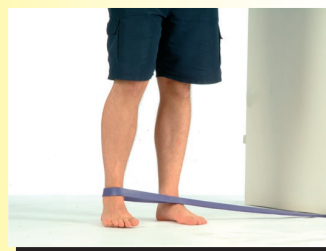
Keep Upper-body in straight position, breathe evenly. Execute the exercise slowly.



Exercise

Pull the leg against the pressure of the Jump-Stretch towards the standing leg.

OUTTER-TIGH-MUSCLES

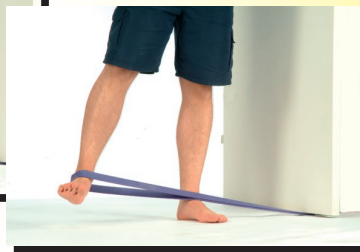


Start-position

Stand with your legs slightly apart beside a wall. Fasten the Jump-Stretch around the outer ankle.

Pay attention

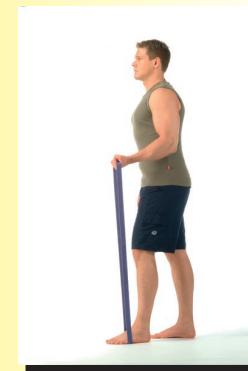
Keep Upper-body in straight position, breathe evenly. Execute exercise slowly.



Exercise

Pull the leg against the pressure of the Jump-Stretch to the outside away from your body. Keep upper body stable.

BICEPS-MUSCLES



Start-position

One feet on the Jump-Stretch in front of your body. Hold Jump-Stretch in one hand with elbow close to your waist.

Pull your under-arm to your shoulder, and bring back down slowly.

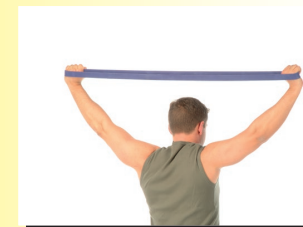
Exercise

Pay attention

Keep your shoulders down, back straight, keep abs tight, blades stay down.



UPPER-BACK-MUSCLES



Start-position

Standing with feet in shoulder-distance, your palms of your hands face forward. Your elbows are slightly angled.



Exercise

Pull Jump-Stretch behind your head toward outside, and go back in start-position slowly. Back is always in upright position.

Pay attention

Do not bring your back in hollow position, do exercise slowly and exhale when exercise.