

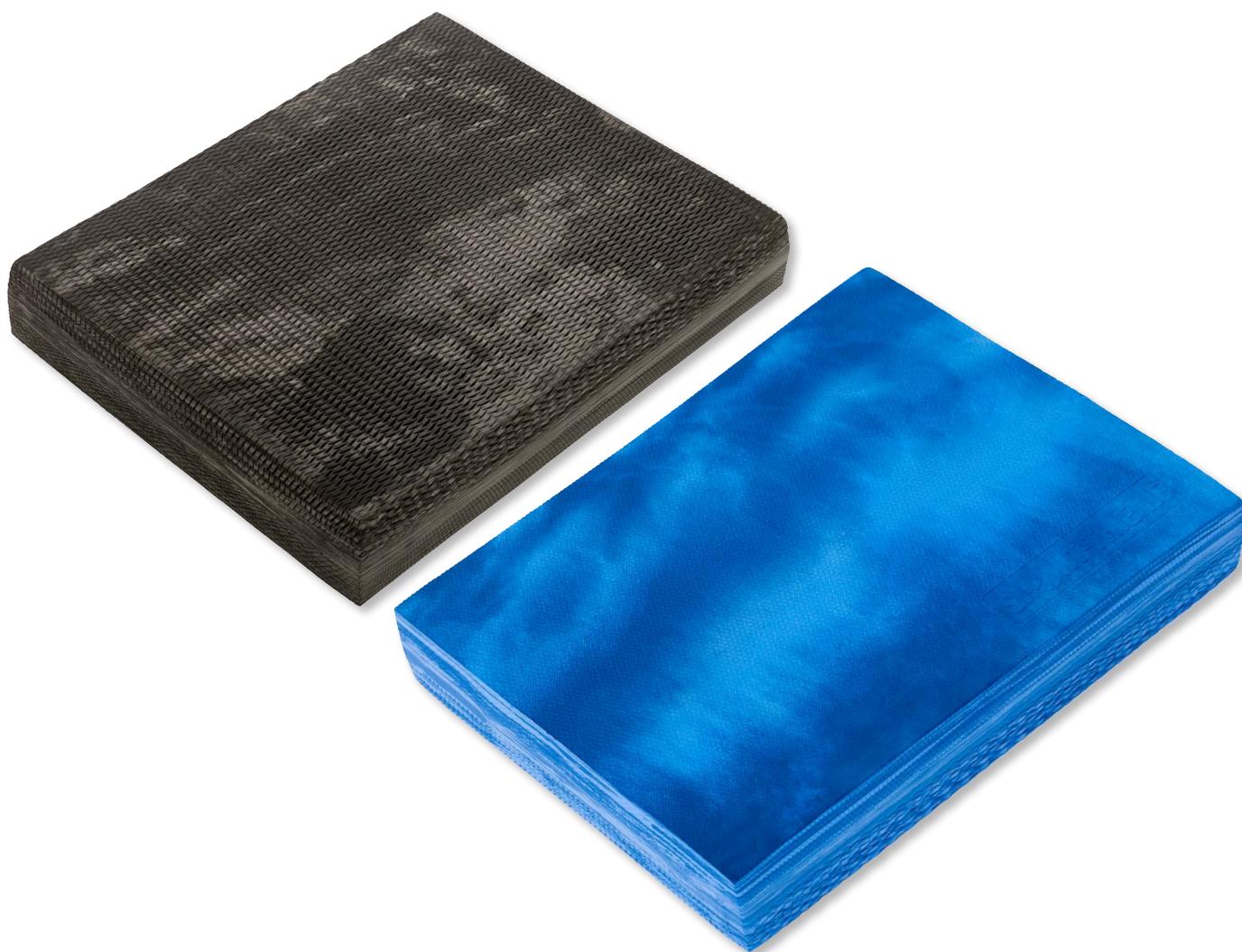
Exercise instructions

Art.-Nr. 132 0002 ff.

Sport-Thieme® 'Premium' Balance Pad

Thank you very much for choosing a Sport-Thieme product!

Please read the instructions fully before you assemble the equipment, so you can enjoy the product and safety is guaranteed.
We are happy to answer any questions you may have.



Sport-Thieme ‘Premium’ balance pad

Material properties:

Functionality is extremely important with the Sport-Thieme ‘Premium’ balance pad. To achieve the desired training effect, a special foam is used, which consists of extremely robust and durable materials. However, it cannot be avoided that the surface is placed under a lot of stress and tension during certain movements (rotations). It is therefore possible that the pad’s surface might develop tears.

This does not mean that the product is defective or losing its functionality.

You can still perform exercises without any problems.

If appearance is important to you and you would like to use a flawless pad, the Sport-Thieme ‘Balance Pad Vinyl’ is a good alternative. It comes with an additional vinyl surface.

Use:

The Sport-Thieme ‘Premium’ balance pad is particularly suitable for coordination and balance exercises.

Before exercising, please check the surface on which you would like to use the ‘Premium’ balance pad for slip resistance and use a nonslip underlay, e.g. an exercise mat, if required. If possible, don’t wear shoes when using the ‘Premium’ balance pad to avoid shortening the product’s lifespan.

Cleaning:

Dirt can be removed using a soft brush and warm soapy water. The ‘Premium’ balance pad can be treated with standard disinfectants. Never use harsh cleaning agents, stain removers, benzine, hot steam, hot water or similar.

Storage:

Please store the ‘Premium’ balance pad lying flat and without kinks. Do not store any other items on top of the ‘Premium’ balance pad for a long period of time. Store in a dry place and away from direct sunlight.

We recommend that you clean the ‘Premium’ balance pad after use with clear water and let it air-dry.

Warm-up

Walk on the 'Premium' balance pad.

1. Balance exercise in a kneeling position

Kneel on the 'Premium' balance pad. Raise both arms above your head and let the palms of your hands touch. Raise your head and look towards your hands.

To increase the level of difficulty, close your eyes during this exercise.

Fig. 1



Fig. 2



2. Stretching the backs of your legs

Get down on all fours. Move one leg forwards between your hands with your knee bent. Stretch out your back and neck as far as possible. Raise your bum up and backwards. At the same time, bring your upper body down and forwards.

Fig. 3



3. Stretching your hip flexors

Get down on all fours. Move one leg forwards and place your hands on your bum.

Push your bum towards your front heel, whilst pulling downwards.

Fig. 4



4. Balance exercise in a standing position

Step onto the 'Premium' balance pad and put the palms of your hands together. Slowly lift one foot off the 'Premium' balance pad. Place this foot against the ankle of the foot you are standing on. Point your knee outwards.

To increase the level of difficulty, close your eyes during this exercise.

Coordination exercises

The following exercises will stabilise your muscles. It is particularly important to execute them correctly. Please note: start by repeating them just a few times, but with a perfect technique!

5. Squats

Place your feet a little more than hip-width apart with one foot on the 'Premium' balance pad. Rest your hands on your thighs. Raise your chest, keep your shoulders low and your neck straight.

Bend then straighten your legs slowly with your weight on your heels.

Push your bum backwards.

Repeat this exercise 15 times on each side.



6. Lunges I

Take a long lunge forwards. Place your front foot on the 'Premium' balance pad and point it slightly outwards. Lift the heel of your rear foot. Bend both knees slightly. Stretch your arms forwards or to the side for better balance.

Slowly bend then straighten your legs. Keep your front knee behind your toes and bend it towards your middle toe. Bend your rear knee towards the floor.

Repeat this exercise 15 times on each side.



7. Arm and leg reaches

Get on all fours with your knees approximately pelvis-width apart. Place your right knee on the 'Premium' balance pad and your left hand on the floor.

Raise and lower your right arm and left leg at the same time into a horizontal position, whilst stretching your arm, leg and neck.

Repeat this exercise 15 times on each side.



8. Press-ups

Get on all fours. Place your hands shoulder-width apart on the 'Premium' balance pad with your arms slightly bent. Now, stretch your legs backwards, raise your heels and stand on your toes. Form a straight line with your legs, upper body and head. Keep your body's core stable.

Bend then straighten your arms. Make sure that your elbows are close to your body and moving backwards.

Repeat this exercise 2 x 8 times.

Fig. 8



9. Side plank raises

Start from a side plank position. Rest your forearm on the 'Premium' balance pad and bend the lower of your two legs to a 90° angle. Keep the higher of your two legs straight and point your toes forwards. Make sure that your thighs are above one another.

Raise then lower your upper body and bum.

To increase the level of difficulty, leave both legs straight. Raise then lower your upper body and bum from this position.

Repeat this exercise 15 times on each side.

Fig. 9



10. Sideward leg raises

Lie down on one side with your lower rib arch next to the edge of the 'Premium' balance pad. Place your hands behind your head with one elbow touching the floor. Stretch out both legs and place them one above the other. Point your toes forwards.

Raise and lower the higher of your two legs.

Alternatively, stretch both legs, and raise then lower them together.

Repeat this exercise 15 times on each side.

Fig. 10



11. Sit-ups

Lie down with your back on the 'Premium' balance pad so that your lower ribs are supported. Your upper body will be lying lower than your pelvis. Open your legs slightly more than hip-width apart and press your heels on the floor with your toes pointing outwards. Cross your arms on your chest.

Raise then lower your upper body.

Repeat this exercise 30 times.

Fig. 11



12. Planks

Place both forearms on the 'Premium' balance pad and straighten your hips. Keep your body core stable.

To increase the level of difficulty, place your hands on the 'Premium' balance pad. Hold this position for 20–30 seconds.

Repeat this exercise 5 times.

Fig. 12



13. Table top

Start in the table top position.

Bring your knee and elbow together underneath your body.

To increase the level of difficulty, close your eyes during this exercise.

Repeat this exercise 15 times on each side.

Fig. 13



14. Standing on one leg

Stand on the 'Premium' balance pad. Raise one leg and bend the knee so that your thigh is horizontal and your lower leg vertical. Lift and point the opposite arm away from your body.

Look straight ahead.

Alternatively, stretch your leg and the opposite arm sideways for a diagonal stretch. Look straight ahead.

You can also try stretching your arms forwards and one leg backwards.

Hold the position for 20–30 seconds on each side.



Fig. 14

15. Lunges II

Stand with the 'Premium' balance pad in front of you and raise your arms straight up.

Lunge forward and place one foot on the 'Premium' balance pad.

Return to the starting position. Whilst lunging, keep your body core upright and your arms straight.

Repeat this exercise 15 times on each side.

Fig. 15



Fig. 16

16. Pelvic raises

Lie down on your back and place your feet on the 'Premium' balance pad.

Slowly raise then lower your pelvis.

To increase the level of difficulty, raise then lower each foot in alternation and straighten your raised leg.

Repeat this exercise 15 times.



Fig. 17

17. In a sitting position

Sit down on the 'Premium' balance pad. Place your hands on the floor next to your body.

Raise your legs. Alternate between bringing your feet towards your body and stretching your legs up into the air whilst keeping your balance.

To increase the level of difficulty, do not use your hands for support.

Hold each position for 20–30 seconds.

Repeat this exercise 5 times.

