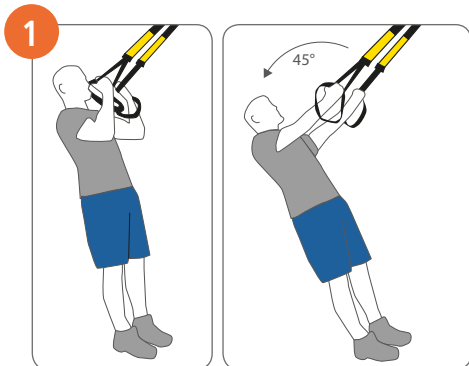
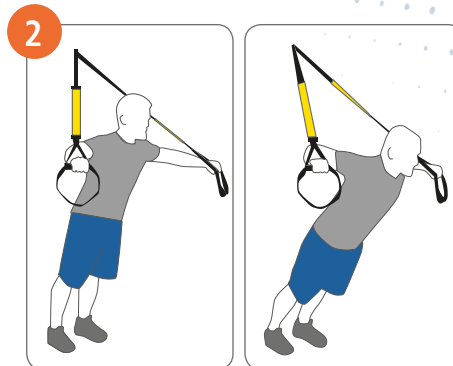


Work Out



BICEPS

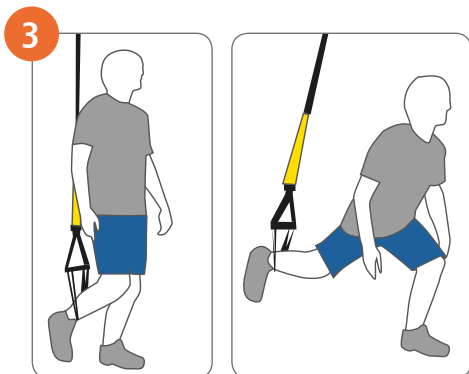
Both hands at the Sling Trainer, the back of the hand positioned away from the body (can also be executed with only one hand). Hold body tension and lie backwards in a 45° angle (angle can be increased with advanced training). Bend elbows at the height of chest and hence straighten up the body.



CHEST

Lean the torso forward and hold it within the sling by the two stretched arms.

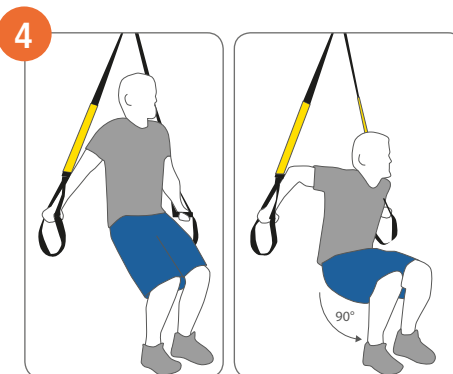
Lean the torso further forwards by bending the elbows.



LEGS AND BOTTOM

Standing straightly with one leg inside the sling.

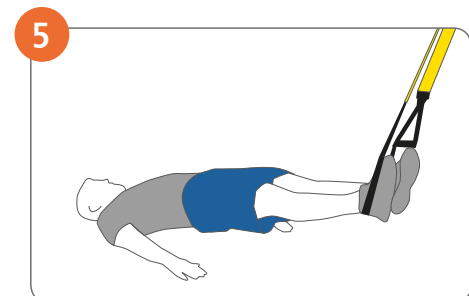
Lift this leg, lead it backwards and bend the other knee.



TRICEPS

Standing, knees slightly bent with the arms being stretched away from the body, so that the body weight lies upon the two arm.

Slowly dropping the body by bending the elbows and knees to circa 90°.



BACK

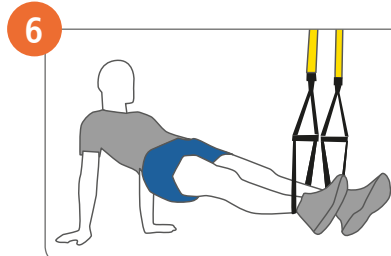
Lying on the back, holding body tension, the two legs are in the slings, only shoulder blades are on the floor. Hands are being stretched sideward.

ALTERNATIVE 1

Slight lifting of the hips.

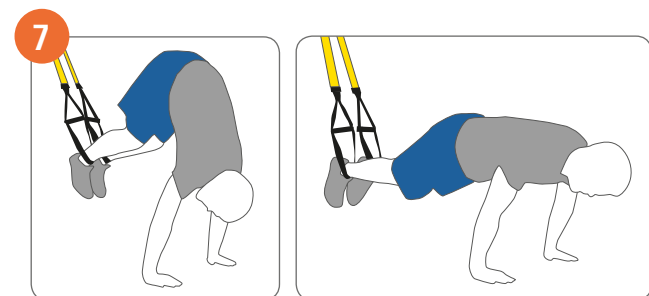
ALTERNATIVE 2

Alternating lifting of the legs.



LEGS & BOTTOM

Lying on the back, holding body tension, hold up your body through stretched arms that are positioned in shoulders width, the two legs are in the loops. Drop the hips between the arms, bend the knees and rise in direction of the forehead.



STOMACH

Push-up position, with two legs inside the loops, stretched arms in shoulder width → body tension

ALTERNATIVE 1

Rise the legs to the chest by lifting the back and hips.

ALTERNATIVE 2

Rise the legs to the side while bending the knees and rotation of the hips.

SlingTraining