

# BAMUSTA® TABLERO



## EXERCISE INSTRUCTION

FOR PROFESSIONALS

BALANCE MÜSCLE BUILDING STABILISATION

ENGLISH

# BAMUSTA® TABLERO



## IDEAL FOR THERAPY, FITNESS AND REHABILITATION!

WITH ITS HIGH CENTER FOOT THE BAMUSTA TABLERO ENCOURAGES AN EVEN HIGHER CHALLENGING MOBILITY COORDINATION IN THE AMBITIOUS USE AND IS IDEAL FOR THE CONTINUOUS BUILD-UP OF MUSCLES. THE LARGE SURFACE ALLOWS A VARIETY OF POSITIONS FOR FOOT, HAND AND SITTING.

### **BAMUSTA TABLERO FOR PHYSICAL FITNESS.**

WITH THIS BOARD YOU ACHIEVE AN OPTIMAL BALANCE, COORDINATION, MOBILITY AND A GOOD PHYSICAL CONDITION FOR SPORTS. FIT WITH THE BALANCE-KICK!



60 x 39 x 13,0 CM

# BAMUSTA® TABLERO



## BALANCE, COORDINATION AND DEEP MUSCLES (STABILISATION)

**STARTING POSITION** STAND ON THE CENTRE OF THE BOARD ON ONE LEG, WITH STANDING LEG SLIGHTLY BENT. BALANCE THE BODY AND ENGAGE STOMACH MUSCLES.

**EXERCISE** BEND LEG AT KNEE AND LIFT AND LOWER AGAIN.

**VARIANT** LIFT OUTSTRETCHED LEG TO THE SIDE AND BACK AND LOWER AGAIN.

# BAMUSTA® TABLERO



## LOWER AND LATERAL ABDOMINAL MUSCLES (STABILISATION)

**STARTING POSITION** HOLD THE BALANCE SITTING IN THE MIDDLE OF THE BOTTOM, PULL THE SHOULDERS BACK AND DOWNWARDS.

**EXERCISE** SLOWLY LEAN BACK UPPER PART OF THE BODY, PULL BENT LEG TO OPPOSITE ELBOW ALTERNATELY.

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## CHEST MUSCLES

**STARTING POSITION** BALANCE HANDS ON THE SIDE RIMS OF THE BOARD, FLEX ABDOMINAL MUSCLES, HEAD IN LINE WITH THE SPINE.

**EXERCISE** BOW DOWN UPPER PART OF THE BODY AND TRUNK WHILE BENDING ELBOWS LATERALLY.

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## UPPER THIGH, BUTTOCK AND DEEP MUSCLES

**STARTING POSITION** STAND ON THE BOARD WITH FEET HIP-WIDTH APART AND BALANCE BODY. FLEX WEIGHT ON HEELS AND STOMACH.

**EXERCISE** PULL BUTTOCKS DOWNWARDS WHILE BRINGING THE UPPER BODY TO THE FRONT. ALTERNATELY LIFT OUTSTRETCHED ARMS OVER THE HEAD.

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## BACK MUSCLES (STABILISATION)

**STARTING POSITION** PLACE SUPPORTING ARM IN THE CENTRE OF THE BOARD UNDER SHOULDER, FLEX ABDOMINAL MUSCLES, STRETCH ARM AND LEG DIAGONALLY AND BALANCE.

**EXERCISE** BOW SLOWLY STRETCHED ARM AND LEG AND BRING THEM TOGETHER WHILE PULLING BELLY BUTTON INSIDE.

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## LUMBAR SPINE AND BOTTOCK MUSCLES

**STARTING POSITION** LIE DOWN ON THE BACK, ONE LEG ON THE BOARD, POSITION OF SUPPORTING LEG'S HEEL UNDER THE KNEE. LIFT HIPS FLEXING THE BOTTOM MUSCLES, PRESS SHOULDERS ON THE FLOOR, LIE DOWN HEAD.

**EXERCISE** LIFT HIPS UP AND DOWN WITHOUT TOUCHING THE GROUND WITH THE BOTTOM.



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## UPPER THIGH, BUTTOCK AND DEEP MUSCLES

**STARTING POSITION** STAND ON THE BOARD WITH FEET HIP-WIDTH APART AND BALANCE BODY. FLEX WEIGHT ON HEELS AND STOMACH.

**EXERCISE** PULL BUTTOCKS BACK AND DOWNWARDS, BRINGING THE UPPER BODY FORWARD.

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## HIP FLEXOR, THIGH AND BOTTOCK MUSCLES

**STARTING POSITION** FRONT LEG ON THE BOARD, BACK LEG PLACED ONE STEP BACKWARDS. BALANCE WEIGHT ON THE FRONT LEG. FRONT KNEE OVER ANKLE.

**EXERCISE** PULL BACK KNEE DOWN TO THE GROUND.



## LATERAL ABDOMINAL MUSCLES (TRUNK STABILISATION)

**STARTING POSITION** PUT ELBOW IN THE CENTRE OF THE BOARD UNDER SHOULDER, PUT UPPER ARM ON HIP. UPPER PART OF BODY AND KNEE / FOOT SHOULD BE IN ONE LINE.

**EXERCISE** LIFT HIP AND HOLD.

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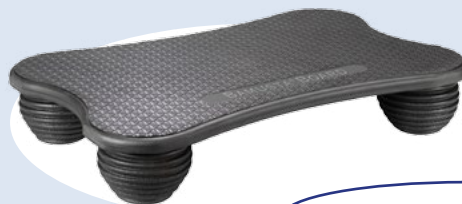
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