

BAMUSTA® CUATRO



## EXERCISE INSTRUCTION BAMUSTA CUATRO

ENGLISH

BALANCE MUSCLE BUILDING STABILISATION

[WWW.TRENDY-SPORT.EU](http://WWW.TRENDY-SPORT.EU)

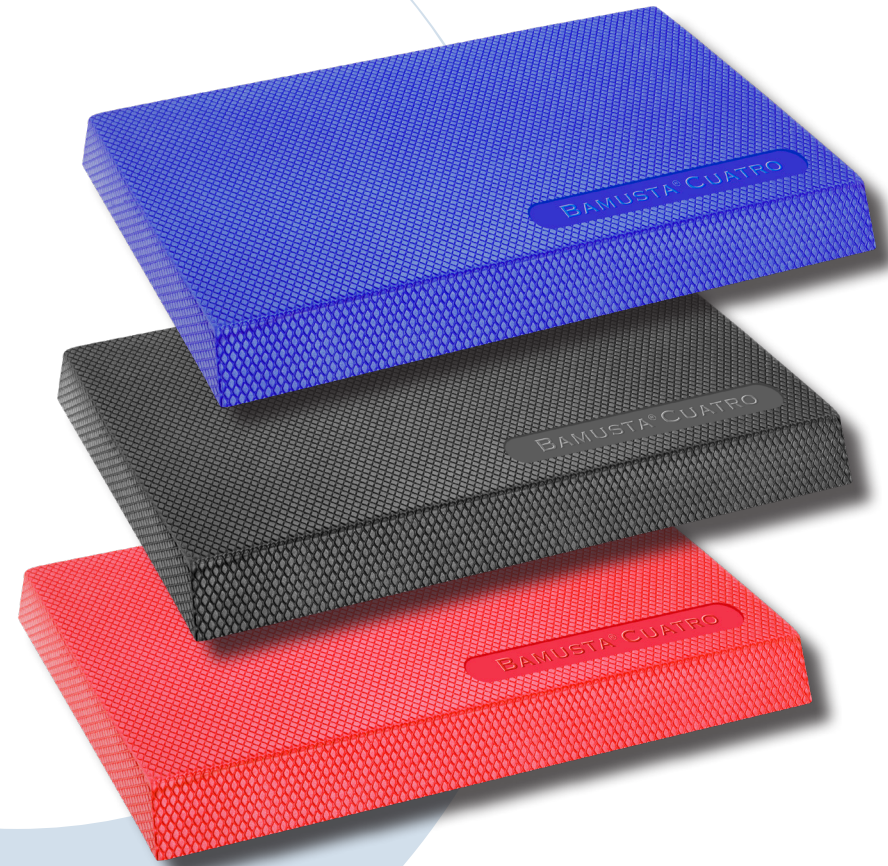


# BAMUSTA<sup>®</sup> CUATRO

## IDEAL FOR THERAPY, FITNESS AND REHABILITATION

THE QUADRANGULAR BAMUSTA CUATRO PAD IS MADE FROM 60 MM THICK CLOSED CELLULAR FOAM MATERIAL. EXCELLENT DAMPING PROPERTIES, ALSO WHEN STRAINED SELECTIVELY. NON-SLIP DUE TO WAFER STRUCTURE, WATER RESISTENT AND EASY TO CLEAN.

AS SOON AS THE USER STEPS ON THE BAMUSTA CUATRO PAD ONE AUTOMATICALLY STARTS PRACTICING THE BALANCE. THE BODY WEIGHT CREATES A COMPRESSION WHICH CHALLENGES THE USER'S BALANCE AND COORDINATION.



48 x 39 x 6,0 CM



# BAMUSTA® CUATRO



## BALANCE, COORDINATION AND DEEP MUSCLES (STABILISATION)

### STARTING POSITION

STAND ON THE CENTRE OF THE PAD ON ONE LEG, WITH STANDING LEG SLIGHTLY BENT. BALANCE THE BODY AND ENGAGE STOMACH MUSCLES.

### EXERCISE VARIANT

BEND LEG AT KNEE AND LIFT AND LOWER AGAIN. LIFT OUTSTRETCHED LEG TO THE SIDE AND BACK AND LOWER AGAIN.





# BAMUSTA<sup>®</sup> CUATRO



## UPPER THIGH, BUTTOCK AND DEEP MUSCLES

### STARTING POSITION

STAND ON THE PAD 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.



# BAMUSTA<sup>®</sup> CUATRO



## UPPER THIGH, BUTTOCK AND DEEP MUSCLES

### STARTING POSITION

STAND ON THE PAD 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 OUTS TRETCHED ARMS OVER THE HEAD.



# BAMUSTA<sup>®</sup> CUATRO



## INSIDE OF LEG AND ADDUCTORS

### STARTING POSITION

STAND WITH FEET WIDER THAN HIP-WIDTH APART, PLACING ONE FOOT ON THE PAD.

### EXERCISE

DRAW HEELS TO MIDDLE, WITH TOES POINTING OUTWARDS AND WEIGHT ON THE HEEL. BEND LEGS AS FAR AS POSSIBLE WHILE KEEPING UPPER BODY STRAIGHT.



# BAMUSTA® CUATRO



## ERECTOR SPINAE AND DEEP MUSCLES

STARTING POSITION  
EXERCISE

STAND ON ONE LEG ON THE CENTRE OF THE PAD.  
STRETCH OUT ARM AND LEG DIAGONALLY AND BALANCE  
WEIGHT, BRINGING UPPER BODY FORWARD AS FAR AS  
POSSIBLE.



# BAMUSTA<sup>®</sup> CUATRO



## HIP FLEXOR, UPPER THIGH AND BUTTOCK MUSCLES

### STARTING POSITION

PLACE FRONT LEG ON THE PAD, BACK LEG ONE STEP BACK HIP-WIDTH APART. BALANCE WEIGHT ON FRONT LEG, WITH THE FRONT KNEE ABOVE THE FOOT JOINT.

### EXERCISE

LOWER BACK KNEE TO THE FLOOR.





# BAMUSTA<sup>®</sup> CUATRO



## LATERAL ABDOMINAL MUSCLES AND OUTSIDE OF LEG

### STARTING POSITION

STAND ON ONE LEG ON THE CENTRE OF THE PAD AND BALANCE BODY.

### EXERCISE

FIRST LIFT BENT LEG AND THEN STRETCH OUT SLOWLY AS HIGH AS POSSIBLE, WHILE BENDING THE UPPER BODY FORWARD.



### LATERAL ABDOMINAL MUSCLES

STARTING POSITION  
EXERCISE

MITTIG EINEN FUSS AUF DEM PAD AUSBALANCIEREN.  
LIFT UP THE OTHER LEG TO THE SIDE AND BEND THE  
OUTSTRETCHED ARM WITH THE ELBOW FROM ABOVE TO  
THE KNEE.



# BAMUSTA® CUATRO

MAX. BELASTBARKEIT  
MAX. WEIGHT CARRYING CAPACITY

**300 KG**



NEUES MATERIAL!  
NEW MATERIAL!

EXTREM ROBUST  
EXTREMELY STURDY!



**DOWNLOAD**  
**ÜBUNGSANLEITUNG**  
**EXERCISE INSTRUCTION**

**[WWW.TRENDY-SPORT.EU](http://WWW.TRENDY-SPORT.EU)**

### **EXERCISE INSTRUCTIONS FOR DOWNLOAD**

YOU CAN DOWNLOAD ALL EXERCISE INSTRUCTIONS. JUST VISIT **[WWW.TRENDY-SPORT.EU](http://WWW.TRENDY-SPORT.EU)** AND GET YOUR EXERCISE INSTRUCTIONS WITH A „CLICK“.

TRENDY SPORTS HOPES YOU HAVE FUN AND SUCCESS WHILE PRACTICING!

**BAMUSTA<sup>®</sup> CUATRO**



## FIT WITH TRENDY SPORT!

TRENDY SPORT OFFERS EVERYTHING FOR FITNESS, THERAPY AND REHABILITATION. FIND THE BEST EXERCISE EQUIPMENT AND ACCESSORIES! ARE YOU LOOKING FOR THE RIGHT FLOOR FOR YOUR SPORTS CLUB, YOUR YOGA ROOM OR YOUR FITNESS CENTER? TRENDY SPORT OFFERS A VARIETY OF SPORT FLOORS IN CHIC DESIGN.

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# BAMUSTA® BOARDS BY TRENDY SPORT



BAMUSTA® PLACA



BAMUSTA® CIRCULO



BAMUSTA® TABLERO



BAMUSTA® JAQUE