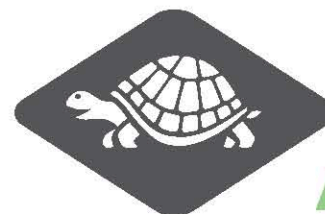
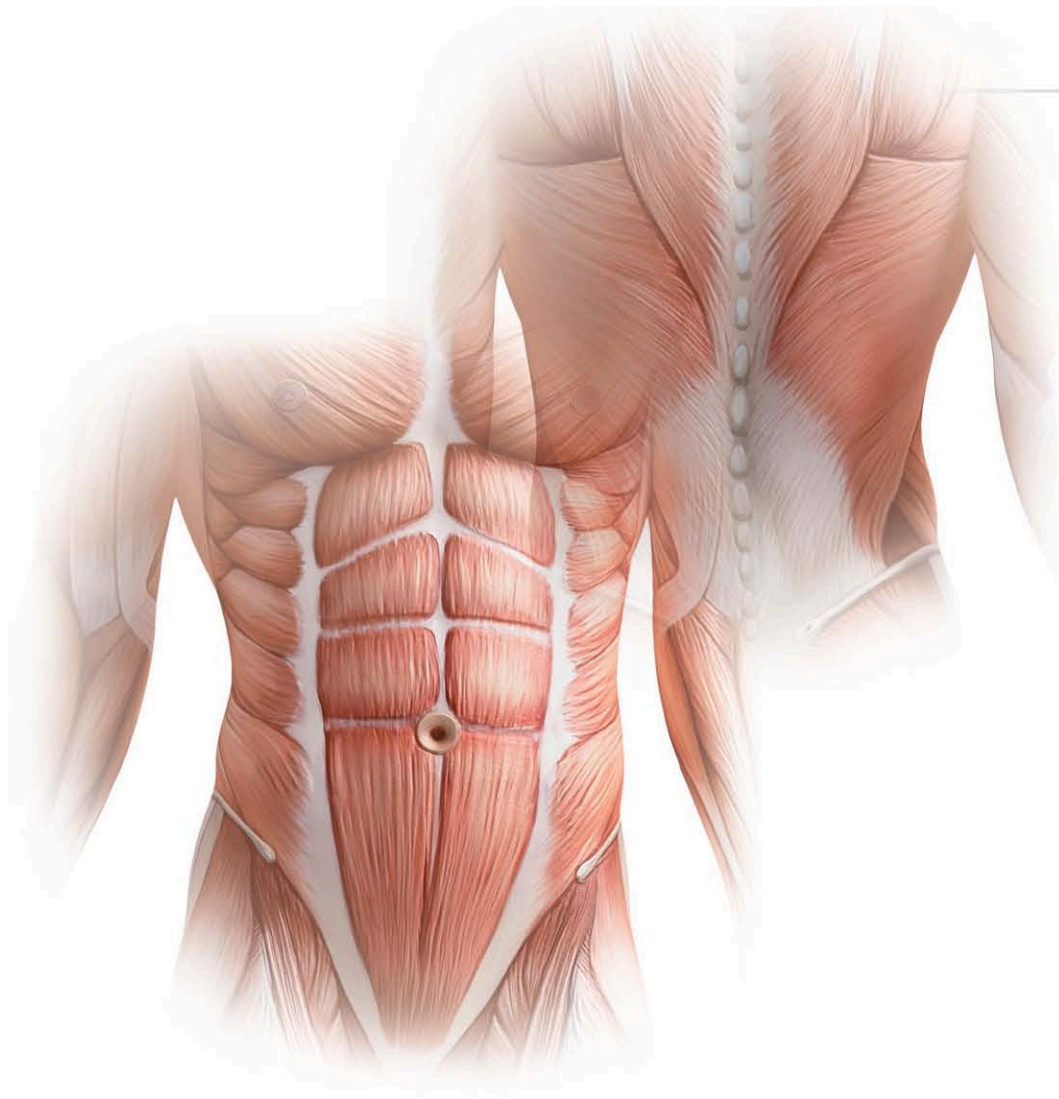


TRAININGSTIPPS



SCHILDKRÖT[®]
FITNESS

THEMENBEREICH 1: BALANCE UND GYMNASTIK

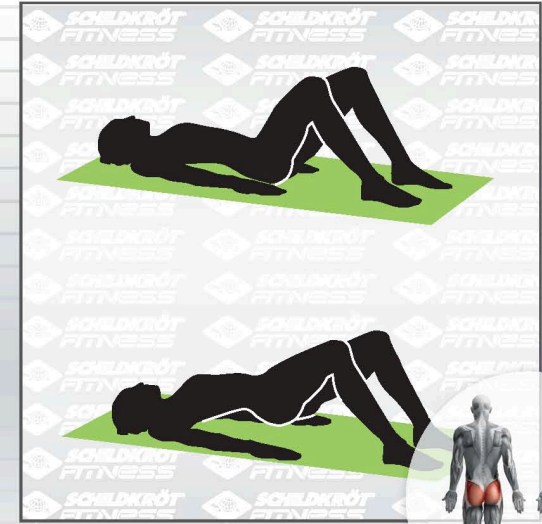
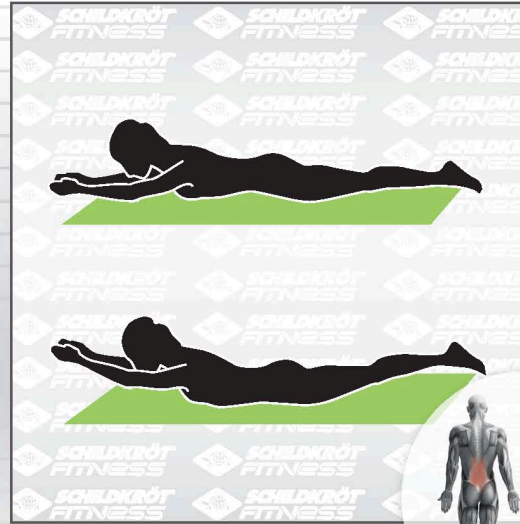
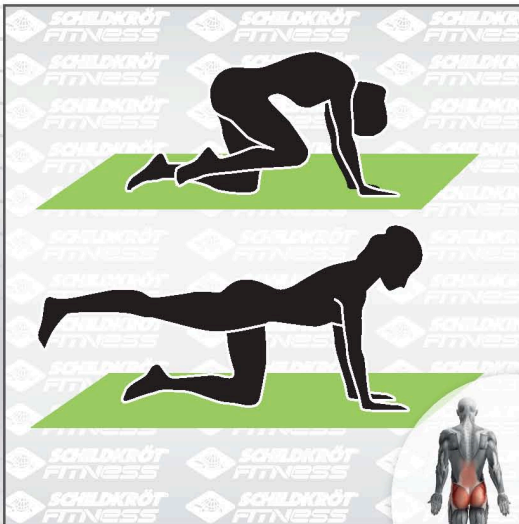


Dieser Produktbereich spricht durch Stabilitäts- und Koordinationsübungen viele unterschiedliche Muskelgruppen an. Bei der Ausführung der Übungen ist vor allem die Anspannung und Konzentration auf die tieferliegenden Muskeln entlang der Wirbelsäule wichtig (Core).

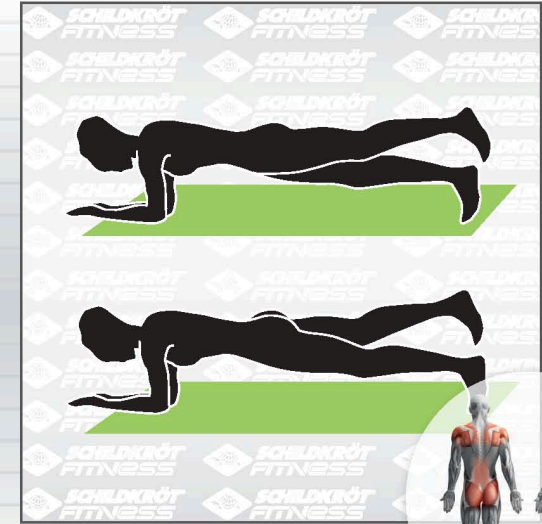
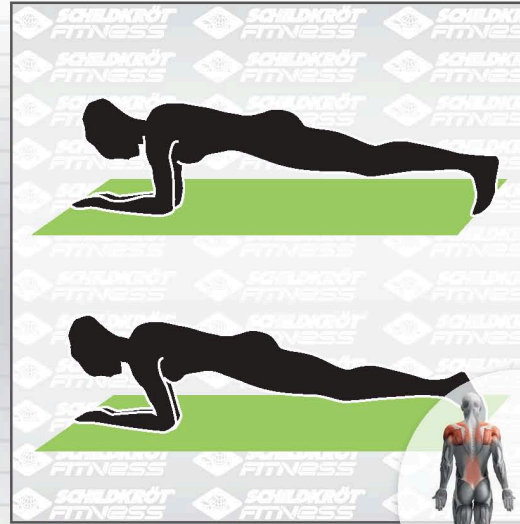
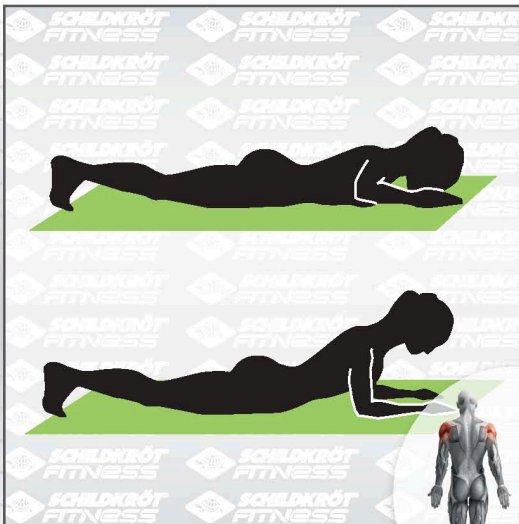
Eine starke Rumpfmuskulatur schützt Sehnen und Gelenke vor Überlastung und kann sportartübergreifend als Verletzungsprophylaxe oder Reha eingesetzt werden.

FITNESS MAT

BASIC



ADVANCED



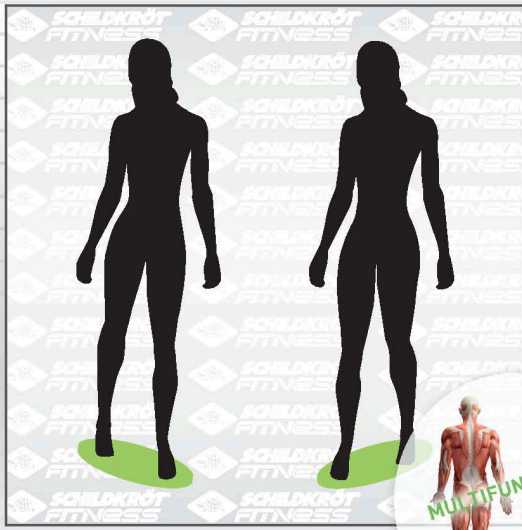


Sūrya Namaskāra

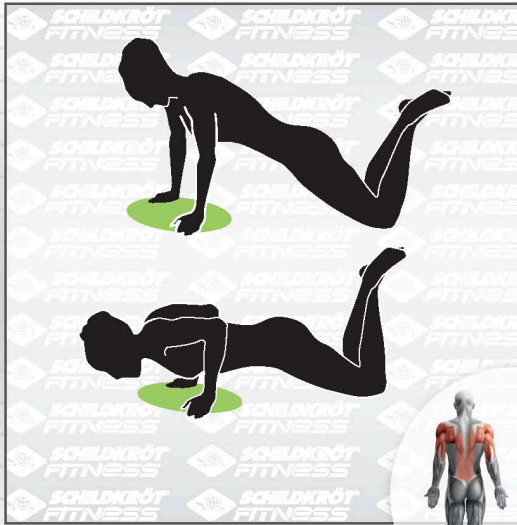
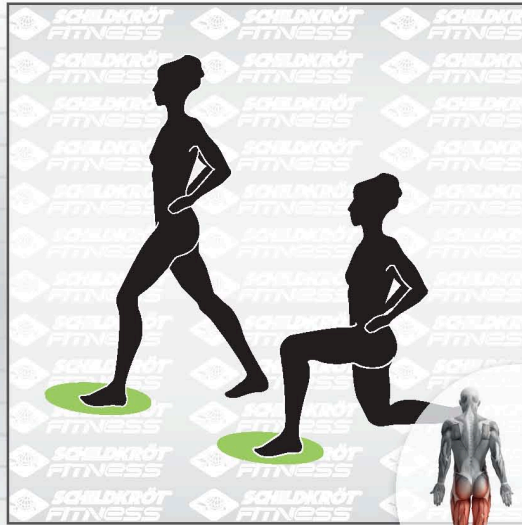


BALANCE BOARD

BASIC

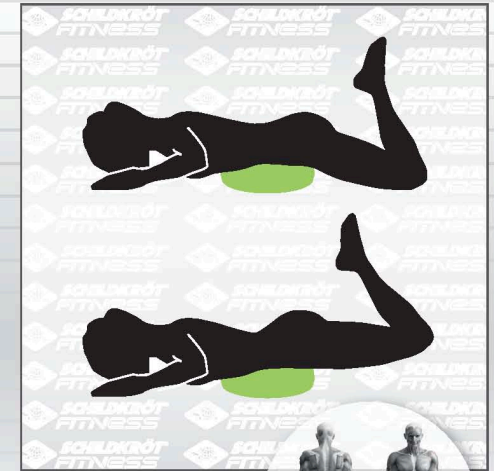
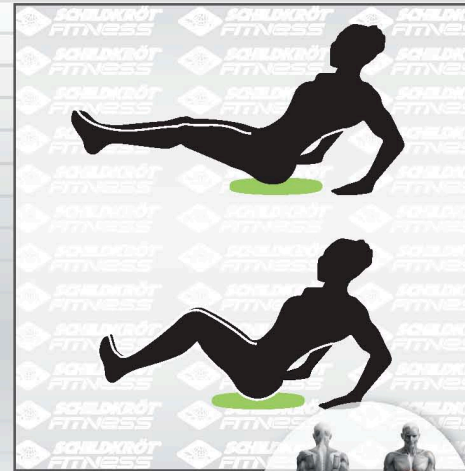


ADVANCED

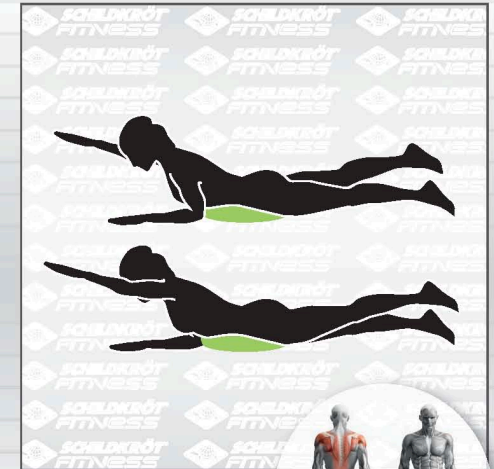
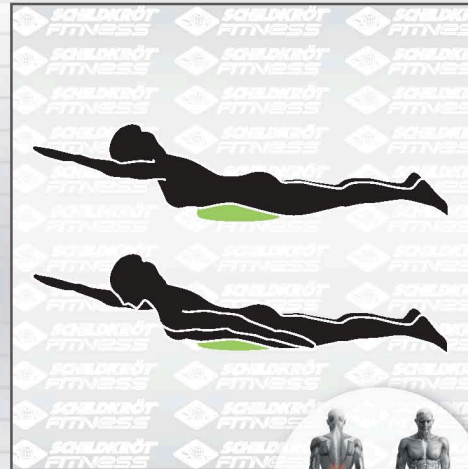
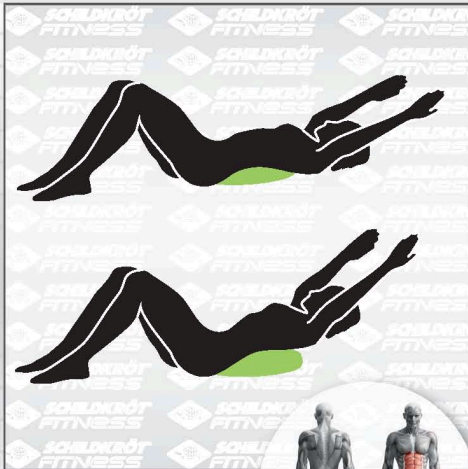


BALANCE CUSHION

BASIC

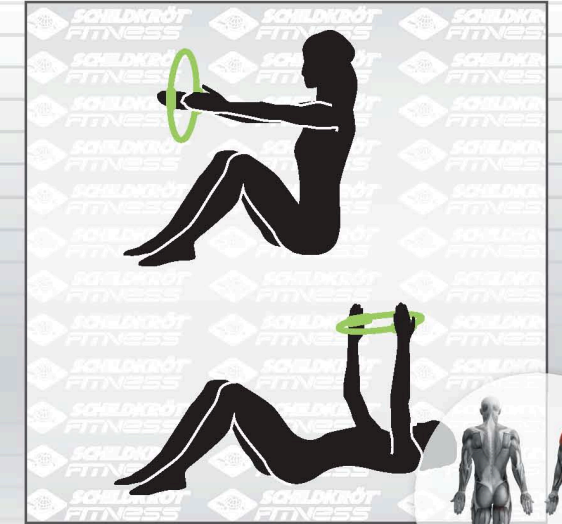
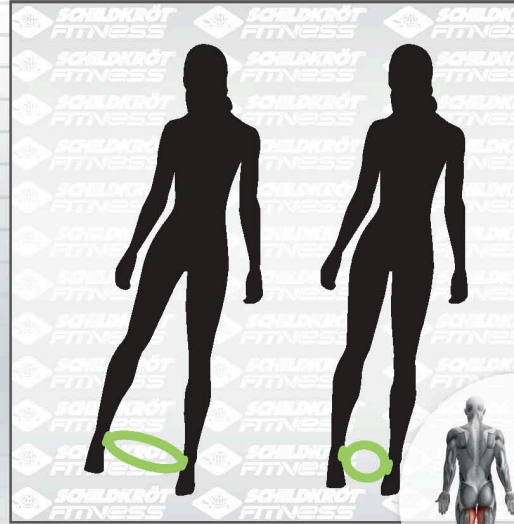
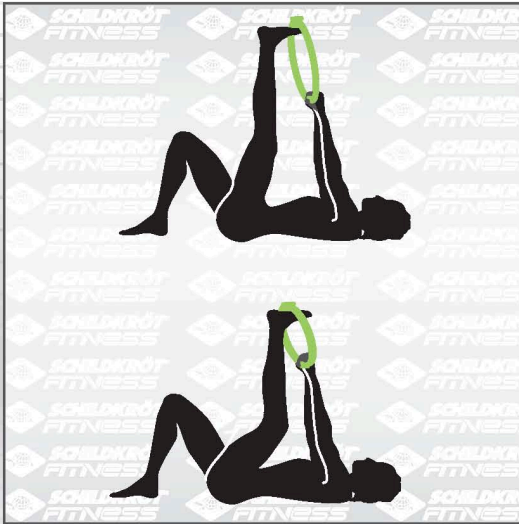


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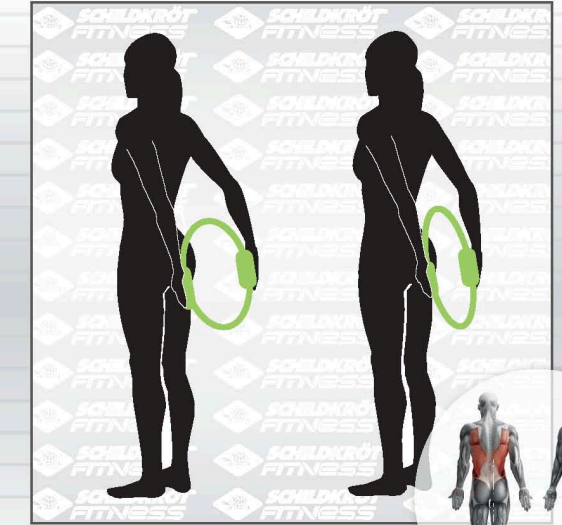
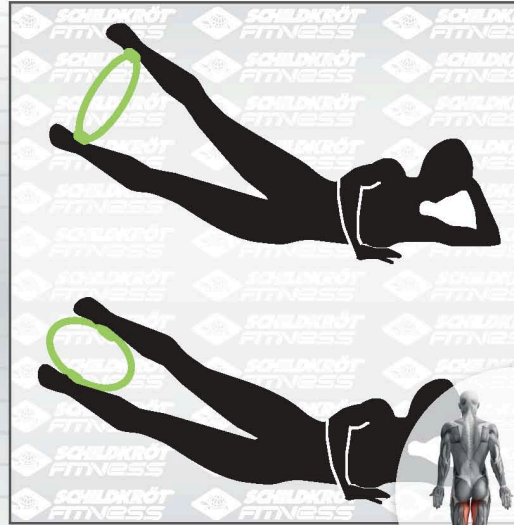
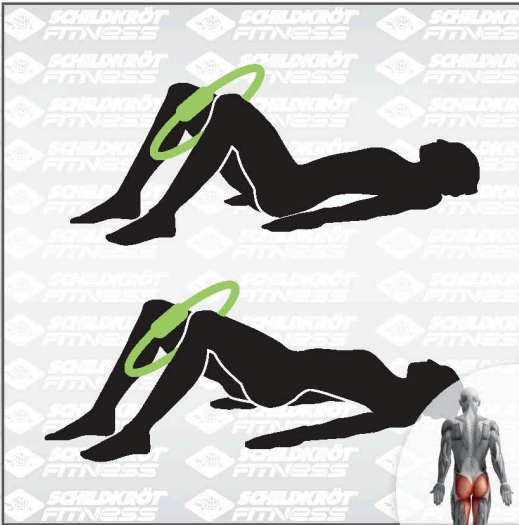


PILATES RING

BASIC

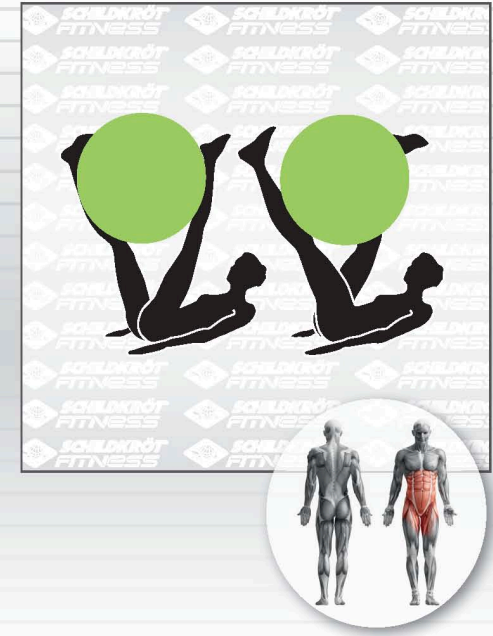
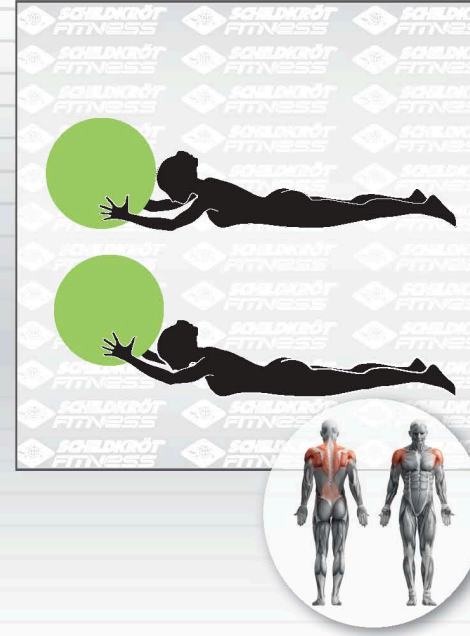
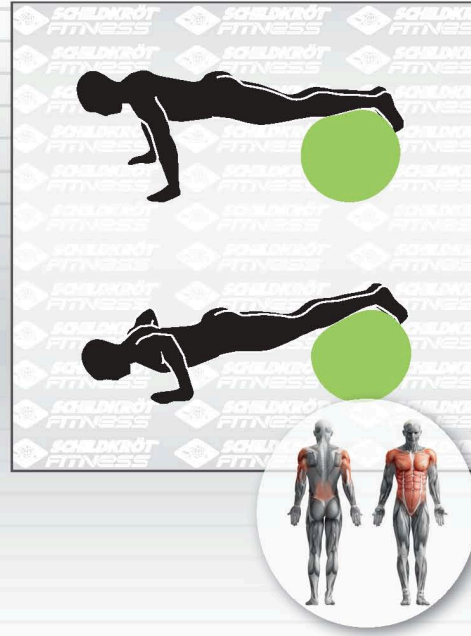
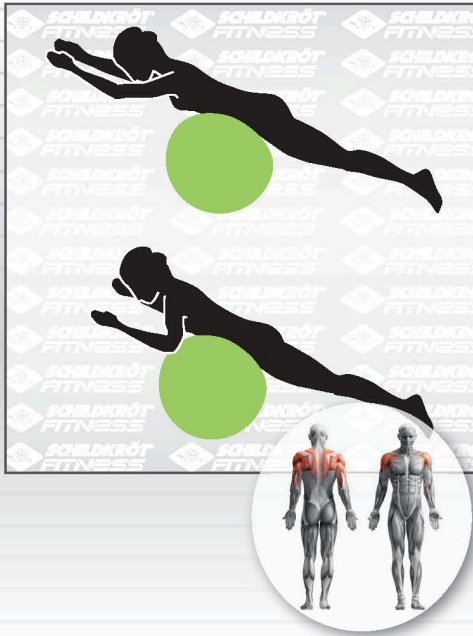


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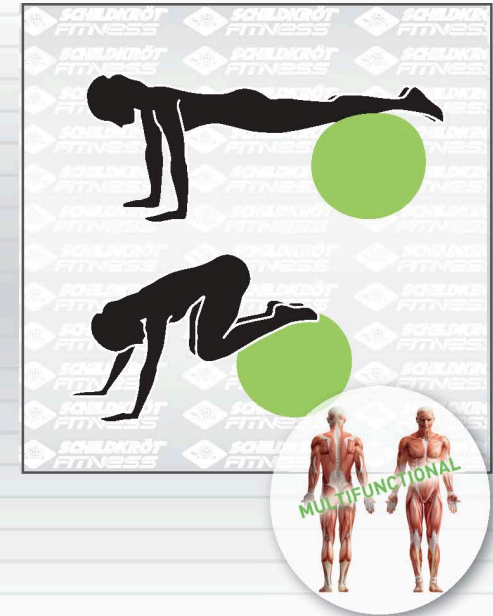
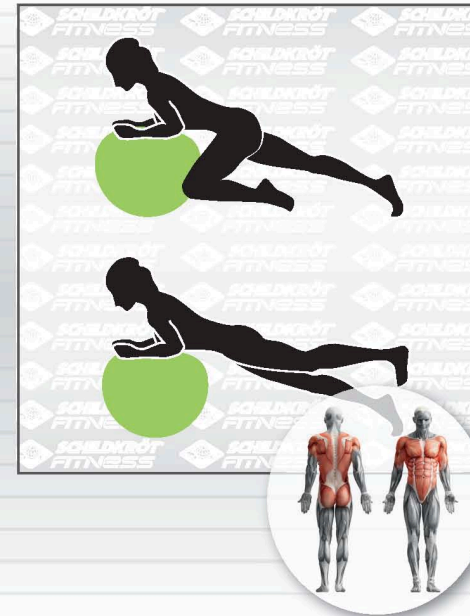
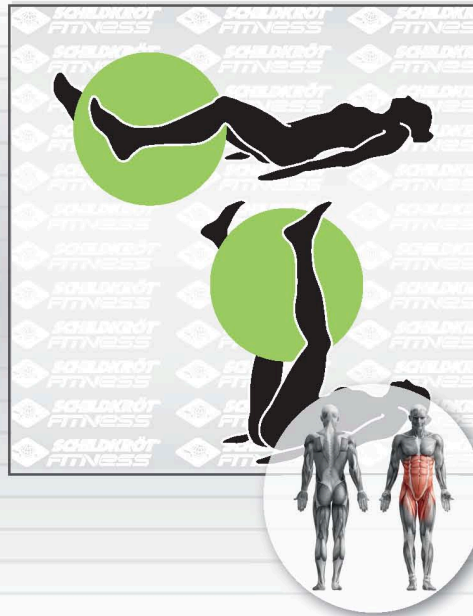


GYMNASTIC BALL

BASIC

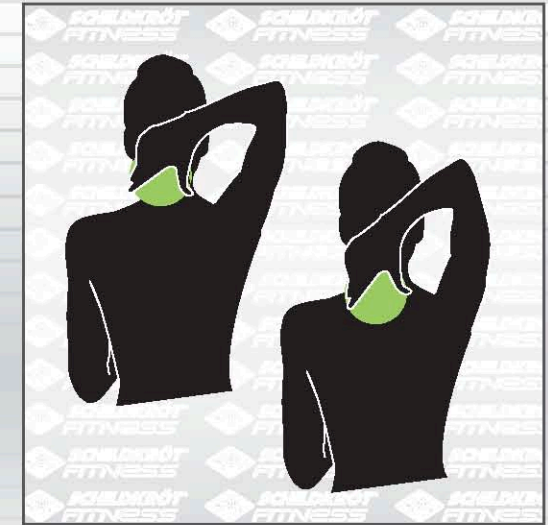
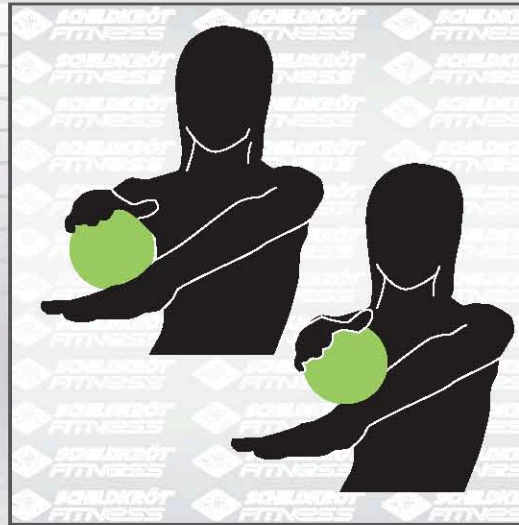
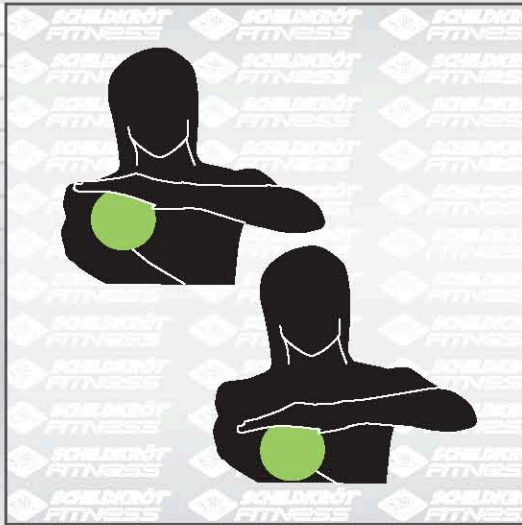


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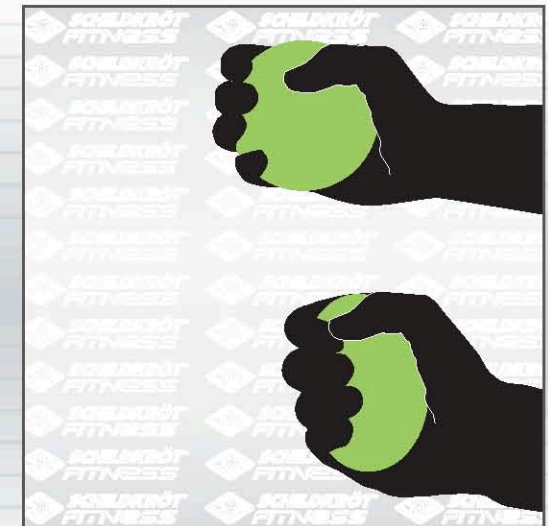
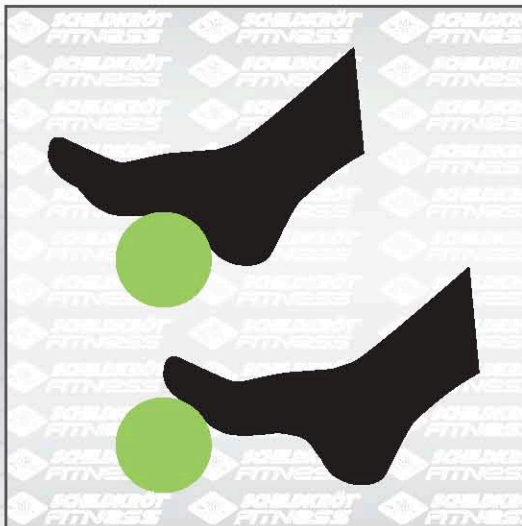


MASSAGE BALL

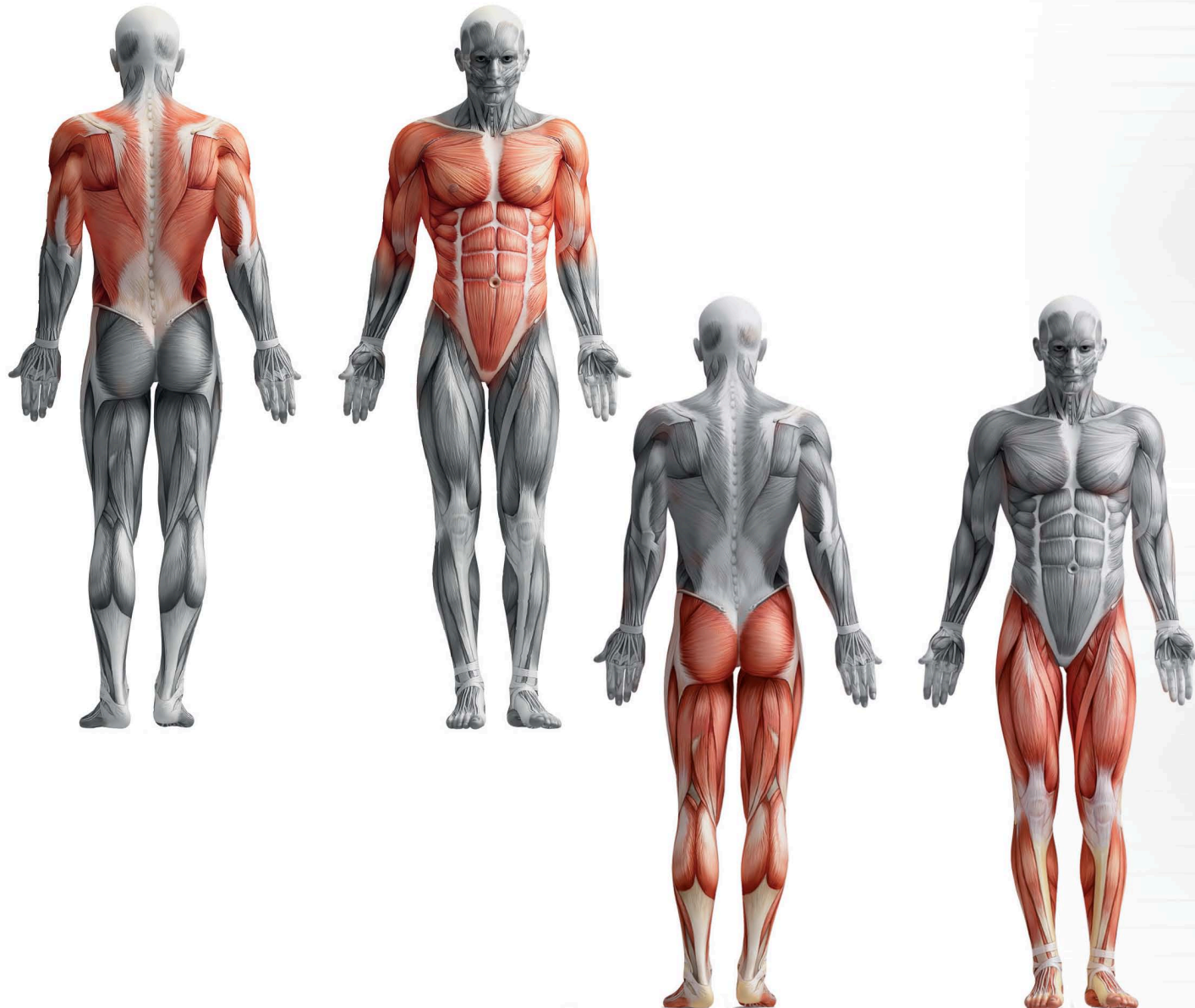
BASIC



ADVANCED



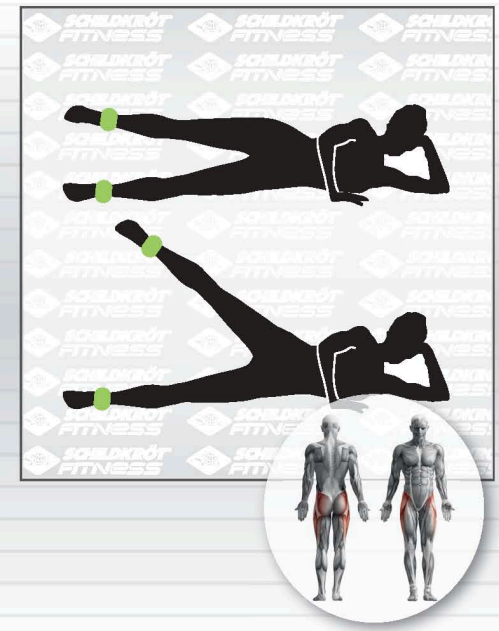
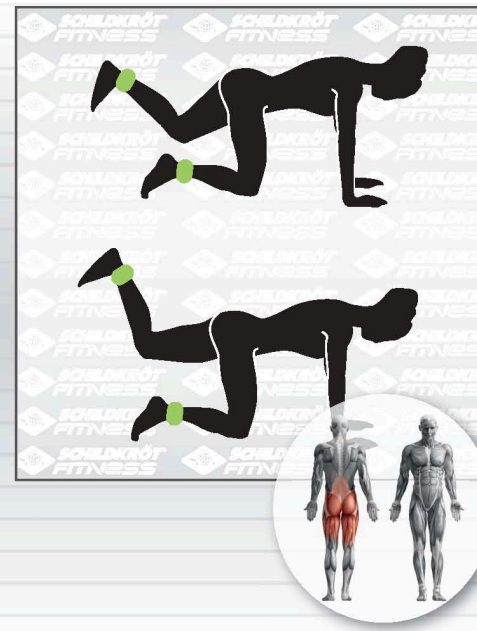
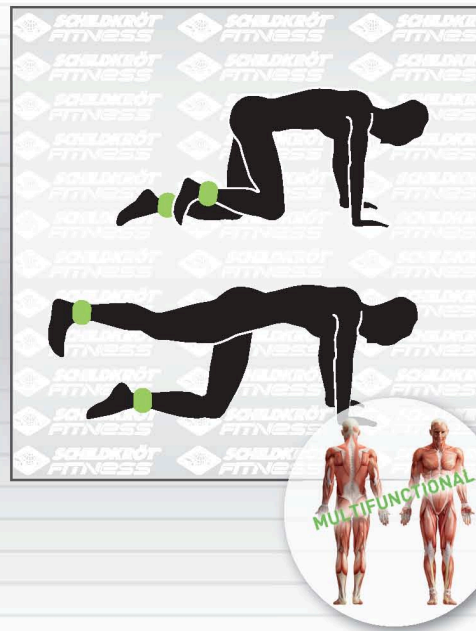
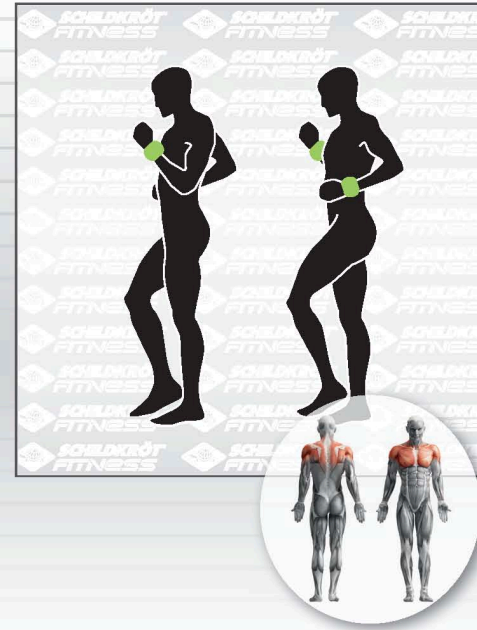
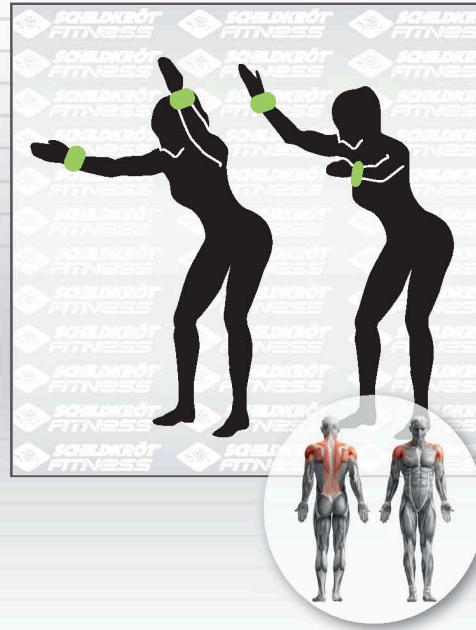
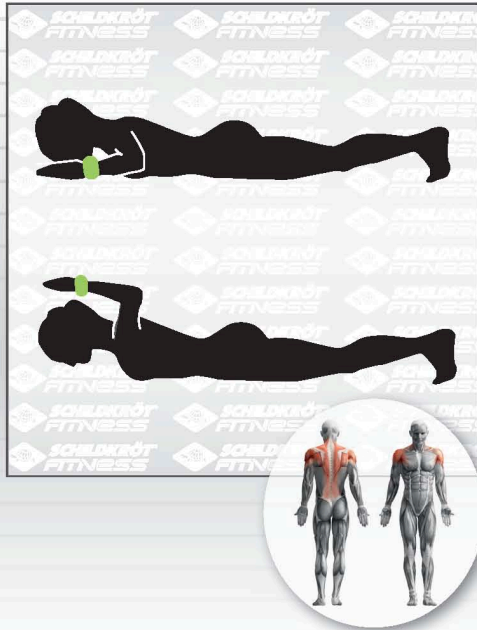
THEMENBEREICH 2: LEICHTE GEWICHTE UND GEWICHTSMANSCHETTEN



Mit Hilfe von unterschiedlichen Gewichten der Hanteln können kleinere Muskeln im Arm- und Schulterbereich trainiert werden. Bei Erhöhung des Gewichts stabilisieren sich zunehmend Rumpf, Lattissimus und Bauch.

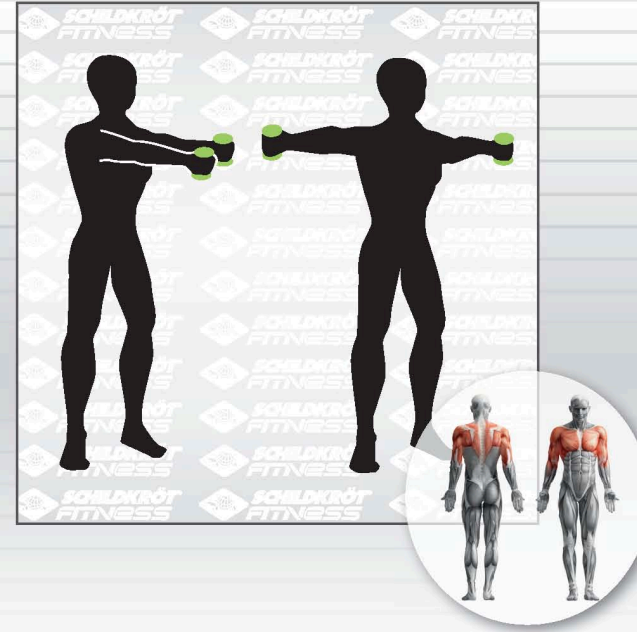
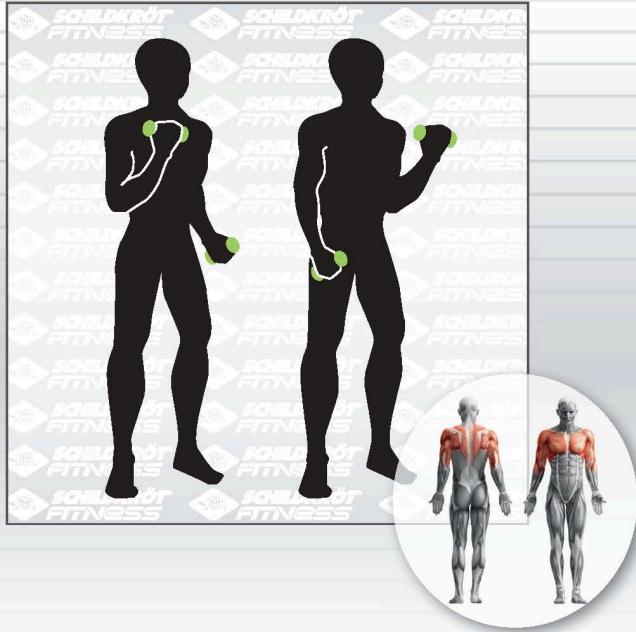
Mit Gewichtsmanschetten können zusätzlich noch Bein- und Gesäßmuskulatur trainiert werden.

WEIGHTS (WRIST AND FEET)

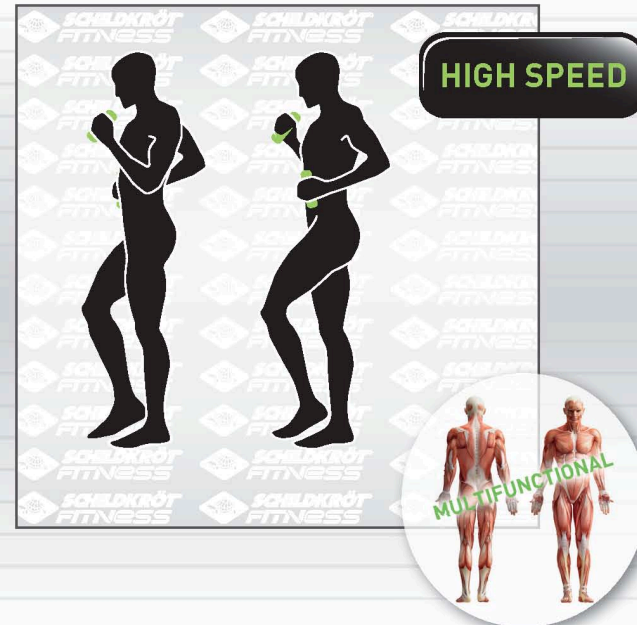
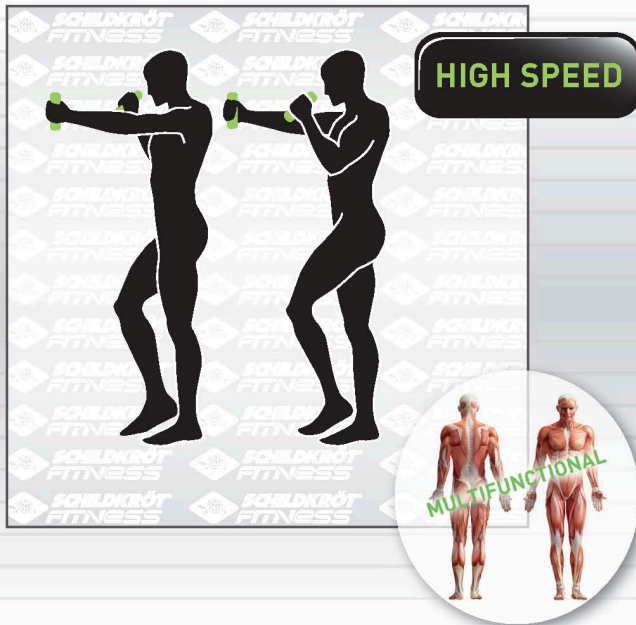


SOFT WEIGHTS

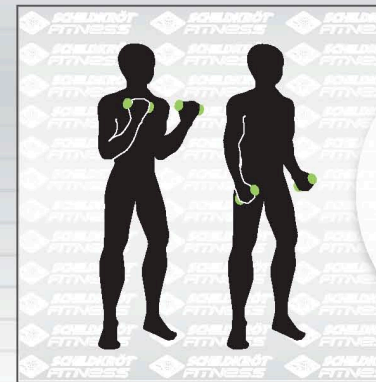
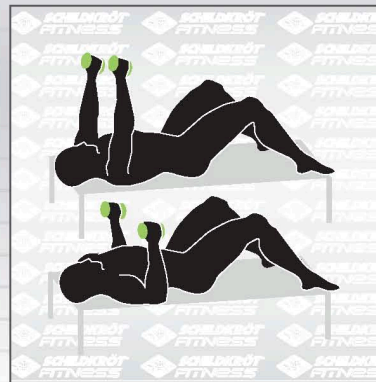
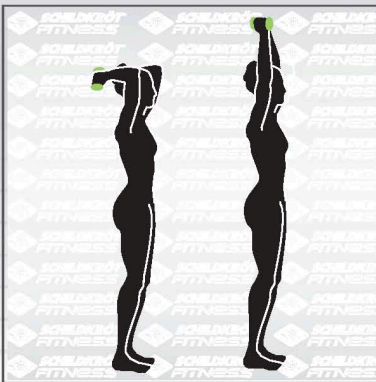
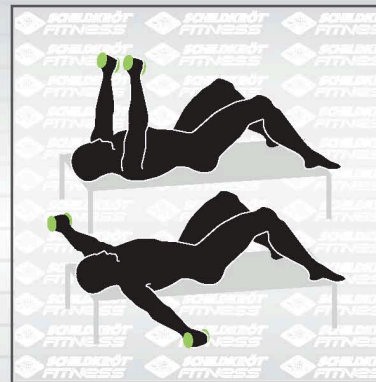
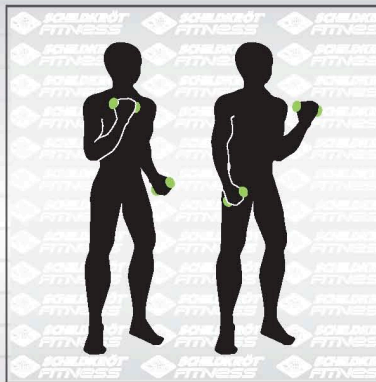
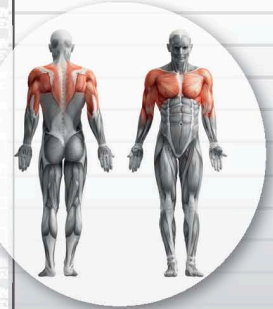
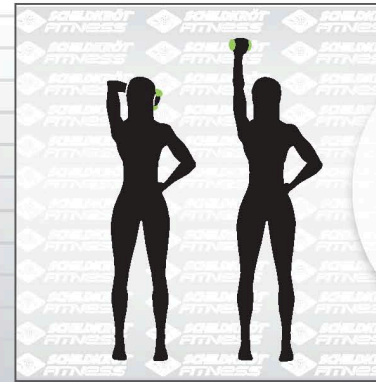
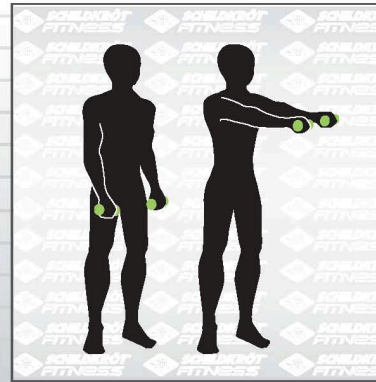
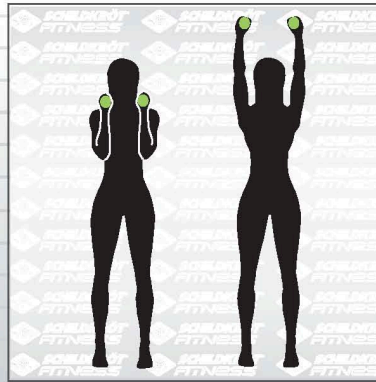
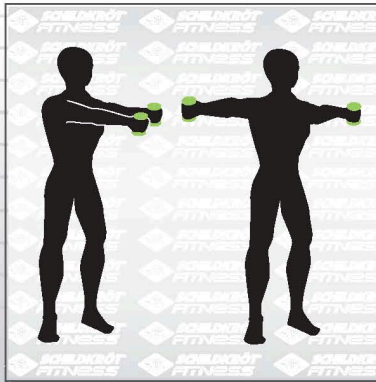
BASIC



ADVANCED



VINYL WEIGHTS



FITNESS SET

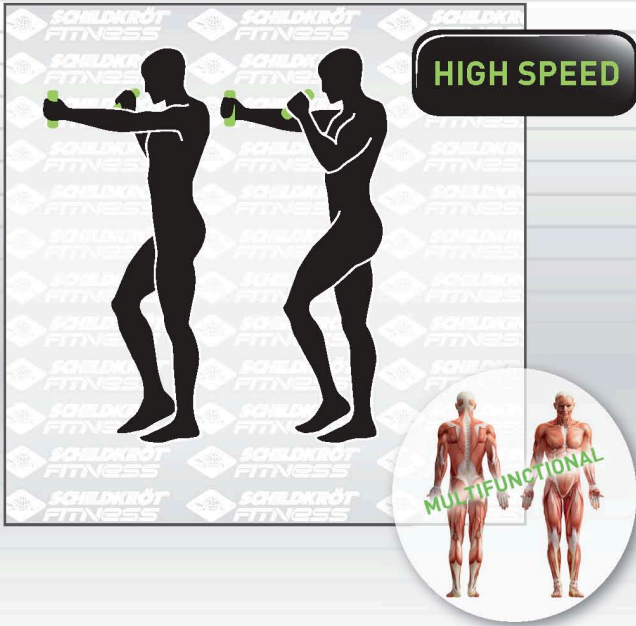


Illustration of a fitness exercise (boxing stance) with a 'HIGH SPEED' callout and anatomical diagrams labeled 'MULTIFUNCTIONAL'.

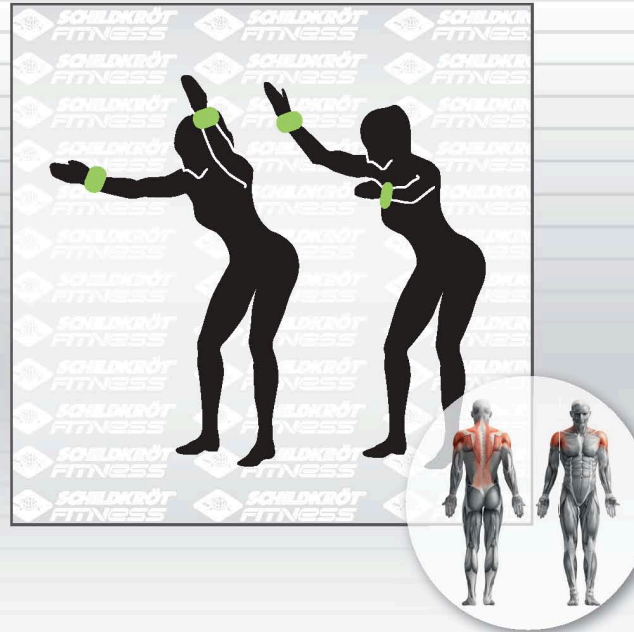


Illustration of a fitness exercise (boxing stance) with anatomical diagrams labeled 'MULTIFUNCTIONAL'.

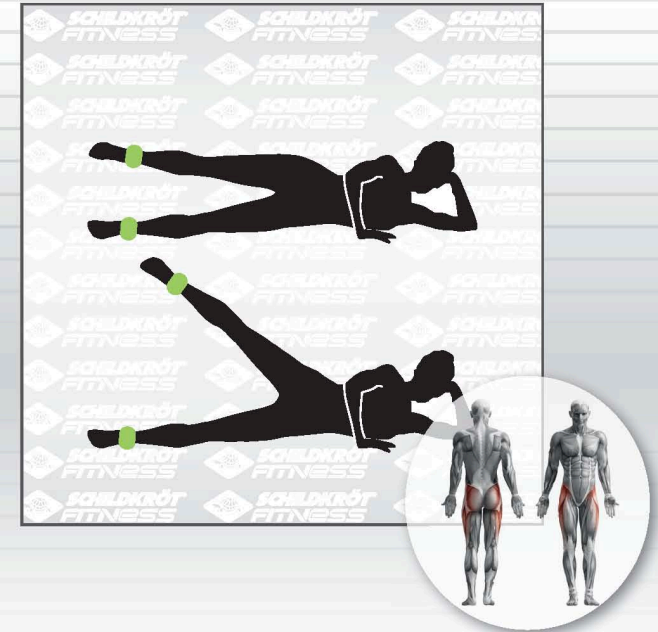


Illustration of a fitness exercise (side plank) with anatomical diagrams labeled 'MULTIFUNCTIONAL'.

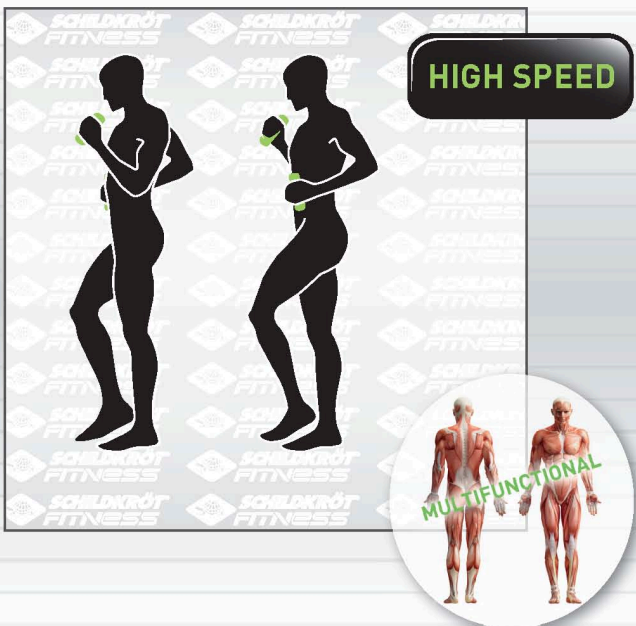


Illustration of a fitness exercise (boxing stance) with a 'HIGH SPEED' callout and anatomical diagrams labeled 'MULTIFUNCTIONAL'.

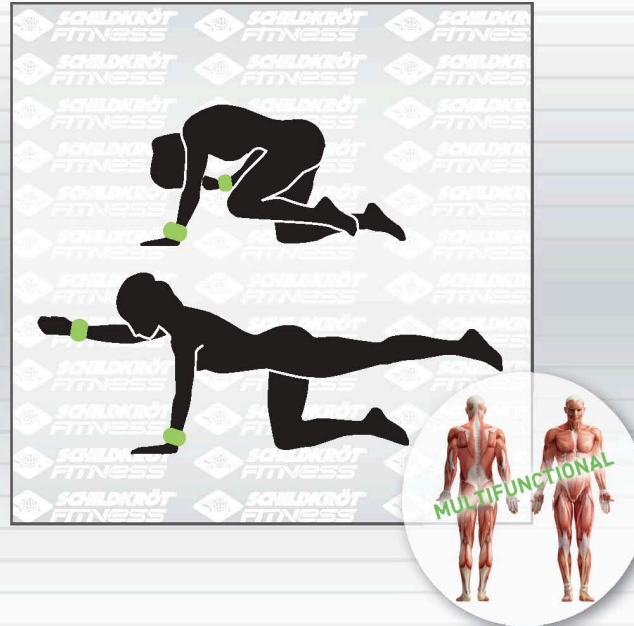


Illustration of a fitness exercise (crawling) with anatomical diagrams labeled 'MULTIFUNCTIONAL'.

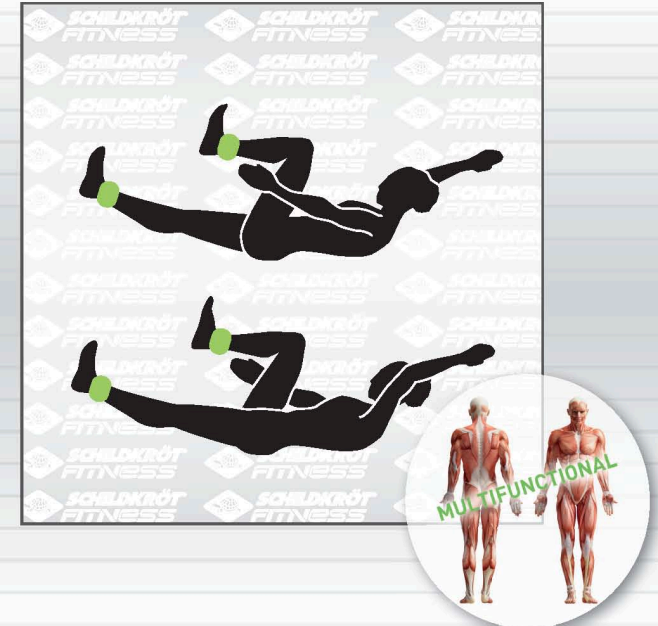


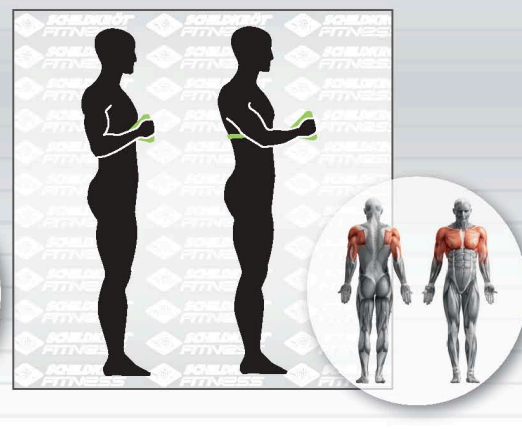
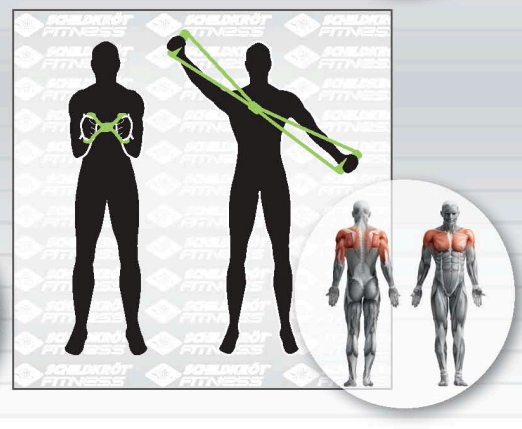
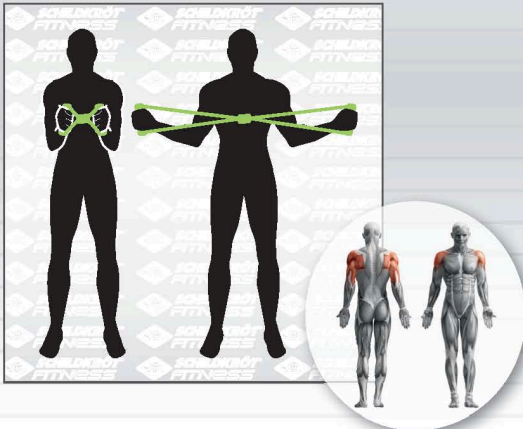
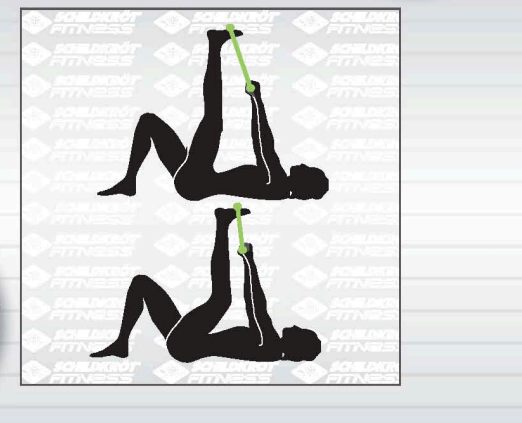
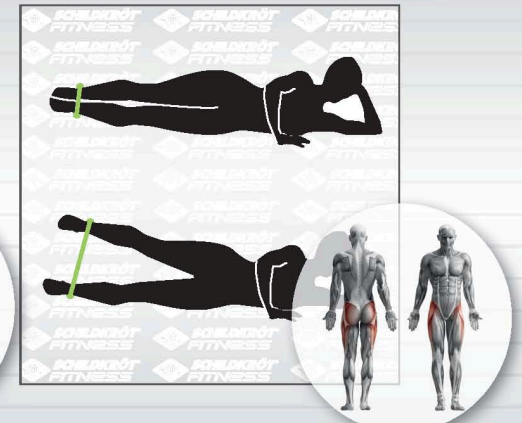
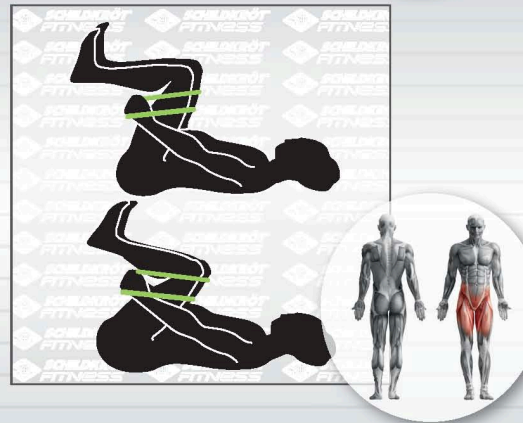
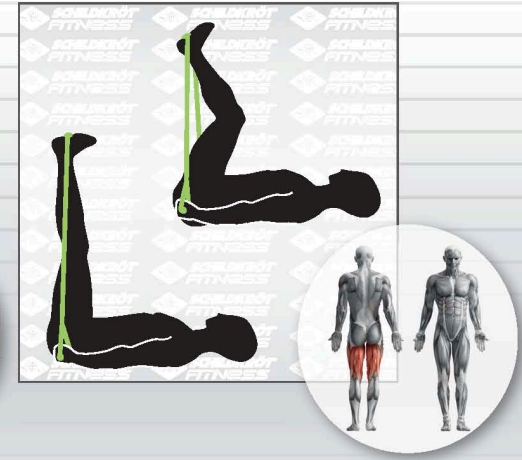
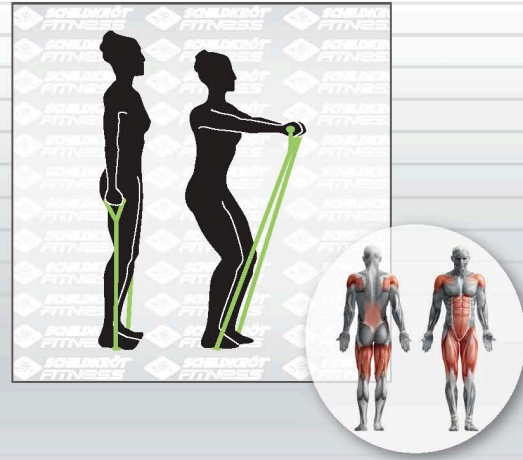
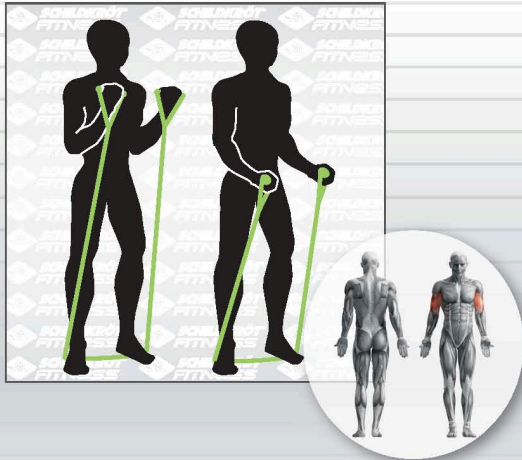
Illustration of a fitness exercise (side plank) with anatomical diagrams labeled 'MULTIFUNCTIONAL'.

THEMENBEREICH 3: EXPANDER UND FITNESSBAND



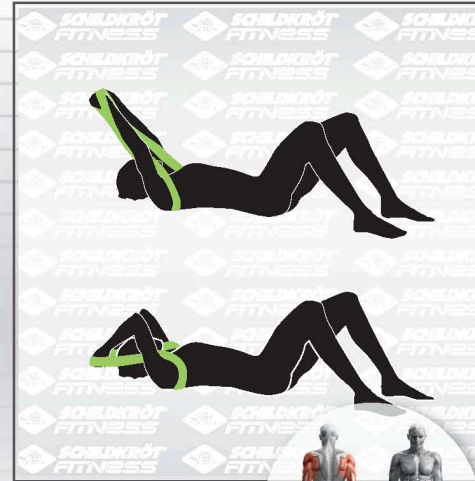
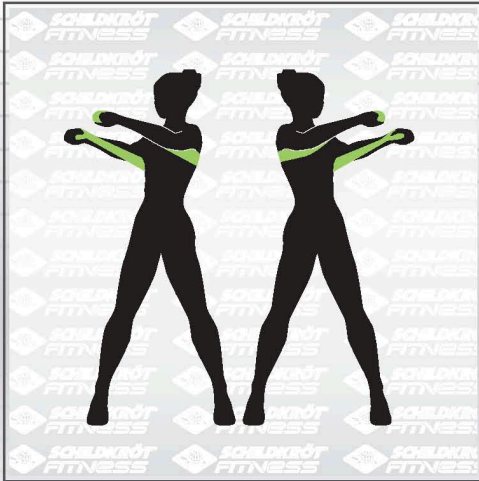
Beim Training mit verschiedenen Expandern oder Fitnessbändern arbeitet die Muskulatur bei der aktiven Bewegung auch immer gleichzeitig bremsend (exzentrisch). Dadurch werden die Muskelfasern zusätzlich aktiviert und somit ein zusätzlicher Trainingseffekt erzeugt.

EXPANDER SET

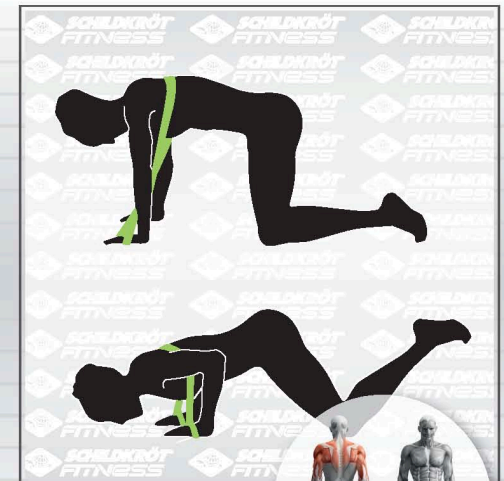
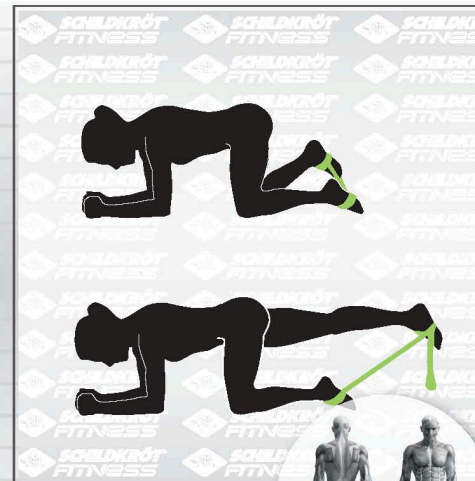
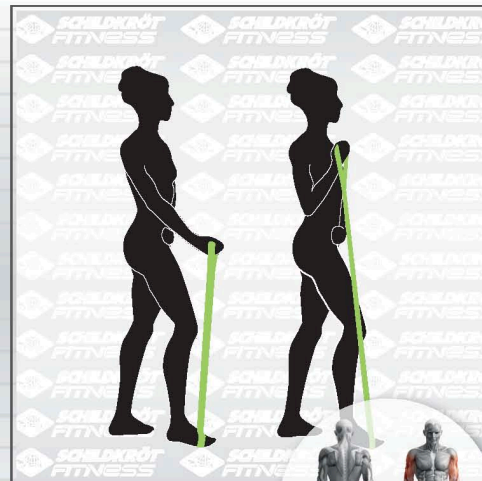


ELASTICBAND

BASIC

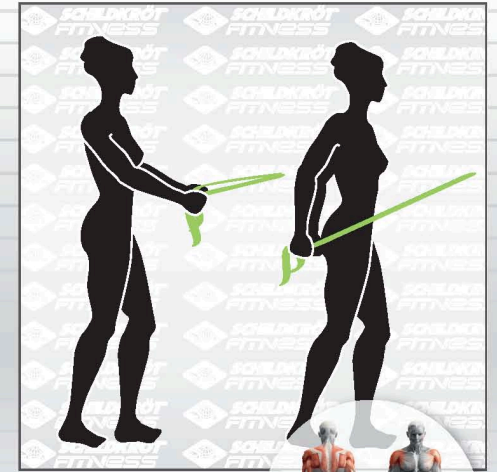
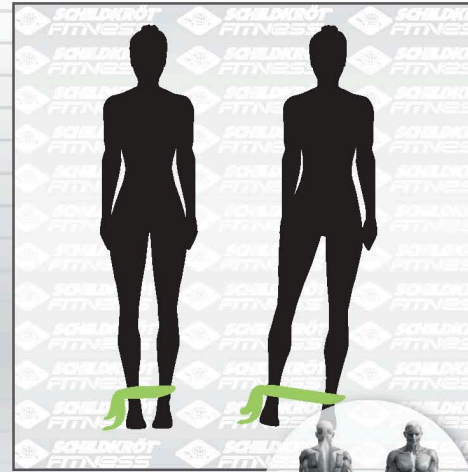
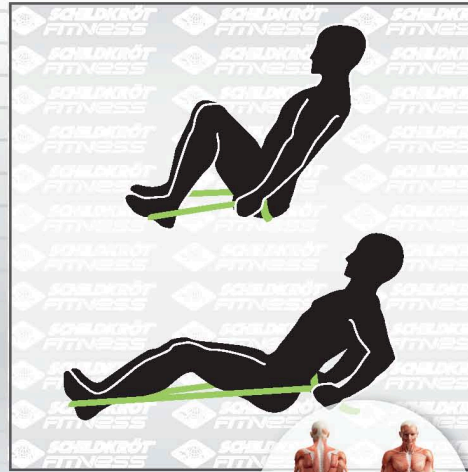
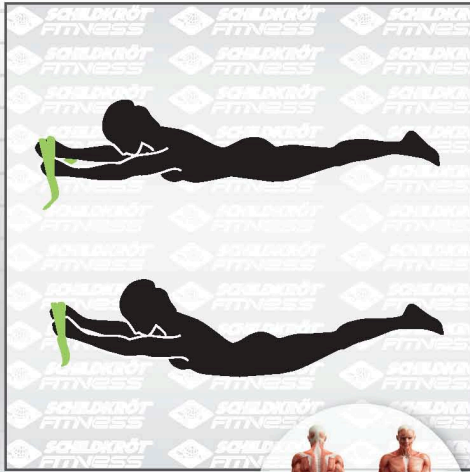


ADVANCED

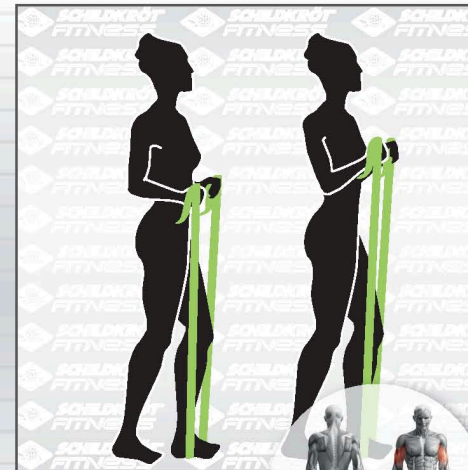
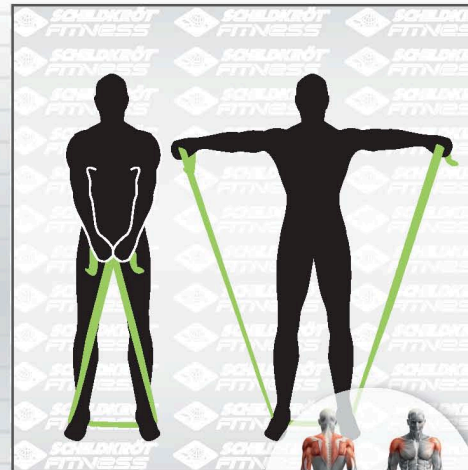
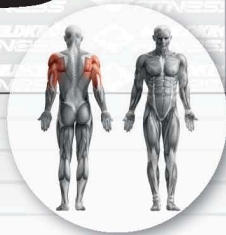
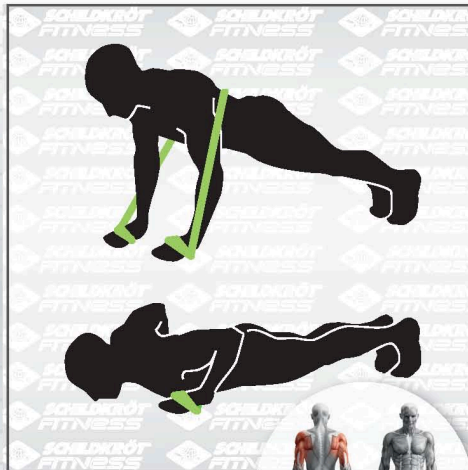


FITNESS BAND

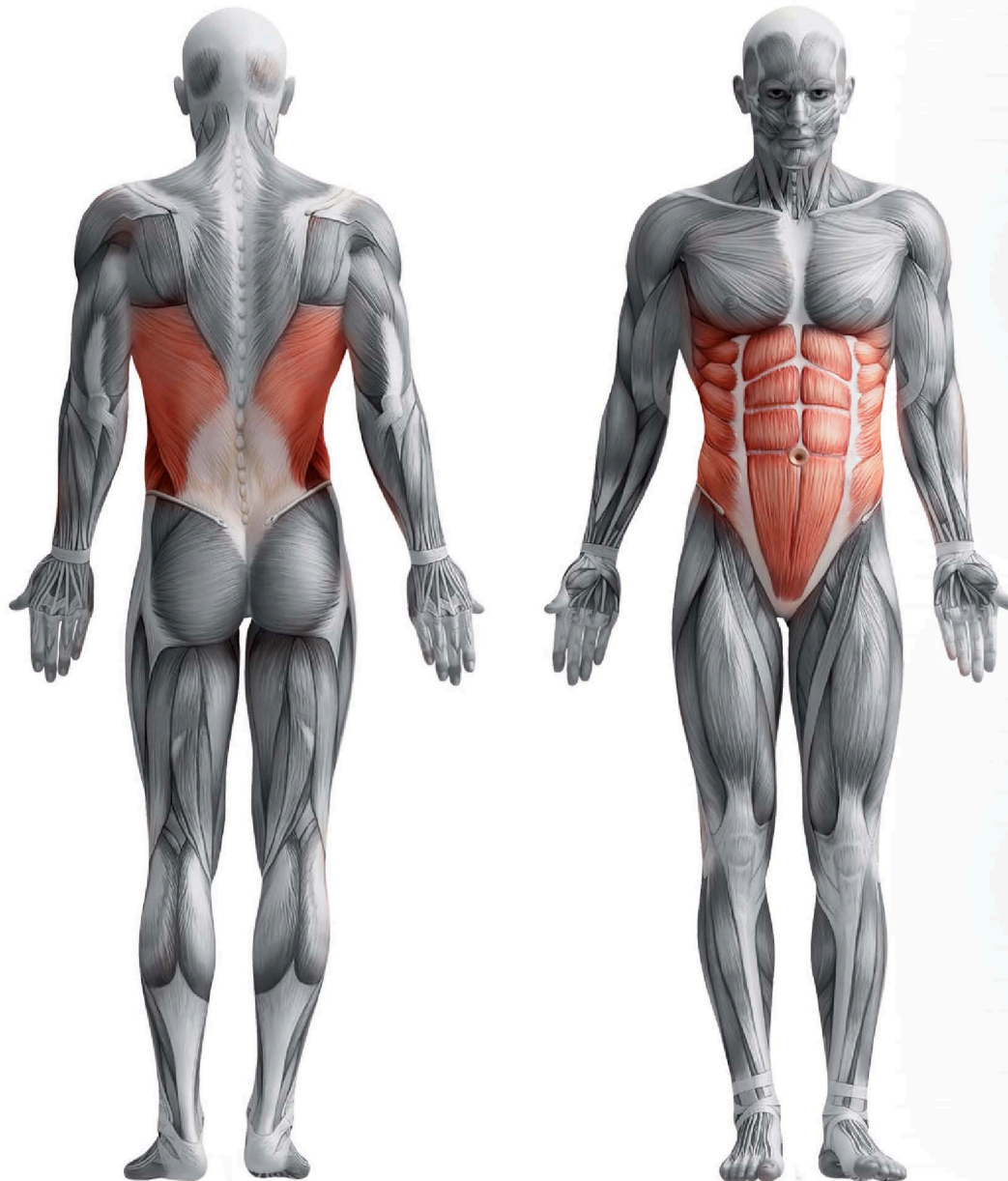
BASIC



ADVANCED



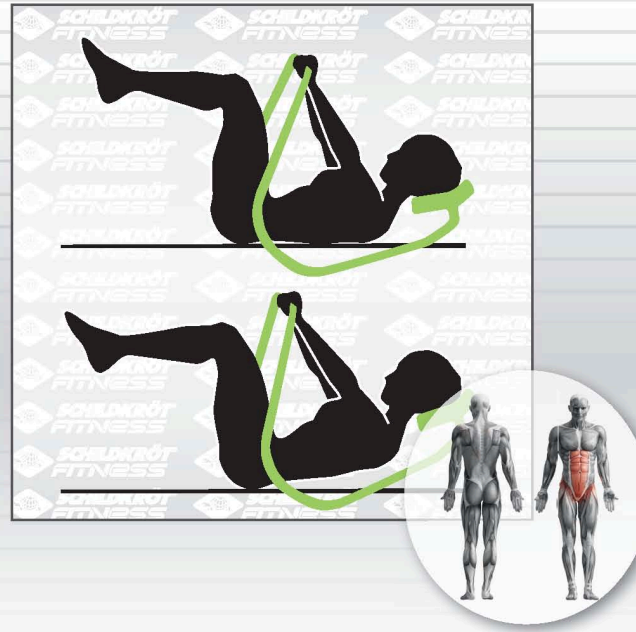
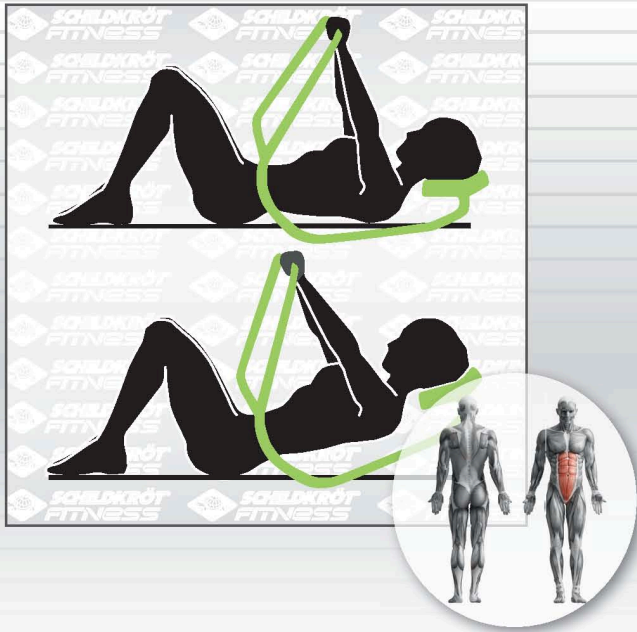
THEMENBEREICH 4: KRAFTTRAINING RUMPFMUSKULATUR



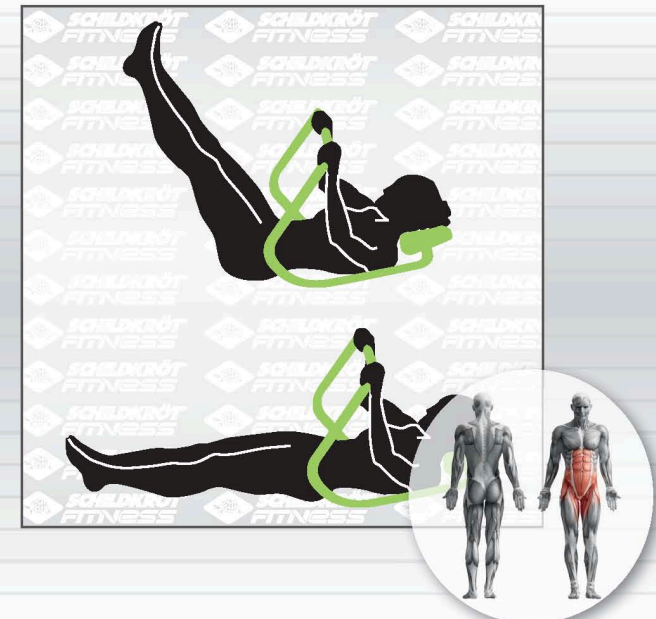
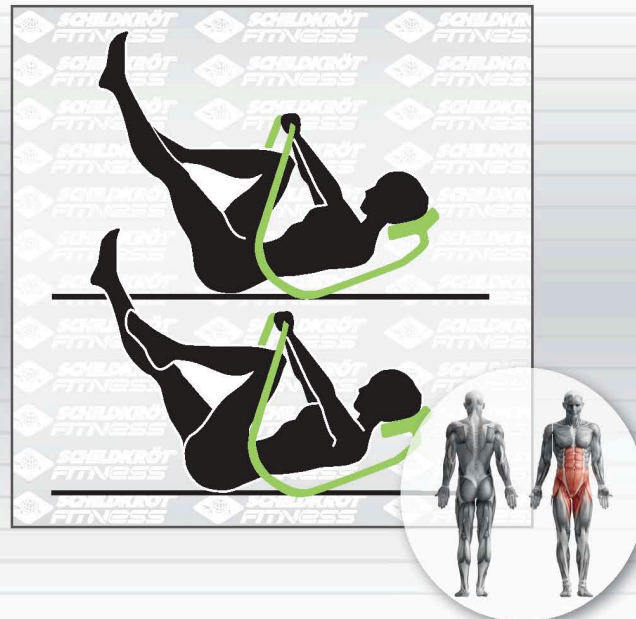
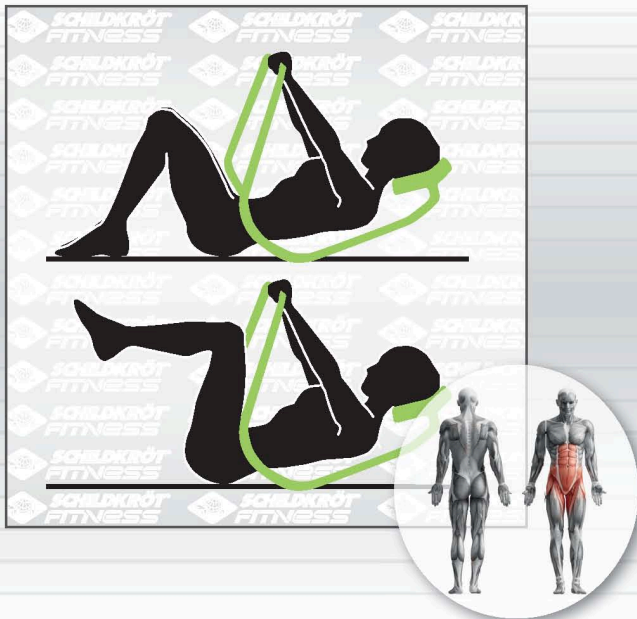
Der AB-Trainer darf bei einem vollständigen Fitnessprogramm nicht fehlen. Die verschiedenen Bauchmuskeln können mit Hilfe von unterschiedlichen Beinstellungen angesprochen werden.

AB-TRAINER

BASIC



ADVANCED



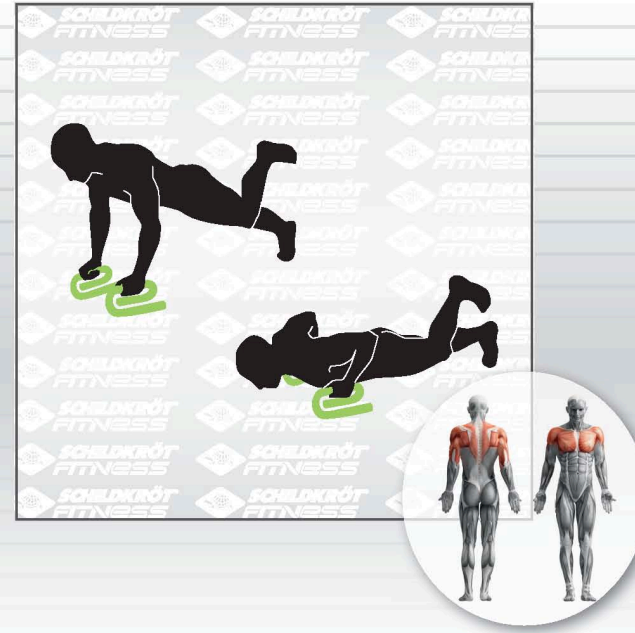
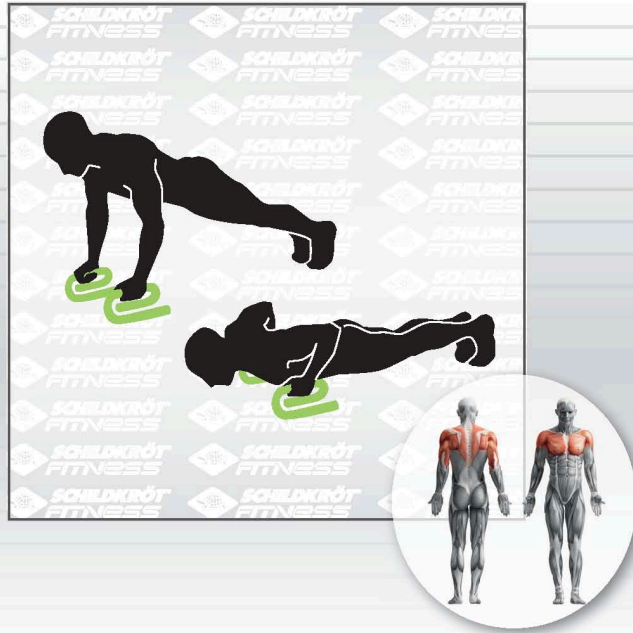
THEMENBEREICH 5: KRAFTTRAINING SCHULTERGÜRTEL



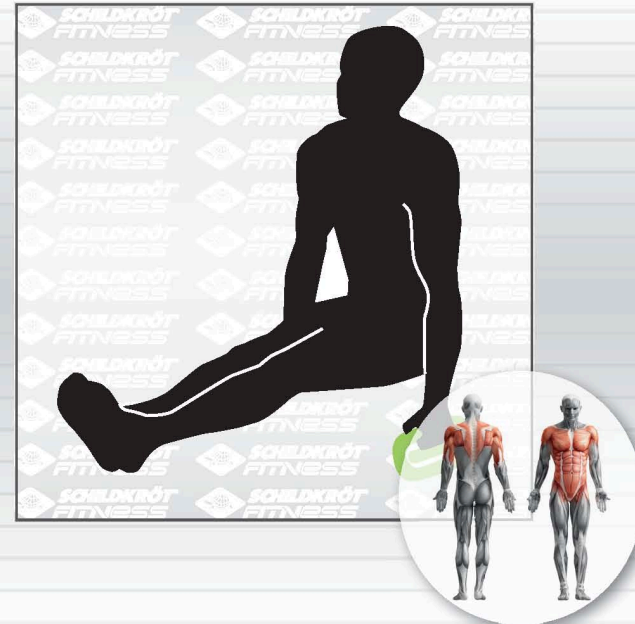
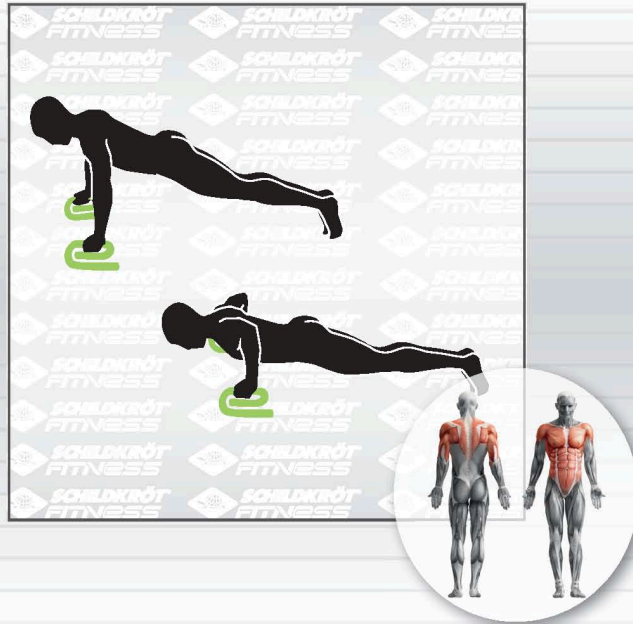
Liegestützen und Klimmzüge sind die klassischen Übungsvarianten für den Bereich Schultern und Rücken sowie Brust und Arme. Je nach Nutzung von Türreack, Klimmzugstange oder Push Up Bars stehen Brust oder Schultermuskulatur mehr im Vordergrund.

PUSH-UP BARS

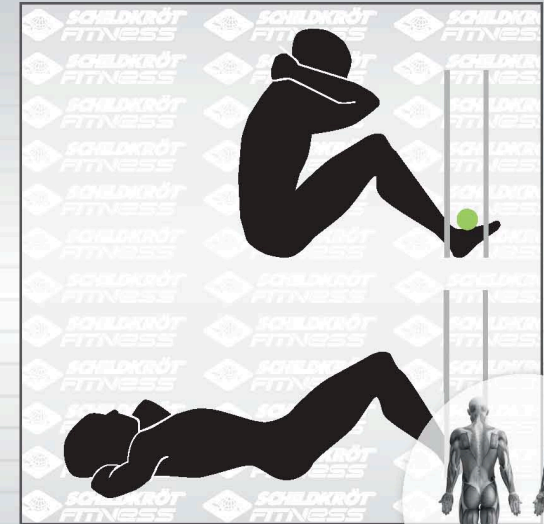
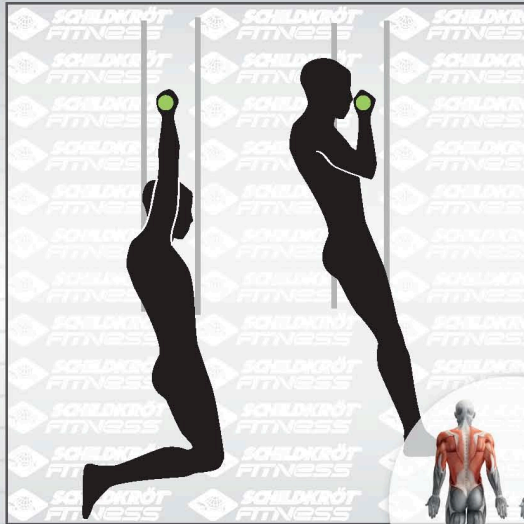
BASIC



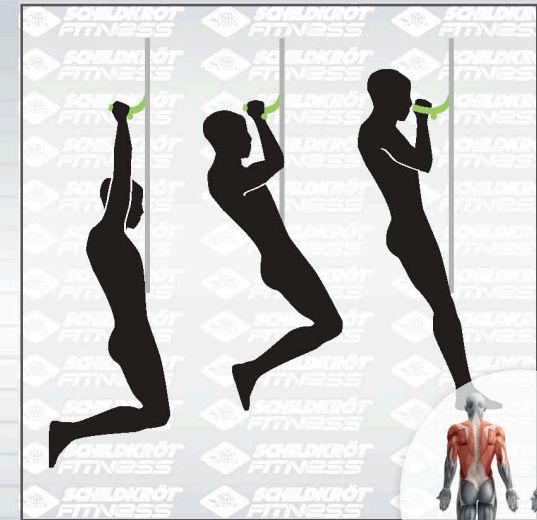
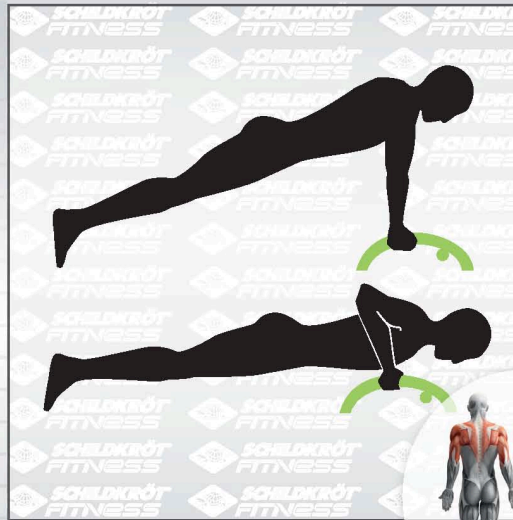
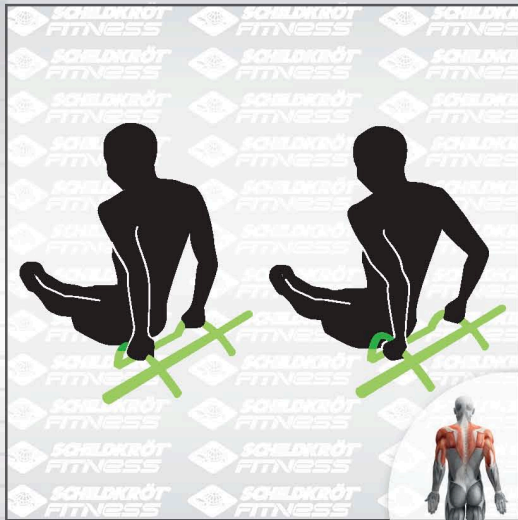
ADVANCED



DOOR GYM BAR

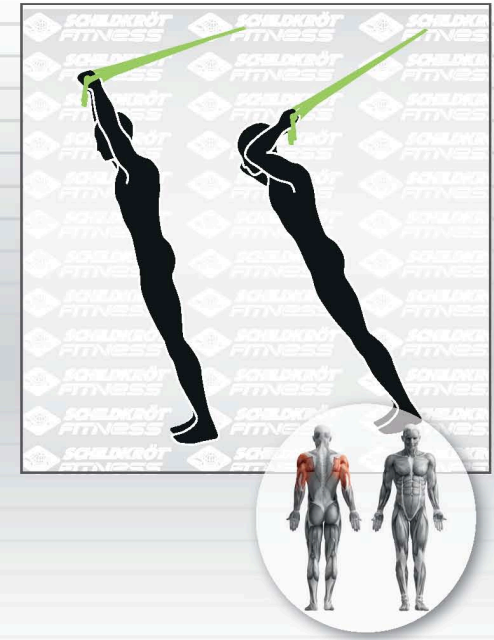
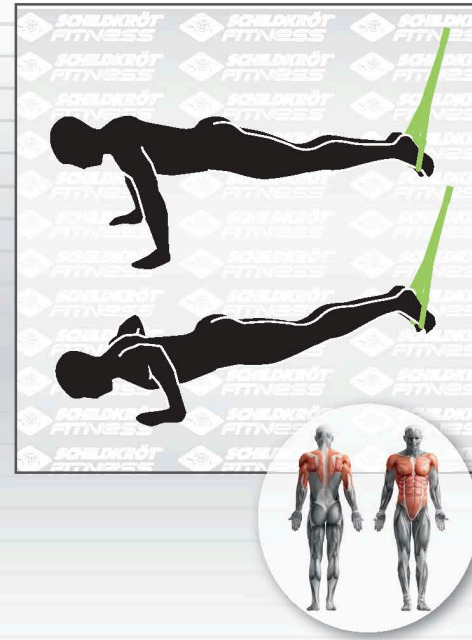
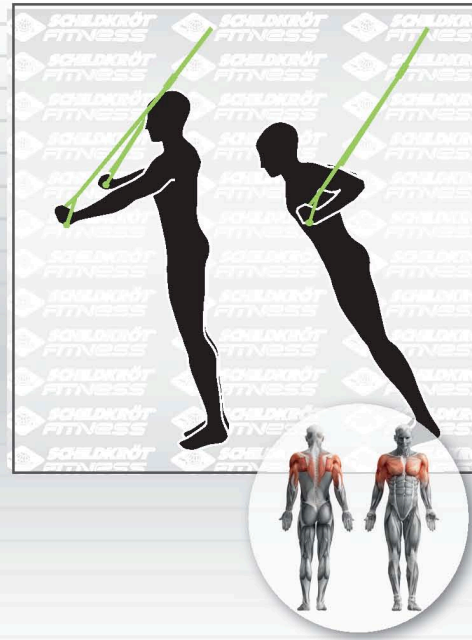
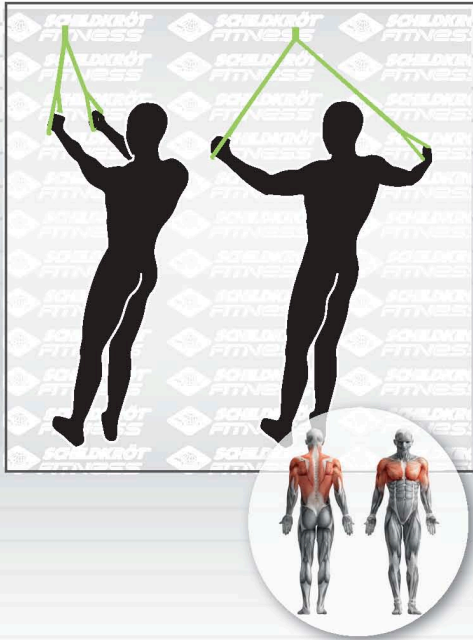


MULTIFUNCTION DOOR RACK

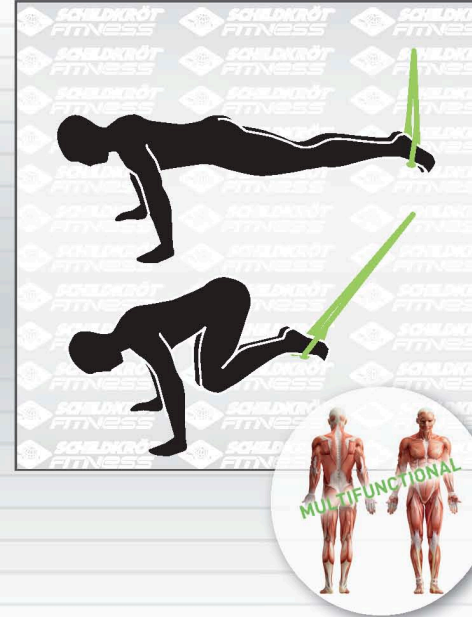
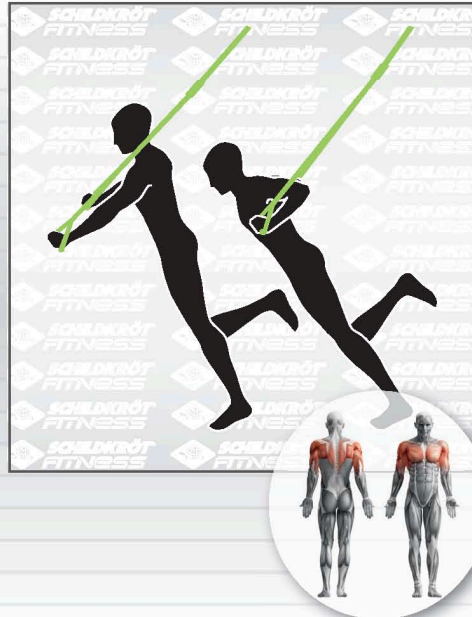
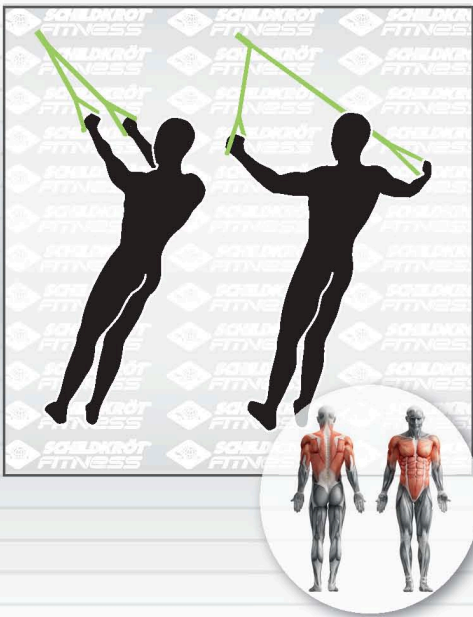


SLING TRAINER

BASIC



ADVANCED



THEMENBEREICH 6: KRAFTTRAINING ARME

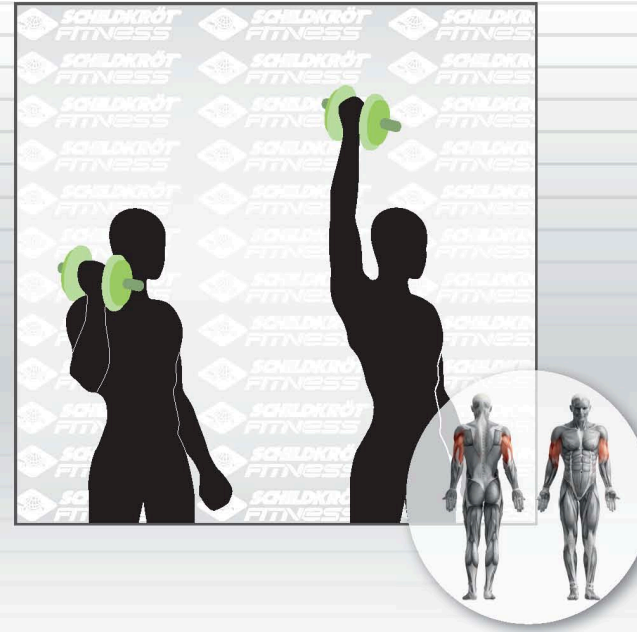
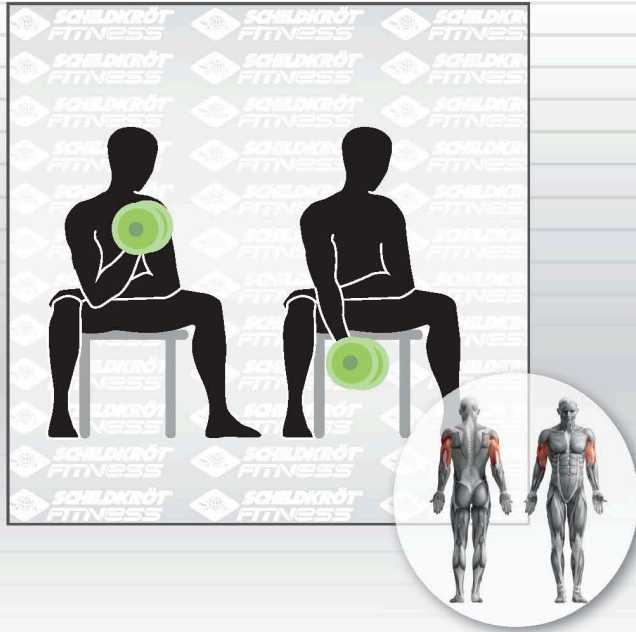


Bei der Kurzhantel können Bizeps und Trizeps isoliert trainiert und so eine hohe Intensität erzeugt werden.

Aber auch multifunktionale Muskelgruppen können mit diesem Gerät angesprochen werden.

DUMBBELL 10kg

BASIC



ADVANCED

