



# Bedienungsanleitung



## Bodybow Trainingsbank

Art.-Nr. 16235

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Sprossenwand

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# BodyBow User's Guide

The BodyBow is used to increase:

1. Spinal and Extremity Mobility
2. Spinal and Extremity Strength
3. Spinal and Trunk Stability

This user's guide will illustrate several variations of all of these exercises. Follow your health care practitioner's advice for how much to stretch or strengthen, respecting your symptoms, and which exercises are best for you.

## Mobility Exercises

### 1. Extension #1

Starting position: Sit on the shorter end of the BodyBow. Keep feet on the floor.

Movement: Lean backward slowly until you are stretching as shown –use your abdominal muscles to control the movement.



### 2. Extension #2

Starting position: Lie on the shorter end of the Body Bow with your hands gripping at the longer end.

Movement: Straighten your arms and let your back bend backward as shown. Keep your pelvis on the BodyBow.



### 3. Spine and Shoulder Stretching #1

Starting position: Kneel at the short end of the BodyBow with your arms on the top.

Movement: Assume the position shown.



### 4. Spine and Shoulder Stretching #2

Starting position: Kneel at the short end of the BodyBow, about 18" away, with your arms on the top.

Movement: Assume the position shown; keep your head in a neutral position.



5. Side Stretching

Starting Position: Kneel sideways at the short end of the BodyBow.

Movement: Stretch sideways over the top of the BodyBow as shown.



6. Hamstring Stretching

Starting position: Assume the position shown, at the short end of the BodyBow.

Movement: Gently lean your trunk toward your thigh, as you press your knee downward toward the BodyBow. Keep your back flat; avoid excessive rounding.



7. Anterior Thigh Stretching #1 (Rectus Femoris)

Starting position: Assume the position shown, with your knee on the long end of the BodyBow.

Movement: Gently press your pelvis forward to feel a stretch at the front of your thigh. Keep your trunk upright.



8. Anterior Thigh Stretching #2 (Iliopsoas)

Starting position: Assume the position shown, with your knee on the long end of the BodyBow.

Movement: Gently press your pelvis forward to feel a stretch at the front of your thigh. Rotate your trunk away from the knee that is on the BodyBow. Keep your trunk upright.



9. Heel Cord Stretching

Starting position: Stand on the BodyBow with the balls of your feet positioned at the location shown. Hold on to an object for support as needed.

Movement: Allow your heels to drop down onto the BodyBow, to stretch the back of your calf. Keep your body straight and upright as shown.



## Strengthening Exercises

### 1. Extension #1

Starting position: Lie face down on the BodyBow with your pelvis at the short end. Place your hands on your forehead, elbows out to the sides.

Movement: Lift your upper body off the BodyBow, keeping your pelvis down on the BodyBow



### 2. Extension #2

Starting position: Lie face down on the BodyBow with your pelvis at the short end. Place your hands on your buttocks, behind your back.

Movement: Lift your upper body off the BodyBow, keeping your pelvis down on the BodyBow



### 3. Extension #3

Starting position: Lie face down on the BodyBow with your pelvis at the short end. Place one hand at your side and the other hand on your forehead with elbow out as shown.

Movement: Lift your upper body off the BodyBow, as you rotate your trunk toward the straight arm. Keep your pelvis down on the BodyBow.



### 4. Extension #4

Starting position: Lie face down on the BodyBow with your pelvis at the short end. Place your arms in front of your body.

Movement: Lift your upper body and arms off the BodyBow as shown. Keep your pelvis down on the BodyBow.





5. Extension with Gluteus Muscles  
Starting position: Lie over the BodyBow with your legs toward the short end.  
Movement: Bend your knees and press your feet toward the ceiling as shown.



6. Extension with Hamstring Muscles  
Starting position: Lie over the BodyBow with your legs toward the short end.  
Movement: Raise your straight legs toward the ceiling as shown.



7. Hip Abduction  
Starting position: Lie sideways over the BodyBow with your knees at the short end.  
Movement: Lift your top leg straight toward the ceiling. Do not let your hip flex forward or your body rotate. Use weights as needed.



8. Shoulder Flexion  
Starting position: Kneel over the BodyBow with your knees at the short end.  
Movement: Keep your forehead down, and raise your straight arm toward the ceiling as shown. Use weights as needed. Raise one arm or both arms as desired.



9. Shoulder – Scapular Muscles  
Starting position: Kneel over the BodyBow with your knees at the short end.  
Movement: Keep your forehead down, and raise your straight arm toward the ceiling as shown. Use weights as needed. Raise one arm or both arms as desired.



## 10. Shoulder Extension

Starting position: Kneel over the BodyBow with your knees at the short end.

Movement: Keep your forehead down, and raise your straight arm toward the ceiling as shown. Use weights as needed. Raise one arm or both arms as desired.



## 11. Side Flexion

Starting position: Lie on your side with legs at the short end of the BodyBow, place hands behind head.

Movement: Raise trunk sideways off the BodyBow, pressing elbow toward ceiling as shown.



## 12. Abdominal Training

Starting position: Lie on the BodyBow with your feet toward the short end. Keep your feet on the floor and fingertips lightly at the back of your head.

Movement: Lift your chest toward the ceiling, without pulling on your head with your arms. Variation: Place one hand on your abdomen. Lift and rotate toward your hand to strengthen your abdominal obliques.



## Stabilization Exercises

### 1. Stabilization #1

Starting position: Lie as shown but with both feet on the floor. Your feet should be toward the short end of the BodyBow. Keep the plane of your body perfectly straight. Movement: Slowly extend one leg as shown, without changing the horizontal position of your body. Do not allow your hips to drop or your trunk to rotate.



### 2. Stabilization #2

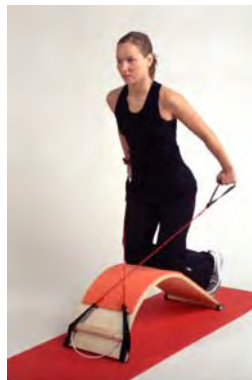
Starting position: Sit on the BodyBow as shown with a length of exercise tubing through the loop at the short end of the BodyBow. Movement: Slowly stretch the tubing, pressing your arms toward the ceiling as shown. Hold abdominal muscles tight. Do not allow your back to sway or your trunk to rotate.



### 3. Stabilization #3

Starting position: Kneel on the BodyBow as shown with a length of exercise tubing through the loop at the short end of the BodyBow.

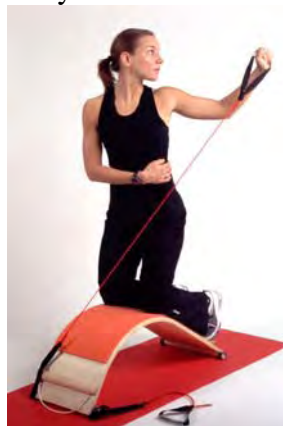
Movement: Slowly stretch the tubing, pressing your arms backward as shown. Hold abdominal muscles tight. Do not allow your back to sway or your trunk to fall forward or rotate.



### 4. Stabilization #4

Starting position: Kneel on the BodyBow as shown with a length of exercise tubing through the loop at the short end of the BodyBow. Start with both hands on your abdomen, holding the end of the tubing in one hand.

Movement: Slowly stretch the tubing, pressing one arm up, back and toward the ceiling as shown. Rotate your neck and trunk to follow your arm. Hold abdominal muscles tight. Do not allow your back to sway.





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