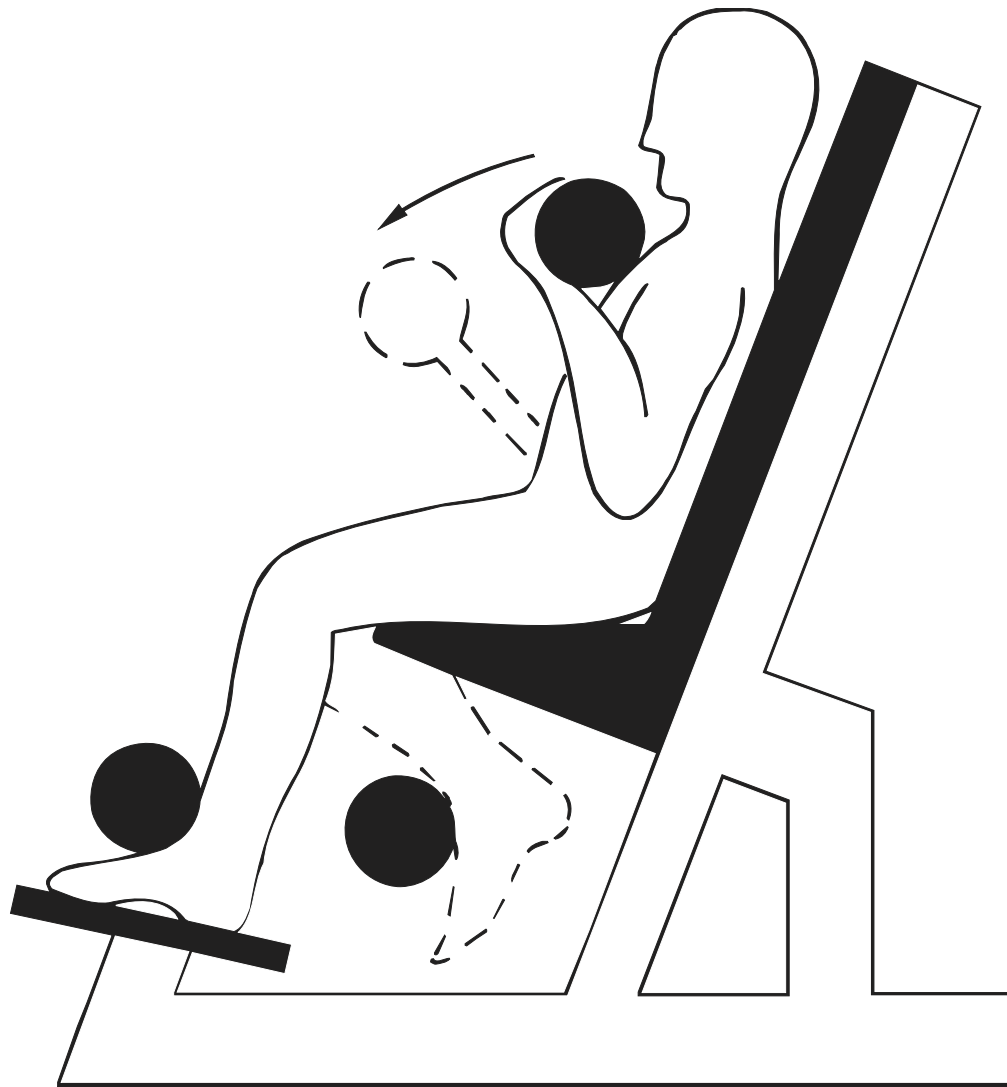


EN-Dynamic Abdominal Trainer

Exercising abdominal muscles



Partner for Life



Preparation:

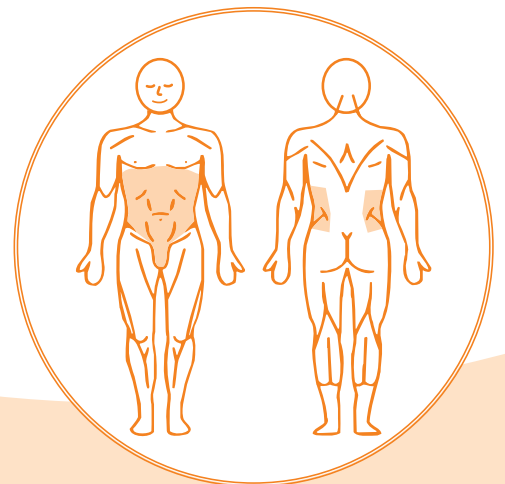
- select the seat height so that your pelvis is at the same level as the unit's centre of rotation
- set the chest bar to the level of your sternum
- adjust the footrest so your knees are bent at approximately 110°
- place your feet on the footrest and below the fixed rolls
- Enter your EN-Track chipcard or select the desired resistance and reset the repetition counter

Procedure:

- keep your hands crossed in front of your chest or hold the chest bar
- contract your abdominal and lower back muscles before starting the exercise
- bend forward in a slow and fluent movement
- hold this position for two seconds and return to the starting position in a slow and fluent movement
- for variation you can slip your feet behind the roll under the seat

Note:

- keep your torso stiff by contracting abdominal and back muscles to prevent lumbar overload
- reset the load to zero before you leave the unit



entrack

Passion for motion