

Shape^{UP} fitness exercises

Tips for increasing the intensity of training:

Start the training gently and not before consulting your doctor. Make sure that you do not overexert yourself and listen to your body.

- In week 1+2 training takes place with 3 x 15 repetitions
- In week 3+4 training takes place with 3 x 12 repetitions
- In week 5-8 training takes place with 3 x 10 repetitions
- In week 9-12 training takes place with 3 x 8 repetitions

1. Leg press

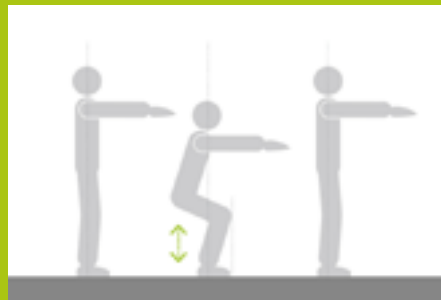


With exercise equipment

Lean back against the support of the training device. Place feet at hip-width on the base plate so that an angle of 90° is formed between the upper and lower legs. Hold the grips with both hands. Release the safety mechanism and lower the weight slowly in a controlled motion as close as possible to the upper torso.

Then press the base plate back again. Avoiding locking knees while doing so.

Repeat 15 times, then rest for 1 minute. Perform exercise set three times.



Without training equipment

Stand with your feet at hip's width apart, slightly bent knees. Lift your arms at a 90° angle to your body. Lower your hips to the height of your knees. Then return to the starting position. Do not extend your knees completely.

Repeat 15 times, then pause for a minute. Do the set three times.



With TheraBand

Stand on the middle of the TheraBand, your feet at pelvis width apart and with your knees bent. Heels on the floor. Arms to the side of your body. Lower the hips to knee height]. (Important! Your knees must be in line with your toes). Complete stretch of the hips and knees. Make sure that your back remains straight throughout the entire exercise.

Repeat 15 times, then pause for a minute. Do the set three times.

2. Sit-ups



With training equipment

Lie on your back with knees bent at a 90° angle. Tighten your stomach and slowly lift the upper body. Then return to the starting position. Hold your arms either next to your body or cross them behind your head.

The exercise can be carried out on an abdominal trainer. Repeat 15 times, then pause for a minute. Do the set three times.



Without training equipment

Legen Sie sich auf den Boden in Rückenlage mit angewinkelten Knien im 90° Winkel. Auf hartem Boden bietet sich eine Yoga-Matte als Unterlage an. Bauch anspannen und langsam den Oberkörper anheben. Anschließend wieder in die Ausgangslage zurückkehren. Arme entweder neben dem Körper halten oder Hände hinter dem Kopf verschränken.

15 Mal wiederholen, anschließend eine Minute pausieren. Satz dreimal durchführen.

3. Cable pulldown



With training equipment

Pull the bar to your chest with a broad grip. Keep your back straight. Then slowly lower the weight again.

Repeat 15 times, then pause for a minute. Do the set three times.



Without training equipment

Grip the pull-up bar from the outside, lift your lower legs and slowly pull your body up until the bar is at chest height. Then slowly lower your body again. Do not put your feet on the floor.

Repeat 15 times, then pause for a minute. Do the set three times.

4. Back trainer



With training equipment

Lean against the padding with your back and undo the catch. Bend your upper body forward, then move the weight back and return to an upright position.

Repeat 15 times, then pause for a minute. Do the set three times.



Without training equipment

Lie on your front and alternately lift the diagonally opposite arms and legs.

Repeat 15 times, then pause for a minute. Do the set three times.



With TheraBand

Stand on the middle of the Theraband, your feet at pelvis width apart and with your knees slightly bent. Bend your upper body forward at an angle of 45 degrees. Tighten your abdomen. Holding your arms stretched out under your shoulders, slowly pull the TheraBand up to your chest and hold it briefly in this position. Hold your elbows close to your body. Then slowly lower the band again. Make sure that your back remains straight throughout the entire exercise.

Repeat 15 times, then pause for a minute. Do the set three times.

5. Chest press



With training equipment

Adjust the seat height so that the grips are at chest level. Your knees should form an angle of 90° when sitting. Back straight and pressed fully into the padding. Put your hands around the grips and press forward slowly and in a controlled manner. Do not extend your arms completely. Then return to the starting position.

Repeat 15 times, then pause for a minute. Do the set three times.

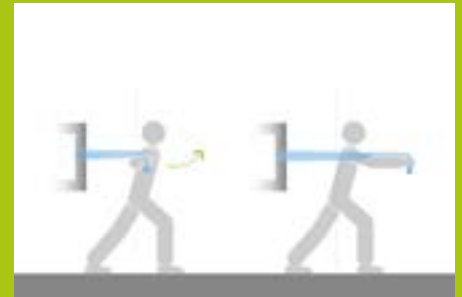


Without training equipment

In the prone position, place your hands at shoulder width and toes at hip width on the floor. Your head, neck, spine, buttocks and knees are in one line, abdomen taut. Bend your arms simultaneously and lower your upper body. Then return to the starting position.

Alternatively, to make it easier, you can place your hands at shoulder width on a solid elevation.

Repeat 15 times, then pause for a minute. Do the set three times.



With TheraBand

Attach the TheraBand to a secure, fixed point (not on a door or furniture handle). Lunge step: One leg slightly bent in front of the body. With open arms move forward so that the band is slightly tensioned. Move your arms (with slightly bent elbows) in a semicircular manner in front of the chest until your hands almost touch each other. Hold for 1-2 seconds, then slowly return to the original position, keeping the muscles tense. Breathe out during the forward movement, breathe in when returning.

Repeat 15 times, then pause for a minute. Do the set three times.