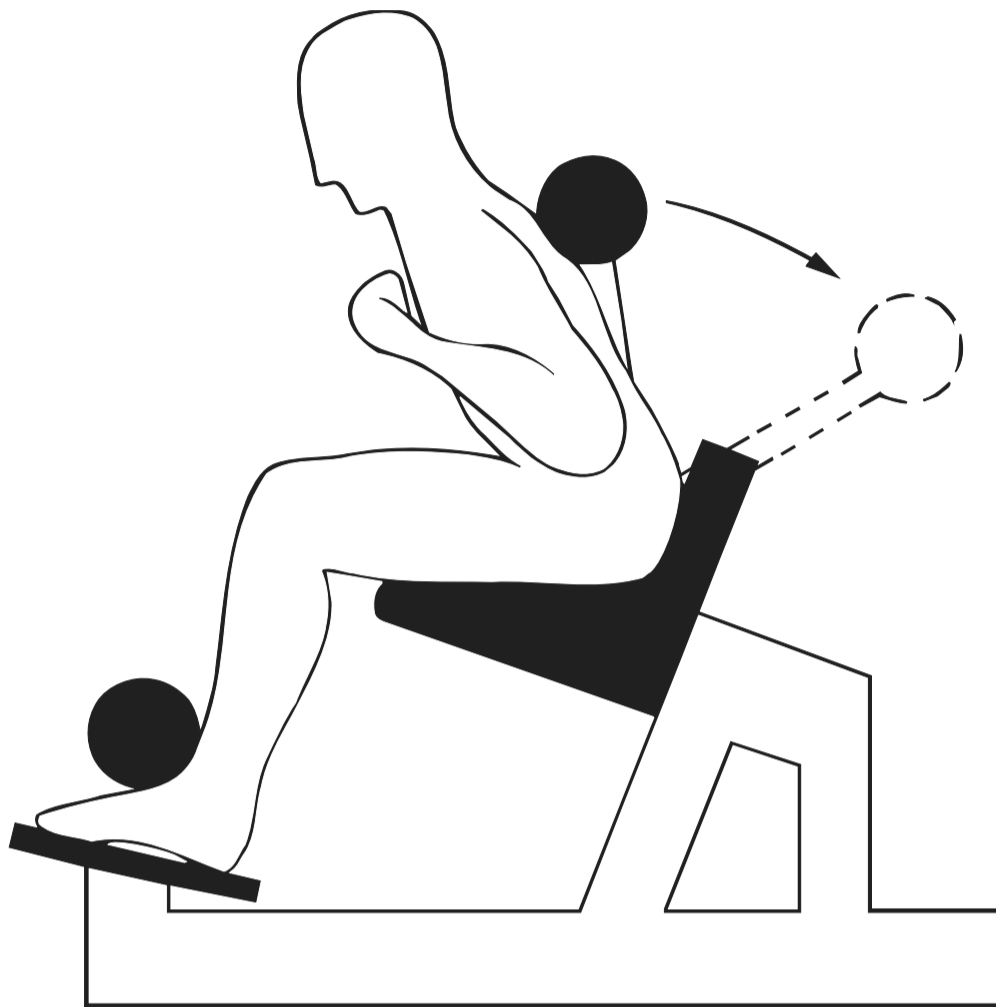


# EN-Dynamic Back Trainer

Exercising back- and hip muscles



*Partner for Life*



## Preparation:

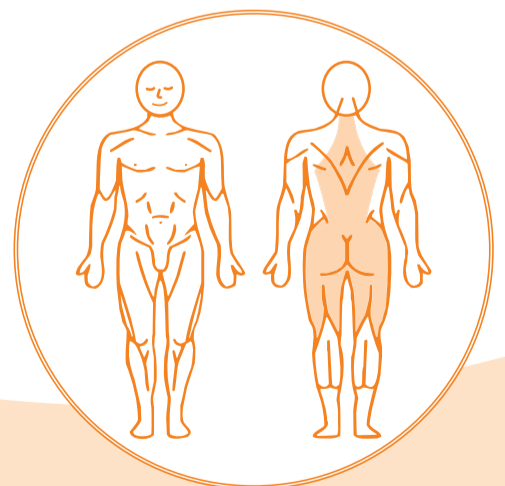
- select the seat height so that your pelvis is at the same level as the unit's centre of rotation
- position the back support below your shoulder blades
- adjust the footrest so your knees are bent at approximately 110°
- place your feet on the footrest and below the fixed roll
- Enter your EN-Track chipcard or select the desired resistance and reset the repetition counter

## Procedure:

- keep your arms crossed in front of your chest
- contract your abdominal and lower back muscles before starting the exercise
- extend your back slowly in a fluent movement
- hold the extended position for two seconds and return to the starting position in a slow and fluent movement

## Note:

- do not move too fast and do not over-extend your back
- keep your torso stiff by contracting abdominal and back muscles to prevent lumbar overload
- have the back support positioned on a comfortable height to perform the exercise with the right force
- reset the load to zero before you leave the unit



entrack

# Passion for motion