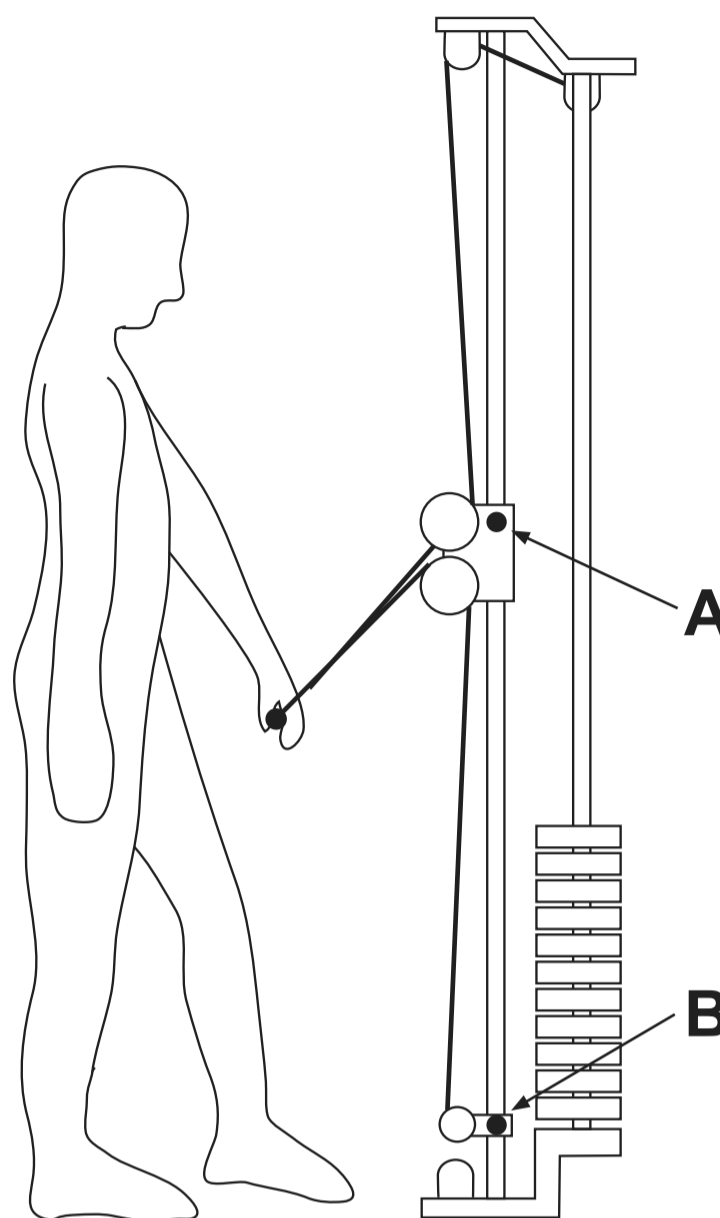


# EN-Dynamic EN-TreeP

Exercising functional movements



*Partner for Life*



## Preparation:

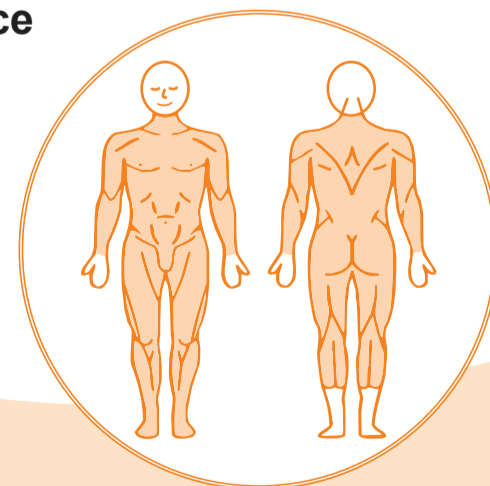
- select the exercise(s) that you have agreed on with your coach/practitioner
- attach the appropriate accessories (handlebars, crossbar, brace, etc.)
- set the height of the middle pulley (A)
- check that you have sufficient space to carry out the exercise
- adjust the length of the rope extension if necessary by changing the height of the bottom pulley (B)
- insert your EN Track chip card or select the correct resistance and set the repetition counter to 0
- adopt the starting position agreed with your coach/practitioner

## Procedure:

- contract your abdominal and back muscles before starting the exercise
- for muscle-strengthening exercises move in a slow and controlled way so that the movements are smooth and uninterrupted
- for explosive exercises carry out the agreed movements with full force

## Note:

- complete all the movements
- take care not to hinder other people while you are exercising
- remove the accessories when you have finished exercising
- leave the settings unchanged after finishing the exercise



entrack

# Passion for motion