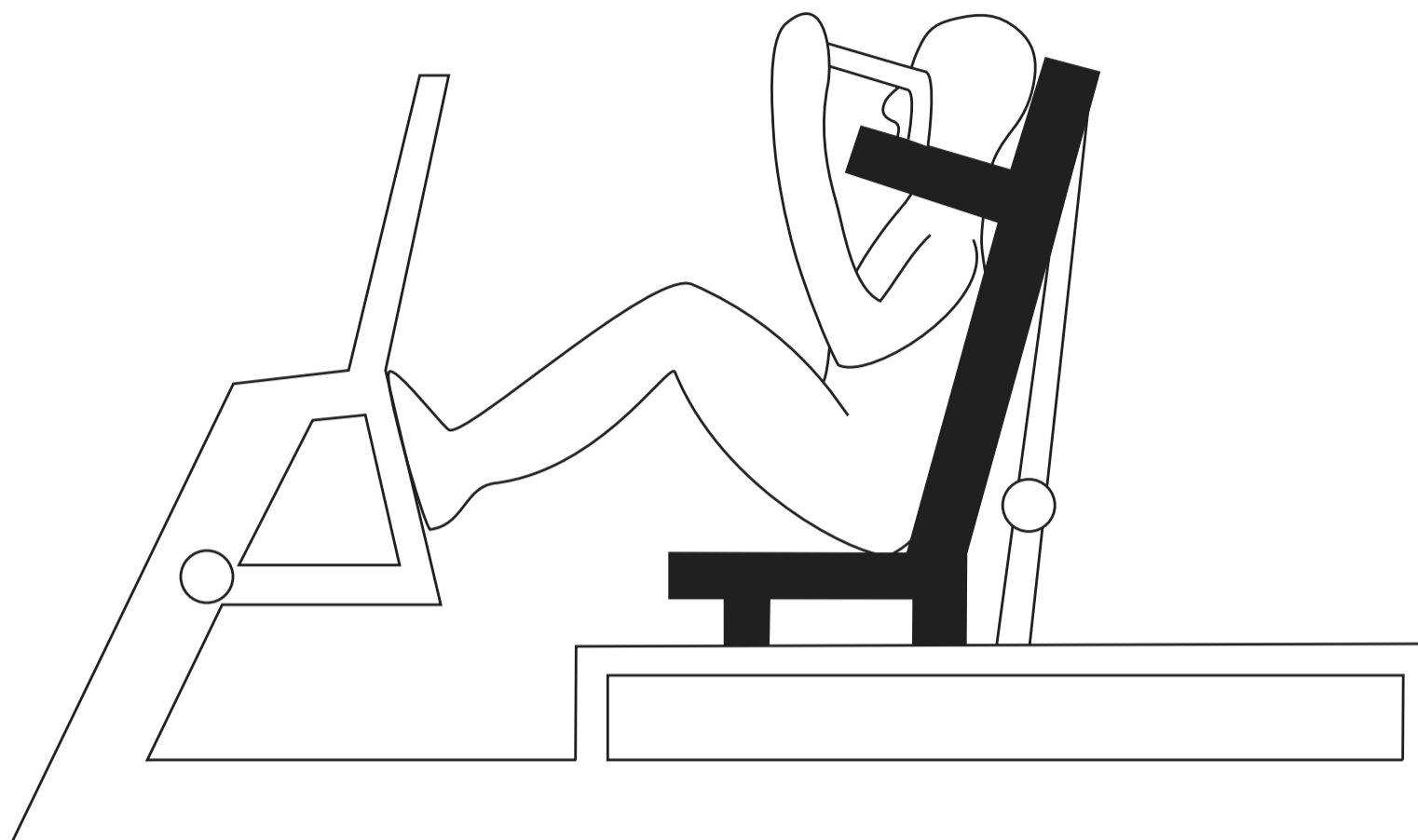


EN-Dynamic Squat

Exercising the knee and hip muscles



Partner for Life



Preparation:

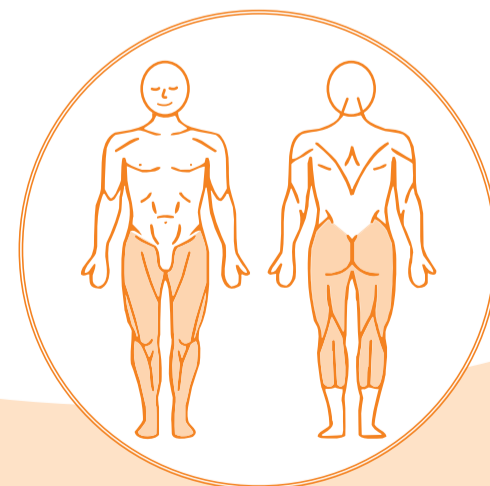
- set the backrest at the correct angle before sitting down and adjust the angle of the footrest
- sit down with your back fully supported by the backrest
- move the chair forwards or backwards so that your knees are bent at an angle of about 90 degrees
- adjust the shoulder supports so that they just touch your shoulders when you are in a relaxed position
- insert your EN Track chip card or select the correct resistance and set the repetition counter to 0
- place your feet against the footrest and hold the handlebars

Procedure:

- contract your abdominal and back muscles before starting the exercise
- stretch your legs in a slow and controlled way so that the stretching movement is smooth and uninterrupted
- when your legs are stretched (do not overstretch the knees) hold the position for two seconds
- slowly bend the knees again in a slow and controlled way

Note:

- make a complete stretch and bend movement
- do not move too fast, so that the knees are not overstretched and the movement is carried out in a controlled way
- keep your back properly supported against the backrest to prevent any strain
- leave the settings unchanged after finishing the exercise



entrack

Passion for motion