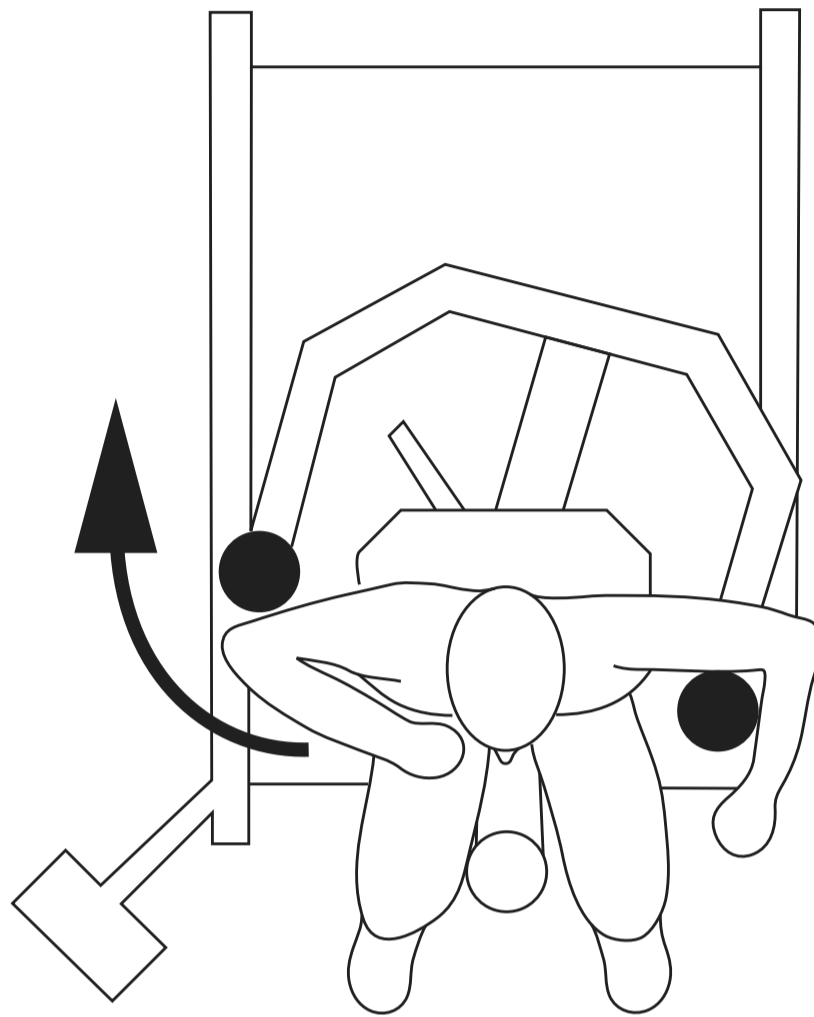


# EN-Dynamic Rotatotor

Exercising the abdominal and back muscles



*Partner for Life*



## Preparation:

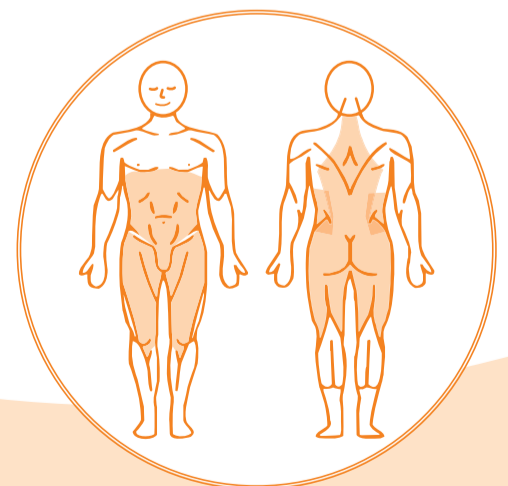
- place the arm-rests in the required position
- place your arms against the rollers
  - for a leftward rotation place your left arm against the roll and your right arm around the roll
  - for a rightward rotation place your right arm against the roll and your left arm around the roll
- press the leg support between the legs
- sit up straight
- insert your EN Track chip card or set the correct resistance with the repetition counter at 0

## Procedure:

- contract your abdominal and back muscles before starting the exercise
- turn slowly and evenly, rotating your head with your body.
- remain in the maximum rotated position for two seconds and return to the starting position in a slow, flowing movement

## Note:

- do not move too quickly and never turn further than is comfortable
- take care not to arch your lower back too much, to avoid excessive strain
- remain sitting upright during the exercise
- return the arm rolls to the 0 position when you have finished with the machine



entrack

# Passion for motion