

BASIC EXERCISES

The SPINEFITTER by SISSEL® is an innovative training device developed by therapists and trainers to loosen muscles, mobilize joints and strengthen deep muscles. The parallel balls create mechanical stimuli on both sides of the spine and in different muscle groups.



1 Preparation / Relax

Start: Lie on your back lengthways on the SPINEFITTER from the back of the head to the sacrum with your legs up, arms relaxed beside your body.

Exercise: perceive the points of contact with the SPINEFITTER, gently shift your weight.

Exercise goal: Relaxing the muscles along the spine.



2 Shoulder circles



Start: Lie on your back lengthways on the SPINEFITTER from the back of the head to the sacrum, hands pointing towards the ceiling, elbows soft.

Exercise: Circles from the shoulder girdle with arms outstretched.

Exercise goal: To release tension in the shoulder/neck muscles.



3 Arm circles



Start: Lie on your back lengthways on the SPINEFITTER from the back of the head to the sacrum, hands pointing towards the ceiling, elbows soft.

Exercise: Circle your arms in a wide arc, change the direction after one set.

Exercise goal: mobilization of the shoulder joint, Release tension in the joint capsule.



4 External and internal rotation



Start: Lie on your back lengthways on the SPINEFITTER, feet up, arms stretched towards the ceiling.

Exercise: Lower your elbows towards the floor at shoulder level, palms facing each other. From here, let your fore-arms sink down towards your thumbs (external rotation of the shoulder), back up and let them sink down towards your little fingers (internal rotation of the shoulder).

Exercise goal: Mobilization of the shoulder, acting on trigger points of the rhomboid muscle.



5 Chest Lift – Bridging



Start: Lie on your back lengthways on the SPINEFITTER from the back of the head to the sacrum with your legs up, arms relaxed beside your body.

Exercise: Lift up your pelvis and roll up to the tips of the shoulder blades. Roll down again vertebra by vertebra.

Exercise goal: mobilization of the thoracolumbar junction with stimulation of the acupressure points.



6 Standing / Relax



Start: Standing, SPINEFITTER lying crosswise, ball of one foot in contact with the SPINEFITTER (acupressure point Kidney). Other foot is in front of the SPINEFITTER.

Exercise: Weight on the slightly bent front leg, stretch the back leg to stretch the calf.

Exercise goal: Stretching the gastrocnemius muscle and the soleus muscle.



7 Relax

Start: Lie on your back lengthways on the SPINEFITTER from the back of the head to the sacrum with your legs up, arms relaxed beside your body.

Exercise: perceive the points of contact with the SPINEFITTER, gently shift your weight.

Exercise goal: Relaxing the muscles along the spine.



For exercise videos visit SPINEFITTER.COM

WWW.SPINEFITTER.COM

BASIC EXERCISES

The SPINEFITTER by SISSEL® is an innovative training device developed by therapists and trainers to loosen muscles, mobilize joints and strengthen deep muscles. The parallel balls create mechanical stimuli on both sides of the spine and in different muscle groups.



1 Preparation / Relax

Start: Lie on your back lengthways on the SPINEFITTER from the back of the head to the sacrum with your legs up, arms relaxed beside your body.

Exercise: perceive the points of contact with the SPINEFITTER, gently shift your weight.

Exercise goal: Relaxing the muscles along the spine.



2 Shoulder circles



Start: Lie on your back lengthways on the SPINEFITTER from the back of the head to the sacrum, hands pointing towards the ceiling, elbows soft.

Exercise: Circles from the shoulder girdle with arms outstretched.

Exercise goal: To release tension in the shoulder/neck muscles.



3 Arm circles



Start: Lie on your back lengthways on the SPINEFITTER from the back of the head to the sacrum, hands pointing towards the ceiling, elbows soft.

Exercise: Circle your arms in a wide arc, change the direction after one set.

Exercise goal: mobilization of the shoulder joint, Release tension in the joint capsule.



4 External and internal rotation



Start: Lie on your back lengthways on the SPINEFITTER, feet up, arms stretched towards the ceiling.

Exercise: Lower your elbows towards the floor at shoulder level, palms facing each other. From here, let your fore-arms sink down towards your thumbs (external rotation of the shoulder), back up and let them sink down towards your little fingers (internal rotation of the shoulder).

Exercise goal: Mobilization of the shoulder, acting on trigger points of the rhomboid muscle.



5 Chest Lift – Bridging



Start: Lie on your back lengthways on the SPINEFITTER from the back of the head to the sacrum with your legs up, arms relaxed beside your body.

Exercise: Lift up your pelvis and roll up to the tips of the shoulder blades. Roll down again vertebra by vertebra.

Exercise goal: mobilization of the thoracolumbar junction with stimulation of the acupressure points.



6 Standing / Relax



Start: Standing, SPINEFITTER lying crosswise, ball of one foot in contact with the SPINEFITTER (acupressure point Kidney). Other foot is in front of the SPINEFITTER.

Exercise: Weight on the slightly bent front leg, stretch the back leg to stretch the calf.

Exercise goal: Stretching the gastrocnemius muscle and the soleus muscle.



7 Relax

Start: Lie on your back lengthways on the SPINEFITTER from the back of the head to the sacrum with your legs up, arms relaxed beside your body.

Exercise: perceive the points of contact with the SPINEFITTER, gently shift your weight.

Exercise goal: Relaxing the muscles along the spine.



For exercise videos visit SPINEFITTER.COM

WWW.SPINEFITTER.COM