



90/90 Stretch

Machine no.:
Settings:

30 Sec.

Starting position:

- Start from a side lying position with your lower leg extended.
- Keep your upper hips bent at 90 degrees, your arms point forward.

Implementation:

- Rotate your upper hand backwards until you loose contact with your top leg.
- Your gaze follows your hand.



Squats

Machine no.:
Settings:

1 Set 30 Sec. 0 kg

Starting position:

- Adopt a shoulder width stance, feet slightly rotated outwards.

Implementation:

- Squat down by moving the glutes backwards.
- Keep upper body straight, extend chest, keep heels on the ground



Quadruped Spine Mobilization

Machine no.:
Settings:

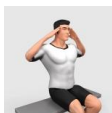
30 Sec.

Starting position:

- Place your hands shoulder with and your knees hip with on the floor, gaze towards the floor.

Implementation:

- Lift your shoulders upwards and tuck your chin to your sternum.
- Push your ribcage downwards and lift your head towards your shoulder blades.



Spine Mobilization with Lateral Flexion

Machine no.:
Settings:

30 Sec.

Starting position:

- Position your buttocks on your heels, upright torso.
- Hands on the temples.

Implementation:

- Rotate upper body to one side, hold position.
- Bend upper body to the same side, back to starting position.



Knee hug to world greatest stretch

Machine no.:
Settings:

30 Sec.

Ausgangsposition:

- One leg stance. Both Hands hug one knee

Durchführung:

- Lower leg into a long lunge position. The hand from the side where the leg is extended to the back touches the ground.
- The front knee should be right above the foot, the rear leg actively extended.
- Push pelvis towards the floor and extend one arm to the ceiling.



Wall Slides

Machine no.:
Settings:

30 Sec.

Starting position:

- Back against a wall, hands at ear level and pointing up.

Implementation:

- Slowly slide arms up until they are extended above your head, then lower them again.



Hamstrings Stretch Single-leg Standing

Machine no.:
Settings:

30 Sec.

Implementation:

- Support the heel, both knees are extended.
- Lean forward with a straight back until it pulls at the back of the knee and the back of the thigh.



Hamstring Stretch With Towel

Machine no.:
Settings:

30 Sec.

Starting position:

- Towel behind one sole.

Implementation:

- Pull the towel towards the chest, keeping the leg straight or slightly bent, hold, then switch legs.



Quadriceps Stretch Lateral Position

Machine no.:
Settings:

30 Sec.

Implementation:

- Laying on one side, grasp the foot of the upper leg.
- Pull the heel to the glutes.



Your training plan is also available in the app!

Download the free eGym Fitness app for iOS and Android.



Thigh Stretch Lying Face Down

Machine no.:
Settings:

30 Sec.

Implementation:

- Draw the heels to the glutes until you feel the stretch.



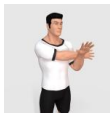
Adductors Stretch Sitting

Machine no.:
Settings:

30 Sec.

Implementation:

- Foot soles in contact.
- Push the thighs with the elbows downwards.



Rear Deltoid Stretch

Machine no.:
Settings:

30 Sec.

Implementaion:

- One arm straight across the chest with the free arm slightly pulling arm towards the chest.



Lower Back Stretch

Machine no.:
Settings:

30 Sec.

Implementation:

- Kneel down, slowly bring the upper body down to the floor, while the buttocks resting on the heels.



Calf Stretch Active Standing

Machine no.:
Settings:

30 Sec.

Starting position:

- Stand erect, stabilize your position.
- Start with your heels in the lowest position possible.
- Hold position and feel the stretch.



Chest Stretch Standing

Machine no.:
Settings:

30 Sec.

Starting position:

- Elbow at shoulder height.

Implementation:

- Push upper body forwards and turn to the side.



Hip Flexor Stretch Kneeling

Machine no.:
Settings:

30 Sec.

Implementation:

- Push the hip forwards and downwards until you feel a pulling at the front of the hip.



Lateral Neck Flexion Stretch

Machine no.:
Settings:

30 Sec.

Implementation:

- Flex head using opposite hand by grasping over the top of head.



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Date

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90/90 Stretch

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
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Trainer note :
Mobility Section

Squats

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
	kg	0	0	0	0	0	0	0	0	0	0	0

Trainer note :

Quadruped Spine Mobilization

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
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Trainer note :

Spine Mobilization with Lateral Flexion

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
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Trainer note :

Knee hug to world greatest stretch

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
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Trainer note :

Wall Slides

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
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Trainer note :

Hamstrings Stretch Single-leg Standing

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
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Trainer note :
Stretching Section

Hamstring Stretch With Towel

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
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Trainer note :

Quadriceps Stretch Lateral Position

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
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Trainer note :



Date

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Thigh Stretch
Lying Face
Down

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
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Trainer note :

Lower Back
Stretch

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
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Trainer note :

Hip Flexor
Stretch
Kneeling

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
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Trainer note :

Adductors
Stretch
Sitting

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
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Trainer note :

Calf Stretch
Active
Standing

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
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Trainer note :

Lateral Neck
Flexion
Stretch

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
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Trainer note :

Rear Deltoid
Stretch

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
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Trainer note :

Chest Stretch
Standing

1. Set	Sec.	30	30	30	30	30	30	30	30	30	30	30
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Trainer note :

