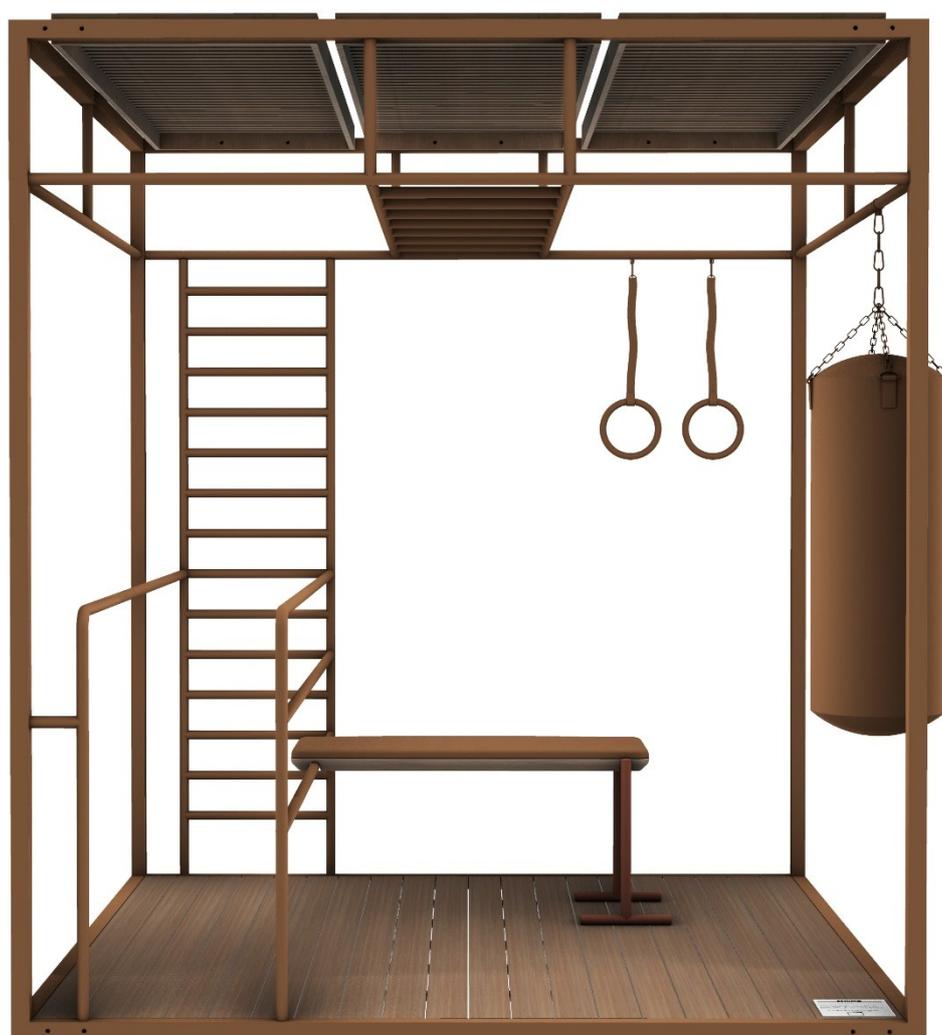


# ETHIMO



## Out-Fit

MANUAL EXERCISES REV 00 OF 10/10/2023

## Parallel Bars

Exercise involving the triceps, pectorals, anterior deltoids, rhomboids, trapezius, and abdominals.

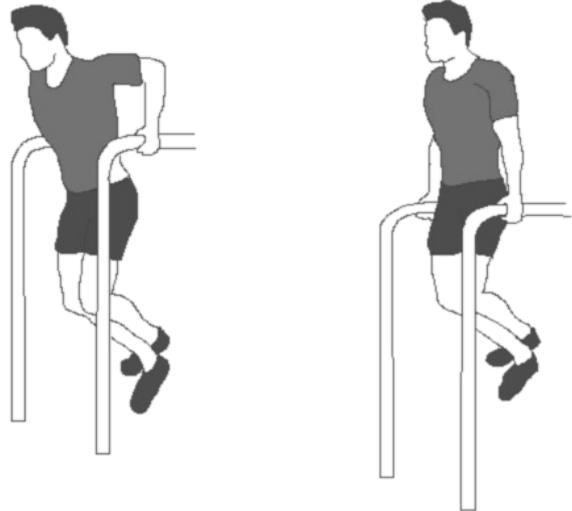
Maximum user weight 130 Kg

How to perform the exercise:

1. Position yourself in the centre of the bars, grasp the horizontal bars with both hands and extend your arms fully until your body is suspended and balanced.
2. Keep your shoulders away from your ears, engage your abdominal muscles, and bring your legs together.
3. Begin to lower yourself by bending your arms and bringing your chest slightly forward until your shoulders are at elbow height.
4. Return to the starting position, always keeping your shoulders away from your ears.

Mistakes to avoid:

- widening your elbows during the exercise;
- hunching your shoulders;
- lowering yourself below elbow height.



## Monkey Bars

Exercise involving pectorals, shoulders, upper and middle abdominals, and forearms.

Maximum user weight 130 Kg

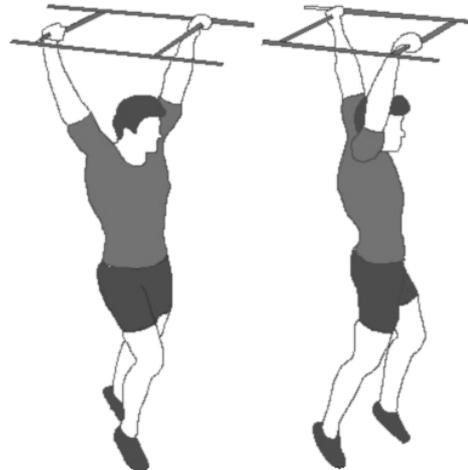
Before performing the exercise, it is necessary to remove the bench.

How to perform the exercise:

1. Hang on to the first bar and move forward by grabbing one bar after the other.
2. Try to swing your body slightly while keeping your arms straight at all times.

Mistakes to avoid:

- excessively rotating your torso.



## Wall Bars

Exercise involving the abdominal muscles.

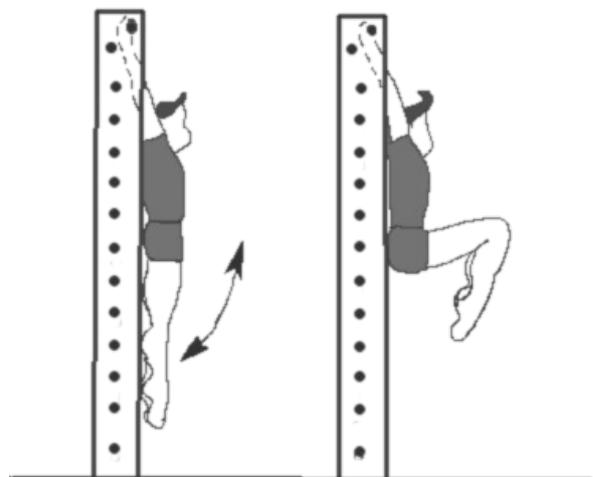
Maximum user weight 130 Kg

How to perform the exercise:

1. Hang from the top rung so that you remain suspended.
2. Raise both your knees at the same time to navel height and lower them back down.

Mistakes to avoid:

- arching your back



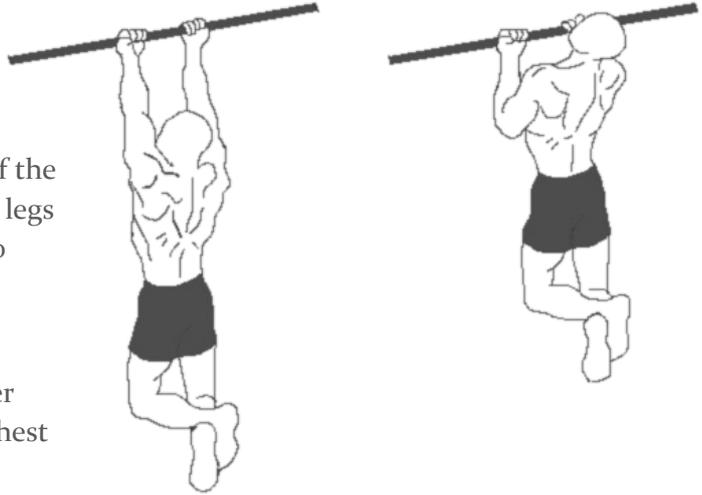
## Chin-Ups

Exercise involving the back muscles.

Maximum user weight 130 Kg

How to perform the exercise:

1. Hang from the bar.
2. Place your hands just before the beginning of the curve with palms facing inward and bring your legs together, engaging your glutes and abdomen to maintain stability.
3. Start the exercise with slow, coordinated movements, lowering and closing your shoulder blades by bending your arms and lifting your chest towards the bar.



Mistakes to avoid:

- lifting your shoulders during the upward pull;
- moving your feet and knees to facilitate the ascent

## Rings

Maximum user weight 130 Kg

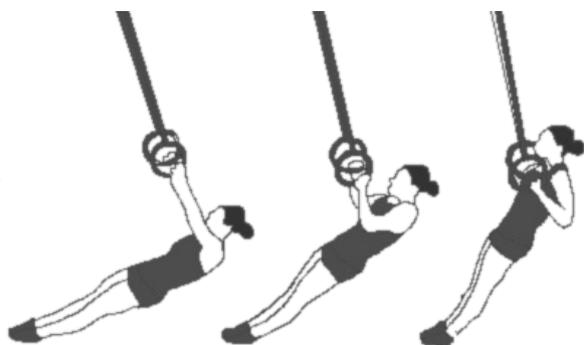
Before performing the exercise, it is necessary to remove the bench.

### Exercise 1: Ring Rows

Exercise involving lats, biceps, and posterior deltoids.

How to perform the exercise:

1. Adjust the height of the rings so that they are at hip level.
2. Grasp the rings and lean your body back to form a 45° angle with the ground.
3. Extend your arms and then pull your hands close to your armpits while keeping your elbows at your sides.
4. When the rings touch your chest, slowly extend your arms again while keeping your elbows at your sides.



Mistakes to avoid:

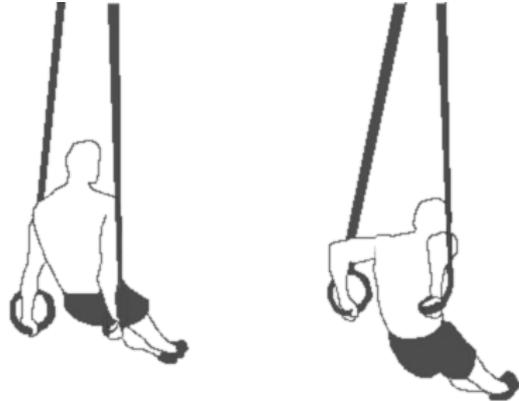
- widening your elbows during the upward pull
- arching your back

### Exercise 2: Assisted Ring Dips

Exercise involving triceps and shoulders.

How to perform the exercise:

1. Adjust the height of the rings so that they are about 60 cm from the ground.
2. Grasp the rings with outstretched arms and step your feet away.
3. Lower yourself by bending your elbows backwards and then come back up.



Mistakes to avoid:

- widening your elbows during the descent
- arching your back

## Punching Bag

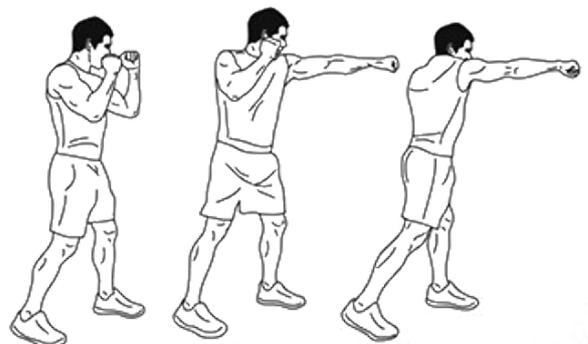
Exercise involving the whole body.

There are 4 possible strikes that can be performed:

- The jab is a straight punch thrown with the weak hand;
- the cross is a straight punch thrown with the dominant hand;
- the hook is a lateral punch;
- the uppercut is an upward punch.

How to perform the exercise:

1. Perform a 6-minute warmup, alternating between 1 minute of jumping rope and 30 seconds of running in place with high knees.
2. Wear gloves or bandages around your hands
3. Perform a series of 15 rounds, each lasting 2 minutes, separated by a one-minute rest.
4. In each round, perform a series of jabs, a hook, and conclude with a cross while moving around the punching bag.



### Mistakes to avoid:

- keeping your fists soft, with your thumb inside your hand
- remaining static in front of the punching bag

## Horizontal Bench

Maximum user weight 130 Kg

### **Exercise 1: Bench Dips**

Exercise involving triceps and shoulders.

#### How to perform the exercise:

1. Extend your arms and place your hands on the bench.
2. Step your feet away until your straight legs form a 45° angle with the ground.
3. Bend your arms while keeping your elbows at your sides and extend them to come back up.



### Mistakes to avoid:

- widening your elbows during the descent and ascent
- arching your back

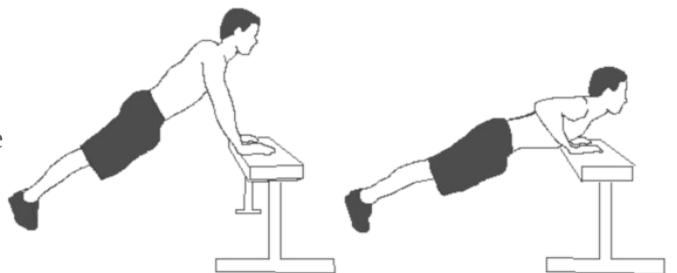
### **Exercise 2: Push-Ups**

Exercise involving the shoulders, pectorals, and triceps.

Maximum user weight 130 Kg

#### How to perform the exercise:

1. With your arms extended, place your hands on the bench so that your body forms a 45° angle with the ground.
2. Keeping your back straight and your elbows by your sides, lower yourself until your chest touches the bench and then go back up.



### Mistakes to avoid:

- widening your elbows during the descent and ascent

- arching your back

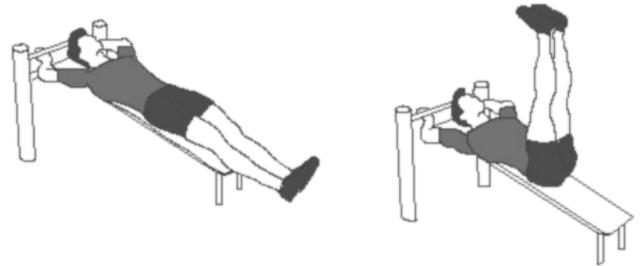
### Exercise 3: Leg Lifts

Exercise involving the abdominal muscles.

Maximum user weight 130 Kg

How to perform the exercise:

1. Lie on the bench with your legs extended and grasp the bar above your head with your hands.
2. Flex your hips upwards while keeping your legs extended and pressed together.
3. Return to the starting position.



Mistakes to avoid:

- moving your back
- moving your shoulders

## Crunch on the Ground

Exercise involving the abdominal muscles.

How to perform the exercise:

1. Lie on your back on the mat.
2. Bend your legs to form a 45° angle between your thighs and pelvis.
3. Contract your abdominal muscles until you feel your back come off the ground.



Mistakes to avoid:

- rotating your body
- contracting the muscles of your back and neck

