



GYMFORM AB CELERATE EXERCISE GUIDE

Before doing these exercises, follow the instructions in the manual and choose one of the three different resistance levels.

CARDIOVASCULAR AND STRENGTH EXERCISES

1. STRETCH
2. INVERTED ABS
3. SIDE BEND
4. ABS

RESISTANCE EXERCISES

5. LEFT LIFTS
6. PUSH-UPS

NB: Ensure that the pin for adjusting the bench is firmly in place.

RESISTANCE EXERCISES

5. LEFT LIFTS
6. PUSH-UPS

NB: Dumbbells not included.

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RESISTANCE EXERCISES

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NB: Dumbbells not included.



GUÍA EJERCICIOS GYMFORM AB CELERATE

Antes de empezar a realizar ejercicios, siga las instrucciones del manual y escoja entre los 3 niveles de resistencia diferentes.

EJERCICIOS CARDIOVASCULARES Y DE FUERZA:

1. ESTIRAMIENTO
2. ABDOMINALES INVERTIDOS
3. LEVANTAMIENTOS LATERALES RECOSTADO
4. ABDOMINALES

EJERCICIOS DE RESISTENCIA

5. LEVANTAMIENTO DE PIERNAS
6. FLEXIONES

Nota: Asegúrese de que el pin que fija esta posición está bien colocado.

RESISTANCE EXERCISES

5. LEFT LIFTS
6. PUSH-UPS

NB: Dumbbells not included.

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NB: Dumbbells not included.



GUIDE D'EXERCICES GYMFORM AB CELERATE

Avant de commencer à réaliser des exercices, suivez les instructions du manuel et choisissez l'un des 3 différents niveaux de résistance.

EXERCICES CARDIOVASCULAIRES ET DE FORCE :

1. ETIREMENT
2. ABDOMINAUX INVERSÉS
3. FLEXIONS LATÉRALES DU TRONC, COUCHÉ
4. ABDOMINAUX

EXERCICES DE RÉSISTANCE

5. ÉLEVATION DES JAMBES
6. FLEXIONS

Observation : Assurez-vous que la goupille de verrouillage est correctement insérée dans le cran correspondant à cette position.

RESISTANCE EXERCISES

5. LEFT LIFTS
6. PUSH-UPS

NB: Dumbbells not included.

RESISTANCE EXERCISES

5. LEFT LIFTS
6. PUSH-UPS

NB: Dumbbells not included.



ÜBUNGSBUCH GYMFORM AB CELERATE

Bevor Sie mit den Übungen beginnen, befolgen Sie die Anweisungen in der Anleitung und wählen Sie eine der 3 verschiedenen Widerstandsstufen.

KARDIOTRAINING UND KRAFTTRAINING:

1. STRETCHING
2. UMGEKEHRTE BAUCHMUSKELÜBUNGEN
3. SEITLICHES AUFRICHTEN, AUFGESTÜTZT
4. BAUCHMUSKELÜBUNGEN

WIDERSTANDSÜBUNGEN

5. BEINHEBEN

6. BEUGEN

Hinweis: Versichern Sie sich, dass der Stift, der diese Position fixiert, richtig angebracht ist.

7. BIZEPS

Hinweis: Hanteln nicht inbegriffen

8. BRUSTMUSKELÜBUNGEN (PEC FLY)

Hinweis: Hanteln nicht inbegriffen

9. BRUSTMUSKELÜBUNGEN (BRUSTPRESSEN)

Hinweis: Hanteln nicht inbegriffen



GUIDA DI ESERCIZI GYMFORM AB CELERATE

Prima d'iniziare a realizzare gli esercizi, seguire le indicazioni del manuale d'istruzioni e scegliere il livello di resistenza più idoneo alle proprie condizioni fisiche tra i 3 disponibili.

ESERCIZI CARDIO E DI FORZA:

1. STIRAMENTO
2. ADDOMINALI INVERSI
3. SOLLEVAMENTO LATERALE RECLINATO
4. ADDOMINALI

ESERCIZI DI RESISTENZA

5. SOLLEVAMENTO DELLE GAMBE
6. FLESSIONI

Nota: accertarsi che il perno che fissa questa posizione sia ben collocato.

RESISTANCE EXERCISES

5. LEFT LIFTS
6. PUSH-UPS

NB: Dumbbells not included.

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6. PUSH-UPS

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RESISTANCE EXERCISES

5. LEFT LIFTS
6. PUSH-UPS

NB: Dumbbells not included.



GUIA DE EXERCÍCIOS GYMFORM AB CELERATE

Antes de começar a fazer exercícios, siga as instruções do manual e escolha entre os 3 níveis de resistência diferentes.

EXERCÍCIOS CARDIOVASCULARES E DE FORÇA:

1. ALCANÇAMENTO
2. ABDOMINAIS INVERTIDOS
3. LEVANTAMENTOS LATERAIS INCLINADO
4. ABDOMINAIS

EXERCÍCIOS DE RESISTÊNCIA

5. LEVANTAMENTO DE PERNAS
6. FLEXÕES

Nota: Verifique se a cavilha que fixa esta posição está bem colocada.

RESISTANCE EXERCISES

5. LEFT LIFTS
6. PUSH-UPS

NB: Dumbbells not included.

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6. PUSH-UPS

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GIDS MET OEFENINGEN VOOR GYMFORM AB CELERATE

Voordat u met de oefeningen begint, dient u eerst de aanwijzingen in de handleiding te volgen en tussen 3 verschillende weerstandsniveaus te kiezen.

CARDIOVASCULAIRE EN KRACHTOEFENINGEN:

1. STRETCHING
2. OMGEKEERDE BUIKSPIEREN
3. ZUHEFFINGEN LEUNEND
4. BUIKSPIEREN

WEERSTANDSOEFENINGEN

5. BEENHEFFINGEN
6. OPDRUKKEN

Opmerking: Let erop dat de pen waarmee deze positie wordt vastgehouden, goed aangebracht is.

RESISTANCE EXERCISES

5. LEFT LIFTS
6. PUSH-UPS

NB: Dumbbells not included.

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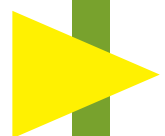
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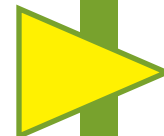
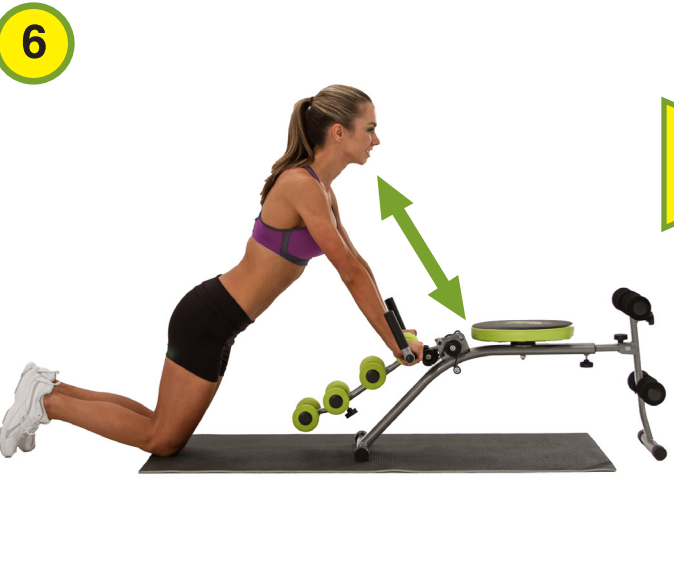
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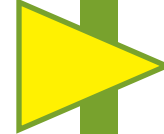
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-  Workout Guide
-  Guía de entrenamiento
-  Guide de séance d'entraînement
-  Training Führer
-  Guida di allenamento
-  Guia do exercicio
-  Training gids

