

Trimmy Ball Handi Weight

for Trimming and Training

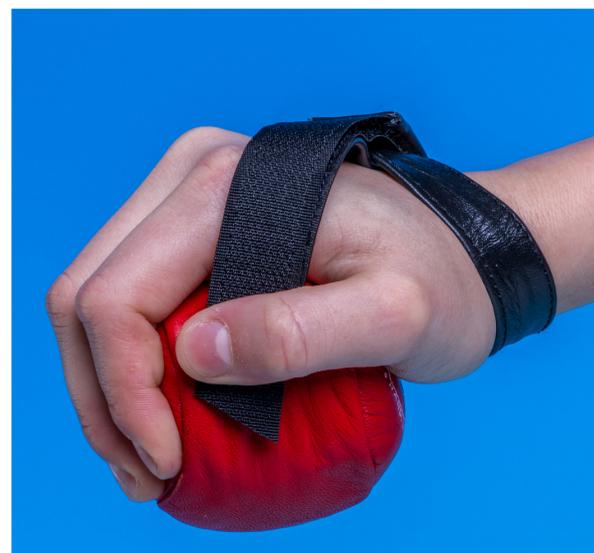


This soft and ergonomic handweight is comfortably connected to your hands with velcro straps. It cannot be dropped!

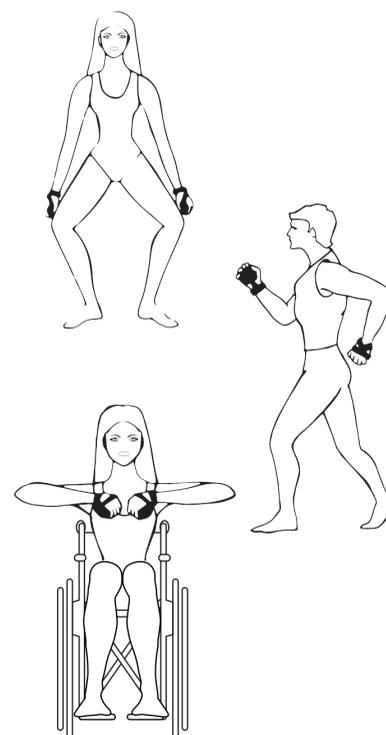
Trimmy Ball Handi Weight feels like a natural part of your body and will always stay in place.

Trimmy ball Handi Weights are made of leather and are filled with metal granulate.

3 weight choices: 1000 grams, 700 grams, 300 grams



Use Trimmy Ball Handi Weight for:



Fitness: Handi Weights will significantly increase the effectiveness of any workout (see the enclosed exercise program!)

Running: Wearing a pair of Trimmy Ball Handi Weights during your run will increase the training impact, especially of your upper body.

Rehabilitation: Handi Weights are ideal for training after illness and accidents, and for people with disabilities.

Scan the CODES to watch the videos:

1. How to put on the Handi Weights
2. A useful training programme with Trimmy Ball Handi Weights
3. How to Stand & Breathe using Handi Weights



1



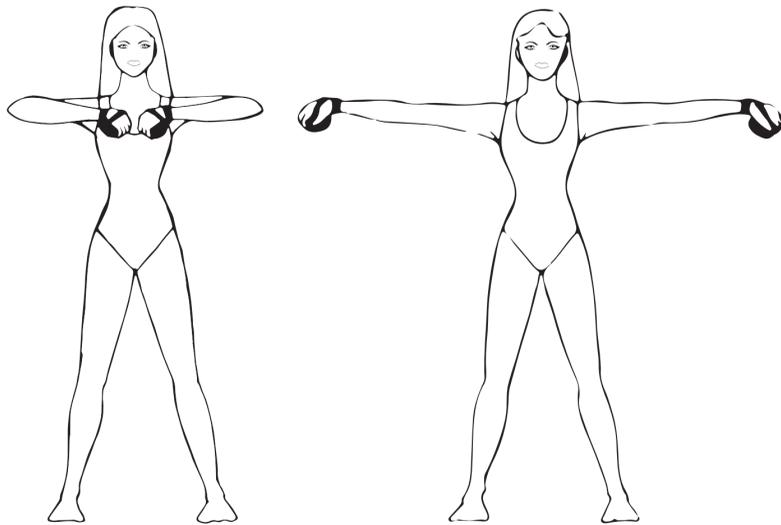
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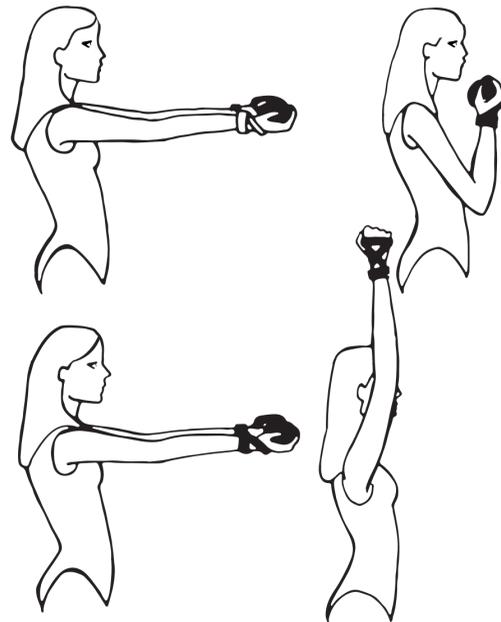
- Wear your Trimmy ball Handi weights during this training program
- Several of the exercises can also be performed from a seated position
- To make the most of the exercises, tighten buttocks and abdominal muscles during the performance
- Repeat min. 4 and max. 20 times

1



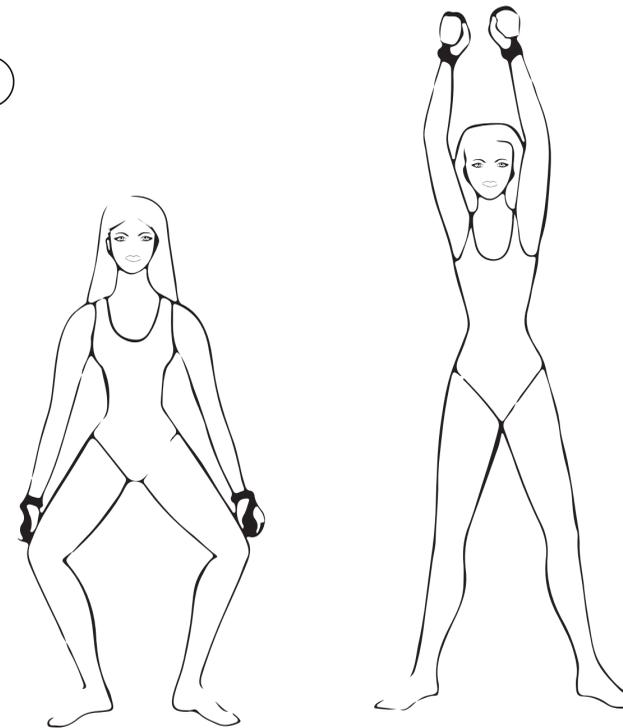
1. Training of the front of your body:
Move your arms horizontally to the sides, and back

2



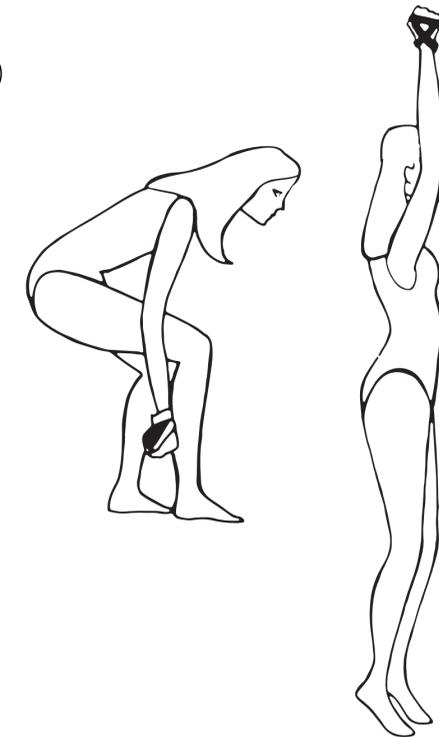
2. Training of arms
a. Stretch out your arms horizontally in front of your body. b. Bow your elbows, stretch out again c. lift arms above your head

6



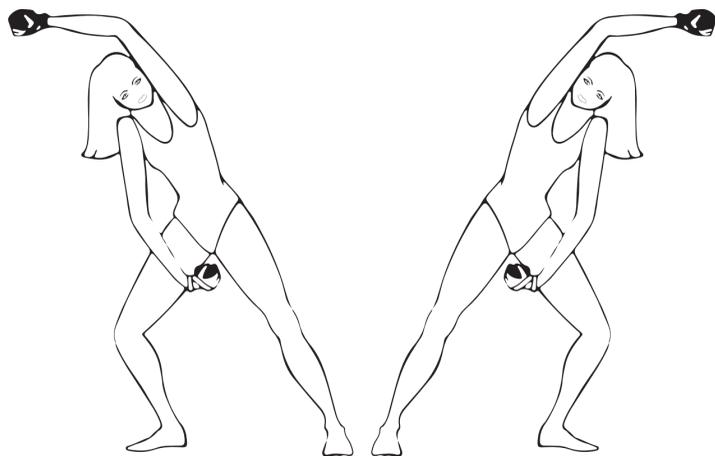
6. Training of legs and lower back
Stand with legs apart and bent, feet turned slightly outwards. Stretch your legs while you stretch out your arms and lift them above you head

7



7. Training of legs and circuits
Bend down in your knees. Then jump up while moving your arms straight above your head. Return to initial position

3



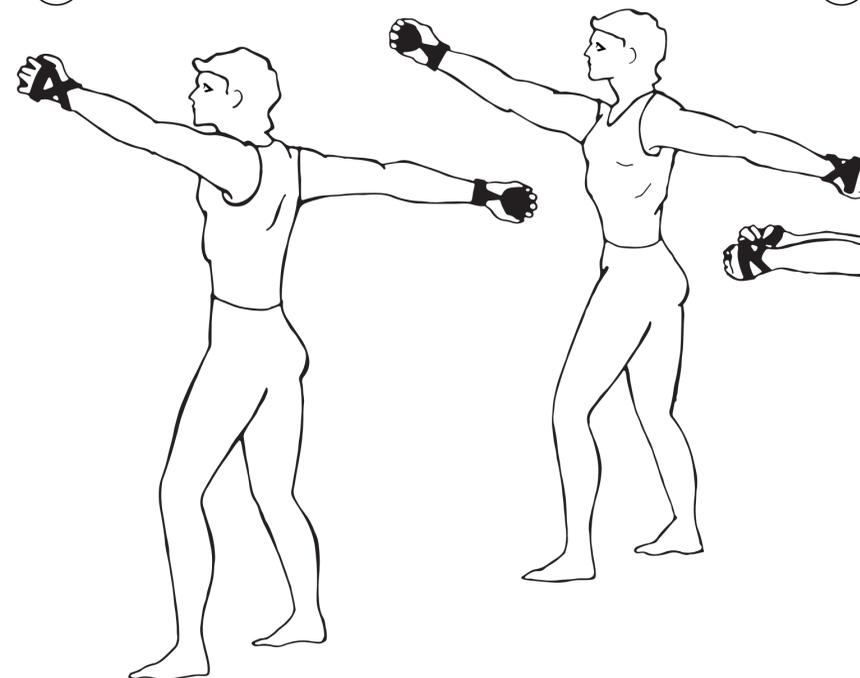
3. Training of side muscles
Stand upright, legs apart. Then bend your upper body straight to one side, while moving the opposite arm straight above your head as far as you can reach. Draw 2 times to each side.

4



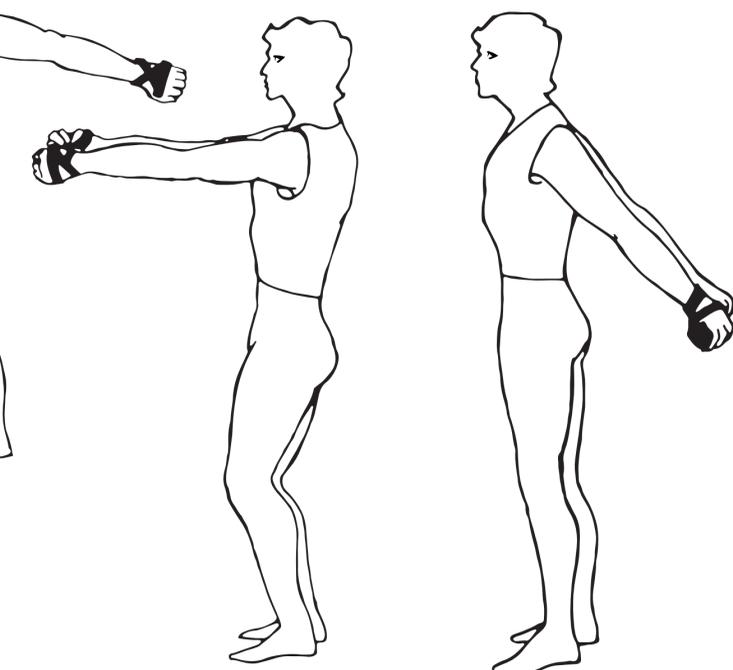
4. Training of lower arm muscles
Arms straight and horizontally in front of your body. Turn your lower arms so that fingers point upwards – and downwards.

8



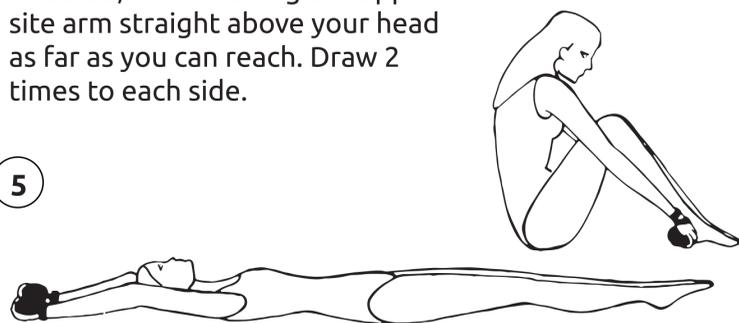
8. Training of oblique muscles
Stand with one foot ahead. Swing your arms backwards and forward, while bending your legs.

9



9. Training of breast muscles
Stand erect with arms straight in front of you. Move your straight arms backwards – while pushing your chest forward.

5



5. Training of abdominal muscles
Lie on your back with arms above your head. Move your body forward while bending your legs – and move Handi weights forward until they reach your feet.