

12912 KANGOUROU TRAMPOLINE 12FT



12911 OASIS TRAMPOLINE 8FT



Warning. The maximum permissible weight

Type	245/8FT	370/12FT
Max User weight	80kg	100kg

Mounting Instructions/User's Manual

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The use of this trampoline is at one's own risk! The person who has installed the trampoline is only responsible for its impeccable condition!

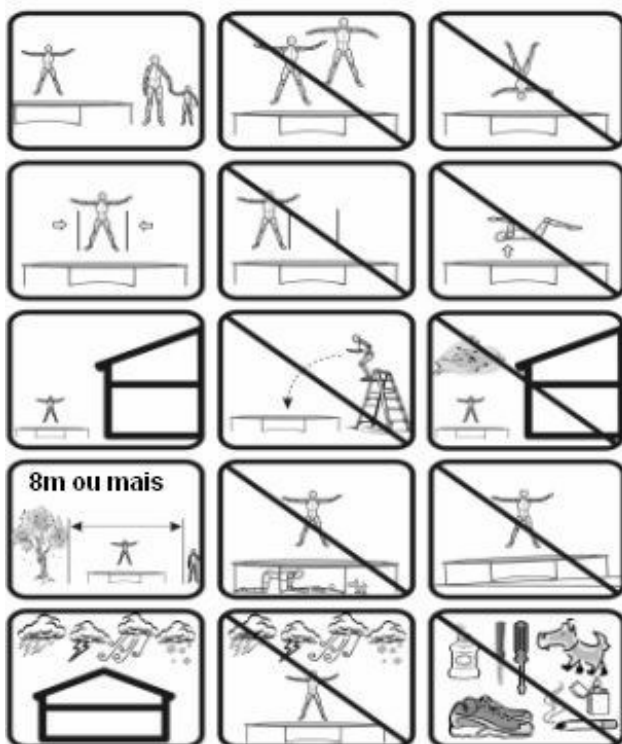
INTRODUCTION

Before using this trampoline please read all the information in this manual. Just like any other type of physical recreational activities, participants can be injured. To reduce the risk of injury it is indispensable to follow the safety rules as indicated below.

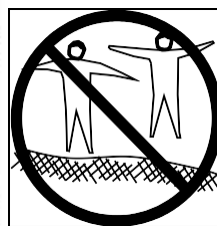
- This instruction manual is included in delivery. Please keep it for further reference. In case you lend the trampoline to another person always include the manual.
- Misuse and abuse of this trampoline is dangerous and can cause serious injury!
- Trampolines are rebounding devices which propel the performer to unaccustomed heights by performing a variety of movements. So always be cautious when jumping on a trampoline.
- Always inspect the trampoline before each use.
- Assembly instructions, instructions for care and maintenance of the product, safety tips and warnings and instruction for proper bouncing techniques are included in this manual. All users and supervisors must read these instructions carefully and familiarise themselves with these instructions. Anybody who chooses to use this trampoline must be aware of their own limitations as regards the performing of various jumps and bounces with this trampoline.

Before using this trampoline see your physician.

Initially, you should get accustomed to the bouncing feeling and techniques of the trampoline. The focus must be on your body position and you should practice each fundamental bounce until you can have acquired sufficient bouncing skills before changing over to more difficult and advanced bounces. Do not bounce recklessly on the trampoline, emphasis must be made on good body control and the mastering of various bouncing techniques.



Warning. Only one user. Collision hazard.



No more than one person is allowed on the trampoline! Multiple jumpers increase the risk of injury resulting from midair collisions.

Jumping instruction.



Do not perform somersaults (flops) as this will increase the risk of landing on your head or neck. This could cause paralysis or even deathly injuries.

TRAMPOLINE GUIDELINES

1. GENERAL INSTRUCTIONS

- Warning. The maximum permissible weight

Type	245/ 8FT	370/ 12FT
Max User weight	80kg	100kg

- Warning. Only one user. Collision hazard.
- Warning. Always close the net opening before practice.
- Warning. Take off your shoes; or gym shoes with a thin sole.
- Warning. Do not use the mat when it is wet.
- Warning. Empty pockets and hands before practice.
- Warning. Always jump in the middle of the mat.
- Warning. Do not exit the mat by a jump.
- Warning. Take a break every 20 minutes (limit the continuous use time).

PURPOSE

- The product is intended for domestic use only and is not suitable for professional or medical use.
- The user's weight must not exceed the maximum permissible weight. Otherwise that would cancel the guarantee.

DANGER FOR CHILDREN

- The trampoline is not a toy. Do not let children play unsupervised near this product. Carry out the necessary safety precautions and supervise all trampoline activities. Be aware that the packaging material is not suitable for children as they involve the danger of suffocation!
- Children are not aware of the potential dangers arising from this product. Keep children away from this product, it is not a toy. The product has to be stored out of the reach of children and pets.
- The Trampolines with a height exceeding about 51 cm are not suitable for children under 6 years.

ATTENTION – PRODUCT DAMAGES

- Do not alter the product. Use original spare parts only. Repairs should only be carried out by qualified technicians. Improper repairs can compromise the safety of your trampoline. Use this product only as described in this manual.
- Protect the product against humidity and high temperatures.
- Note that the trampoline must be constantly monitored for its maintenance. For example: The Wearing Pieces.

THE WEARING PIECES ARE

- The triangle button
- The springs
- Tensioning pieces
- Fixing of the protection mat
- Anti-slide
- Bouncing mat

ADVICE FOR THE ASSEMBLY

- Maximum Dimensions: 4.5FT 137*137*185 cm, 6FT 183*183*196cm, 8FT 244*244*210 cm, 10FT 305*305*258 cm, 12FT 366*366*262cm, 13FT 396*396*262 cm, 14FT 427*427*262 cm, 15FT 458*458*270cm.
- The assembly of the product must be done carefully by at least two able-bodied adults. If in any doubt, ask a technically qualified person.
- Before you start assembling the trampoline, read all the instructions in this manual.
- Remove all packaging materials and lay down all parts on a free space. This gives you an overview and simplifies the assembly procedure.
- Check with the parts list that no parts are missing. Dispose of the packaging material when the assembly is completed
- Beware that when using tools or doing technical work, there is always a risk of injury.
- Therefore assemble the product carefully.
- Loose parts create a danger free environment, for example: do not let tools lie around the workspace.
- Store the packaging material in a way that cannot cause any danger. Foils and plastic bags are dangerous for children (danger of suffocation)!
- After installing the product according to the instruction manual, please make sure that all screws, bolts and nuts are correctly installed and tightened and that all joints are tightly fixed.
- A clearance space of at least 8 m is necessary above the trampoline. An appropriate clearance must be kept between the trampoline and possible sources of danger, such as electric cables, tree branches, playing devices, swimming pools and fences.
- The trampoline must be set up properly before use.
- Never set up the trampoline in rainy, windy or stormy conditions, especially thunder storms. It is recommended that the trampoline be taken apart and stored in bad weather.
- The metal frame of the trampoline will conduct electricity. Lightning, extension cords and all electrical equipment must never be allowed to come in contact with the trampoline.
- The trampoline must always be used in a well-lit area.
- Do not place any objects under the trampoline.
- The trampoline must not be used in the vicinity of other leisure devices and constructions.
- When assembling or disassembling, please use gloves to protect your hands.

ADDITIONAL TIPS

For additional stability you can place sand bags on the trampoline legs. This will prevent the trampoline from tipping in the event of any sideward's force.

- Do not use the trampoline during pregnancy.
- Do not use the trampoline when you are suffering from high blood pressure.

Jump with bare feet. Do not wear shoes, this will damage the jumping mat which is not covered by the warranty.

No smoking

Do not put cigarettes, pets, sharp objects or any other objects on the trampoline.

Do not use the trampoline whilst under the influence of alcohol or drugs.

Do not sit or lean on the protection cover as it needs to be feeble in order to move with the jumping mat. Please do not allow small children to pull themselves up the trampoline by gripping the cover pads. Tears in stitching caused by obstructed protection mats are not covered by warranty.

Place trampoline on even ground, preferably on grass. Locating the trampoline on hard surface will add stress to the frame and cause damage which is not covered by the warranty. Placing the trampoline on an uneven surface may result in the tipping of the trampoline.

Do not expose the trampoline to direct contact with open flames.

Secure the trampoline against unauthorized use.

Do not use if trampoline is wet.

Trampoline should be tied down with anchors during windy conditions or dismantled and stored away. The trampoline must not be used with strong gusts of wind and storms.

- Neither the manufacturer nor the vendor of the trampoline is liable for any direct or consequential damages which arise by using the trampoline.
- This includes any financial losses such as theft, loss of property, loss of gain or profit, installation costs, disposal costs as well as any other consequential damages.
- Any claims due to obvious manufacturing errors have to be raised immediately with the manufacturer or vendor and the use of the trampoline has to be stopped immediately.

WARNING

1. Please ensure that the safety enclosure zip fastener is perfectly closed and all three entrance hooks are re-hooked before jumping.
2. Do not intentionally jump into the safety net, it is only designed to stop persons from falling off the trampoline. Intentional jumping into the safety net may cause the trampoline to tip or may damage the net. Abuse of the safety net is considered negligent use which is not covered by the warranty.

2. SAFETY INSTRUCTIONS FOR TRAMPOLINES

- All users of the trampoline need a supervisor, regardless of his age and experience.
- The safety instructions of the trampoline should always be considered and obeyed.
- Somersaults must be avoided. Incorrect landings on the trampoline can lead to injuries, particularly to the back, neck or head, causing paralysis or even death.
- Only one person should use the trampoline at a time. Multiple users on the trampoline will increase the risk of collision.
- The trampoline has to be examined for damaged, wearing or defective parts before each use, as it can impair the overall safety of the trampoline. The damaged, worn or defective parts should be replaced immediately. In the meantime the trampoline must be restricted from access.
- No clothes with hooks or parts may be carried when jumping on the trampoline, in order to avoid hooks getting caught.
- The trampoline must be set up only on a flat ground and non-slippery surfaces.
 - Strong winds can blow the trampoline away. If strong winds are predicted, the trampoline must be moved to a protected place and be taken apart or fastened to the ground with cords and herrings. At least three anchorages are necessary. It is not enough to anchor the pennants in the ground since they can tear out of the patch cords.
- Try to avoid to move the assembled trampoline, because it could bend during transportation. Should it be necessary to move the trampoline, please consider the following: at least four people must be evenly spaced around the frame to lift the trampoline off the ground. The trampoline must be carried horizontally, and if the frame shifts position use four people to draw the trampoline in shape.
- Trampolines are jumping devices enabling the user to jump to unusual heights as well as into a multiplicity of body movements. Jumping into the trampoline, hitting the frame, cover pads or incorrect landing on the trampoline can lead to injury.
- Users should be familiar with the user manual. This manual contains assembly instructions, selected precautionary measures as well as recommendations for servicing and maintenance of the trampoline in order to ensure a secured and fun use of the trampoline.
 - It is the responsibility of the owner of the supervisor to guarantee that all users of the trampoline are informed about the precautions.
- Never use it near water and keep sufficient space around it as a safety precaution.
- Beware of moving parts which could catch your arms and legs.
- Do not stick any foreign objects into the trampoline.
- Do not allow anyone or any object to go under the trampoline whilst someone is jumping on the mat. The

jumping mat is flexible and downwards force created by someone jumping can cause serious injury to a person.

- Implement all safety rules and make yourselves familiar with the information in the user's manual
- The trampoline can be only used if the jumping mat is clean and dry. Worn or damaged jumping mats should immediately be replaced.
- Objects which could be dangerous to the user should be removed from the area
- Avoid unauthorized and unsupervised use of the trampoline.
- Do not use the trampoline under influence of alcohol or drugs.
- Learn the fundamental jumping techniques thoroughly before trying difficult jumps. For more information see paragraph "bouncing techniques".
- Climb on the trampoline and do not jump on it directly. Do not use the trampoline as jump board for other items. For more information, see paragraph "possible accident causes: Ascending and Descending".

Possible accident causes

Somersaults: Somersaults must be avoided. Incorrect landings on the trampoline can lead to injuries, particularly to the back, neck or head, including paralysis or even death. The user can also be injured by landing on the trampoline in an uncontrolled manner.

Multiple users: The risk of injuries is raised if several persons jump on the trampoline simultaneously and lose control of their bounces. The jumper can collide with each other, land improperly or fall off the trampoline. Usually, the smallest or lightest person is injured rather than a taller or heavier person.

Ascending and descending: Always ascend and descend carefully. Do not pull yourselves at the protection mat, do not march on the springs and do not jump on the trampoline from any higher place such as ladder, roof or terrace. Do not jump off the trampoline regardless of the nature of the ground around the trampoline. Small children possibly need help with ascending and descending the trampoline. Always hold on the frame when descending from the trampoline. Do not stand on the protection mat. When descending the trampoline move to the rim of the bounce mat, bend forward and hold on the frame. Then step on the ground or ladder.

Frame and springs: When bouncing on the trampoline keep to the centre of the bounce mat in order to reduce the risk to be injured by landing on the frame or the springs. The springs and the frame must always be completely covered by the protection mat. Avoid to step on the protection mat as it is not designed to be stepped on.

Loss of control: Losing control of the bounce can result in injuries by a improper landing on the bounce mat, the frame or the springs or by falling off the trampoline. A controlled bounce is characterised by the fact the person lands on the same place as he or she had jumped off. Learn the fundamental jumping techniques thoroughly before trying difficult jumps. The risk of injury is increased by fatigue of the person jumping or by effecting a bounce which is beyond the persons bouncing ability. Control can be regained by pulling the knees completely towards the body while landing.

Drugs and alcohol: The risk of injury is increased under the influence of drugs and alcohol, as these substances will impair the reaction time, the judgement, the stereoscopic vision, the overall coordination and the motor function of a person.

Foreign objects: Do not use the trampoline if there are pets, other persons or objects beneath the trampoline. Do not hold any objects while jumping on the trampoline and do not place any objects on the trampoline while a person is jumping. Remove all branches, cables etc. which are above the trampoline.

Poor maintenance: A poor maintenance of the trampoline raises the risk of injury. Check the trampoline for torn or worn bounce mats and protection mats, a bent frame or missing parts, loose or broken springs and the overall stability of the trampoline. Check the trampoline before each use and replace all missing parts immediately. The

trampoline must not be used before it has been completely repaired.

Poor weather conditions: Only use the trampoline in good weather conditions. A wet bouncing mat is slippery. The person jumping can lose control when jumping with strong winds.

Unlimited access to the trampoline: Please store the ladder at a secure place when the trampoline is out of use in order to prevent children from an unsupervised access to the trampoline.

Accident prevention:

The user's role with accident prevention:

Basic knowledge of the trampoline is indispensable for security. All users of the trampoline must have been familiarised with the basic bounce and landing techniques before passing over to more sophisticated bounces. The user effects a controlled bounce when he jumps off and lands at the same place. For further details see paragraph "Basic bouncing techniques". For further information please contact a skilled trampoline coach.

The supervisor's role: The supervising person must know all safety instructions and is responsible for their observance. If no appropriate supervision is possible the trampoline has to be dismantled and to be stored at a secure place. It has to be covered by a tarpaulin which is secured by a chain and a lock. The supervising person has to make sure that the users observe the safety instructions and the information sign is placed on the trampoline.

3. Important instructions for use

The trampoline must only be used supervised, regardless of the bouncing abilities and the age of the user.

The person jumping has to master all basic bouncing techniques (see paragraph "basic bouncing techniques").

The emphasis must be put on a controlled bouncing. The person jumping must not try to outdo another person.

Do not bounce too long. Fatigue can increase the risk of injury.

The user should wear appropriate clothing such as T-shirts, trunks and trainers with soft soles or jump barefoot.

We recommend that beginners wear long trunks and tops with long sleeves in order to prevent abrasions.

Please refer to the paragraph "ascending and descending" in paragraph "accident prevention". Do not exert difficult bounces without being supervised by a skilled trampoline coach. Begin with easy bounces putting an emphasis on the bouncing technique rather than on the bouncing height. Never jump on the trampoline alone and unattended. See paragraph "basic bouncing techniques".

4. Assembling the trampoline

A clearance space of at least 8 m is necessary above the trampoline. An appropriate clearance must be kept between the trampoline and possible sources of danger, such as electric cables, tree branches, playing devices, swimming pools and fences. Please make sure that:

- The trampoline has been placed on an even, solid and non-skid surface.
- The place is well lit.
- No disturbing objects are next to the trampoline.

5. Maintenance instructions

Notice the following recommendations, they are particularly important to follow at the beginning of each season and periodically during the use season.

- Regular maintenance is required. Neglecting regular maintenance can lead to a risk for users.
- Check all nuts and bolts for tightness and tighten when required.
- Check that all spring-loaded (pit pin) joints are still intact and can not become dislodged during play.
- Check all coverings for bolts and sharp edges and replace when required.
- Trampolines in strong wind conditions shall be equipped with a device to avoid displacement due to wind (e.g. Steel bars in the ground or loads like sand bag or waterbags.)
- Place the trampolines on a flat and level surface with at least 2 m distance to other superstructures, or barriers,

e.g. fence, garage, house, tree branches, washing lines, or electrical cables.

- The trampoline shall not be placed over hard surfaces like asphalt, concrete etc.
- Can not use the trampoline in winter and it shall be broken-down during winter.
 - If self securing nuts or screws are used, it must be mentioned that they are suitable only for one time setting-up, and must be replaced.
 - The minimum durability of the safety net is one year.

6. Cleaning

Wipe the trampoline with a soft cloth. Do not use an abrasive or other chemical detergents.

7. Packing

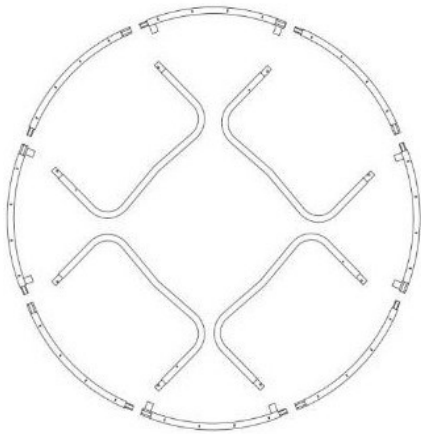
This trampoline is protected against transport damages by an appropriate package. Most of the packing material is recyclable. Please dispose of it in an appropriate way.

- **Please store the trampoline at a dry and clean place until it is used and keep it out of the reach of unsupervised children.**
- **Check the trampoline regularly for its proper operation. Check the trampoline for wear and tear regularly. The wear parts are as follows:**

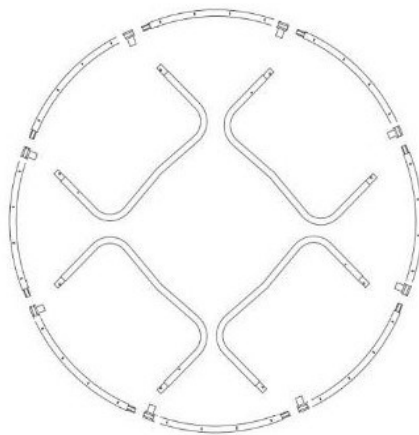
Frame Assembling

Parts list of lower frame

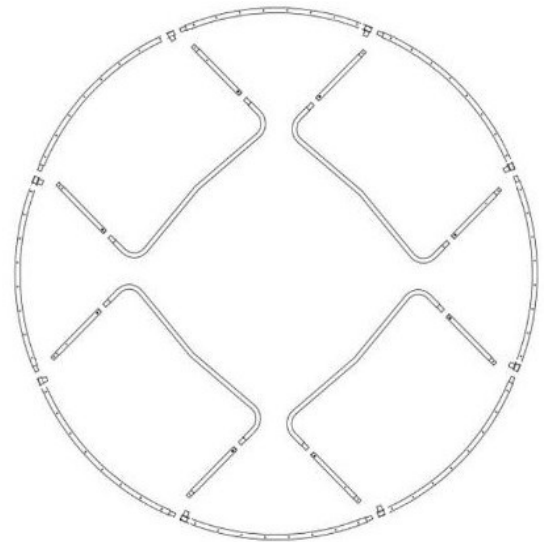
No.	TYPE	245/ 8FT	370/ 12FT
A	Rail Tube A	8	8
B-1	T -joint	8	8
C	Vertical Leg no hole	0	4
D	Vertical Leg with hole	0	4
E	W Shape Leg	4	4
F	Jumping Mat	1	1
G	Spring Cover	1	1
H	Spring	40	64
I	Assembly Tool	1	1



4.5FT



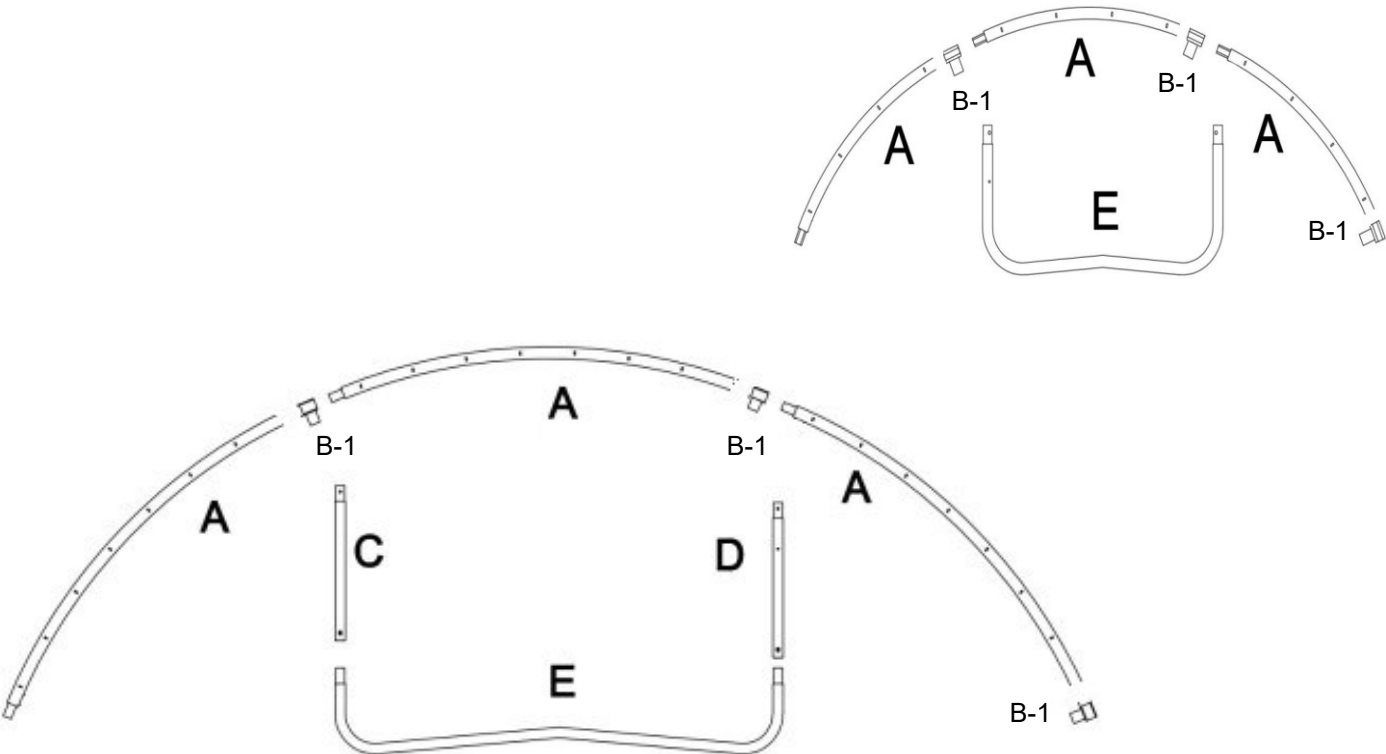
6FT 8FT



10FT 12FT 14FT

Continuation - parts list

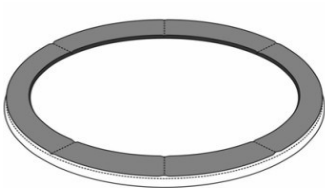
6FT 8FT



10FT 12FT 14FT



F



G



H



I

FRAME ASSEMBLING

Please refer to the parts list in order to identify the parts

Attention: The assembly has to be effected by two adult persons in a good physical condition. We recommend to wear appropriate shoes and clothing.

The non-observance of the above instructions can cause injuries.

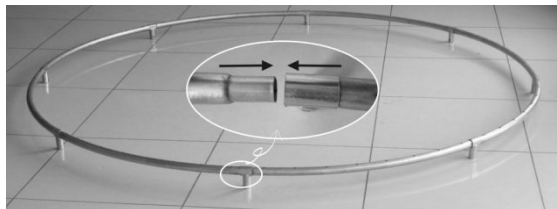
The pictures can vary according to the type.

1. Lay out the trampoline parts in groups. As PIC1



(PIC 1)

2. Put all rail tube together forming a big circle .As PIC 2.



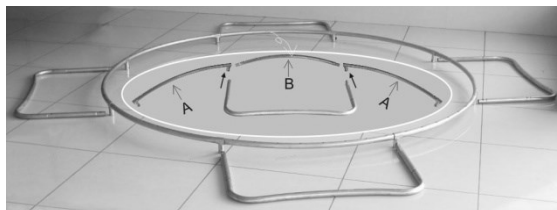
(PIC2)

3. Put two Vertical Legs extensions into one W Shape Leg. As PIC3.



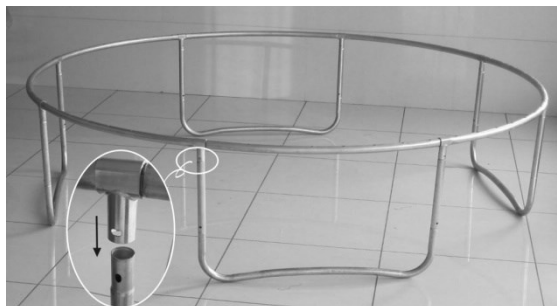
(PIC3)

4. Place the Legs in the corresponding position of the frame As PIC4



(PIC4)

5. Put the all the legs into the frame As PIC5



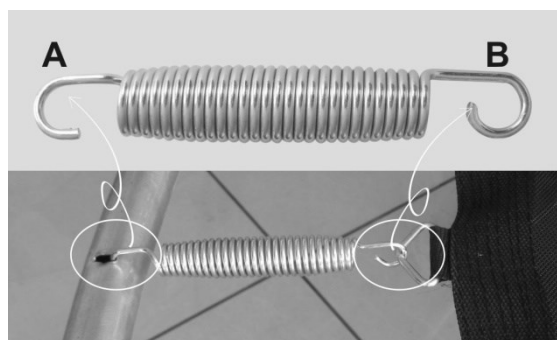
(PIC5)

6. Put the end A of Springs into the seams pointing top rail. As PIC6.



(PIC6)

7. Put the end B of spring into the triangular rings on jumping mat as per PIC7



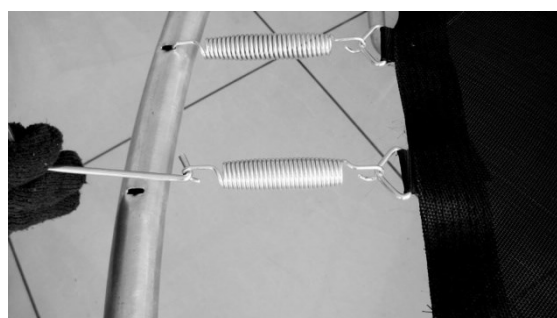
(PIC7)

8. Fix the next spring at the very opposite side of the frame and then two other adjacent springs in the centre of the two first springs in order to distribute the tension of the springs equally as per PIC8.



(PIC8)

9. Use the tool as shown above, if necessary. Mind your hands during the assembly in order to avoid bruises or abrasions. We recommend wear gloves as per PIC 9.



(PIC9)

10. Finally attach the remaining springs as per PIC10.



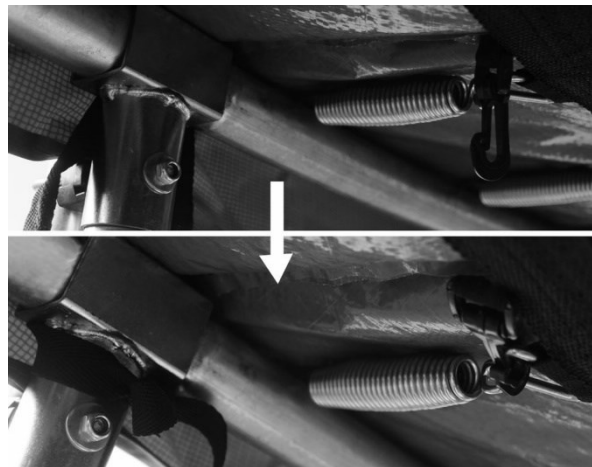
(PIC10)

11. Cover the springs with the springcover
As per PIC11



(PIC11)

12. Fix the spring cover on springs by rubber bands
As per PIC 12.



(PIC12)

13. Make sure the cover was fixed tightly and in
right position as per PIC13.



(PIC13)

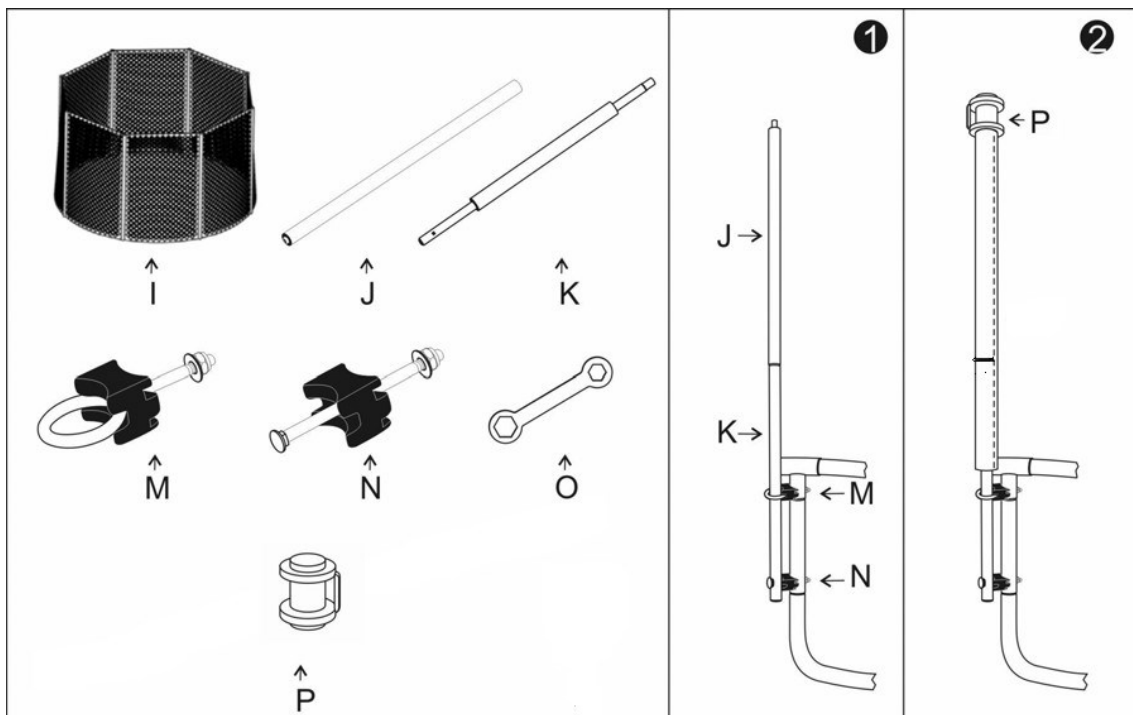
Safety Net Assembly

Parts list of safety net

No.	TYPE	245/ 8FT	370/ 12FT
I	Safety net	1	1
J	Upper pole	4	4
K	Lower pole	4	4
P	Top Cap	4	4
M	Clamp A	4	4
N	Clamp B	4	4
O	Spanner	1	1

NET ASSEMBLING

Please refer to the parts list in order to identify the trampoline parts.



Attention: The assembly has to be effected by two adult persons in a good physical condition. We recommend to wear appropriate shoes and clothing.

The non-observance of the above instructions can cause injuries.

The pictures can vary according to the type.

1. Lay out the nets parts in groups
As PIC1



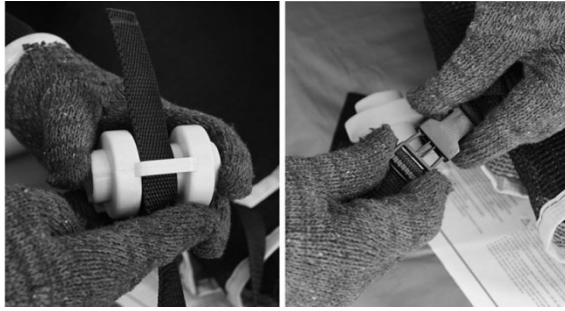
2. Fix the net poles and the plastic blocks to the upper part of leg . As per PIC2



3. Move out the top cap, and insert into the upper poles . Insert the upper pole into lower pole. As per PIC3



4. Insert the band into plastic top fitting (For Inner Net Use Only) and buckle it properly. As per PIC 4



5. Insert the plastic top fitting (For Inner Net Use Only) Into upper pole properly. As per PIC5.



6. Buckle the safety rope into hook of jumping mat. As per PIC6



7. Adjust the band to make the net tight and each edge well balanced. As per PIC7



Testing the trampoline

After assembling the trampoline it is important that you perform the following safety checks:

- Using a screw driver check if all the screws are tightly secured.
- Look underneath the trampoline and check if all the springs are hooked securely to the frame and the triangular rings.
- Move the trampoline around and check the sturdiness of the frame.
- Using your two hands put your body weight on one section of the trampoline and release to check that the frame is even.
- Inspect the protection mats and check if they completely cover the springs and the frame.
- Make sure that the springs of the pads are tied securely.

Enclosure Net Safety Check

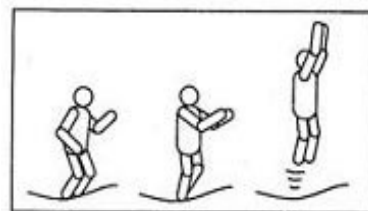
- Check whether the net poles are tightly fitted into the jackets and check the sturdiness of the poles by shaking the trampoline.
- Check the enclosure net and the pole jacket for any tearing in the seams or the fabrics.
- Check whether the zip fastener and the entrance hooks function properly.
- Check whether all enclosure hooks are attached to the triangular loops underneath the trampoline.

Basic bouncing techniques

An unskilled bouncing of the trampoline increases the danger of injury. It is therefore important that you learn the fundamental bounces before using the trampoline.

The basic bounce

- Start from a standing position, feet shoulder width apart head and eyes pointing to the mat
- Swing your arms forward and up and around in a circular motion
- Bring your feet together while you are in midair your toes pointing downward.
- Land on the mat keeping your feet shoulder-width apart.



The braking manoeuvre

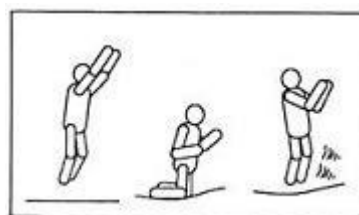
- Occasionally you may lose control of your jump.
- Performing the braking manoeuvre will allow you to regain control of the jump and balance.
- Start with a basic bounce.
- Bend your knees sharply while landing.

The hands and knees bounce

- Start with a low controlled basic bounce
- Land on your hands and knees keeping your back straight.
- Emphasis should be put at a good four-point landing rather than on the jumping height

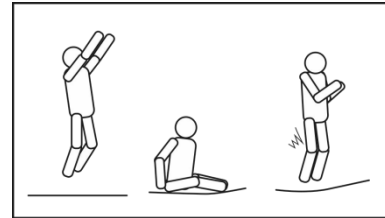
Knee bounce

- Start with a low controlled basic bounce
- Land on your knees keeping your back and body straight and use your arms to maintain balance.
- Bounce back to the basic bounce position by swinging your arms up.



Seat bounce

- Land in a flat sitting position
- Place your hands on the mat beside your hips.
- Return to an upright position using your hands.



Training schedule

Follow the training schedule in order to learn the basic bounces before you proceed to more sophisticated bounces. Read the safety instructions carefully being well aware of their vital importance both to the supervisor and the person jumping before you begin your training. The supervising person as well as the jumping person should discuss the trampoline functions and the functioning of the body.

1st lesson:

- Ascending and descending - demonstration of proper techniques
- Basic bounce - demonstration and exercise
- Braking manoeuvre - demonstration and exercise
- Hands and knees bounce - demonstration and exercise

2nd lesson:

- Repetition of the last lesson
- Knee bounce - demonstration and exercise
- Seat bounce - demonstration and exercise
- In order to get experienced with bouncing we recommend to begin with a seat bounce and to add a knee bounce

3rd lesson:

Repeat the exercises as learned in the previous lessons

After having exercised the lessons as explained above you will have acquired the basic techniques. Always exert your bounces in a controlled manner.

In order to get familiarised with the trampoline you can play the following game:

The first person begins by exerting a jump. The second person repeats the jump and adds any other jump. All persons jump in turns, each person adding one more jump. The person who can exert all bounces until the end is the winner. Always exert all bounces in a controlled manner. Do not try to effect difficult bounces before you master the more simple ones. In case you wish to further improve your bouncing abilities, please contact a skilled trampoline coach.

Stretching exercises

Jumping daily on your trampoline can improve your health. Before jumping, however, you should exert the following stretching exercises. Stretching exercises are relaxing and can release muscle tension. They prevent serious injuries of your muscles during training. It is therefore important to include those exercises in your training schedule. Please mind that you should not begin your stretching exercises before doing some warming-up exercises.

The following exercises are meant to be training examples. Exert all exercises calmly and carefully until you feel a slight tension in your muscles. You can gradually intensify the exercises, but always stop if they are painful. Do not interrupt the exercises abruptly in order to avoid ruptures of the muscle fibres. Each exercise should be exerted for 10 to 20 seconds. Breathe slowly and regularly.

Calves

- Stand in front of a wall at a distance of 90 cm, put one leg forward at about 30 cm. Pull both legs up and lean your hands against the wall. Keep your heels to the ground and turn your feet to the inner side (low intensity).
- Keep the backmost leg in a straight position and put the other leg forward at about 60 cm. Lean your hands against the wall. Keep your heels to the ground and turn your feet to the inner side (high intensity).
- Repeat the exercise with the other leg.

Outside hinge

- Step backward with the leg you wish to stretch behind the foot of the other leg. Move your hips towards the wall, but not the upper part of your body. Do not move forward. Repeat the exercise with the other leg.

Lower back, hips, loin and thigh

- Stand with your legs shoulder-width apart. Lean forward with the upper part of your body. Pull up your knees slightly.

Sides

- Stand with your feet shoulder-width apart, your knees being pulled up slightly. Put your left hand on your hip, reach out your arms and put them over your head. Stretch the upper part of your body slightly to the left hand side (low intensity).
- Stretch both arms over your head, the left hand pulling the right arm. Slowly bend the upper part of your body to the left hand side (high intensity).
- Repeat the exercise with the other side.

Outer thighs

- Lie down on your belly and pull the left heel with your right hand towards your buttocks. Keep the extended leg at a comfortable distance.
- This exercise can also be exerted while you are standing. Neither the thigh nor the upper part of your body must be leaned forward.
- Repeat the exercise with the other leg.

Inner thigh

- Sit down on the floor the soles of your feet touching each other. Bring down your knees slightly with the elbows.
- Stand with your feet approx. 90 to 120 cm apart and turn slightly to the outside. Keep one leg straight and bend over the other knee.
- Repeat this exercise with the other side.

Outer thigh

- Pull up one knee the other leg being stretched. Try to grip the tiptoes of the stretched leg with both hands.
- Repeat this exercise with the other leg.

Buttocks muscle

- Lay down on your back. Pull one knee against your chest the other leg remaining flat on the floor. This exercise can also be exerted while standing.
- Repeat this exercise with the other leg.

Shins

- Shift your body weight to one leg. Stretch the other leg forward and move your ankle joint up and down.
- Repeat this exercise with the other