

Expander Big Instruction for use

Congratulations!

With your purchase you have decided on a high-quality product. Get to know the product before you start to use it. Carefully read the following instructions for use.

Use the product only as described and only for the given areas of application. Keep these instructions safe. When passing the product on to a third party, always make sure that the documentation is included.

Failure to observe the safety notes can lead to serious injuries.

Scope of delivery

1 x Expander
1 x Instructions for use

Technical data (Metric)

Expander length (including handles): approx. 90cm
Handles: diameter: 3cm, length: 49cm

Technical data (Anglo-American)

Expander length (including handles): approx. 35"
Handles: diameter: 1,2", length: 19"

Wood: American walnut or Canadian maple, brass
Rubber band: highly elastic core and PE coating

Correct use

This article was developed as a training instrument with which you can train your entire body. The expander is designed for private use and is not suitable for medical and commercial purposes.

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! Warning! Risk of injury !

Consult your doctor before beginning training. Please ensure that your health is suitable for training. Remember to warm up always before training and train in accordance with your current performance capability. Serious injury can occur if training is excessive or too strenuous. Stop training immediately and contact your doctor if you experience discomfort, weakness, or fatigue.

The article may only be used under adult supervision and not as a toy. Keep the instructions for use with the exercise descriptions to hand at all times. Safe training requires sufficient space. Carry out the exercises with enough distance from objects and other persons that nobody can be injured. Only train on a flat, non-slip surface. Do not use the article close to stairs or steps. Never pull the article in the direction of your face and never wrap it around your head, neck, or chest. A free area of approx. 0.6 m / 2' must be kept around the training area.

! Particular caution - Risk of injury for children!

Do not allow children to use the equipment without supervision. Instruct them regarding the correct use of the training instrument and supervise them. This article is not suitable for use as a toy.

! Hazards from wear !

The article may only be used in perfect condition. Inspect the article for damage and wear before each use. The safety of the article can only be guaranteed if it is inspected regularly for damage and wear. Discontinue use if damage is found. Pay particular attention to the expander bond during your examination. Discontinue use of the article if you find tears in the parts or the expander bond. Only use original replacement parts. Protect the article from extreme temperatures, sun, and moisture. Incorrect storage and use of the article can lead to premature wear, which can lead to injuries.

General training notes

Wear comfortable sports clothing and shoes. Warm up before each training session and end the training gradually. Take sufficiently long breaks between the exercises and drink enough fluids. As a beginner you must never train with too much resistance. Slowly increase the training intensity. Carry out all the exercises steadily without too much speed or jerky movements. Make sure you breathe at a steady rate. Breathe out with effort and in upon recovery. Make sure you keep a correct posture while carrying out the exercises.

Warming up

Take enough time to warm up before each training session. The following section is a description of some simple exercises for this purpose. You should repeat each exercise 2 or 3 times.

Neck muscles

1. Turn your head slowly to the left and to the right. Repeat this movement 4-5 times.
2. Circle your head slowly, first in one direction and then in the other.

Arms and shoulders

1. Close your hands behind your back and pull them carefully upwards. If you bend your upper body forwards at the same time all the muscles are warmed up optimally.
2. Circle both your shoulders forwards at the same time and then change direction after one minute.
3. Pull your shoulders up to your ears and let your shoulders fall again.
4. Circle your right and left arms alternately forwards and then after one minute backwards.

Important: Don't forget to continue breathing steadily throughout!

Pro tip: to intensify the exercises wind up the rubber band around one of the handles.



Straight arm lifts

Starting position

1. Stand on one of the handles with your feet hip-width apart and your legs slightly bent. Take hold of the other handle from above.
2. Spread your weight evenly across both feet and bend your knees slightly. Your upper body is upright. Tense your stomach muscles.
3. Both arms are slightly bent.

End Position

4. Tense your arm muscles and pull your arms up simultaneously to shoulder height. Your head is an extension of your spine and your shoulders stay down.
5. Hold this position for a moment and then return slowly to the starting position.
6. Repeat this exercise 10 -15 times for three sets. **Important:** Please ensure that your upper body is straight and your arms remain slightly bent.



Angled arm lifts

Starting position

1. Stand on one of the handles with your feet hip-width apart and your legs slightly bent. Take hold of the other handle from above.
2. Spread your weight evenly across both feet and bend your knees slightly. Your upper body is upright. Tense your stomach muscles.
3. Both arms are slightly bent.

End Position

4. Tense your arm muscles and pull your arms up simultaneously to shoulder height. Your head is on extension of your spine and your shoulders stay down.
5. Hold this position for a moment and then return slowly to the starting position.
6. Repeat this exercise 10 -15 times for three sets. **Important:** Please ensure that your upper body is straight and your arms remain slightly bent.



Shoulder and thighs

Starting position

1. Stand on one of the handles with your feet hip-width apart and your legs slightly bent. Take hold of both handles from above.
2. Spread your weight evenly across both feet and bend your knees slightly. Your upper body is upright.
3. Tense your arms and pull your arms up to shoulder height in front of you. The backs of your hands are facing upward. Your wrists stay straight.

End position

4. Tense your stomach, legs and buttock muscles and bend your legs. Push your buttocks back. Your arms stay slightly bent. Pull your shoulder blades into your spine. Your head is an extension of your spine and your shoulders stay down.
5. Hold this position for a moment and then return slowly to the starting position.
6. Repeat this exercise 10 -15 times for three sets. **Important:** Please make sure that your upper body stays in a straight position. During the squat your knees must not move beyond the tips of your toes. Your upper arms are close to your body. Your wrists stay straight.

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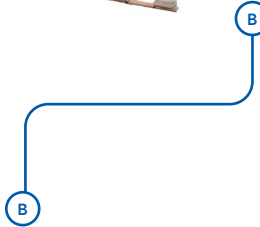
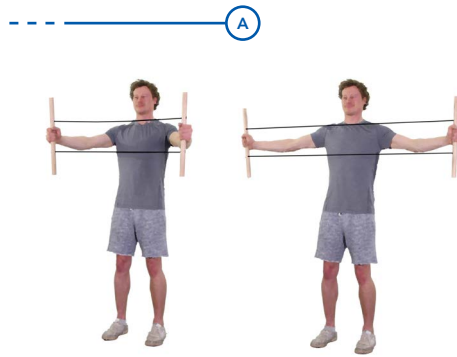
Biceps

Starting position

1. Stand on one of the handles with your feet hip-width apart and your legs slightly bent. Take hold of both handles from below.
2. Spread your weight evenly across both feet and bend your knees slightly. Your upper body is upright.
3. Pull your lower arms up forward until they are parallel to the floor. Your upper arms are close to your body. The backs of your hands are facing downward.

End position

4. Tense your arms and your stomach muscles and pull both of your lower arms up in front of you to shoulder height. The backs of your hands are facing forward. Your wrists stay straight. Pull your shoulder blades into your spine. Your head is an extension of your spine and your shoulders stay down.
5. Hold this position for a moment and then return slowly to the starting position.
6. Repeat this exercise 10 -15 times for three sets. Your wrists stay straight.



Lateral stomach muscles

Starting position

1. Stand on one of the handles with your feet hip-width apart and your legs slightly bent. Take hold of the other handle from below.
2. Spread your weight evenly across both feet and bend your knees slightly. Your upper body is upright.
3. Pull your lower arms up forward until they are parallel to the floor. Your upper arms are close to your body. The backs of your hands are facing downward.

End position

4. Tense your arm and stomach muscles and pull both lower arms up in front of you simultaneously to shoulder height. The backs of your hands are facing forward. Your wrists stay straight. Pull your shoulder blades towards your spine. Your head is an extension of your spine and your shoulders stay down.
 5. Turn your upper body as far as possible to one side and hold your hips level.
 6. Hold this position for a moment and then return slowly to the starting position.
 7. Repeat this exercise 10 -15 times for three sets and then turn your upper body to the other side.
- Important:** Please ensure that your hips stay level and your upper arms stay close to your body.



Rowing

Starting position

1. Sit on the floor with your legs bent. Place one of the handles under your feet. Your heels are on the floor. Your upper body is upright.
2. Take hold of the other handle with both hands. Slightly bend your knees. The backs of your hands are facing upward.

End position

3. Tense your leg and stomach muscles and pull your hands towards your chest. Please ensure that your legs remain slightly bent. Pull your shoulder blades towards your spine. Your head is an extension of your spine and your shoulders stay down.
4. Hold this position for a moment and then return slowly to the starting position.
5. Repeat this exercise 10 -15 times for three sets. Important: Please ensure that your upper body stays in an upright position and that your legs remain slightly bent.

Stretching

Take sufficient time to stretch after each training session. Some simple exercises are described below. Carry out each exercise 3 times each per side for 15-30 seconds.

Neck muscles

1. Stand in a relaxed pose. Use your hand to pull your head gently to the left and then to the right. This exercise stretches the sides of your neck.

Arms and shoulders

1. Stand upright with your knees slightly bent.
2. Lay your right arm behind your head until your right hand is between your shoulder blades.
3. Hold your right elbow with your left hand and pull it backwards.
4. Change sides and repeat the exercise.

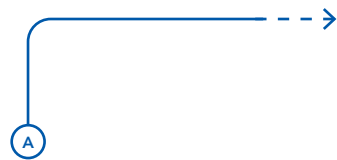
Care, storage

Always store the article in dry and clean condition at room temperature. Never clean it with aggressive cleaning materials but rather wipe it clean with a dry cleaning cloth. Protect the article from extreme temperatures, sun, and moisture. Incorrect storage and use of the article can lead to early wear, which can cause injury.

Disposal

Dispose of the article and the packaging materials in accordance with current local regulations. Packaging materials such as foil bags are not suitable to be given to children. Keep the packaging materials out of the reach of children.

Have fun!
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[instagram.com/kenkostores](https://www.instagram.com/kenkostores)



Chest and shoulders

Starting position

1. Spread your weight with your feet hip-width apart evenly across both feet and bend your knees slightly. Your upper body is upright.
2. Take hold of both handles from the side. The backs of your hands are facing outward. Both arms are slightly bent.

End position

3. Tense your stomach, chest, and arm muscles and pull both your arms outward simultaneously to the side. The backs of your hands are facing outward. Your wrists stay straight. Pull your shoulder blades towards your spine. Your head is an extension of your spine and your shoulders stay down.
 4. Hold this position for a moment and then return slowly to the starting position.
 5. Repeat this exercise 10 -15 times for three sets and then change leg positions.
- Important:** Please make sure that your upper body stays in a straight position. Keep your arms tensed.

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