



SwingSider is a functional trainings device enhancing and improving intermuscular and intramuscular physical condition of entire body. It allows training shoulder joints in rotation. Please regard your physical condition when training with SwingSider and ensure exercises are accomplished pain-free.

Take either one respective handhold or both handholds in your hand(s) and let spring being oscillated without making visual joint-movements.

Starting a minor oscillation amplitude in a comfortable and pain-free initial position.

Please make sure you hold initial position at every exercise:

- Physiological spine-posture
- Spring and weight are in extension of forearm
- Holding wrist straight
- Oscillations should be done without moving arm and wrist
- Dispense training sessions at the beginning to become acquainted with the SwingSider
- Oscillation amplitude should be moderate and aligned to physical condition
- Amplitudes of more than 100° are not required to obtain favoured trainings effect



Attention!

SwingSider is not be used after recent operations, osteoporosis, acute damages of intervertebral discs or acute inflammatory diseases of locomotor system. In case of any doubt or for other ailments please contact a/ your doctor about resilience and using the SwingSider.

Highly efficient training:

- Functional stabilization of entire body
- Training of low-lying muscles responsible for stability
- Exercising physiological spine-posture
- Neuromuscular recruitment and activation of entire body muscles
- Use in early-rehabilitation-training
- Intermuscular and intramuscular training
- Exercising reactivity of stabilising muscles
- Functional and three-dimensional training



SwingSider distinguishes itself in accomplishment and function by using and processing high quality materials:

- Ergonomically shaped handholds for left and right side
- High quality materials ensure highest quality, efficiency and safety
- Oscillation behaviour aligned optimally
- Optimal windings ensure wrist-protecting workout
- More information and workout-video at www.swingsider.de

