

Your new multifunctional pads help protect your knees, hands, wrists, feet and hips when exercising and have an excellent grip thanks to their slip resistance.

For your safety

Read the safety warnings carefully and only use the product as described in these instructions to avoid accidental injury or damage.

Keep these instructions for future reference. If you pass this product on to another person, remember to give them these instructions.

Intended use

The pads are designed to be used as a mat while exercising in private homes. They are not suitable for commercial use in fitness centres or therapeutic institutions.

A few tips for yoga

- Exercise in a warm, quiet spot without any distractions, but not directly in the sun.
- Wear loose, comfortable clothing. Always do the exercises barefoot. Remove your watch and any jewellery.
- Wait for 1-2 hours after eating a light meal, and for 3-4 hours after a large meal, before starting your yoga exercises.
- Fit the exercises to your body and abilities. If you are not accustomed to physical exercise, only do a few repetitions to begin with. Carry out the exercises slowly and attentively. Practise 2-5 times a week.
- Warm yourself up with the warming up exercises before starting to perform the yoga exercises. Always end your exercises with a relaxation phase of 5-15 minutes.
- Never force yourself into a position. Only go as deep into the position as is still comfortable for you. You should feel a light stretching. However, discontinue the exercises immediately if you begin to feel dizzy or in pain, or if you have difficulties. The exercises are effective even if you cannot fully master the position yet.
- Pay attention to your breathing: Breathe deeply into your ribcage. Breathe more in your chest and less in your stomach. Use the full capacity in your lungs. Inhaling and exhaling should take the same amount of time. Always take a break if you find you are no longer breathing evenly. This is a sign of waning concentration. Yoga is not about the output of your performance. Decide the speed and level yourself.
- Always do the exercises on both sides.
- Concentrate while performing the exercises. Do not let yourself be distracted while exercising.
- During all exercises keep your back straight and do not arch it! Keep your bottom and stomach tense. For exercises performed while standing, keep your legs slightly bent.

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When you do the exercises for the first time you should perform them in front of a mirror so that you can check your posture.
- **Do not overexert yourself. Carry out the exercises only as long as your physical fitness levels allow. If you experience pain while performing an exercise, discontinue the exercise immediately.**
 - We suggest you ask an experienced yoga instructor to show you how to perform the exercises correctly.

Important notes

Consult your doctor!

- **Before you start exercising, consult your doctor and ask how much exercise you should be undertaking.**
- If you have special physical impairments, such as wearing a pacemaker, if you are pregnant, or if you suffer from circulatory problems, inflammation of the joints or tendons or orthopaedic complaints, you must arrange an exercise programme in accordance with your doctor. Incorrect or excessive exercising can endanger your health!

- Stop exercising immediately and see your doctor if any of the following symptoms occur: nausea, dizziness, excessive shortness of breath or pain in the chest region. You should also stop exercising immediately if you experience pain in joints and muscles.
- Not suitable for therapeutic exercising!

DANGER - risk of injury

- Ensure that the room in which you exercise is well ventilated. However, you should avoid draughts.
- Do not wear jewellery such as rings or bracelets. You could injure yourself or damage the pads.
- The ground must be level and flat.
- Ensure you have enough room to move around while exercising. Leave enough space between yourself and other people. No objects must protrude into the exercise area.
- Always inspect the pads before every use. Do not use them if they show any signs of damage.

Care

- ▷ The pads can be wiped off with a damp cloth as required.
- ▷ After cleaning, let the pads air-dry at room temperature. Do not place them on a heater and do not use a hairdryer or anything similar!
- ▷ Store the pads in a cool, dry place. Protect them from sunlight and pointed, sharp or rough objects and surfaces.
- Some varnishes, synthetic substances and furniture/floor care products may react adversely with the material of the product and soften it. To avoid unwanted marks on floors, place a non-slip mat underneath the product and store it in a suitable box if necessary.

Material: PU foam
Size: approx. 240 x 180 x 22 mm (L x W x H)
Weight: approx. 140 g each

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Due to manufacturing processes, there may be a slight odour when you first remove the product from its packaging. However, this is completely harmless. Leave the product to air out well. The odour will disappear after a short time. Make sure there is sufficient ventilation.



www.tchibo.de/instructions
(Please enter the product number in the box labelled "Bedienungsanleitungssuche" and click on "Suchen".)

Made exclusively for:
Tchibo GmbH, Überseering 18,
22297 Hamburg, Germany

Product number: 366 594

Outer thighs

Starting position: Stand on one leg on the pad and stretch your arms out to the side for better balance.

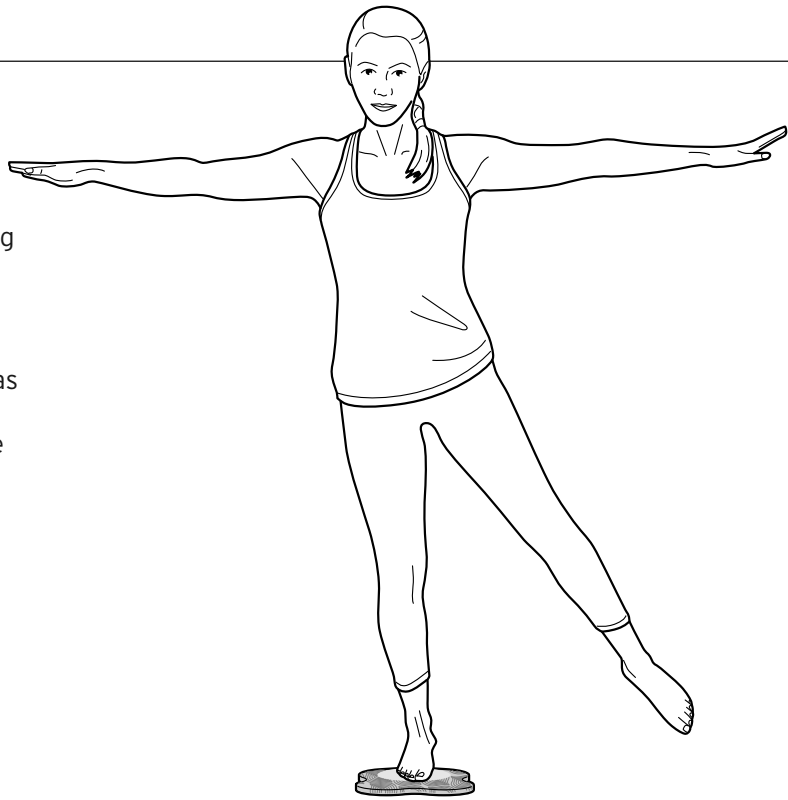
Exercise: Hold your free leg straight and as far out to the side as possible. Count to 4 and slowly return to the starting position. Change sides.



Lower legs

Starting position: Stand up, legs slightly bent, back straight - do not arch your back! Keep your bottom and stomach tensed. Lift your chest, pull your shoulders down and turn your toes slightly outwards. Feet approx. shoulder-width apart and your arms hanging by your sides.

Exercise: Raise yourself onto your toes and shift your body weight onto the balls of your feet. Count to 4 and slowly return to the starting position. Then bend your ankles and shift your body weight onto your heels. Count to 4 and slowly return to the starting position.

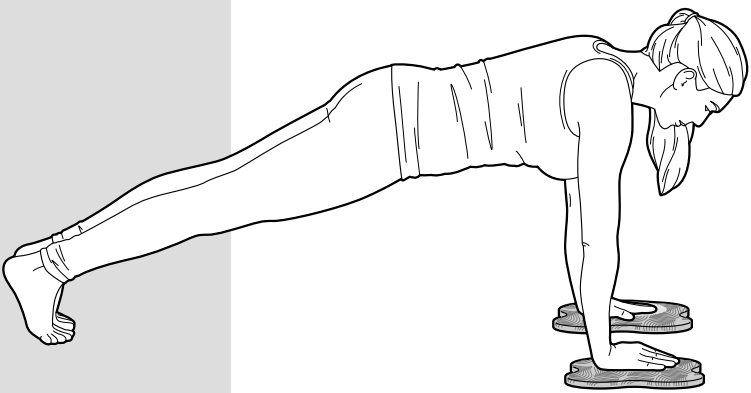


Torso, stomach, shoulders + arms

Starting position:

In a press-up position with your arms slightly bent. Your head, back and legs form a line. Tense your stomach and bottom.

Exercise: Hold for as long as possible.



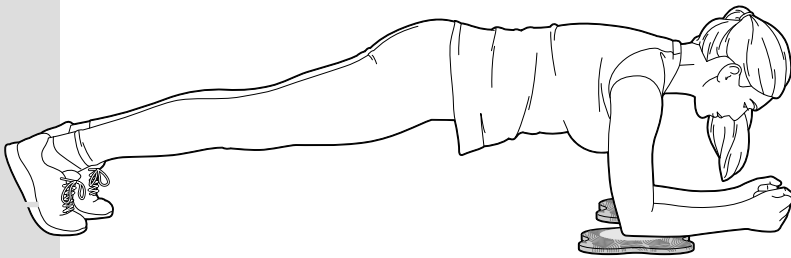
Variation:
Pull your legs forward one at a time.

Torso, stomach, shoulders + arms

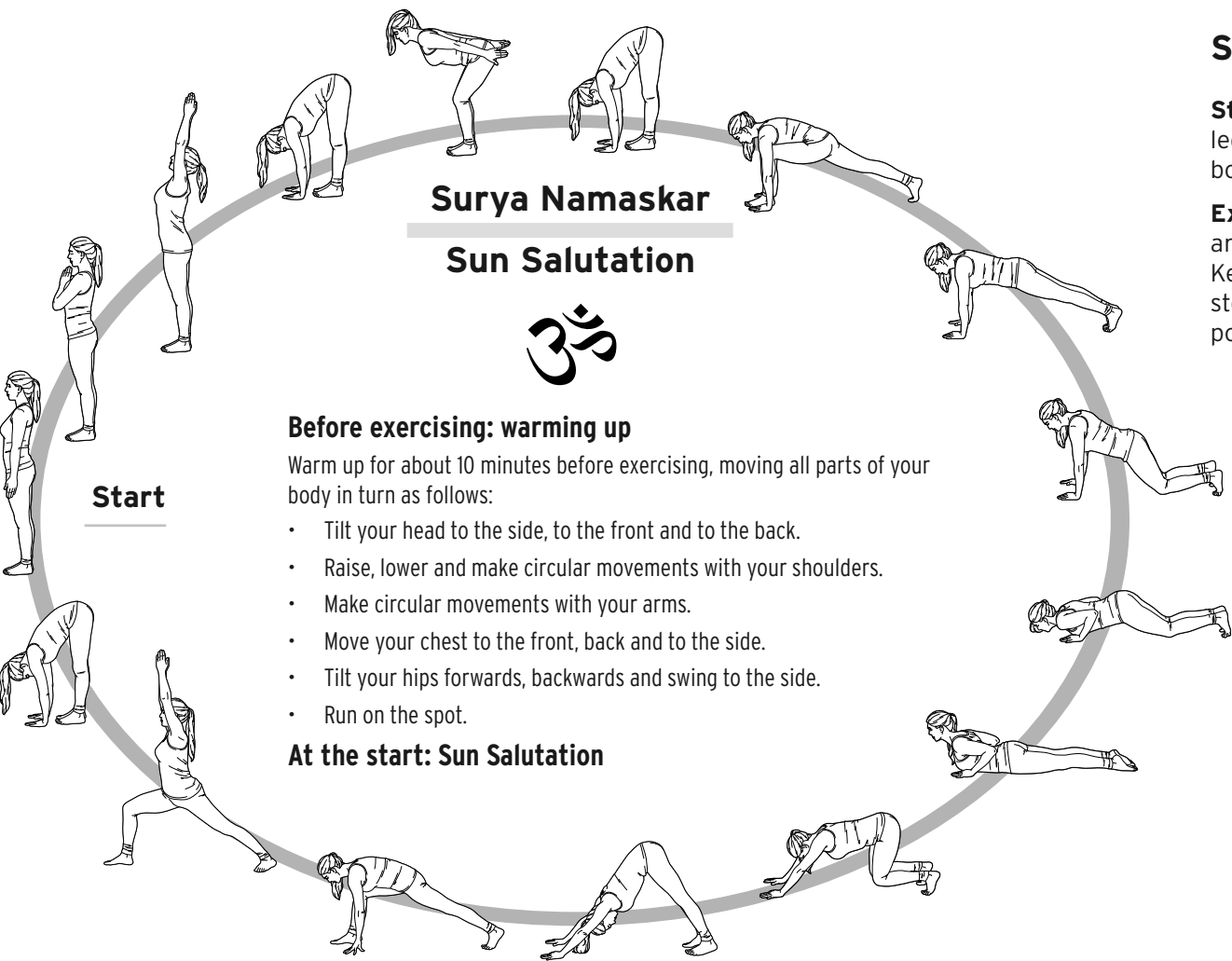
Starting position:

Plank. Your head, back and legs form a line. Keep your stomach and bottom tensed.

Exercise: Hold for as long as possible.



Variation:
Increase the intensity by placing your hands closer together.



Before exercising: warming up

Warm up for about 10 minutes before exercising, moving all parts of your body in turn as follows:

- Tilt your head to the side, to the front and to the back.
- Raise, lower and make circular movements with your shoulders.
- Make circular movements with your arms.
- Move your chest to the front, back and to the side.
- Tilt your hips forwards, backwards and swing to the side.
- Run on the spot.

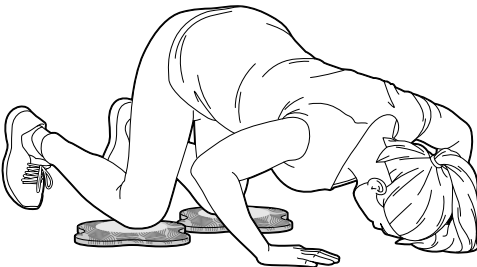
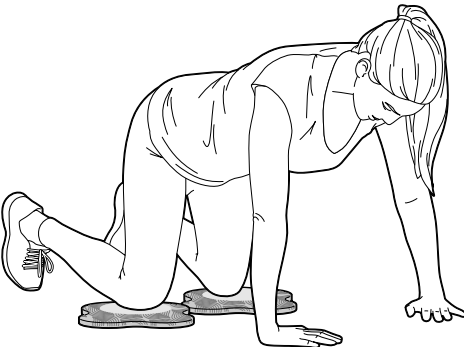
At the start: Sun Salutation

Chest + triceps

Starting position: Kneel on the pads, hands shoulder-width apart on the ground, arms slightly bent. Your back is straight, stomach and bottom are tensed, looking at the floor.

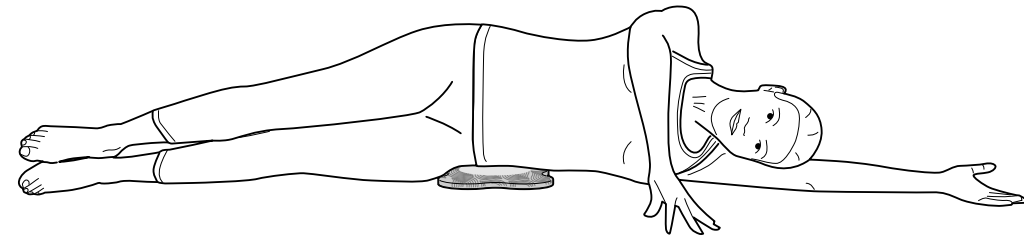
Exercise:

Lower your upper body, keeping your back straight and your elbows close to your body. Count to 4 and slowly return to the starting position.

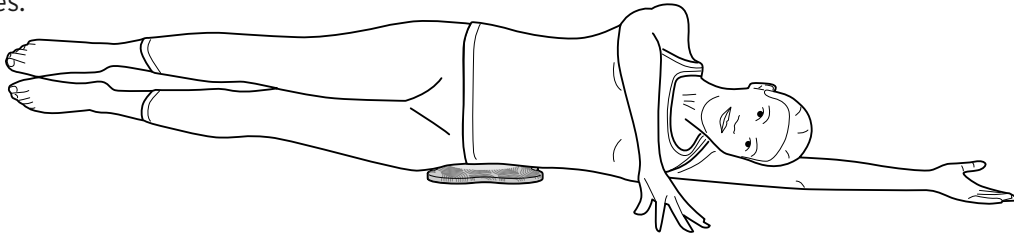


Outer + inner thighs + stomach muscles

Starting position: Lay on your side with your hips on the pad and your body outstretched. Stretch your lower arm out and let your head rest on your upper arm. Place your other hand in front of your body as a support.



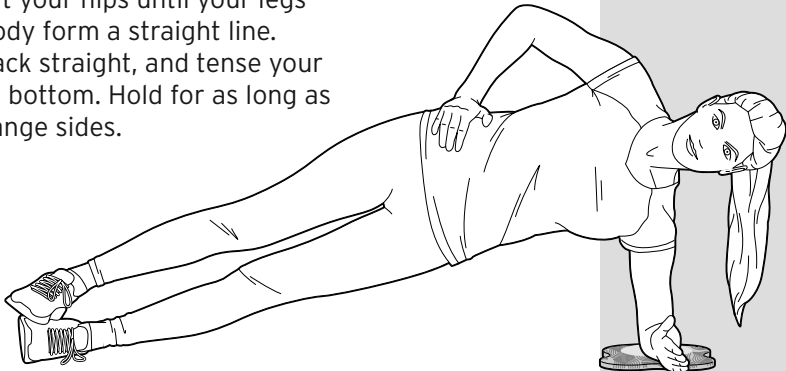
Exercise: Lift both legs to the side as high as possible. Count to 4 and slowly return to the starting position. Change sides.



Side core muscles

Starting position: Lying on your side, legs stretched out one on top of the other, body propped up on your bent arm.

Exercise: Lift your hips until your legs and upper body form a straight line. Keep your back straight, and tense your stomach and bottom. Hold for as long as possible. Change sides.

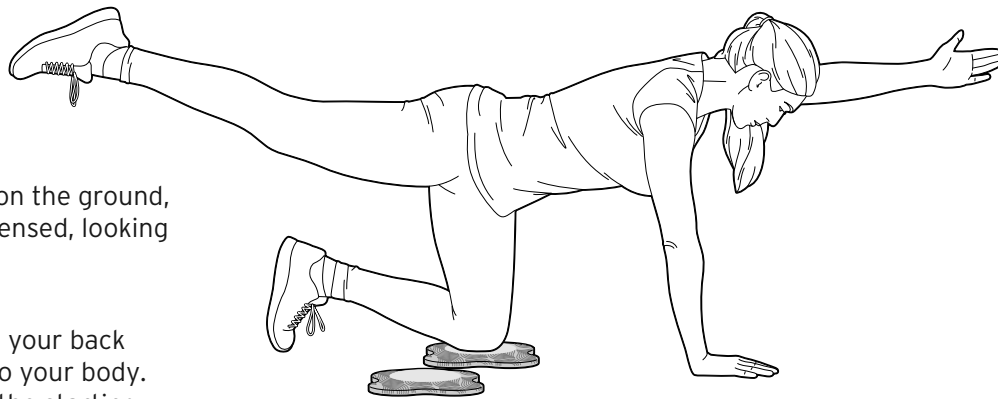


Shoulders, arms, torso, stomach, bottom + back leg muscles

Starting position: On your hands and knees, hands shoulder-width apart, arms slightly bent. Your back is straight, stomach and bottom are tensed, looking at the floor.

Exercise:

Stretch one leg out backwards and raise the opposite arm in front of you. Count to 4 and slowly return to the starting position. Change sides.



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If you should experience any pain, stop exercising immediately.

After exercising: Stretching exercises

Basic position for all stretching exercises: Lift your chest, pull your shoulders down, bend your knees slightly and turn the tips of your toes slightly outwards. Keep your back straight!

Hold each of the positions in the exercises for about 20-35 seconds.



