



Stomach and Back Trainer

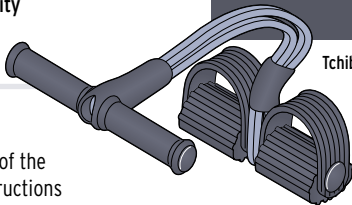


Manufactured using
natural rubber latex,
which may cause
allergies.

Your new stomach and back trainer will help you exercise effectively. You determine the intensity of the exercises individually based on how far you stretch the bands.

For your safety

Before starting the exercises, carefully read all of the following safety warnings and the exercise instructions to avoid accidental injury or damage. Download the instructions for future reference if needed. If you give this product to another person, refer the person to these instructions.



Fitness exercises

Tchibo GmbH D-22290 Hamburg · 150857AB0XX1V1 · 2025-05



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: 725 157

Safety warnings

Intended use

The sports equipment is intended to help you train and strengthen your muscles.

The sports equipment according to DIN 32935 Type A is designed for private household use. It is not suitable for commercial use in fitness centres or therapeutic institutions.

Consult your doctor!

- **Before you start exercising, consult your doctor and ask how much exercise is right for you.**
- If you have special physical impairments such as having a pace-maker, if you are pregnant, or if you suffer from inflammation of the joints or tendons or any orthopaedic complaints, you must agree on an exercise programme 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 chest pain. You should also stop exercising immediately if you experience pain in joints and muscles.
- Not suitable for therapeutic exercising!

WARNING - risk of injury

- This product must not be used by children or people who are unable to use it safely due to their physical, sensory or mental capabilities or their lack of experience or knowledge. Children must be supervised to ensure that they do not play with the product.
- The sports equipment is not a toy and must be kept out of the reach of children. Risk of strangulation!
- If you allow children to use the sports equipment, instruct them on how to use it correctly and supervise their sessions. In the event of improper or excessive training, damage to health cannot be excluded.



- The bands must not be stretched beyond 150 cm, including the handle and footrests. Otherwise, the bands could tear and injure the user.

Warning! The bands must not be overstretched: Only stretch the bands to the point that their elasticity allows. Do not use force to stretch them further. **Tall people** should be aware of this when using the bands for exercises requiring a great deal of extension.

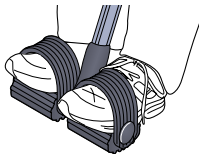
The required force to reach the maximum stretch length of 150 cm corresponds to approx. 21.5 kg (215 N)

Stretch length	100 cm	120 cm	140 cm	150 cm
Force (approx.)	145 N	170 N	200 N	210 N

- Do not apply your full body weight to the exercise bands.
- Before starting an exercise programme, consult your doctor to check which exercises are suitable for you.

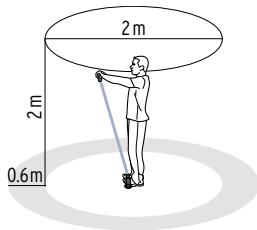
- Warm up before starting to exercise.
- If you are not accustomed to physical exercise, take it very slowly to begin with. Stop the exercises immediately if you begin to feel pain or discomfort.
- Do not exercise if you are tired or unable to concentrate. Do not exercise immediately after meals. Drink plenty of fluids as you exercise.
- Ensure that the room in which you exercise is well ventilated. However, make sure to avoid draughts.
- Always inspect the sports equipment, and especially the bands, before every use. Discontinue use if any band appears to be damaged, porous or torn.
- Do not wear jewellery, such as rings or bracelets. You could injure yourself or damage the equipment.
- Wear clothing that is comfortable to exercise in.

- Preferably, you should exercise in sports shoes or in gym socks with a non-slip sole. It is vital that you have a firm and secure footing. Do not exercise in socks on a smooth floor or surface, as you could slip and injure yourself. Use a non-slip exercise mat, for example.



- **Always place your feet in the foot straps. The feet must rest securely on the footrests. The feet must not slip off the footrests.**

- Always ensure that the footrests are securely fastened. If the footrests shift even slightly during training, adjust their position accordingly.
- Always hold the handles of the sports equipment firmly so that they cannot slip out of your hands.



- Ensure you have enough room to move around while exercising (2.0 m for exercising + 0.6 m space around that). Leave enough space between yourself and other people.

- The sports equipment must not be used by more than one person at a time.
- The design of the sports equipment must not be modified. Use the product for its intended purpose only!

What to consider when doing the different exercises

- During all exercises, keep your back straight and do not arch it! When standing, keep your legs slightly bent. Keep your bottom and stomach tensed.

- In order not to strain your wrists, do not bend them if at all possible, but hold them in direct alignment with your lower arm. In the starting position, the bands should already be under slight tension.
- Carry out all exercises at an even pace. Do not make any jerking movements. Do not let the handles spring back, but always guide them back to the starting position at the same speed. The easiest way to do the exercises is to count out a rhythm, for example tense for 2 beats, hold for 1 beat and bring back to the starting position for another 2 beats. Try it out until you have established your own even rhythm.
- Keep on breathing evenly during the exercises. Do not hold your breath! At the beginning of each exercise, breathe in. At the most strenuous point of the exercise, breathe out.
- At the beginning, do only **three to six exercises** for different groups of muscles. Depending on your physical fitness, repeat these exercises just a few times each (**approx. 3-4 times**). Take a break of around one minute between exercises. Slowly increase the number of **repetitions** up to about **10 to 20**. Never exercise to the point of exhaustion.

Before exercising: warming up

Warm up for about 10 minutes before exercising, moving all the following body parts in succession as listed here:

- 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 them to the side.
- Jog on the spot.

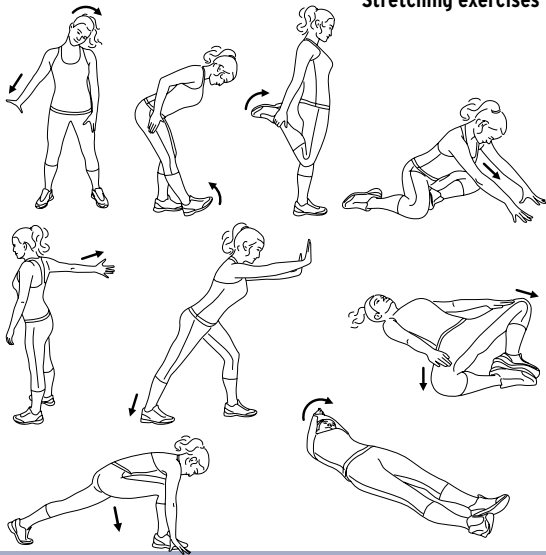
After exercising: stretching

Basic position for all stretching exercises:

Raise your chest, pull your shoulders down, bend your knees slightly and turn your toes slightly outwards. Keep your back straight!

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

Stretching exercises



1

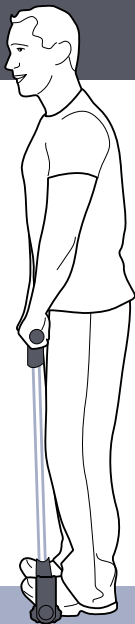
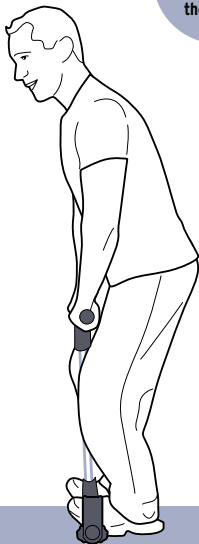
Legs + bottom

When standing:

Stand with the footrests on the floor. Hold the bands firmly with outstretched arms to build up tension and bend your knees. Keep your back straight.

Stretch your legs to elongate the bands and then bend your knees again to reduce the tension.

Keep your head and back in straight alignment with each other at all times during this exercise.

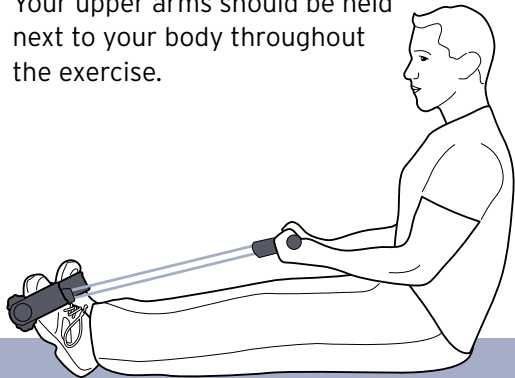


2

Arms (biceps)

Sit up against a wall as straight as possible with your legs stretched out in front of you on the floor.

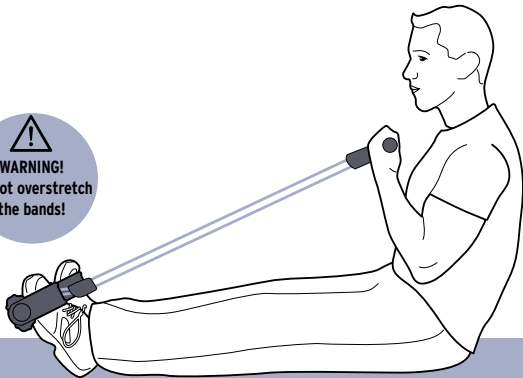
Keep your back straight during this exercise. Your upper arms should be held next to your body throughout the exercise.



Take hold of the handle from below and pull it towards you up to chest height. Then straighten out your forearms again.



WARNING!
Do not overstretch
the bands!

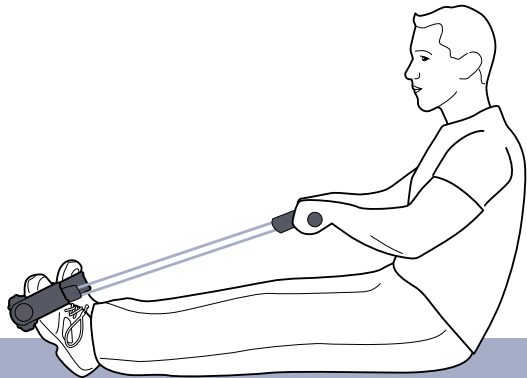


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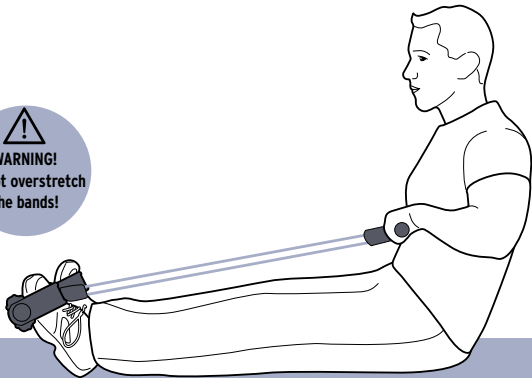
Back

Sit up against a wall as straight as possible with your legs stretched out in front of you on the floor. Keep your back straight during this exercise.

Take hold of the handle from above and pull it towards you up to chest height. Then straighten out your arms again.



WARNING!
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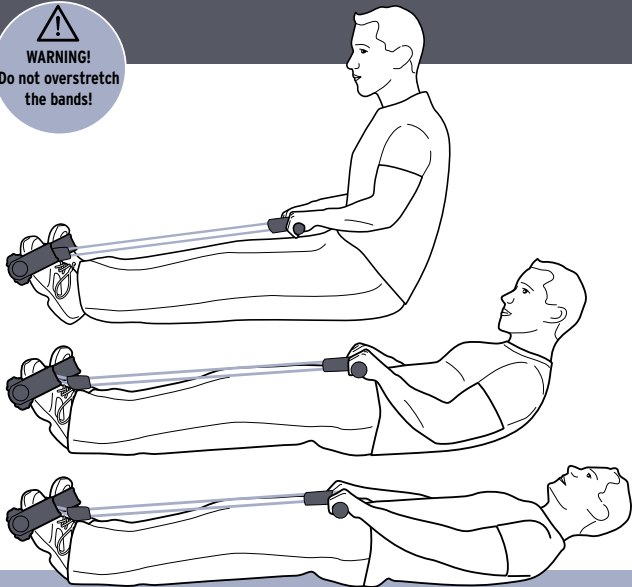
4

Abdominal muscles

Sit down on the floor with your legs slightly bent at the knee. The arms remain slightly bent during this exercise.

Roll down backward slowly - vertebra by vertebra - until your back is lying fully on the floor, keeping your chin pointing towards your chest until your shoulders touch the floor. Do not allow your head and shoulders to rest completely on the floor; keep them under tension.

Then slowly roll up again, starting with your head. Place your chin on your chest and roll up - vertebra by vertebra - until you have reached the starting position again.



Care

- ▷ Clean the product by hand with cold water and a mild soap.
- ▷ Store the product in a cool, dry place. Protect it against sunlight and pointed, sharp or rough objects and surfaces.



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

- Do not leave the product on sensitive furniture or floors. 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, store the product in a suitable container, e.g. a box.