

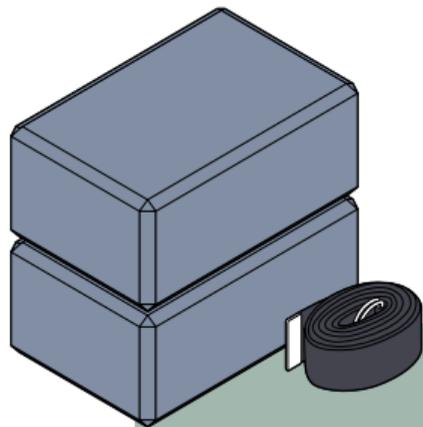


Dear Customer

Yoga improves your stamina, flexibility, coordination, strength, sense of balance and concentration. It also has a beneficial effect on your blood circulation, increases your oxygen intake and strengthens your immune system. What's more, it helps you to relax and achieve a sense of inner calm, inducing a state of well-being for the body, mind and soul.

Your new yoga set helps you to carry out yoga exercises by stabilising your body and thus allowing you to hold challenging positions more safely and for longer.

Please note: Assuming the right posture and executing the exercises correctly is very important in yoga. In these instructions, we can provide you with only a few exercise examples. To avoid getting into bad, potentially health-endangering exercising habits from the start, it is essential that you learn yoga under the instruction of a qualified yoga teacher!



Yoga Set

Tchibo GmbH D-22290 Hamburg · 150734AB1X1XVI · 2025-07
www.tchibo.de/instructions

(Please enter the product number in the box labelled "Bedienungsanleitungssuche" and click on "Suchen".)



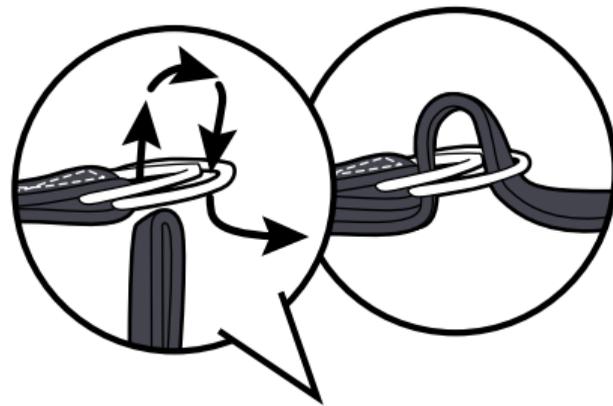
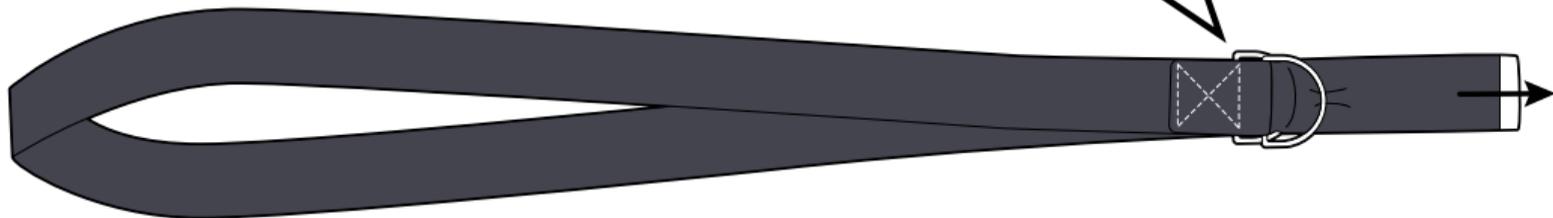
Made exclusively for:
Tchibo GmbH, Überseering 18, 22297 Hamburg, Germany

Product number: 725 074

Forming a loop



Due to manufacturing processes, there may be a slight odour when you first remove the **yoga set** from its packaging. However, this is completely harmless. Leave the **yoga set** to air in a well-ventilated area before using it for the first time. The odour will disappear after a short while.



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 give this product to another person, remember to also include these instructions.

Intended use

The **yoga set** is designed as an aid for gymnastic exercises and intended for private household use. It is not suitable for commercial use in fitness centres or therapeutic institutions.

The yoga block is designed for use by persons with a body weight of max. 100 kg. The yoga belt can withstand loads of up to 100 kg. Do not overload the set!

Important information

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 wearing a pacemaker, if you are pregnant, if you suffer from circulatory disorders, inflammation of the joints or tendons, or if you have an orthopaedic condition, then you must have your exercise programme approved by 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!

DANGER to children

- Keep the packaging materials out of the reach of children. They pose several risks, including the risk of suffocation!
- The **yoga set** is not a toy and must be kept out of the reach of infants.

WARNING – risk of injury

- Ensure that the room in which you exercise is well ventilated. However, make sure to avoid draughts.
- The ground must be level and flat.
- Ensure you have enough room to move around while exercising. There must be no objects protruding into the exercise area. Leave enough space between yourself and other people.
- Do not wear jewellery such as rings or bracelets. You could injure yourself and damage the **yoga set**.
- Wear clothing that is comfortable to exercise in.
- Always inspect the yoga belt and blocks before use. If one of them appears to be damaged, torn or broken, do not use it.

- Do not use the yoga belt for other purposes, such as for tying things, hanging things up, etc. The yoga blocks must not be used for other purposes either.

A few tips for yoga

- Exercise in a warm, quiet place without any distractions.
- It is best to do the exercises barefoot. Perform the exercises on a yoga mat or similar.
- Wait for 1-2 hours after eating a light meal, and for 3-4 hours after a large meal before starting your exercises.
- Do warm-up exercises before embarking on the yoga exercises. Always finish your exercises with a relaxation period of at least 5 minutes.
- Adapt the exercises to suit your physical condition. If you are not accustomed to physical exercise, start with just a few exercises. Perform the exercises slowly and deliberately. Exercise 2-5 times a week.

- 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 sensation. However, discontinue the exercises immediately if you begin to feel pain or discomfort.
- The exercises are effective even if you have not yet mastered them completely.



When you do an exercise for the first time, you should perform it in front of a mirror so that you can check your posture.

- Pay attention to your breathing: Breathe deeply, feeling your ribcage expand. Breathe more into your chest, less into your stomach. Use the full capacity in your lungs. Breathe evenly, taking as long to inhale as you do to exhale. Be sure to take a break as soon as you start breathing unevenly. This is a sign that your concentration is waning. Yoga is not about your performance. Determine the speed and level of difficulty yourself.
- Do not exercise if you are tired or unable to concentrate. Drink plenty of fluids before and after exercising.

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, to the back and to the side.
- Tilt your hips forwards, backwards and swing them to the side.
- Jog on the spot.

1. Stretching your hips

Starting position: Lie on your back with your legs propped up and your feet hip-width apart. Lay your arms to the side of your body. Tense your stomach and bottom.

Exercise: Push your hips upwards until your upper body and thighs form a line.

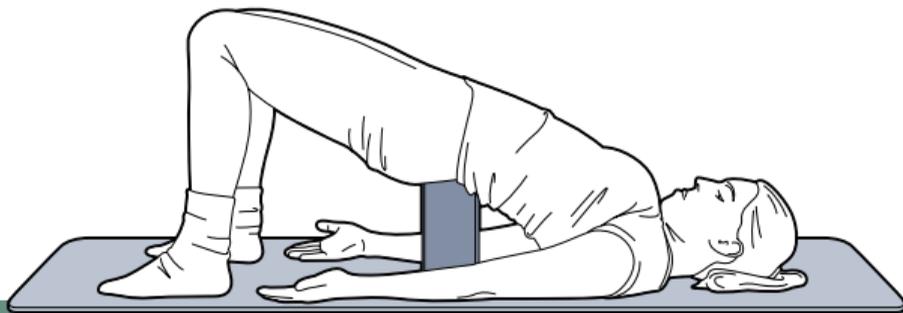
Count to 4 and slowly return to the starting position.

Variation 1a. + lower back

Starting position: Hold end position 1.

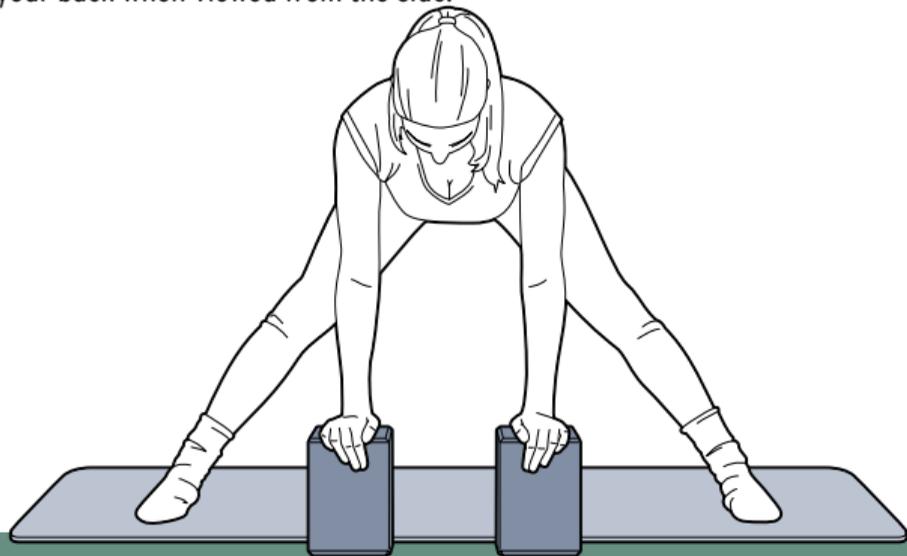
Exercise:

Stretch one leg upwards. Count to 4 and slowly return to the starting position. Change sides.



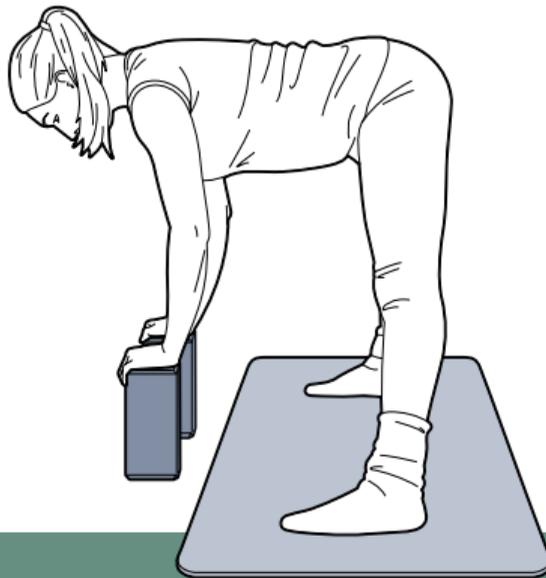
2. Stretching the inside and back of your legs

Place the two blocks on the floor in front of the mat. Depending on your straddled position and the length of your arms, they can be placed vertically, horizontally or with your palms flat. It is important that your back is straight and parallel to the floor in this position and that both your arms and your legs form a right angle with your back when viewed from the side.



Go into a straddle position until you can feel a stretching sensation on the inside and back of your legs. Bend forwards and support yourself on the blocks. The blocks should be shoulder-width apart directly under the shoulder joints.

Keep your back straight with your gaze directed towards the floor. Do not tilt your head backwards! Distribute your weight evenly between both legs and arms.



3. Stretching the sides of your torso and leg muscles

Important: Your body should remain in a straight line, as if you were wedged between two walls.

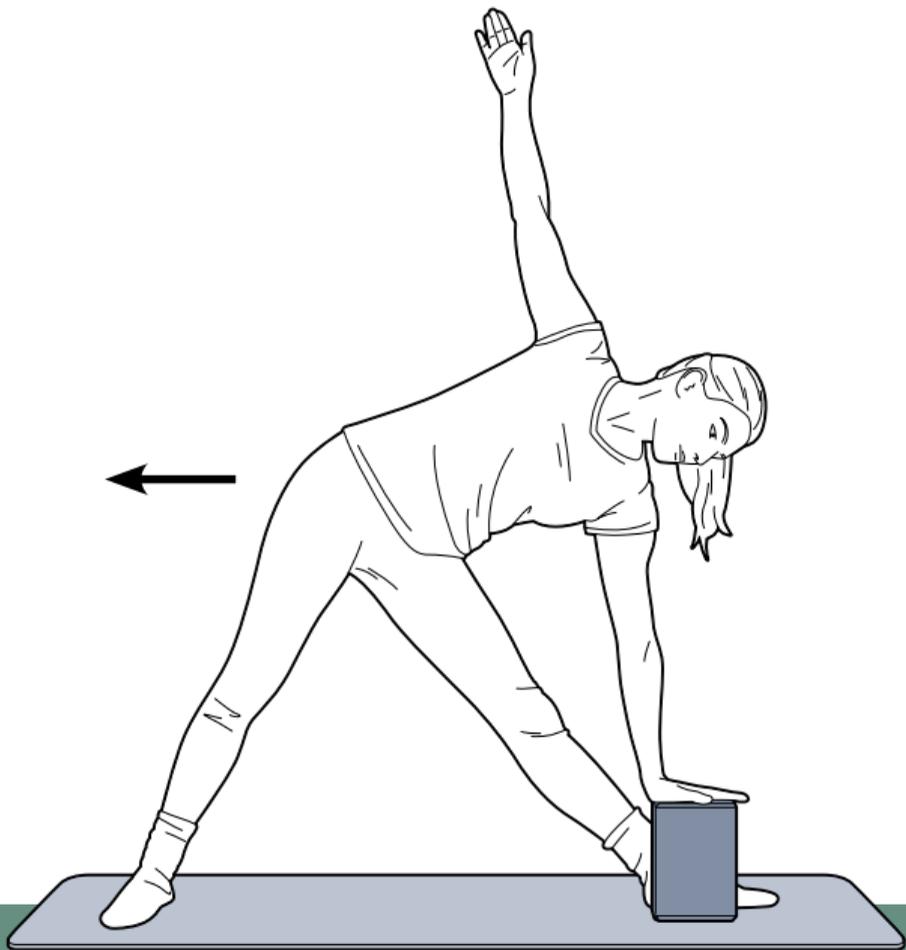
Stand with your legs apart, the edge of the foot of your outer leg pressing into the ground, your hips pushing outwards.

Your pelvic bones should be parallel, one on top of the other - do not tilt your pelvis!

Lower your back to one side, with your gaze directed to the floor.

Support yourself on the block with your lower arm and stretch your other arm straight upwards, so that both arms form a straight line.

Then perform the exercise on the other side.

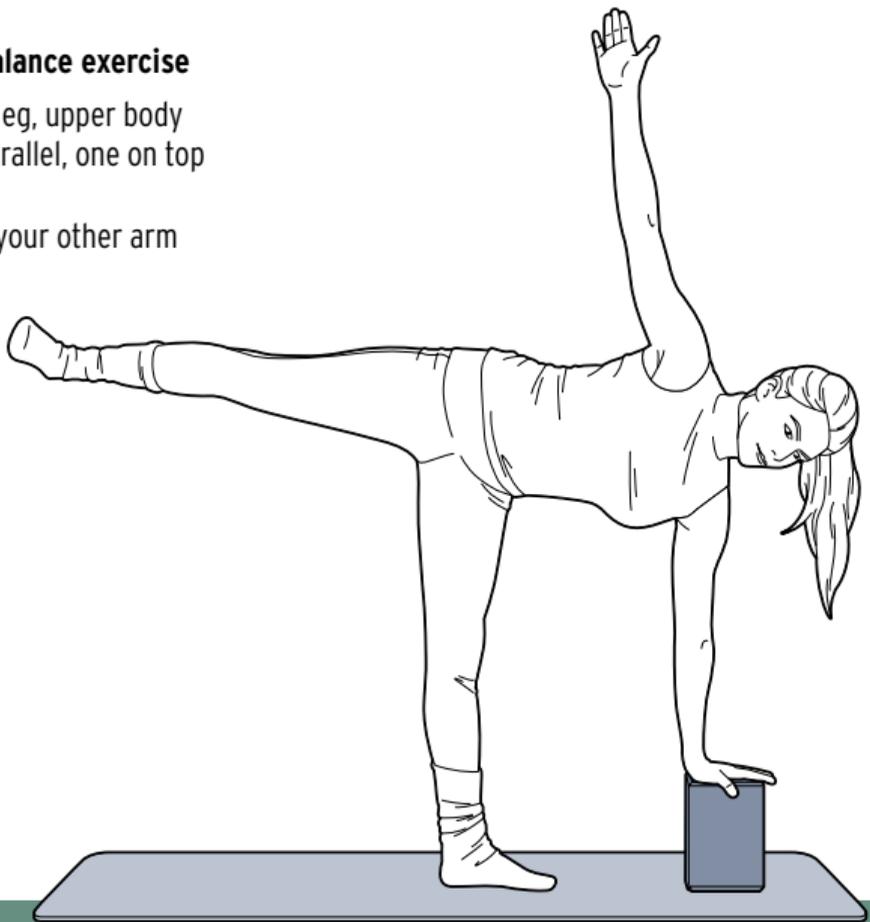


4. Strengthening your lateral stomach and leg muscles / balance exercise

Stand on one leg and lift the other out to the side so that your leg, upper body and head form a horizontal line. Your pelvic bones should be parallel, one on top of the other - do not tilt your pelvis!

Support yourself on the block with your lower arm and stretch your other arm straight upwards, so that both arms form a straight line.

Then perform the exercise on the other side.



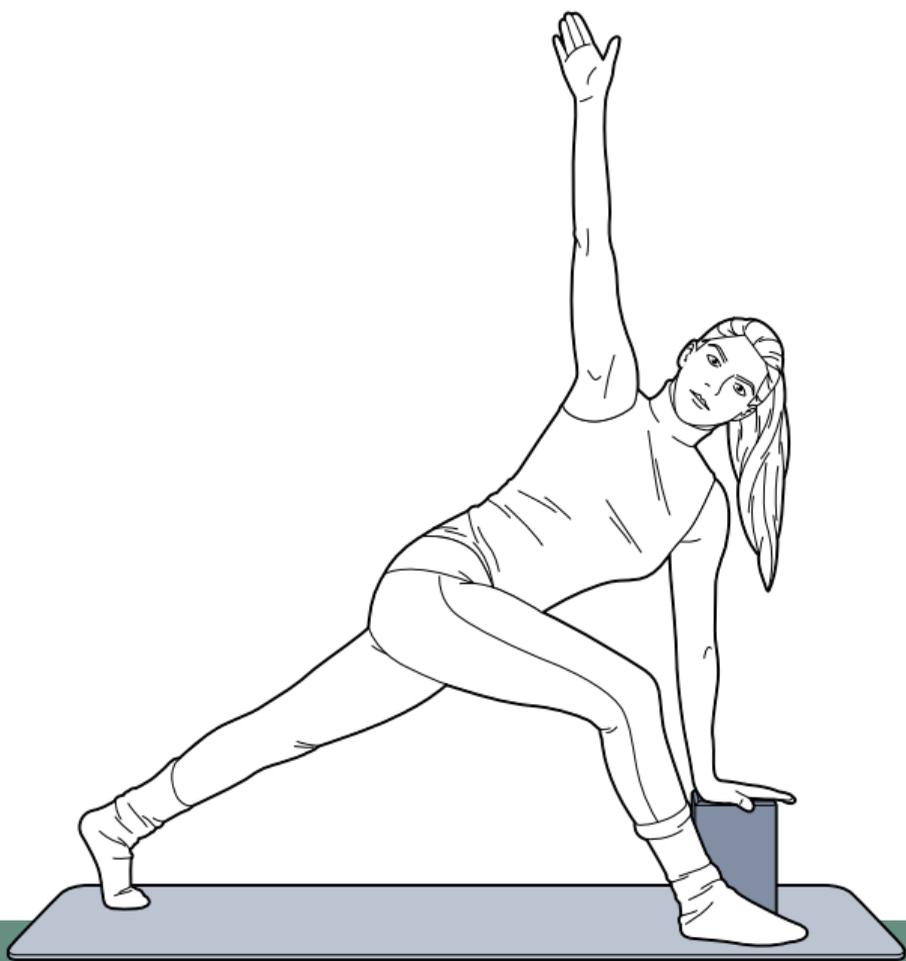
5. Strengthening your thighs / balance exercise

Stand in a lunge pose with your weight on your front foot. Your back leg and your upper body should form a diagonal line.

Turn your shoulders and chest, keeping your pelvis in position!

Support yourself on the block with your lower arm and stretch your other arm straight upwards, so that both arms form a straight line.

Then perform the exercise on the other side.



6. Stretching the front thigh and bottom muscles / increasing flexibility in your hips and legs

Sit on the block with one leg in front of your body “half” cross-legged and the other stretched out behind you.

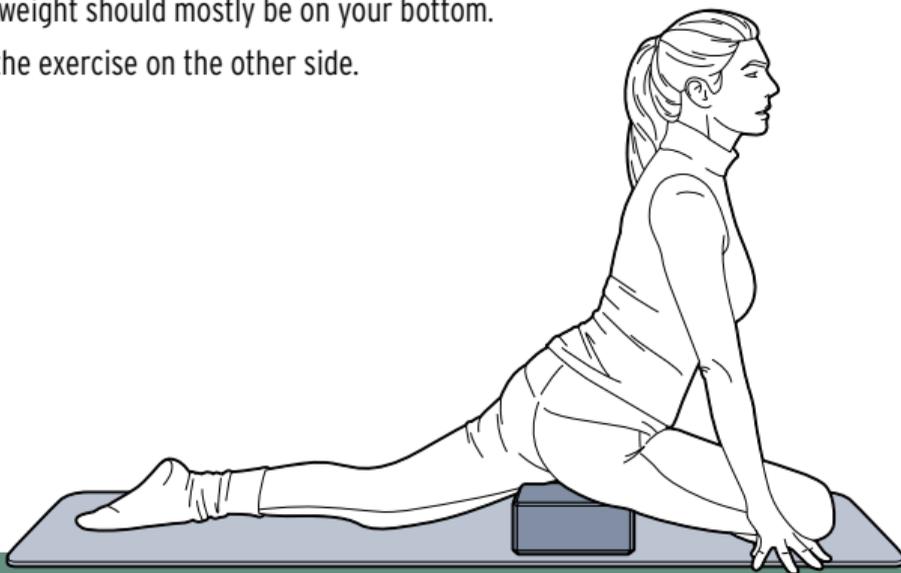
Warning! Do not support yourself on your back knee!

Keep your upper body straight and look straight ahead.

Support yourself lightly on your hands in front of you.

However, your weight should mostly be on your bottom.

Then perform the exercise on the other side.



Stop exercising immediately if you experience any pain in your knees.

7. Stretching your shoulder and arm muscles

Sit cross-legged on the block and press your knees downwards. If possible, join your hands diagonally behind your back.

Your hands should be one above the other in a straight line with your spine.

Keep your head straight and look straight ahead.

Then perform the exercise on the other side.

Tip:
Use the yoga belt for support:
Hold the belt behind your back with as short a grip as possible - the end goal is to have both hands touch.



8. Stretching your hips and thighs

Go down onto your knees and place one foot on the floor, with your foot directly underneath your knee joint.

Place the block next to your foot.

Put the other foot into the loop of the belt, then stretch your knee as far backwards as possible while pulling your toes upwards.

Your weight should not be bearing down on your kneecap, but rather on the lower end of your thigh muscle!

Hold the belt with the opposite hand over your head and support yourself with your other hand on the block.

Keep your shoulders relaxed and down.

Ensure your back is upright and stretched, direct your gaze straight ahead and push your pelvis forwards so that your weight bears down onto your front foot.

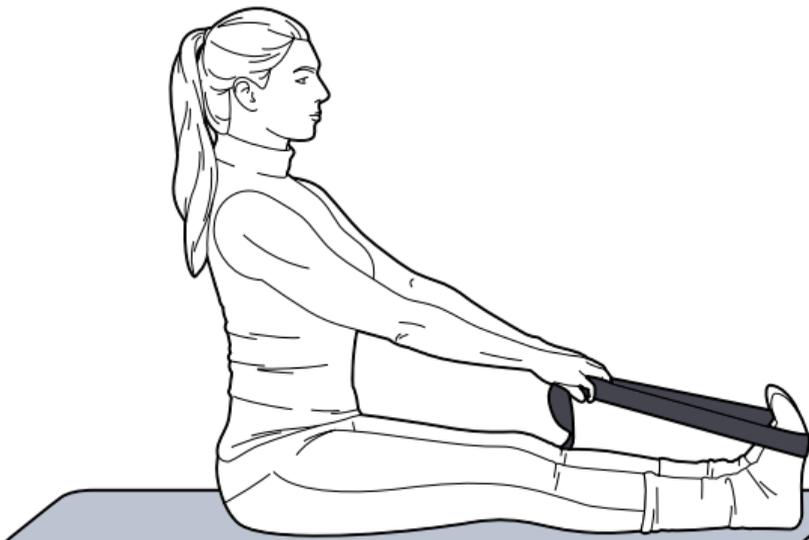
Then perform the exercise on the other side.



Do not go directly onto your knee; instead go onto the end of your thigh muscle. If you experience any pain in your knee, stop the exercise immediately!

9. Stretching your bottom + back of legs

Sit on the floor with your legs stretched out. Back straight, chest high, looking straight ahead. Tense your stomach and bottom. Put the belt around your feet and, keeping a short grip, hold it with your arms stretched out. Bend your arms and pull your torso forwards, without bending your knees. Keep your back straight. Your head and neck stay in a straight line with your back.



Variation 9a. + strengthening your arm and back muscles

Pull yourself forwards with your arms against the resistance of your back muscles, and then pull yourself backwards again with your back muscles against the resistance of your arms.



10. Stretching the back of your legs

Lie on your back, place one foot in the loop of the belt and stretch your leg upwards. Hold the belt with both hands and, keeping a short grip, pull it steadily towards your body.

Leave your other leg relaxed on the floor.

Keep your bottom on the floor.

Keep your shoulders and head relaxed and do not lift your head.

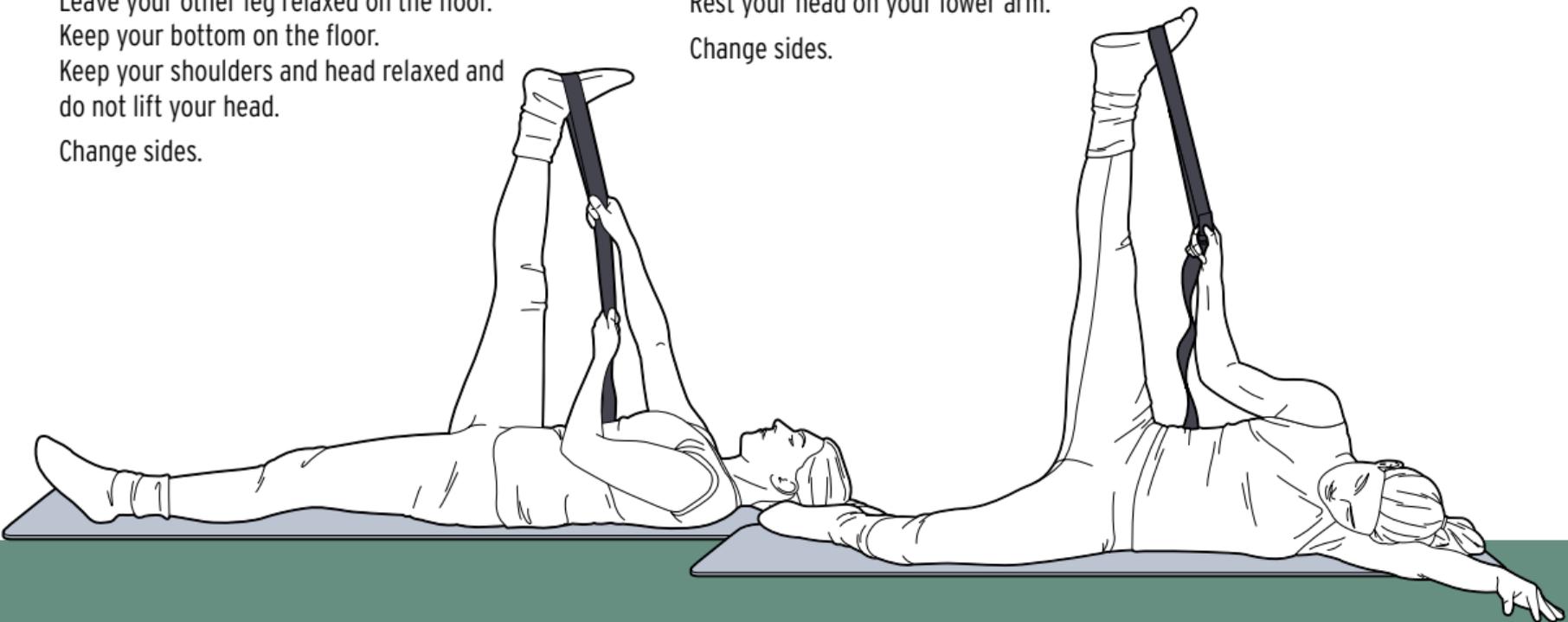
Change sides.

Variation 10a. Stretching the back and inside of your legs

Lie on your side, place one foot in the loop of the belt and stretch your leg upwards. Hold the belt with one hand and, keeping a short grip, pull it steadily towards your body. Leave your other leg relaxed on the floor with your knee bent.

Rest your head on your lower arm.

Change sides.



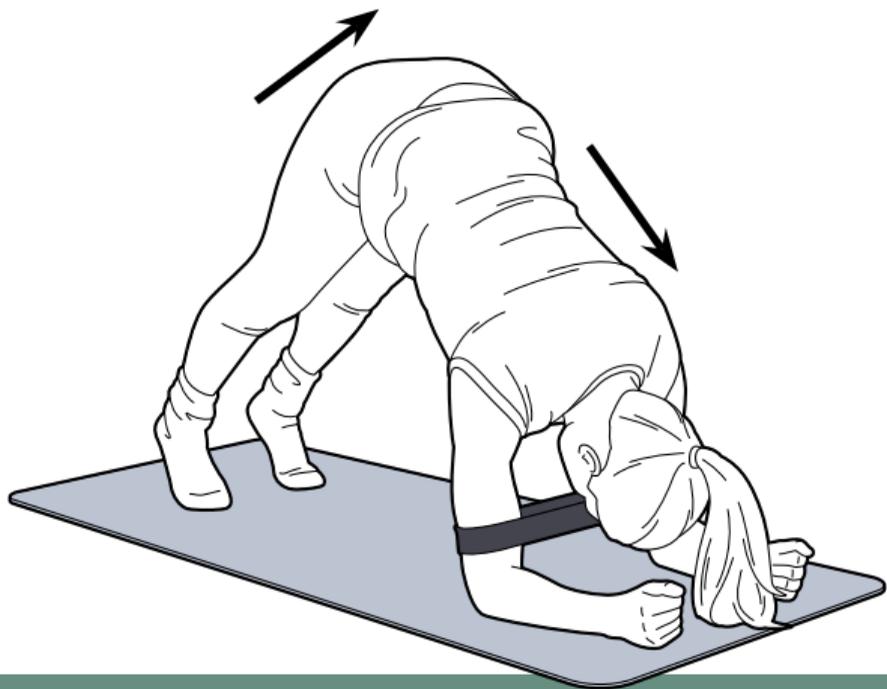
11. Forearm support - preliminary step for headstand

Go down on all fours and place the belt around your upper arms, with your arms held shoulder-width apart. Keep your feet hip-width apart.

From this position, push your tailbone upwards until you are standing on your tiptoes. Keeping your back and legs straight and stretched, shift your weight forwards onto your arms.

The belt stabilises your arms so that they cannot move out to the sides.

From this position you can also go into a headstand. (Warning! Only for advanced users.)



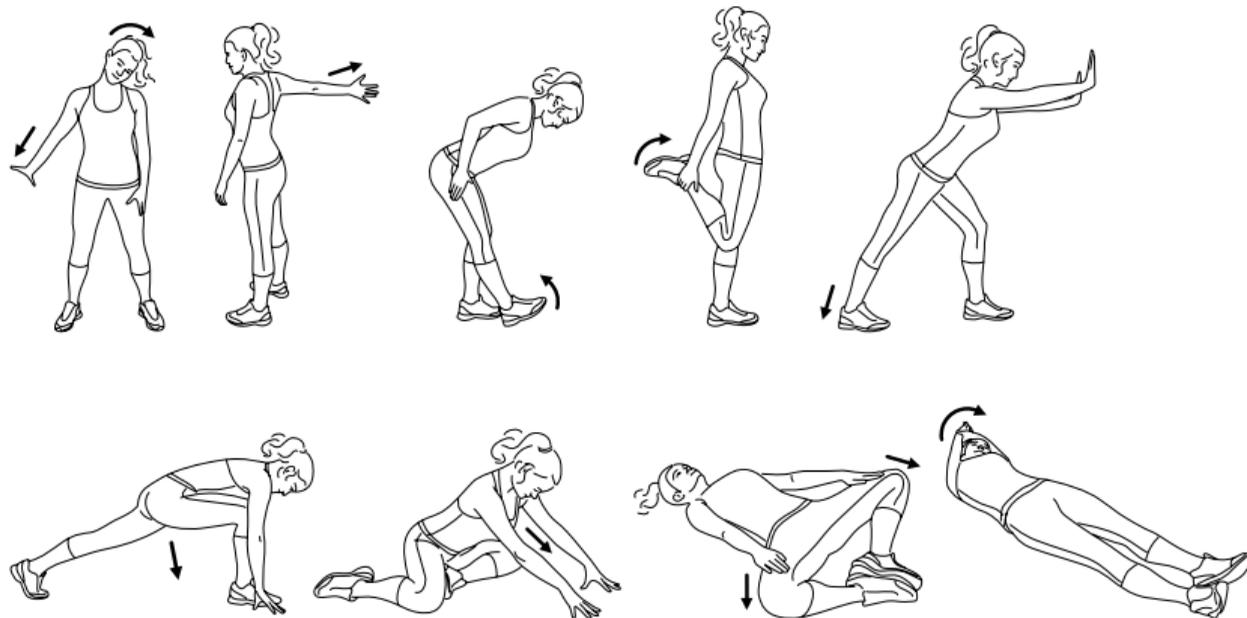
After exercising: stretching exercises

Basic position for all stretching exercises:

Lift your chest, pull your shoulders down, bend your knees slightly and turn your toes slightly outwards.

Keep your back straight!

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



Care

The materials of the set are resistant to sweat, but must be cleaned regularly to enable you to maintain a good level of hygiene while training.

- ▷ The blocks can be wiped clean with a damp cloth. The belt must be washed by hand at a maximum temperature of 30 °C (see sewn-in label).

NOTICE - material damage

- Do not use any cleaning products to clean the yoga set.
- Store the yoga set out of direct sunlight.
Do not expose it to temperatures under -10 °C or over +50 °C.
You should also protect it from water, extreme fluctuations in temperature, and high levels of humidity.