



Your new yoga mat is perfect for yoga, gymnastics and other workouts.

The highly elastic material offers the best possible shock absorption.

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## Safety warnings

Ensure you read all of the following instructions before starting to exercise.

It is advisable to have an experienced yoga instructor teach you the correct way to do the exercises.

# Fitness Exercises

Tchibo GmbH D-22290 Hamburg · 155271AB4X4XVI · 2026-02  
[www.tchibo.de/instructions](http://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

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**Product number: 737 257**

## **For your safety**

### **Intended use**

The yoga mat is designed for household use.

It is not suitable for commercial use in fitness centres or therapeutic institutions.

### **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 having a pace-maker, if you are pregnant, or if you suffer from circulatory disorders, 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!

### **DANGER - risk of injury**

- Ensure that the room in which you exercise is well ventilated. However, make sure to avoid draughts.
- Do not wear jewellery such as rings or bracelets. You could injure yourself or damage the fitness mat.
- Wear clothing that is comfortable to exercise in.
- 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 fitness mat before every use. Do not use it if it shows any signs of damage.

## What to note when exercising

- Do not start your exercises straight after eating.  
Wait at least 30 minutes after eating before starting to exercise, depending on the meal and your physical condition.  
Do not exercise if you feel unwell, if you are ill or tired, or if any other factors are making you unable to concentrate on your workout. Drink plenty of fluids as you exercise.
- To achieve the best possible exercise results and avoid injuries, always plan a warm-up phase before you start exercising and a cool-down phase afterwards as part of your workout.
- At the beginning, do only three to six exercises for different groups of muscles. Only repeat these exercises a few times, according to your physical condition.  
Take a break of at least one minute between exercises. Slowly increase the number of repetitions up to about 10 to 20.  
Never exercise to the point of exhaustion.
- Carry out all exercises at an even speed.  
Do not make any jerking movements.

- 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.
  - Always do the exercises on both sides.
  - Concentrate while performing the exercises. Do not become distracted while exercising.
  - During all exercises, keep your back straight and do not arch it! Keep your bottom and stomach tense. When carry out exercises in a standing position, keep your legs slightly bent.
-  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. Only exercise within the limits of your physical fitness. If you experience pain while performing an exercise, stop the exercise immediately.
  - It is advisable to have an experienced fitness trainer teach you the correct way to do the exercises.

### Before exercising: warm-up

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

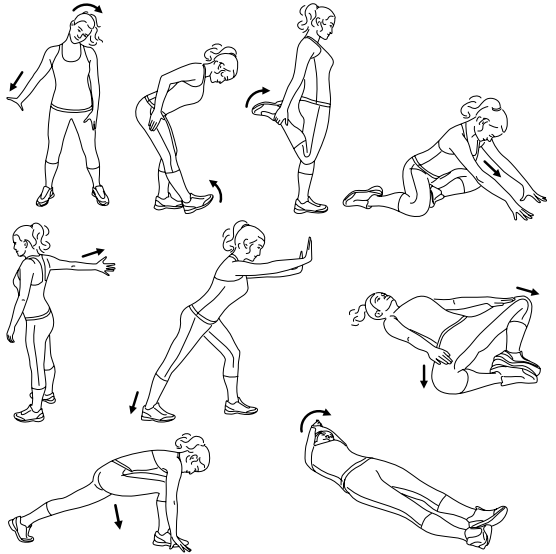
- Tilt your head to the side, to the front and to the back.
- Raise, lower and make circular movements with your shoulders.
- Make circular movements with your arms.
- Move your chest to the front, back and to the side.
- Tilt your hips forwards, backwards and swing them to the side.
- Jog on the spot.

### After exercising: stretching

Basic position for all stretching exercises:

Lift 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.

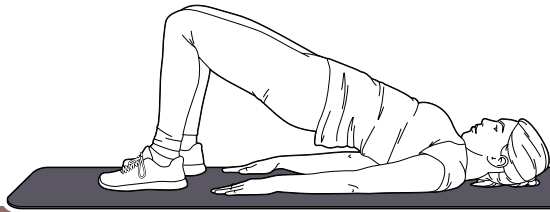


## 1. Leg muscles + bottom

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. Keep your stomach and bottom tensed.

Exercise: Push your hips upwards until your upper body and thighs form a line. Count to 4 and slowly return to the starting position.

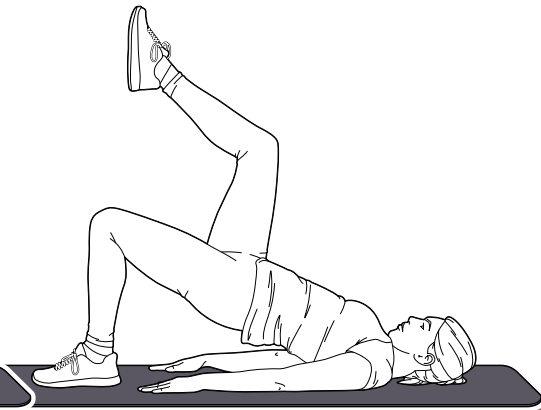


## Variation 1a. + lower back

Starting position: Hold end position 1.

Exercise:

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



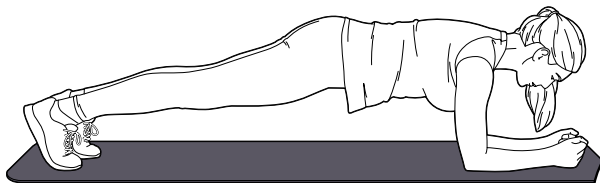
## 2. Torso, stomach, shoulders + arms

Starting position: plank position using your elbows.

Your head, back and legs form a line.

Keep your stomach and bottom tensed.

Exercise: Hold the position as long as possible.



**Variation:**  
Bring one leg  
forwards before  
repeating with  
the other leg

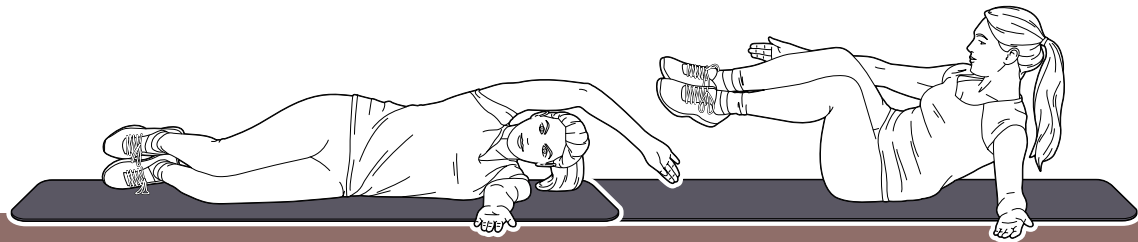
### 3. Oblique core

Starting position: Lying on your side with your legs bent. Extend your lower arm out in front of you and bring the other up over your head.

Exercise: Lift your upper body and legs in a rotating motion using your core muscles and, at the same time, bring your arm forwards.

Do not pull on your neck!

Count to 4 and slowly return to the starting position. Change sides.



#### 4. Chest + triceps

Starting position: Kneel on the floor with your hands shoulder-width apart but without putting your full weight on your arms. Keep your back straight, stomach and bottom tensed, whilst looking down at the floor.

Exercise:

Lower your upper body (like a press-up), keeping your back straight.

Count to 4 and slowly return to the starting position.



**Variation:**  
To increase  
the difficulty level,  
place your hands  
closer together



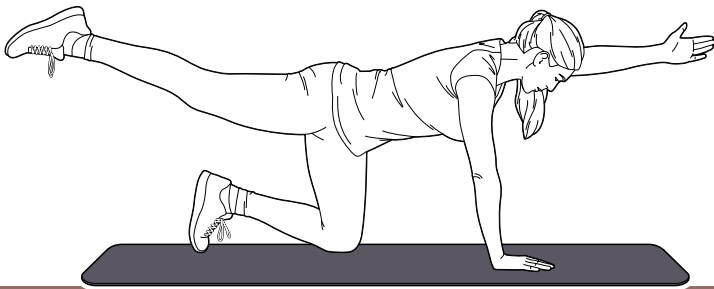
**Stop exercising  
immediately if you  
experience any pain  
in your knees.**



## 5. Shoulders, arms, torso, stomach, bottom + rear leg muscles

Starting position: On all fours with your hands shoulder-width apart but without putting your full weight on your arms. Keep your back straight, stomach and bottom tensed, whilst looking down 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.



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

## 6. Lateral torso muscles

Starting position: Lie on your side with your legs outstretched and supporting yourself on one arm bent at the elbow.

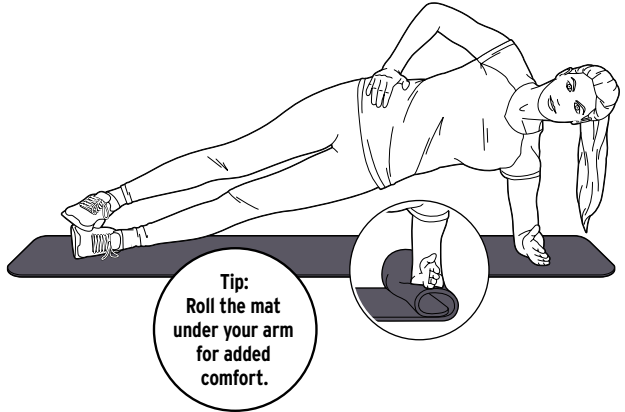
Exercise:

Lift your hips until your legs and upper body form a straight line.

Keep your stomach and bottom tensed.

Hold the position as long as possible.

Change sides.



## 7. Lower stomach + inner thigh muscles

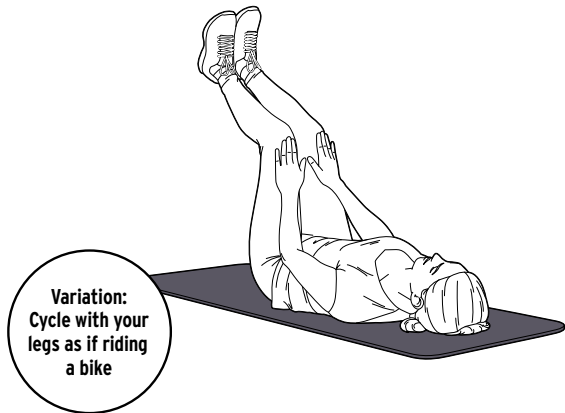
Starting position: Lie on your back with your legs extended upwards into the air.

Place your hands on your thighs.

Keep your stomach and bottom tensed.

Exercise: Push against your legs using your hands and resist by keep your legs in place.

Hold the position as long as possible.



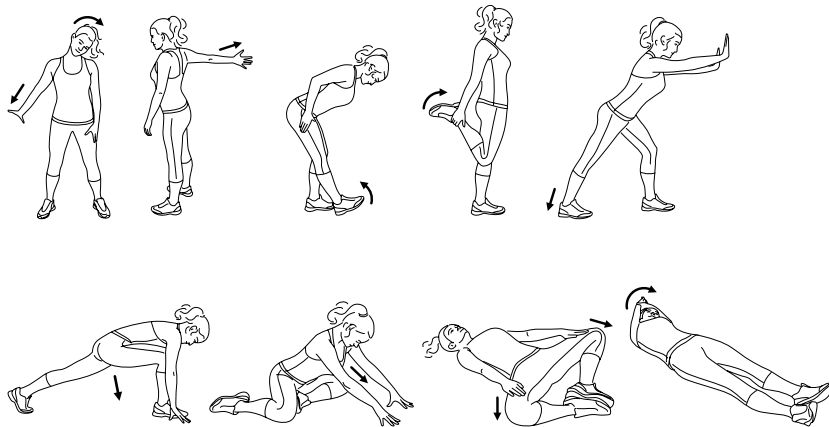
**Variation:**  
Cycle with your  
legs as if riding  
a bike

## 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!

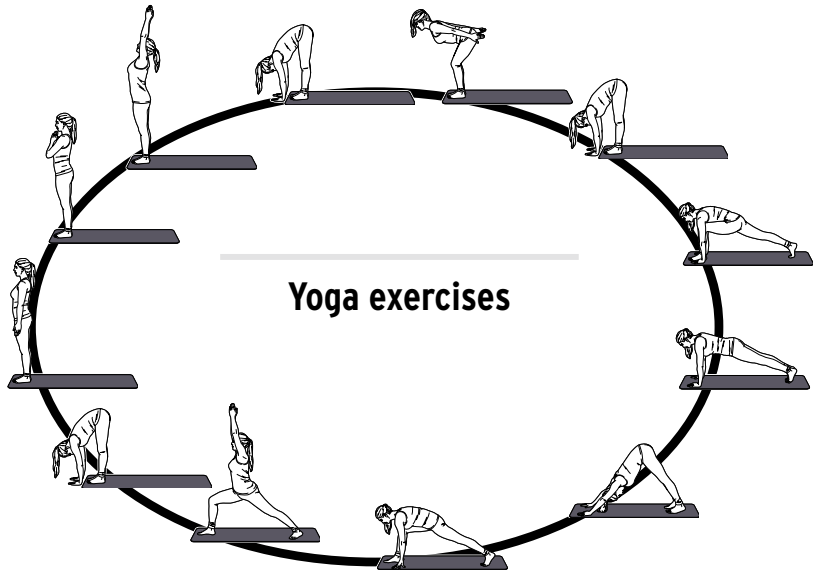
Hold each of the positions in the exercises for about 20-35 seconds.



### **A few tips for yoga**

- Exercise in a warm, quiet place without any distractions but out of direct sunlight.
- Wear loose, comfortable clothing.  
It is always best to do the exercises barefoot.  
Remove your watch and any other jewellery.
- Wait at least 30 minutes after eating before starting to exercise, depending on the meal and your physical condition.
- Adapt the exercises to suit your physical fitness. If you are not accustomed to physical exercise, only carry out a few repetitions to begin with. Carry out all exercises in a concentrated and controlled manner.  
Exercise 2-5 times a week.
- Warm up with the warming-up exercises before starting to perform the yoga exercises.  
Always finish your exercises with a relaxation period lasting 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 sensation. However, discontinue the exercises immediately if you begin to feel dizziness, pain or discomfort. The activities are also effective even when they are carried out to completion.
- Pay attention to your breathing: Take deep breaths. Try to inhale more into your chest than into your stomach. Use the full capacity of your lungs.  
Inhale and exhale at equal intervals.  
Take a break if you start breathing unevenly. This is sign that your concentration is beginning to waver.  
Yoga is not about your performance. Determine the speed and level of effort yourself.





## **0. Tadasana - Mountain Pose**

Starting position: Stand up straight looking straight ahead. Keep your feet together with your weight distributed across both feet.

Position your thighs and shins so that they are slightly turned inwards.

Keep your back straight, tense your stomach, keep your chest high and relax your shoulders.

Breathe steadily.



## **1. Namaste - Greeting Pose**

Breathe out.

Place the palms of your hands together in front of your chest, keeping your elbows in place.

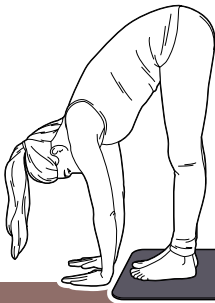


## **2. Samasthiti - Mountain Pose with raised hands**

Breathe in. Stretch your arms upwards, keeping your palms pressed together, your gaze following your hands and your shoulders relaxed.

## **3. Uttanasana - Forward Bend**

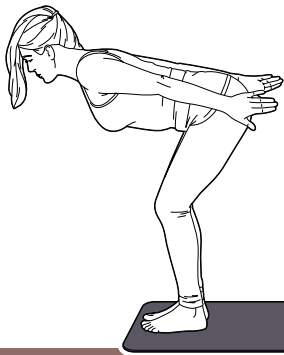
Breathe out. Bring your hands to the floor, with the palms of your hands flat on the floor if possible (alternative: touch the floor with your fingertips). Keep your knees straight.





#### **4. Ardha Uttanasana - Half Forward Bend**

Breathe in. Raise your upper body until it is parallel to the floor. Keep looking down at the floor with your knees slightly bent.



#### **5. Uttanasana - Forward Bend**

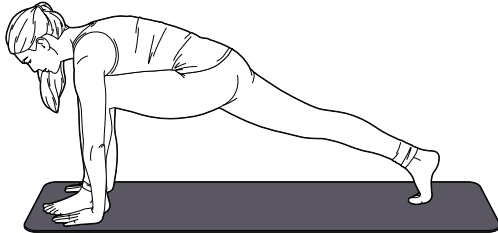
Breathe out.  
Return to the Forward Bend.



## 6. Ashva Sanchalanasana - Lunge

Breathe in.

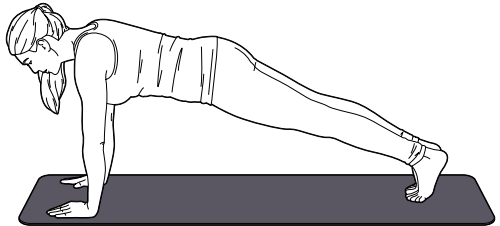
Stretch your right foot out behind you. Push your chest outwards.  
Pull your shoulders down and back,  
keeping them positioned over your wrists,  
with your hands either side of the front foot.



## 7. Phalakasana - Plank

Hold your breath.

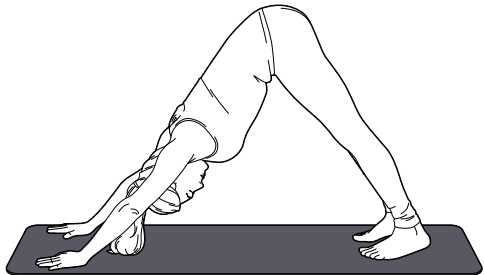
Stretch your left foot out behind you as well.  
Keep your back straight and your stomach tensed.



## 8. Adho Mukha Shvnanasana – Downward Facing Dog

Breathe out. Place your feet on the floor and lift your knees up from the floor. Use your arms to push yourself upwards and back. Push your tailbone upwards, your heels downwards and straighten your legs until you form a triangle with your upper body and legs.

Your head should be positioned between your arms forming a line with your upper body. Your gaze should be directed towards your feet. Spread out your fingers.



## 9. Virabhadrasana I – Warrior Pose 1

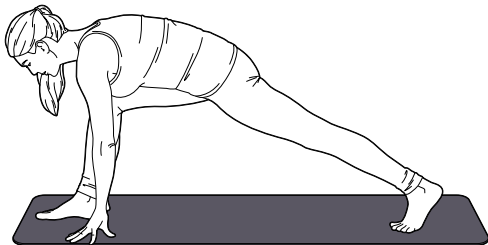
Breathe in.

Bring your right leg forwards between your hands.

Keep your rear leg straight.

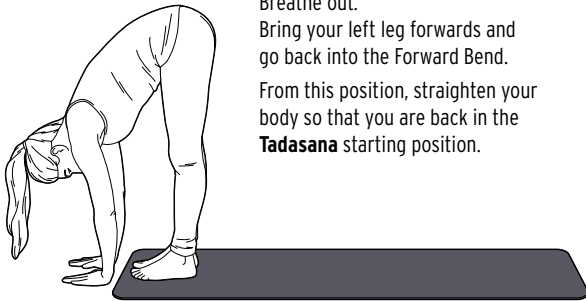
Push your upper body forwards with your gaze directed at the floor.

Your fingers should be spread out on the floor and your arms straight ...





... straighten your upper body and keep looking straight ahead.  
Stretch your arms above your head,  
keeping the palms of your hands together.  
Stand with your rear foot at a slight angle.



## 10. Uttanasana - Forward Bend

Breathe out.

Bring your left leg forwards and go back into the Forward Bend.

From this position, straighten your body so that you are back in the **Tadasana** starting position.



## 0. Tadasana - Mountain Pose

Starting position:

Stand up straight looking straight ahead. Keep your feet together with your weight distributed across both feet.

Position your thighs and shins so that they are slightly turned inwards.

Keep your back straight, tense your stomach, keep your chest high and relax your shoulders.

Breathe steadily.

## Care

- The fitness mat can be wiped down with a damp cloth as required. After cleaning, leave the mat to air-dry at room temperature. Do not place it on a heater and do not use a hairdryer or anything similar!
- Store the mat in a cool, dry place. Protect it from sunlight and pointed, sharp or rough objects and surfaces.
- Always store the fitness mat rolled up. Do not bend or fold it.
- 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 any unwanted marks, store the product in a suitable box.

- Material: High-grade plastic (TPE)
- Size: approx. 1730 x 610 x 7 mm (L x W x H)
- Weight: approx. 950 g



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. The mat has been rolled up very tightly for a long period of time during transport. Therefore, after removing the packaging, you should leave it out for approx. 24 hours.