

TRENDY MEIA®

IDEAL FOR THERAPY, FITNESS AND REHABILITATION



PENDULUM / CARDIO TRAINING

STARTING POSITION STAND ONE FOOT LENGTH AWAY FROM THE TRENDY MEIA.
EXERCISE JUMP ONE-LEGGED IN THE CENTER OF THE TRENDY MEIA AND SWING THE OTHER LEG TO THE SIDE. THEN BACK TO THE GROUND. REPEAT WITH THE OTHER LEG.
MORE DIFFICULT JUMP THREE TIMES WITH EACH LEG IN THE MIDDLE OF THE TRENDY MEIA AND SWING THE OTHER LEG TO THE SIDE.



KNEE UP / CARDIO TRAINING

STARTING POSITION STAND ONE FOOT LENGTH AWAY FROM THE TRENDY MEIA.
EXERCISE JUMP ONE-LEGGED IN THE CENTER OF THE TRENDY MEIA, WHILE THE OTHER LEG IS PULLED PERPENDICULAR TO THE BELLY. THEN BACK TO THE GROUND. REPEAT WITH THE OTHER LEG.
MORE DIFFICULT JUMP THREE TIMES WITH EACH LEG IN THE MIDDLE OF THE TRENDY MEIA. THEN BACK TO THE GROUND.



SQUAT JUMPS / CARDIO TRAINING

STARTING POSITION PLACE ONE LEG IN THE CENTER OF THE TRENDY MEIA, FEET HIP-WIDTH APART. THE OTHER LEG PRESSURE ON THE HEEL ON THE FLOOR. BOTH TOES POINT FORWARD.
EXERCISE CHANGE LEG ON THE TRENDY MEIA, BEND KNEE AND PRESS UPWARDS. JUMP ABOVE THE TRENDY MEIA. REPEAT EXERCISE ON THE OTHER SIDE.
MORE DIFFICULT BOTH ARMS ABOVE THE HEAD AND PULL BOTH ELBOWS DOWN WHILE SQUATTING (POSSIBLY WITH WEIGHTS).



LUNGES / CARDIO TRAINING

STARTING POSITION PLACE ONE LEG IN THE CENTER OF THE TRENDY MEIA AND SHIFT THE BODY WEIGHT ON THE HEEL OF THAT LEG. THE OTHER LEG IS STANDING ON THE FLOOR ON THE TIP OF THE TOES.
EXERCISE JUMP ON THE TRENDY MEIA ALTERNATING WITH RIGHT AND LEFT LEG.



MOUNTAINCLIMBER TRAINING / CARDIO TRAINING

STARTING POSITION STAND ONE FOOT LENGTH AWAY FROM THE TRENDY MEIA.
EXERCISE JUMP ONE-LEGGED IN THE CENTER OF THE TRENDY MEIA. WHILE PULLING THE OTHER KNEE AT A RIGHT ANGLE TO THE BELLY. SWITCH TO THE OTHER LEG. THEN PUT BOTH HANDS SHOULDER-WIDTH APART ON THE TRENDY MEIA AND STRETCH OUT BOTH LEGS IN SUCCESSION.



AVAILABLE IN:



BLUE Ø 60 CM



ANTHRAZIT Ø 60 CM



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MAX. BELASTBARKEIT
MAX. CARRYING CAPACITY

300 KG



BALANCE / LEGS

STARTING POSITION WITH HELP OF A SUPPORTING OBJECT SET ONE FOOT IN THE CENTER ON THE BACK OF THE TRENDY MEIA. SET THE OTHER FOOT HIP-WIDTH APART RIGHT AFTER AND BALANCE WEIGHT.
EXERCISE BEND YOUR KNEES SEVERAL TIMES, KEEPING WEIGHT ON THE HEELS.



HIP LIFT

STARTING POSITION LYING ON THE BACK PLACE BOTH HEELS HIP-WIDTH APART ON THE TRENDY MEIA.
EXERCISE RAISE AND LOWER HIP JUST ABOVE THE GROUND.
MORE DIFFICULT STRETCH OUT ONE LEG UPWARDS DURING THE EXERCISE.



SHOULDER

STARTING POSITION TURN AROUND THE TRENDY MEIA. GRAB THE SIDE HANDLES WITH BOTH HANDS, AND THEN STRETCH OUT LEGS SO THAT THE BODY FORMS A STRAIGHT LINE.
EXERCISE PRESS DOWN RIGHT AND LEFT HAND TO THE GROUND ALTERNATING.



STRAIGHT ABDOMINAL MUSCLES

STARTING POSITION SET YOUR ELBOWS IN THE CENTER OF THE TRENDY MEIA IN A KNEELING POSITION.
EXERCISE LIFT KNEES OFF THE FLOOR. ABDOMINALS TIGHT. THE BODY SHOULD FORM A STRAIGHT LINE. HOLD A FEW SECONDS, THEN A SHORT BREAK AND REPEAT AGAIN.



UPPER BACK MUSCLES

STARTING POSITION LIE ON THE TRENDY MEIA, WHILE BOTH TIPS OF THE TOES TOUCHING THE GROUND. LIFT THE UPPER BODY AND HOLD TENSION.
EXERCISE STRETCH BOTH ARMS AND MOVE ELBOWS SLOWLY TOWARDS THE BODY AND STRETCH AGAIN.



LOWER ABDOMINAL MUSCLES

STARTING POSITION LIE ON THE BACK ON THE TRENDY MEIA, HANDS BEHIND HEAD, TAKE FEET OFF THE GROUND AND BALANCE OUT.
EXERCISE ALTERNATING STRETCH ONE LEG WHILE KEEPING YOUR UPPER BODY STABLE. BEND ONE KNEE OVER THE HIP.
MORE DIFFICULT ALWAYS STRETCH ONE ARM DIAGONALLY OVER THE HEAD.



CHEST MUSCLES

STARTING POSITION TURN THE TRENDY MEIA. GRAB THE SIDE HANDLES WITH BOTH HANDS AND THEN STRETCH OUT LEGS, SO THE BODY FORMS A STRAIGHT LINE.
EXERCISE BEND THE ARMS AND LOWER THE UPPER BODY TO THE BOTTOM OF THE TRENDY MEIA. EXTEND THE ARMS AGAIN.



LATERAL ABDOMINAL MUSCLES

STARTING POSITION PROP UP ELBOW BELOW THE SHOULDER JOINT IN THE CENTER OF THE TRENDY MEIA. STRETCH LEGS (KNEELING IF SHOULDER PROBLEMS) AND CAREFULLY REMOVE HIP OFF THE FLOOR. BRING THE BODY INTO A STRAIGHT LINE.
EXERCISE RAISE AND LOWER HIP ALTERNATING.
MORE DIFFICULT UPPER ARM AND UPPER LEG SPREAD APART FROM THE BODY.



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