

BICO - FUNCTIONS

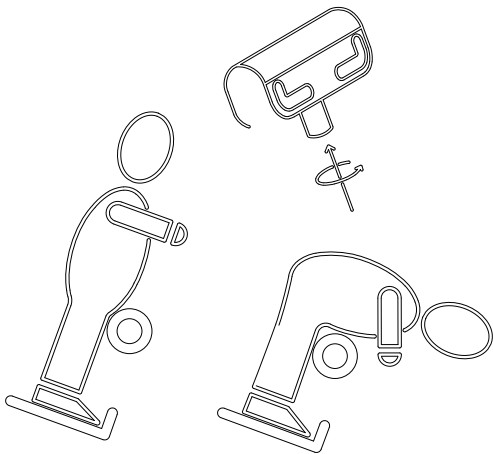
BACK LIFT

YOU TRAIN

Back, the back of the thighs.

INSTRUCTIONS

Position yourself on the foot plate with your pelvis against the support. Keep your hands on your chest or at head height. Lower your upper body over the edge and come back up again.



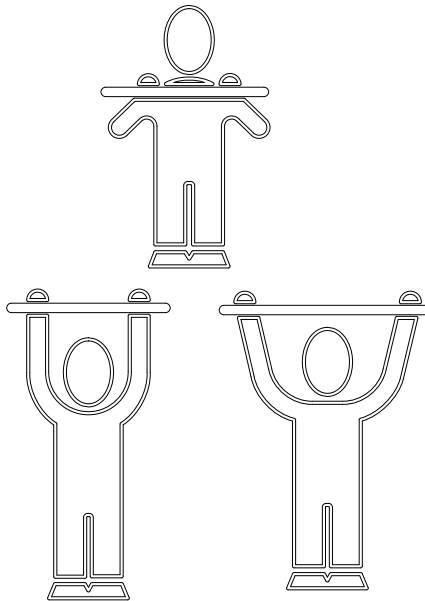
CHINS

YOU TRAIN

Shoulders, arms, chest.

INSTRUCTIONS

Jump up and grab the bar. Pull yourself up until your chin is level with the bar. Slowly lower yourself back down.



SIT UP

YOU TRAIN

Abdomen.

INSTRUCTIONS

Lie on your back on the bench and place your legs over the support. Raise your upper body towards your knees and back down again. Keep your arms in line with your thighs, on your chest or by your head. Do the exercise straight or let your elbows touch the opposite knee.

