Art.Nr.1877003
1877032

CM.band

CIMAX
www.cimax.fr

Mode d'utilisation

Directions for use
Gebrauchsanweisung
Utilizacion
Modo di utilizzo
Gebruiksaanwijzing
Sposób dzialania
Brugsanvisning

1 Débloquer

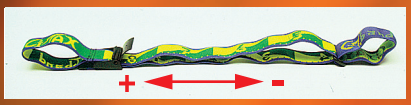
- To release
- Lösen
- Desbloquear
- Sbloccare
- Losmaken
- Odblokować
- Løsne

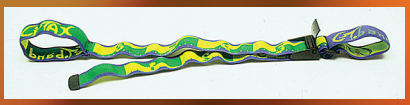
2 Régler

- To adjust
- Einstellen
- Ajuste
- Regolazione
- Afstellen
- Uregulować
- Regulere

Longueur

- The length
- Länge
- Largo
- Lunghezza
- Lengte
- Dlugość
- Længde

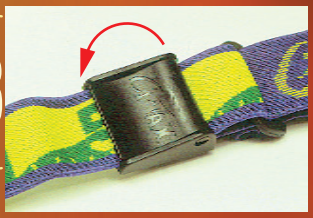




Force

- The strength
- Kraft
- Fuerza
- Forza
- Kracht
- Sila
- Styrke

3 Bloquer



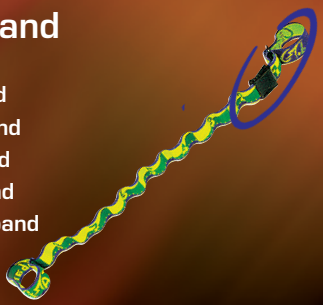
- To block
- Blockieren
- Bloquear
- Bloccare
- Vastzetten
- Zablokować
- Blokere

Séries alternées

- Series alternatively
- Sätze abwechselnd
- Series alternadas
- Serie altenate
- Afwisselende series
- Seria ćwiczeń z przemiana
- Skiftende serier

Réglage du CM.band

- Adjusting the CM.band
- Einstellung des CM.band
- Regulación de la CM.band
- Regolazione del CM.band
- Regeling van de CM.band
- Regulacja aparatu CM.band
- CM.band indstilling



Temps de repos entre chaque série : 10 ➡ 15 secondes

- Time between each exercise : 10 ➡ 15 seconds
- Ruhezeit zwischen de Übungen : 10 ➡ 15 Sek
- Tiempo de descanso entre cada ejercicio : 10 ➡ 15 s
- Tempo di riposo tra ogni esercizio : 10 ➡ 15 s
- Rusttijd tussen elke serie : 10 ➡ 15 s
- Czas przerwy między każda serią ćwiczeń : 10 ➡ 15 s
- Hvileperiode mellem scrierne : 10 ➡ 15 s

Pensez à vous échauffer

- Always warm up at the beginning of an exercise session
- Denken Sie daran sich aufzuwärmen
- Piense en precalentarse
- Pensate a scaldarvi
- Vergeet niet om u op te warmen
- Pomyślcie o rozgrzewce
- Husk opvarmning

Pendant les exercices, gardez le CM.band en tension

- Always keep the CM.band under tension
- Halten Sie während ihrer Übungen das CM.band gestrafft
- Cuando trabaje, mantenga la CM.band en tensión
- Lavorando mantenere il CM.band teso
- Houd tijdens het oefenen de CM.band gespannen
- W trakcie wykonania ćwiczeń nie zapomnijcie o ciąglym naprężeniu aparatu CM.band
- Under øvelserne oprethold spændingen i CM.band

Pour les exercices debout, pliez légèrement les genoux et gardez le dos droit

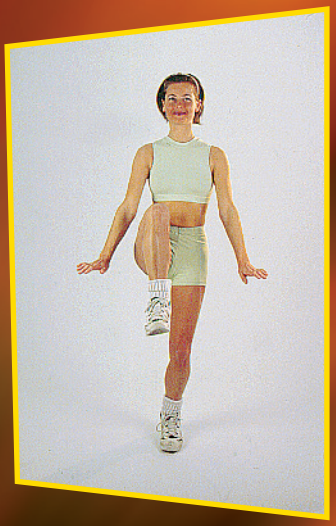
- For exercises in the standing position : bend your knees slightly and keep your back straight
- Für Übungen im stehen : beugen Sie leicht die Knie und halten Sie den Rücken gerade
- En los ejercicios de pie : flexione ligeramente las rodillas y mantenga la espalda recta
- Per gli esercizi in piedi : piegare legermente le ginocchia e mantenere la posizione reta
- Voor de staande oefeningen : buig lichtjes de knieën en houd de rug recht
- Wykonując ćwiczenia na stojąco zginać lekko kolana i utrzymywać plecy wyprostowane
- For stående øvelser : bøj knæene let og hold ryggen ret

Echauffement

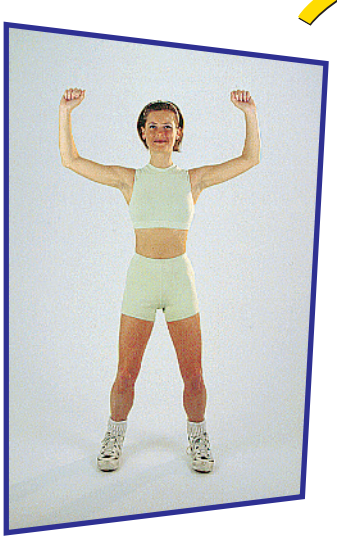
Warm up exercises
Aufwärmen
Precalentamiento
Riscaldamento
Warming up
Rozgrzewka
Opvarmning

1

2



3

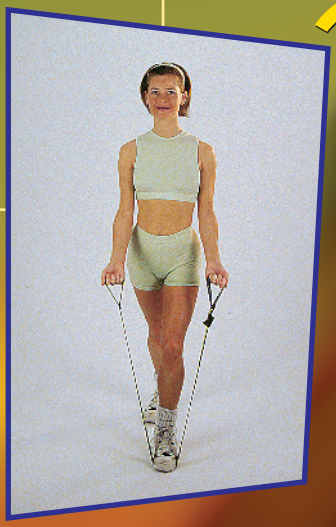


4

Bras

Arms
Arme
Brazos
Braccia
Armen
Ręce
Arme

5



1 → 2

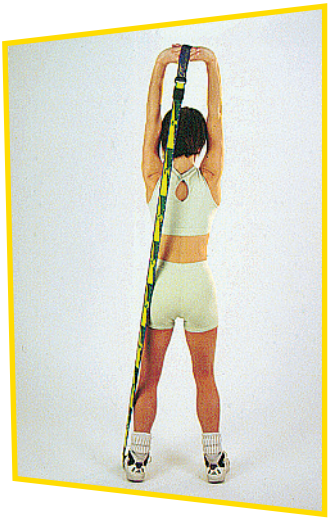
6

1 → 2

7

5 ➡ 7

8



1 ➡ 2

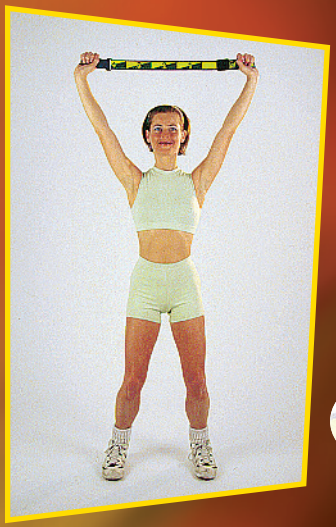
Epaules

Shoulders
Schultern
Hombros
Spalle
Schouders
Ramiona
Skuldre

9

1 → 2

10



7 → 8

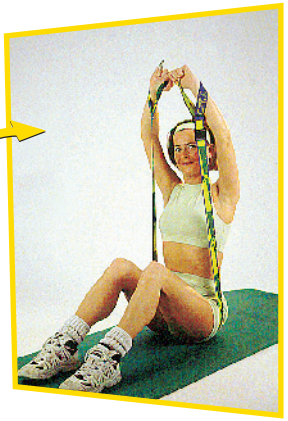
11

1 → 2

12

1 → 2

13

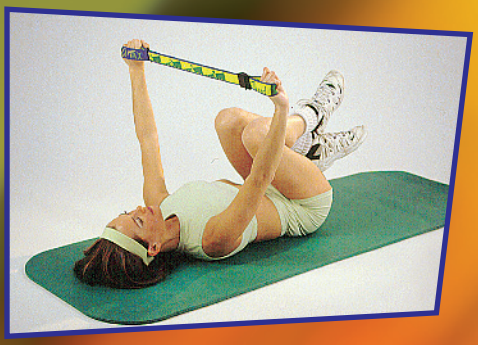


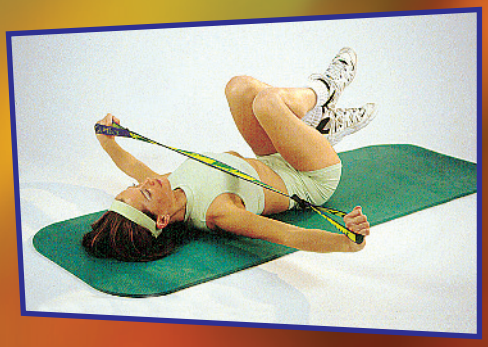
1 → 2

Dos/Pectoraux

Back/Pectorals
Rücken/Brustmuskulatur
Espalda/Pectorales
Schiena/Pettorali
Rug/Borstspieren
Plecy/Ćwiczenia Mięśni Piersiowych
Ryg/Brystmuskler

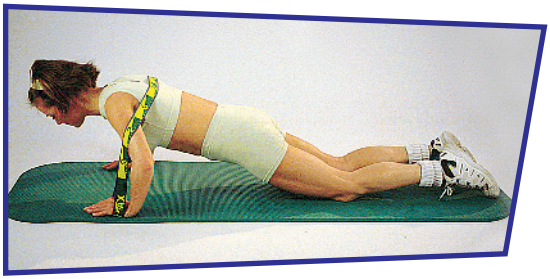
14





15

16

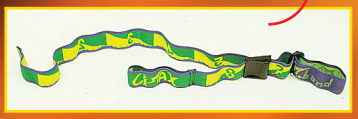


17

Fessiers

Buttocks
Gesäß
Glúteos
Glútei
Bilspieren
Sædemuskler
Ćwiczenia Mięśni pośladkowych

6 → 7



18

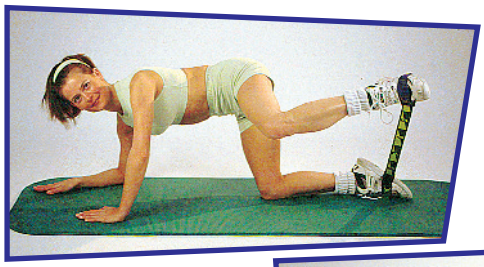
19

7 → 8

20

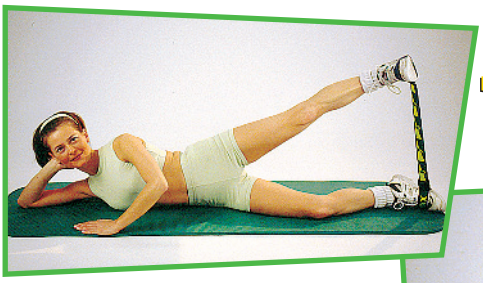
7 → 8

21

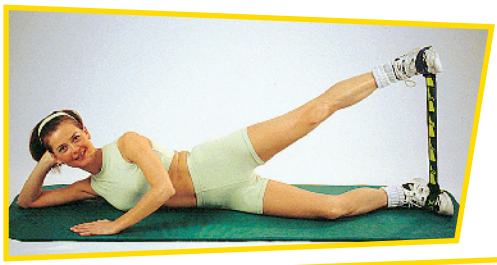


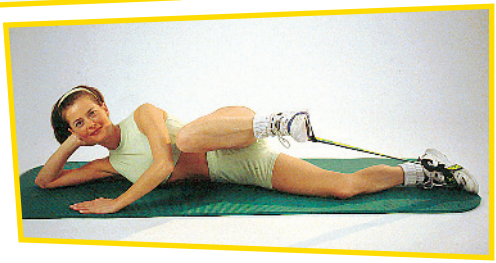
7 → 8

22



23



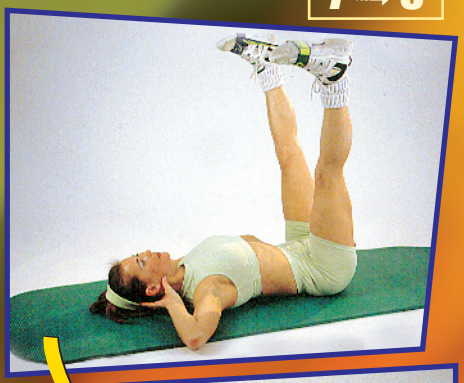


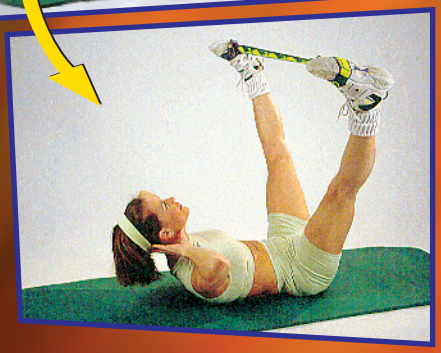
Abdominaux

Abdominals
Bauchmuskulatur
Abdominales
Addominali
Buikspieren
Ćwiczenia Mięśni brzucha
Bugmuskler

7 → 8

24



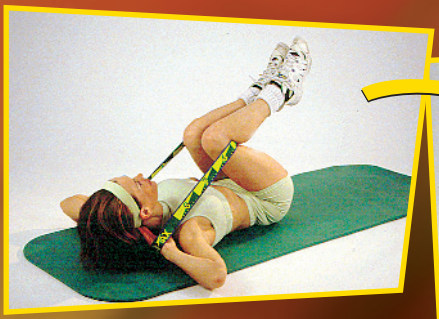


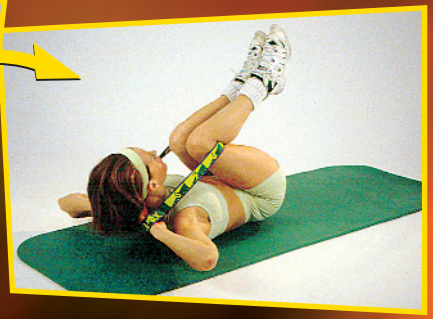
25

1

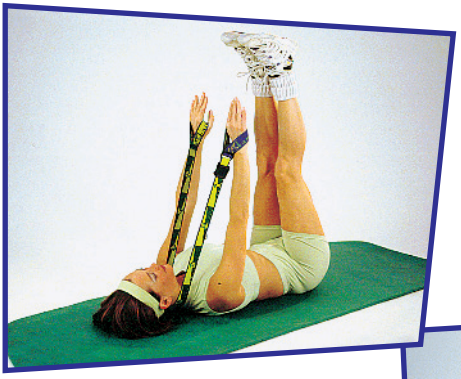
1

26

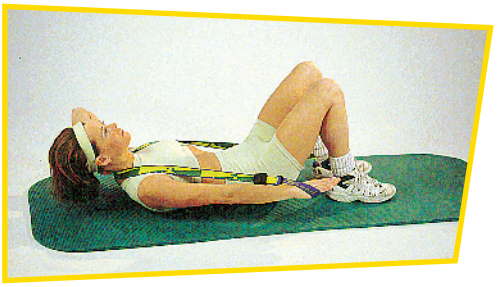


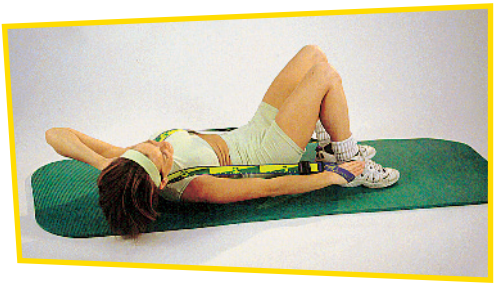


27



28

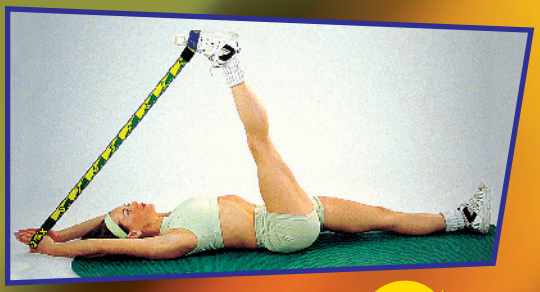




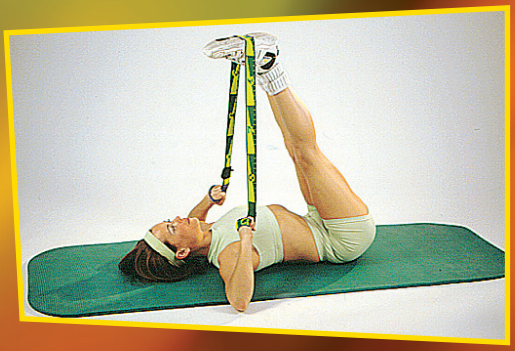
Etirements

Stretching
Dehnübungen
Estiramientos
Stiramento
Strekoefeningen
Przeciąganie
Strækninger

29



30

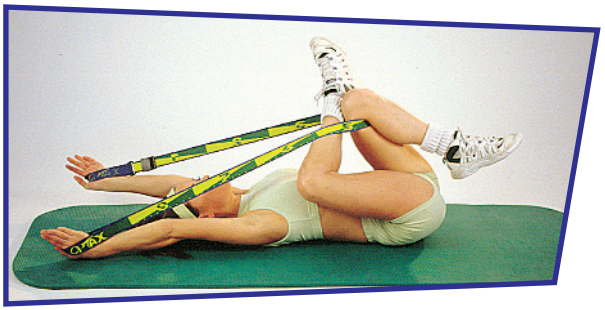


31

32

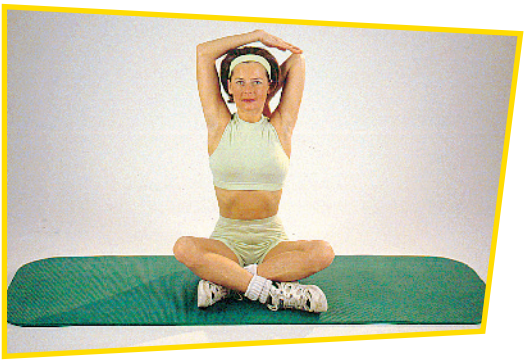
1

33



34

35



Séance 1

Session 1
Trainingsstunde 1
Sesión 1
Seduta 1
Seance 1
Seans 1
Seance 1

N° exercice

- Exercise numbers
- Nummern der Übungen
- Número de ejercicios
- Numero degli esercizi
- Nummers van de oefeningen
- Numery ćwiczeń
- Øvelsernes numre

1 2 3 4

5 8 10

12

14

16 18 20 22 23

24 25

28

Répétitions

- Repetition
- Wiederholung
- Repetición
- Ripetizione
- Herhaling
- Powtórzenie
- Gentagelse

- 1 x 12
- 4 x 12
- 2 x 12
- 3 x 12
- 2 x 12
- 3 x 12
- 2 x 12

Etirements

- Stretching
- Dehnübungen
- Estiramentos
- Stiramento
- Strekoefeningen
- Przeciaganie
- Strækninger

30 secondes par exercice

- 30 seconds for each exercise
- 30 Sekunden pro Übung
- 30 segundos por ejercicio
- 30 secondi per ogni esercizi
- 30 seconden per oefening
- 30 sekund na każda ćwiczenie
- 30 sekunder per øvelse

Séance 2

Session 2
Trainingsstunde 2
Sesión 2
Seduta 2
Seance 2
Seans 2
Seance 2

N° exercice

■ Exercise numbers ■ Nummern der Übungen ■ Número de ejercicios ■ Numero degli esercizi ■ Nummers van de oefeningen ■ Numery ćwiczeń ■ Øvelsernes numre

Répétitions

■ Repetition ■ Wiederholung ■ Repetición ■ Ripetizione ■ Herhaling ■ Powtórzenie ■ Gentagelse

N° exercice	Répétitions
1 2 3 4	1 x 12
6 7 9 11	2 x 12
13	3 x 12
17	4 x 12
21	2 x 15
15 19 25 26 27	4 x 15

Etirements

■ Stretching ■ Dehnübungen ■ Estiramentos ■ Stiramento ■ Strekoefeningen ■ Przeciaganie ■ Strækninger

30 secondes par exercice

■ 30 seconds for each exercise ■ 30 Sekunden pro Übung ■ 30 segundos por ejercicio ■ 30 secondi per ogni esercizi ■ 30 seconden per oefening ■ 30 sekund na każda ćwiczenie ■ 30 sekunder per øvelse

® CM.band est un produit de marque déposée par la société CIMAX Sarl. Tous droits de reproduction et de diffusion réservés à la société CIMAX Sarl.

ZA DES GRANGES - RUE LAPLATTE - 42600 MONTBRISON • FRANCE
Tél. 33 (0)4 77 58 01 05 - Fax 33 (0)4 77 58 38 04 • cimax.sport@wanadoo.fr

Programme d'exercices

Exercises programme
Übungensprogramme
Programas de ejercicios
Programmi di esercizi
Oefeningsprogramma
Program ćwiczeń
Øvelses program

CIMAX
www.cimax.fr

GAP Editions Communication • 04 79 72 67 85