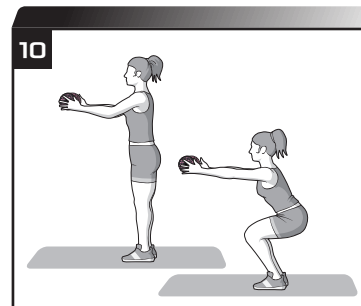
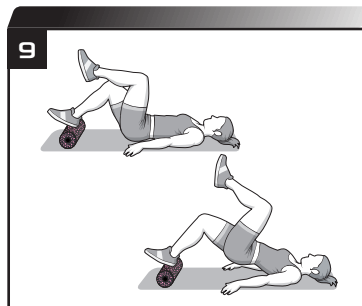
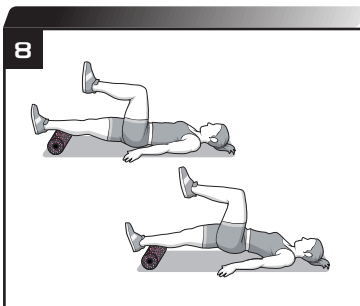
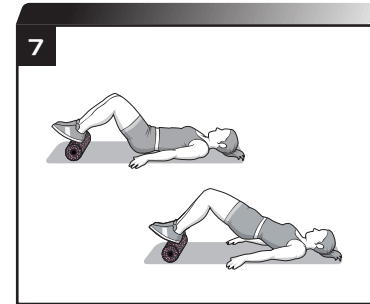
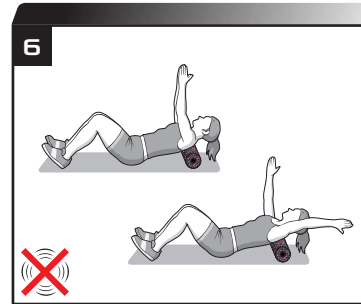
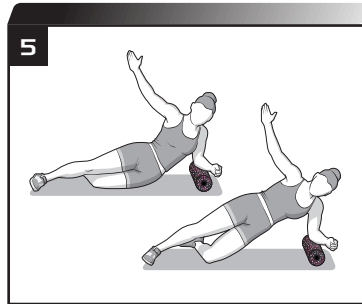
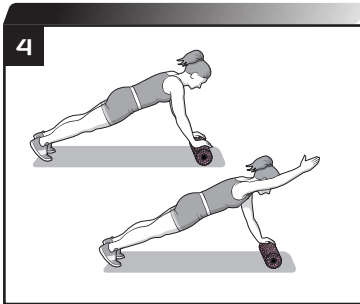
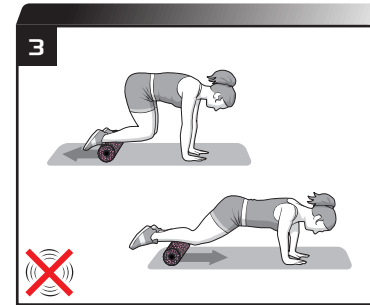
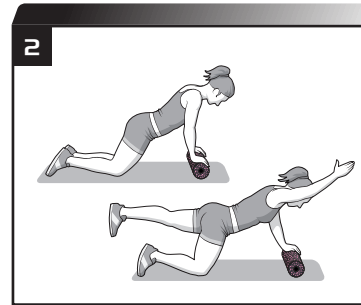
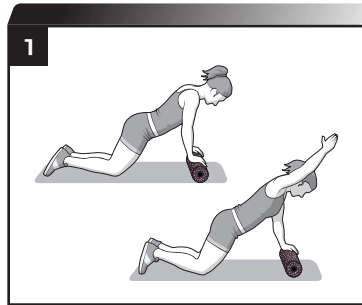


Achten Sie auf eine korrekte Ausführung der Übungen und verwenden Sie eine weiche Unterlage. • Nutzen Sie die Vibration wie angegeben • Passen Sie die Vibrationsstärke dem eigenen Empfinden an

! Vermeiden Sie Vibrationsmassagen im Nackenbereich

Ensure that you do the exercises correctly and use a soft mat • Use the vibration as specified • Adjust the vibration intensity to your own sensitivity

! Avoid vibration massages in the neck area



Bei Übungen mit diesem Symbol verwenden Sie die PowerRoll Soft ohne Vibration

For exercises marked by this symbol, use the PowerRoll Soft without vibration

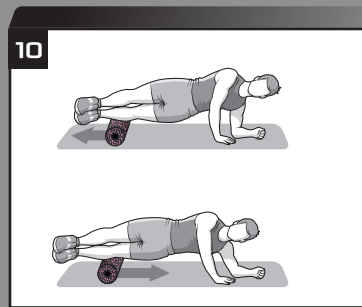
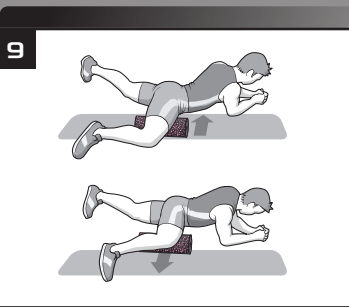
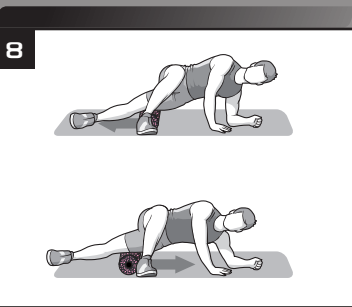
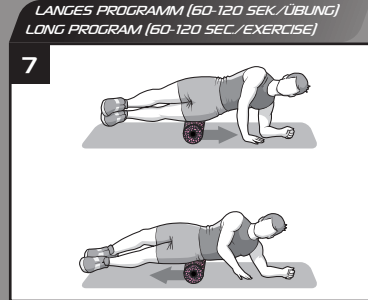
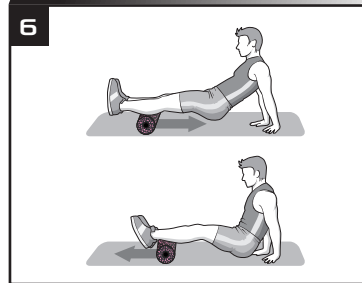
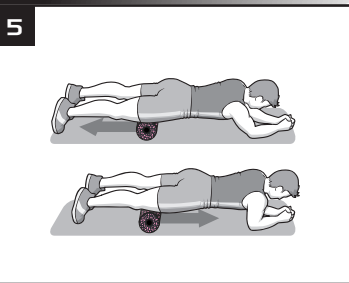
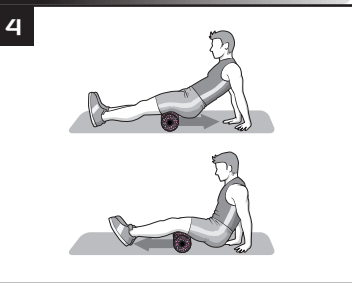
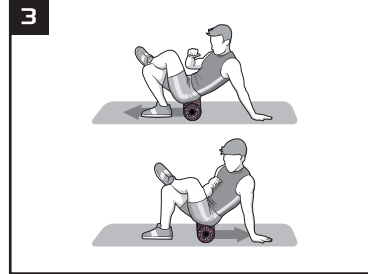
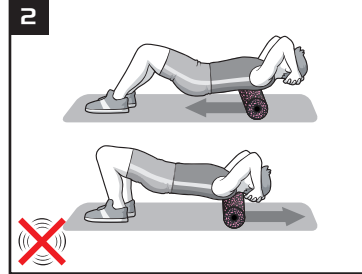
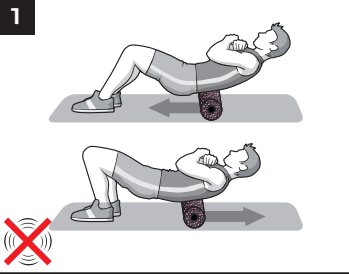

KURZES PROGRAMM/SHORT PROGRAM

Achten Sie auf eine korrekte Ausführung der Übungen und verwenden Sie eine weiche Unterlage • Nutzen Sie die Vibration wie angegeben • Passen Sie die Vibrationsstärke dem eigenen Empfinden an

! Vermeiden Sie Vibrationsmassagen im Nackenbereich

Ensure that you do the exercises correctly and use a soft mat • Use the vibration as specified • Adjust the vibration intensity to your own sensitivity

! Avoid vibration massages in the neck area

Bei Übungen mit diesem Symbol verwenden Sie die PowerRoll Soft ohne Vibration

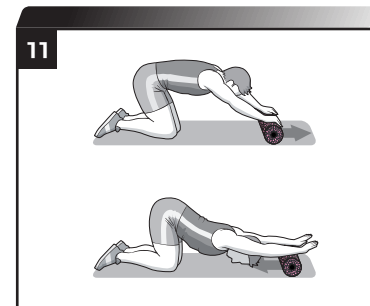
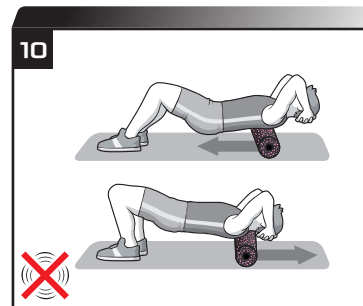
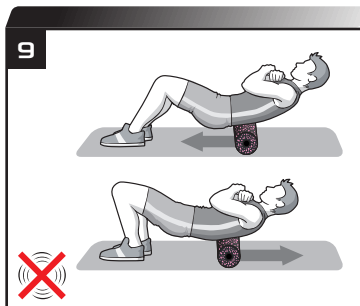
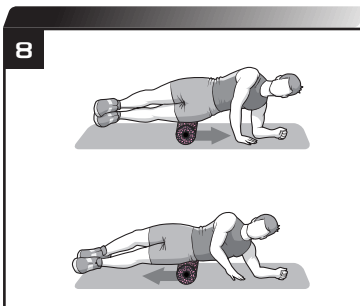
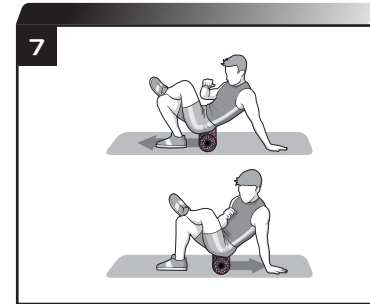
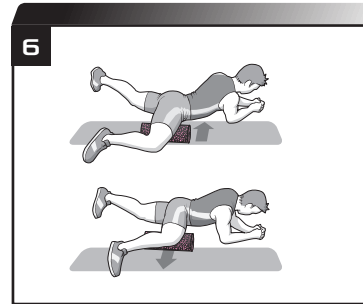
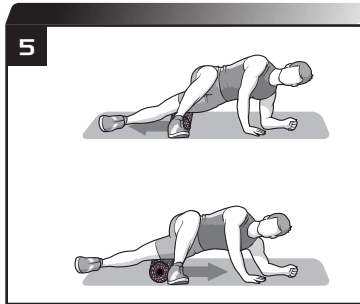
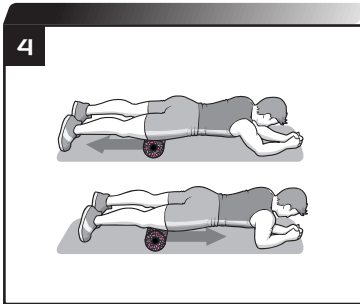
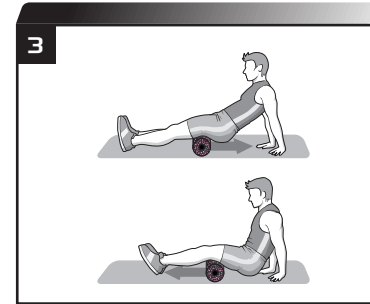
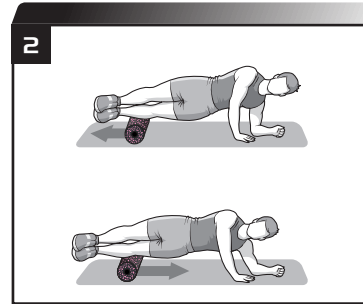
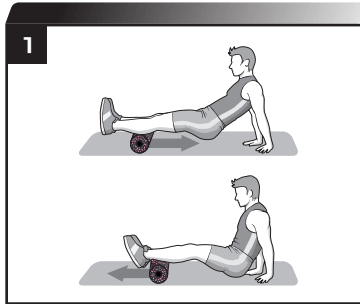
For exercises marked by this symbol, use the PowerRoll Soft without vibration

Achten Sie auf eine korrekte Ausführung der Übungen und verwenden Sie eine weiche Unterlage. • Nutzen Sie die Vibration wie angegeben • Passen Sie die Vibrationsstärke dem eigenen Empfinden an

! Vermeiden Sie Vibrationsmassagen im Nackenbereich

Ensure that you do the exercises correctly and use a soft mat • Use the vibration as specified • Adjust the vibration intensity to your own sensitivity

! Avoid vibration massages in the neck area



Achten Sie auf eine korrekte Ausführung der Übungen und verwenden Sie eine weiche Unterlage. • Nutzen Sie die Vibration wie angegeben • Passen Sie die Vibrationsstärke dem eigenen Empfinden an

! Vermeiden Sie Vibrationsmassagen im Nackenbereich

Ensure that you do the exercises correctly and use a soft mat • Use the vibration as specified • Adjust the vibration intensity to your own sensitivity

! Avoid vibration massages in the neck area

