



DENFIT
OUTDOOR FITNESS



Gym all exercises

Pg 2: AbShape

Pg 3: AbShape angled

Pg 4: BackShape

Pg 5: BalanceBoard

Pg 6: BikeFit

Pg 7: BikeFit sr.

Pg 8: CrossFit

Pg 9: HandBike

Pg 10: HipWave

Pg 11: KneeRaise

Pg 12: LegPush

Pg 13: LegWave

Pg 14: PowerPull

Pg 15: PowerPush

Pg 16: RowFit

Pg 17: RunFit

Pg 18: StepUp

Pg 19: StepWalk

Pg 20: TwistOut

Pg 21: WaveWalk

Pg 22: WaxOnWaxOff

Pg 23: Wheel for Bench

Pg 24: HandBike inclusive

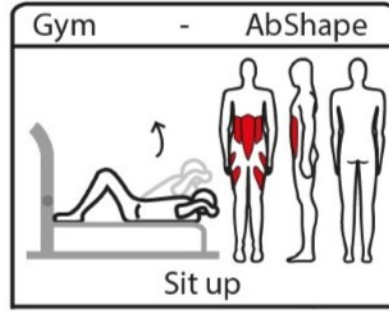
Pg 25: ParallelBars inclusive

Pg 26: PowerPull inclusive

Pg 27: PowerPush inclusive

Pg 28: WaxOnWaxOff inclusive

AbShape



Instructions:

- Hands at the ears, do not grab the neck
- Hands at the waist if it is too hard
- Bend torso and tighten the abs
- Raise torso towards the knees

Training goal:



Lose
Weight



Strength

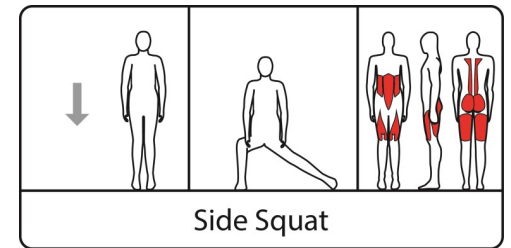
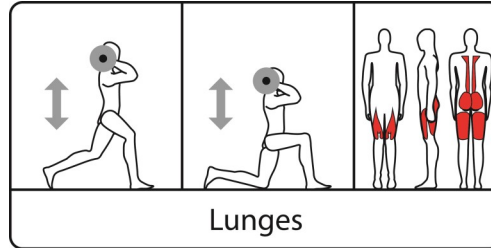
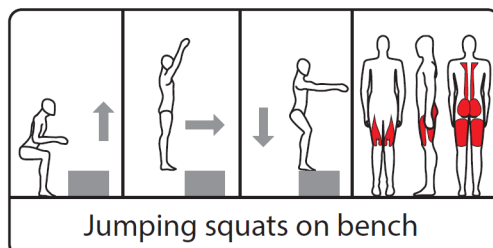
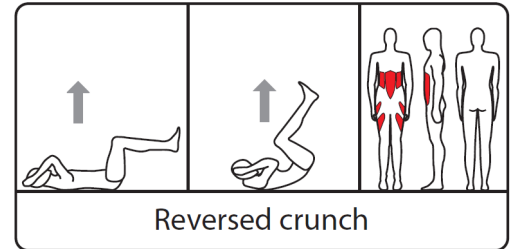
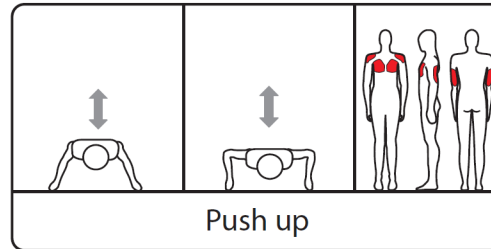
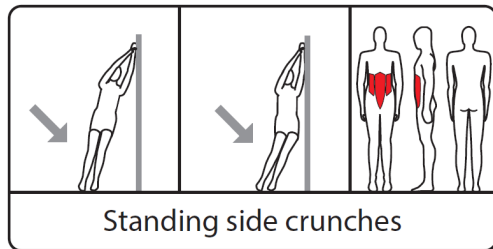
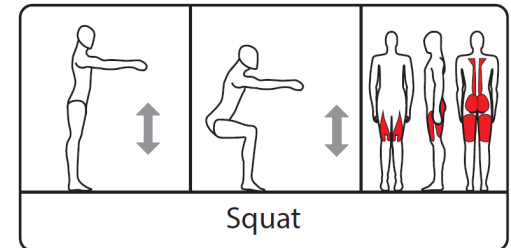
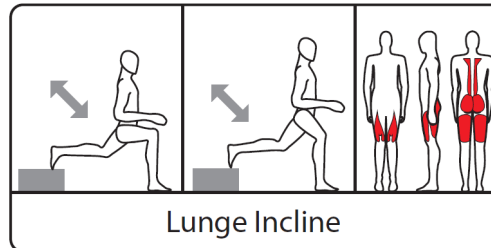
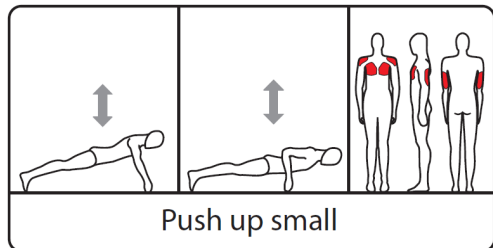
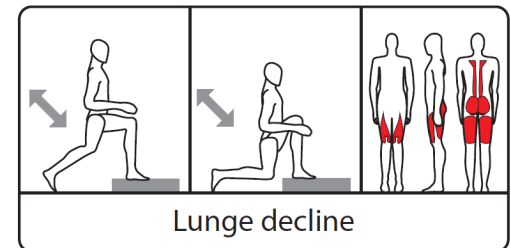
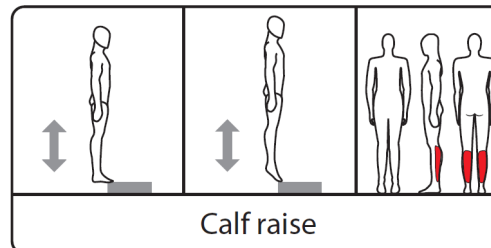
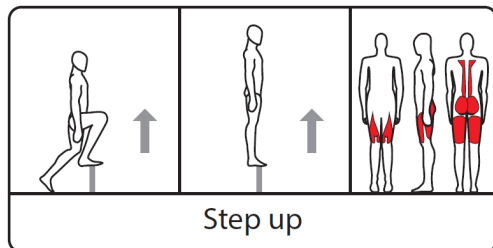
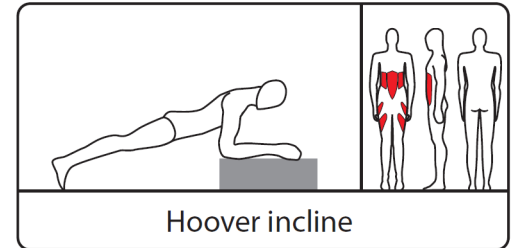
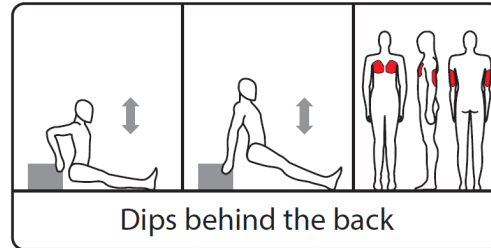
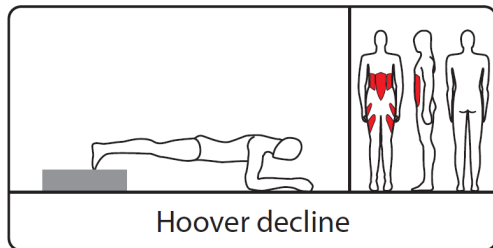


Stay Fit

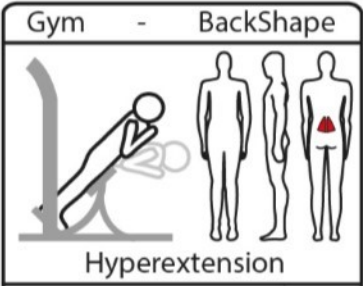
Alternative exercises:

13

Alternative exercises AbShape



BackShape



Instructions:

- Place feet on the foot plates
- Lean forward with your body
- Lower the body and come up again, until the upper body is in line with the lower body

Training goal:



Strength

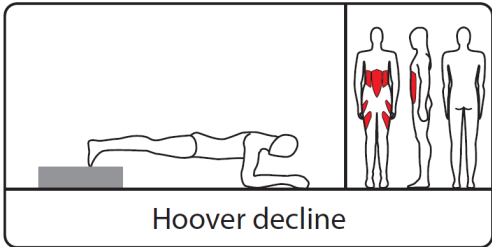


Stay Fit

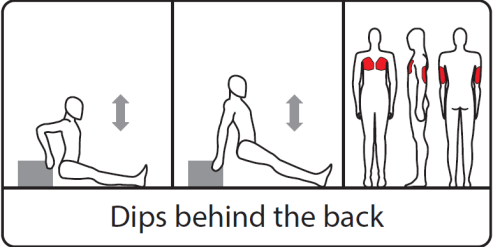
Alternative exercises:

5

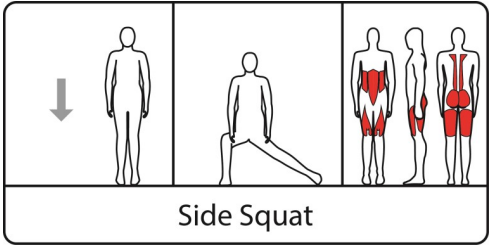
Alternative exercises BackShape



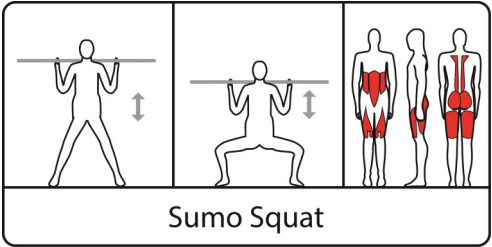
Hoover decline



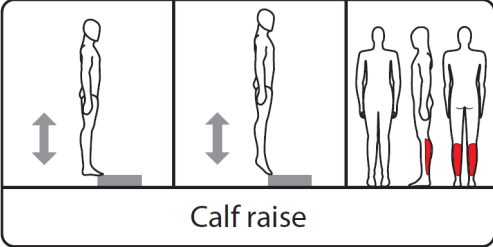
Dips behind the back



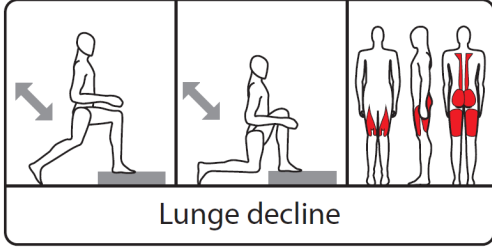
Side Squat



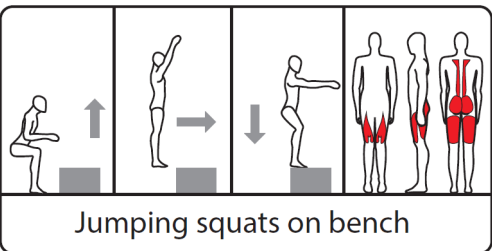
Sumo Squat



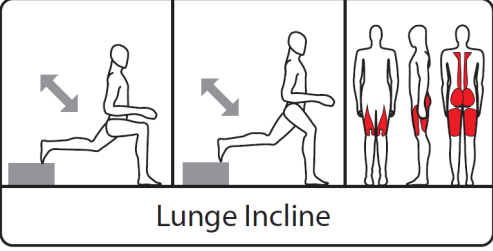
Calf raise



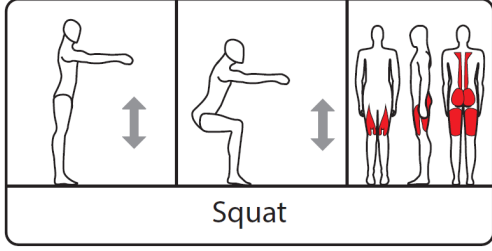
Lunge decline



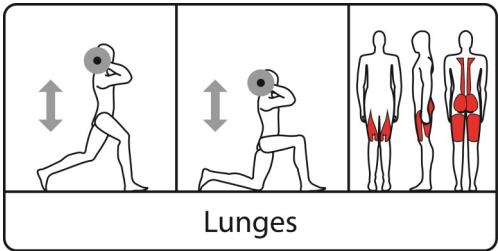
Jumping squats on bench



Lunge Incline



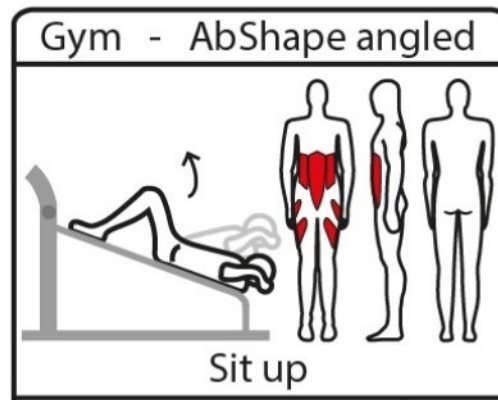
Squat



Lunges

AbShape

angled



Training goal:



Lose
Weight



Strength



Stay Fit

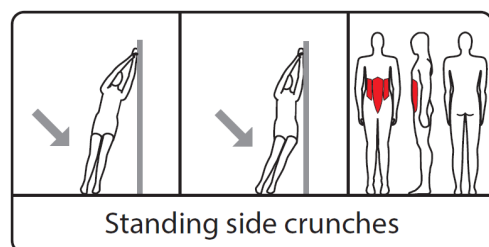
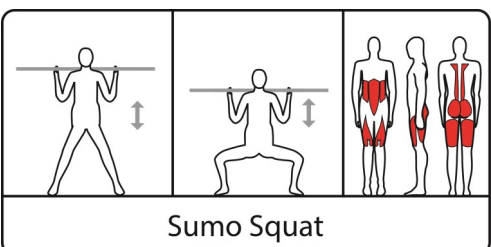
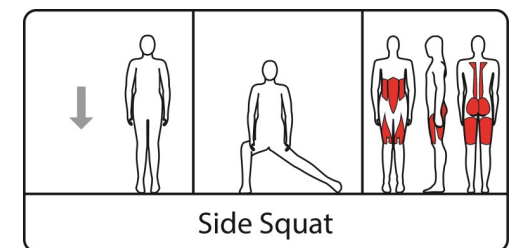
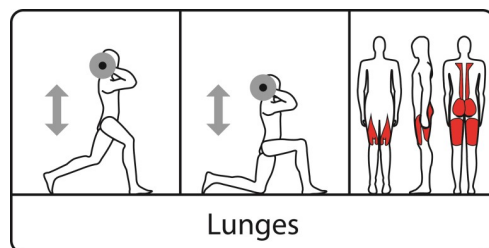
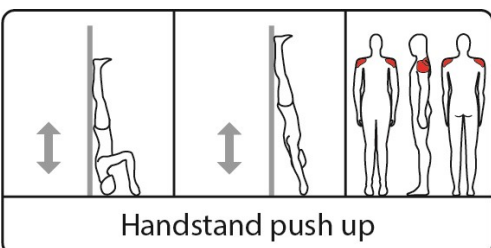
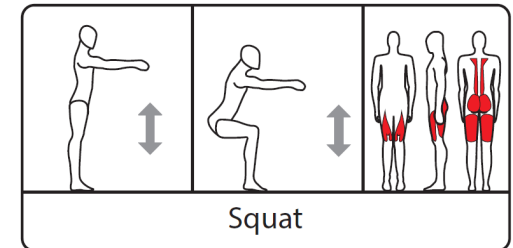
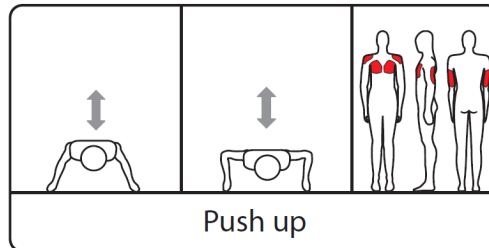
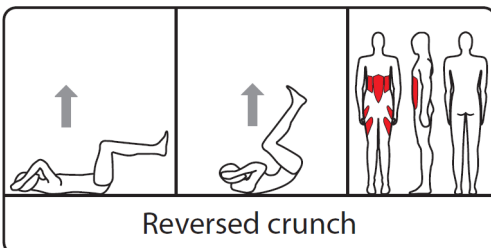
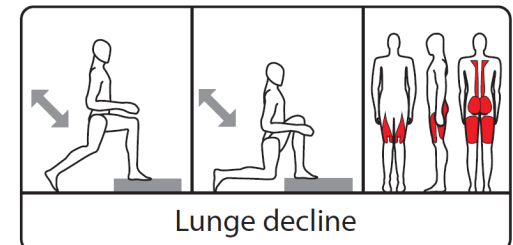
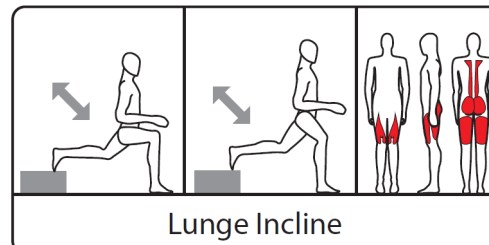
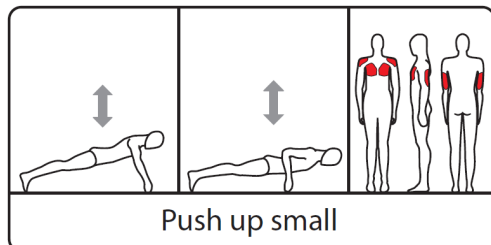
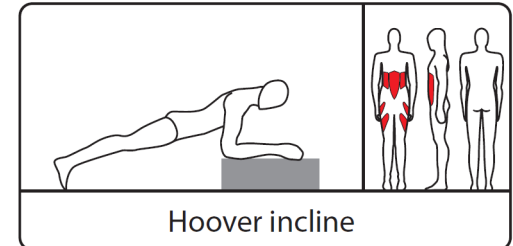
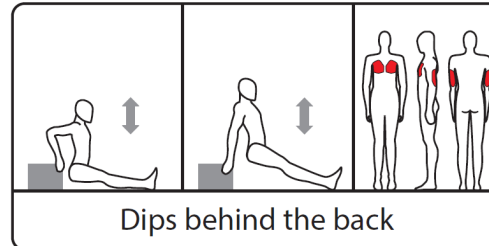
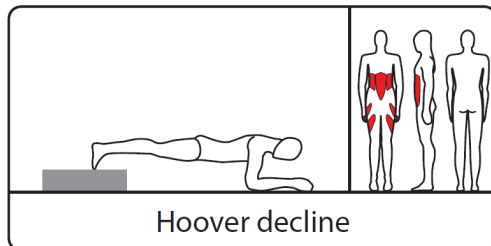
Instructions:

- Hands at the ears, do not grab the neck
- Hands at the waist if it is too hard
- Bend torso and tighten the abs
- Raise torso towards the knees

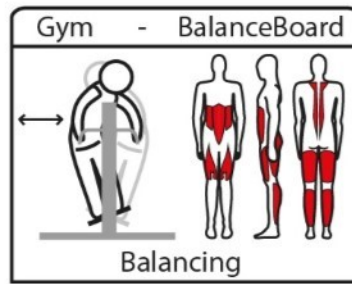
Alternative exercises:

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Alternative exercises AbShape angled



BalanceBoard



Instructions:

- Step on the platform
- Try to balance without holding the handles
- Move your body to the sides to make it harder

Training goal:



Lose
Weight

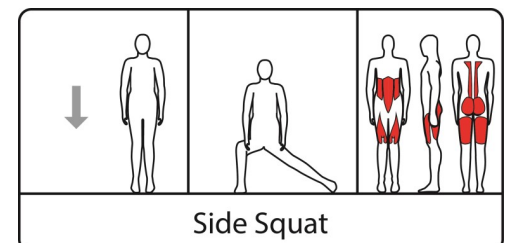
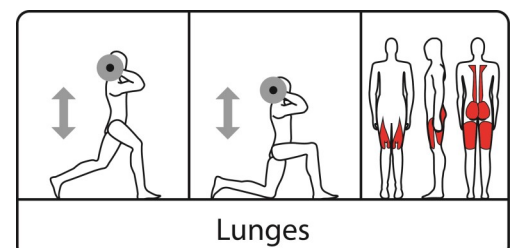
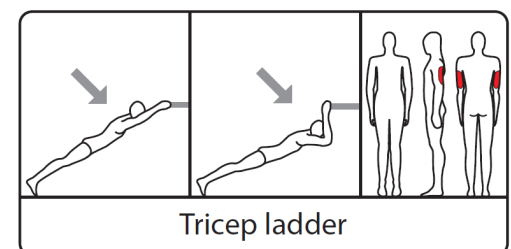
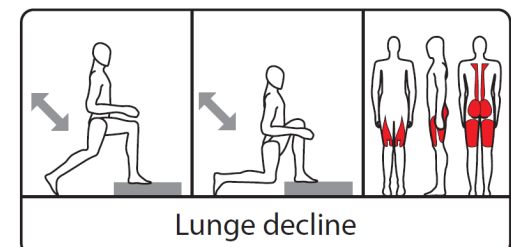
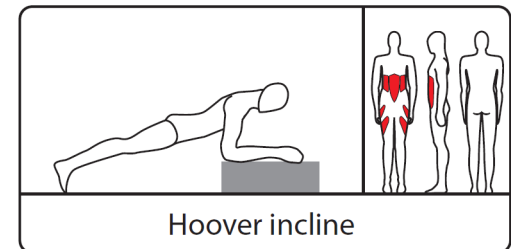
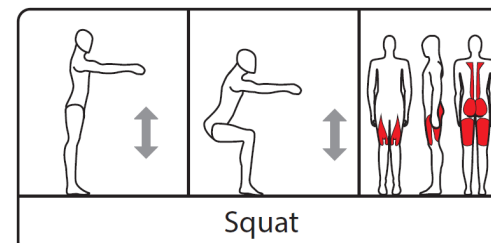
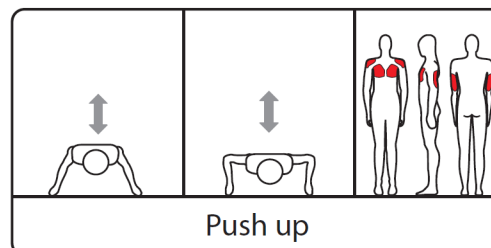
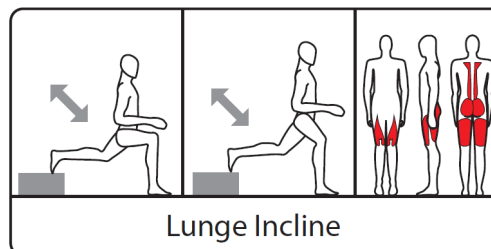
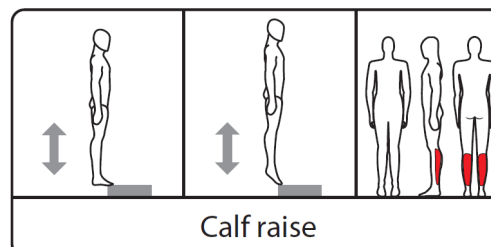
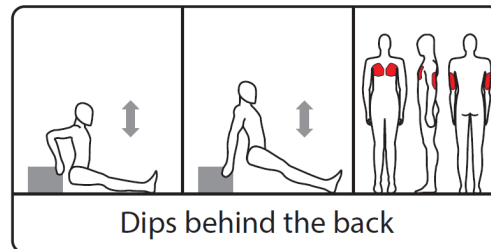
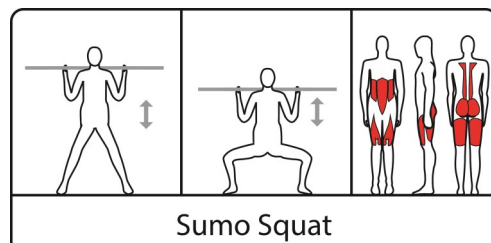
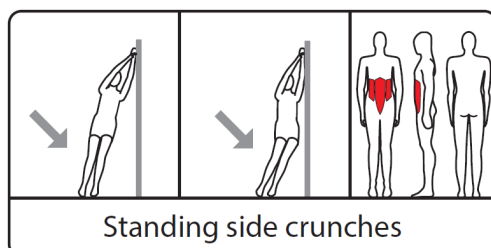
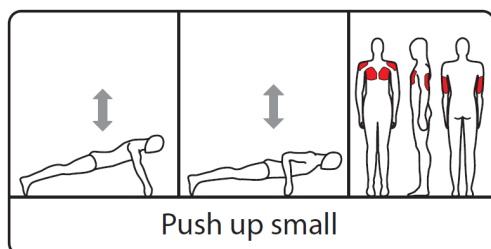
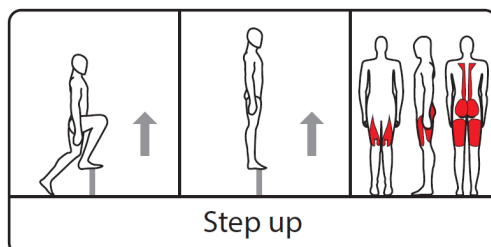
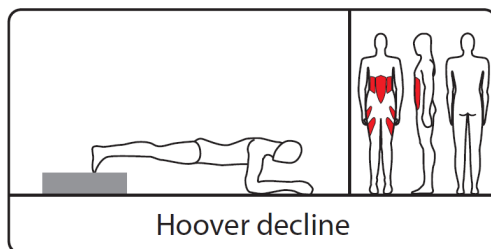


Stay Fit
for elderly

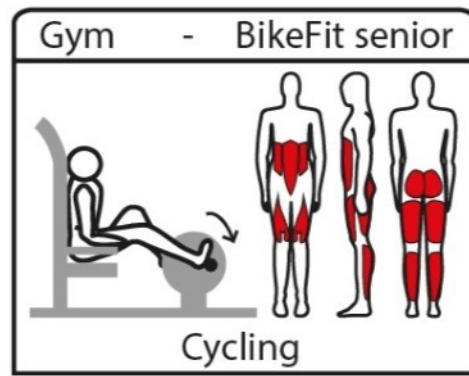
Alternative exercises:

11

Alternative exercises BalanceBoard



BikeFit Sr.



Instructions:

- Sit on the seat
- Place both feet on the pedals
- Make cycling motion

Training goal:



Cardio



Stay Fit



Stay Fit
for elderly

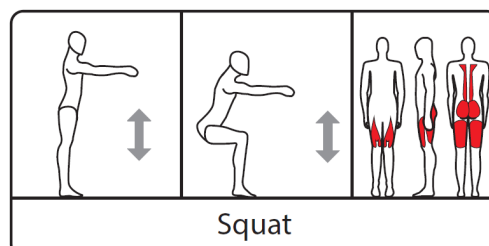
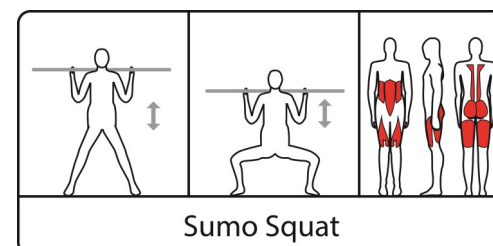
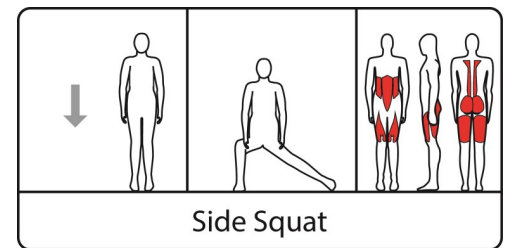
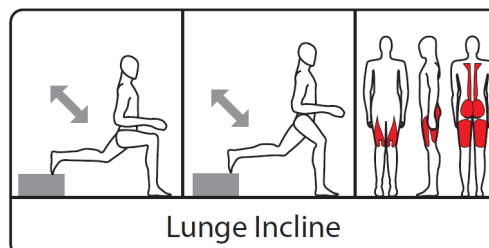
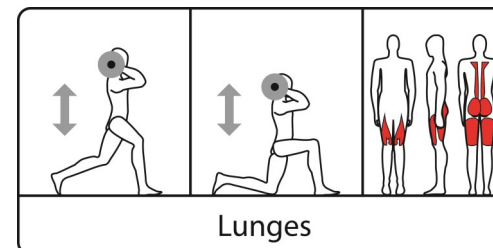
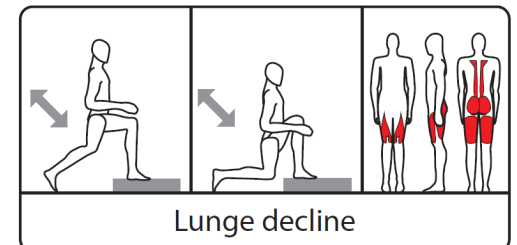
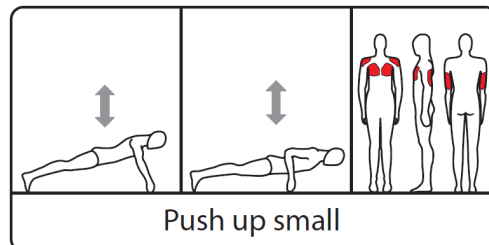
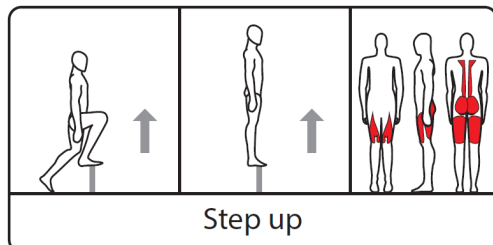
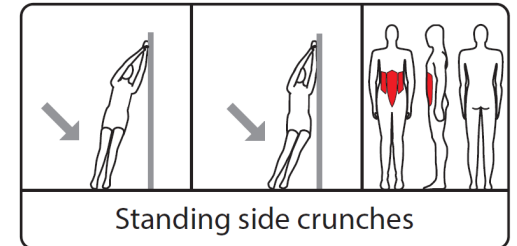
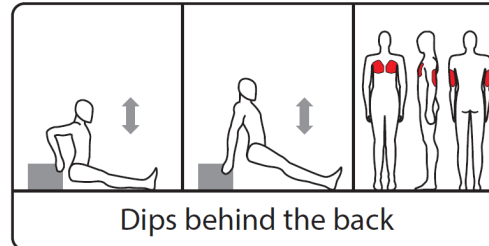
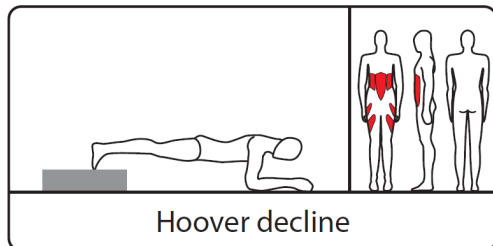


Lose weight

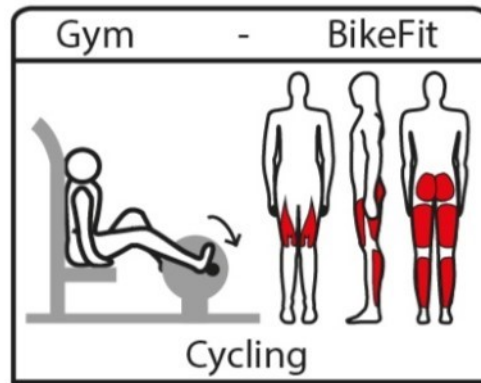
Alternative exercises:

8

Alternative exercises BikeFit sr



BikeFit



Instructions:

- Sit on the seat
- Place both feet on the pedals
- Make cycling motion

Training goal:



Cardio



Stay Fit



Stay Fit
for elderly

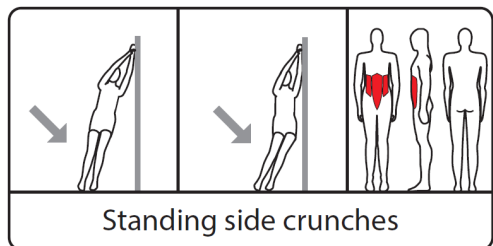
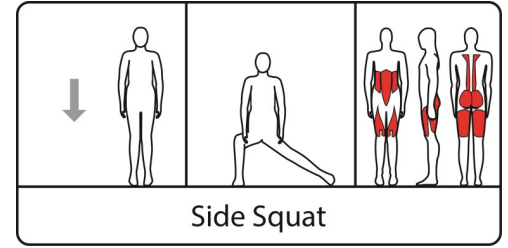
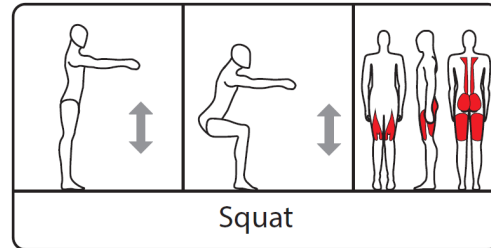
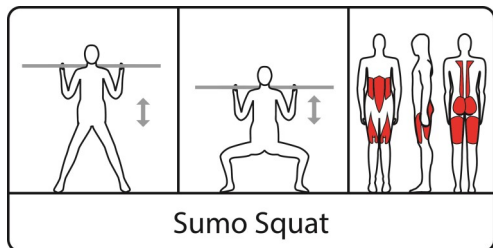
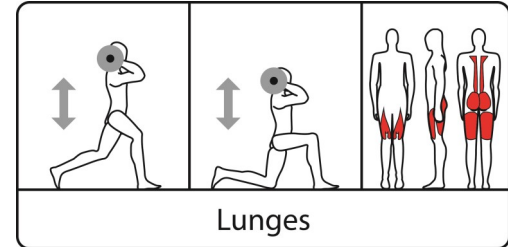
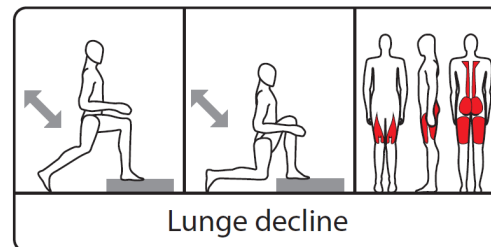
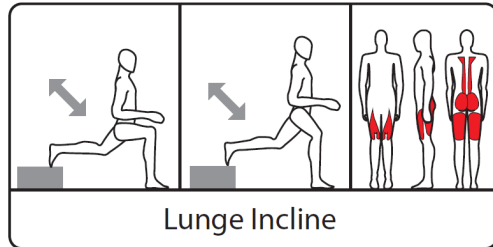
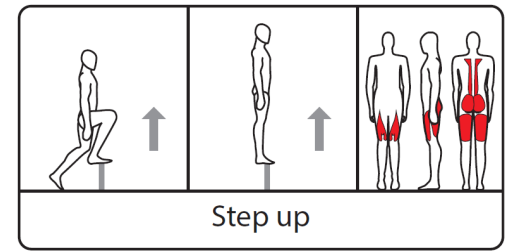
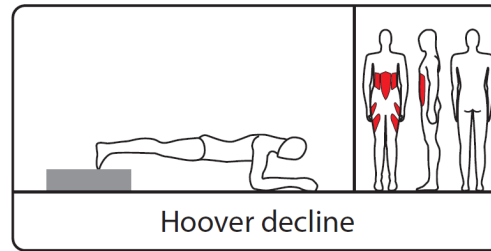
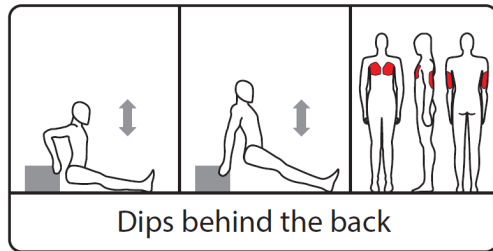


Lose weight

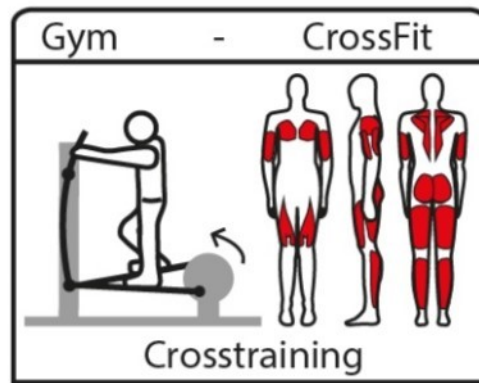
Alternative exercises:

8

Alternative exercises BikeFit



CrossFit



Instructions:

- Carefully step up
- Get used to the resistance
- Use both arms and legs for strength

Training goal:



Cardio



Stay Fit



Stay Fit
for elderly

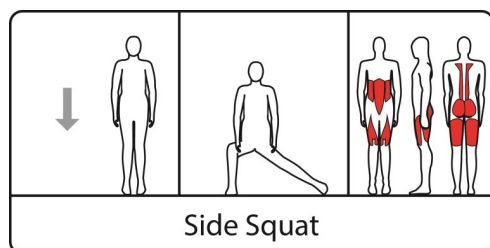
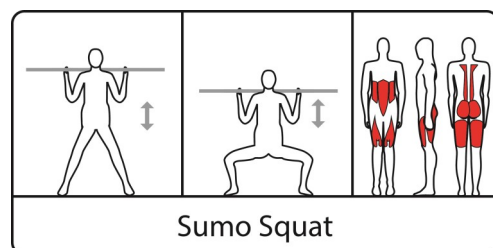
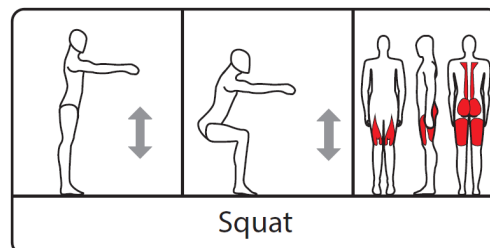
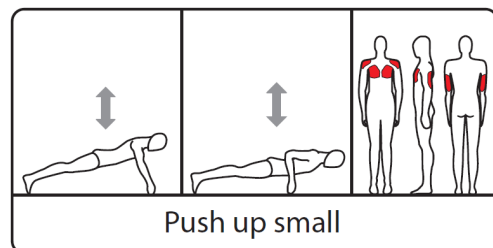
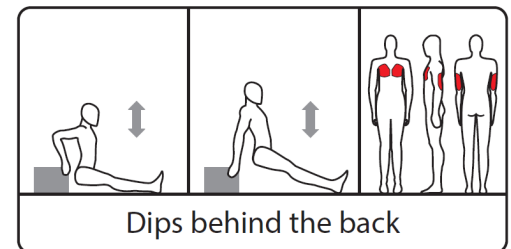
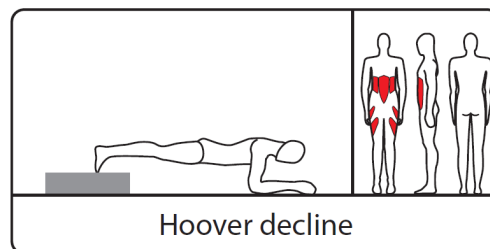
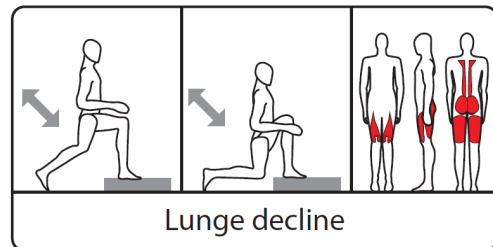
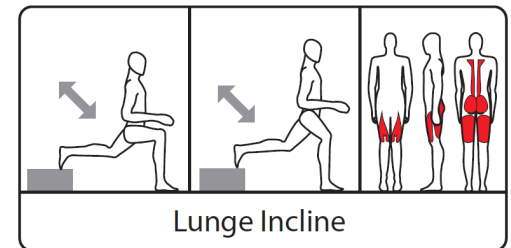
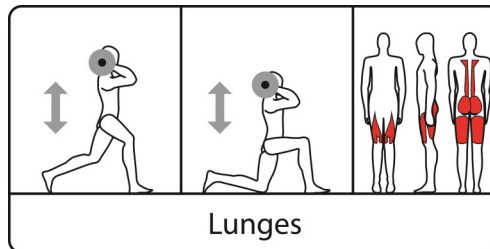
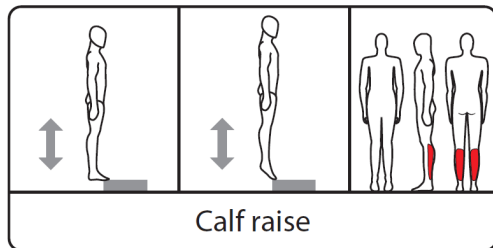


Lose Weight

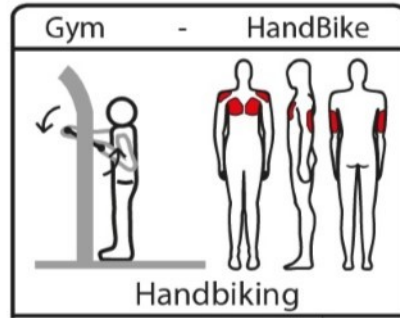
Alternative exercises:

8

Alternative exercises CrossFit



HandBike



Instructions:

- Make a forward rotating motion with the arms
- Rotate both back and forth

Training goal:



Cardio



Stay Fit

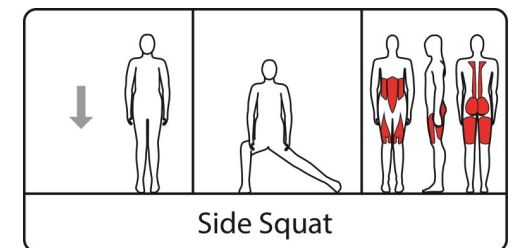
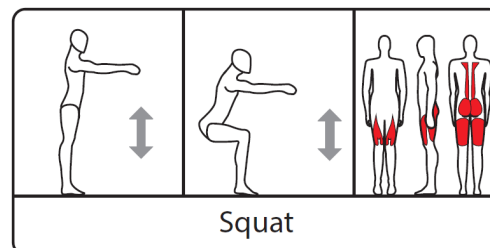
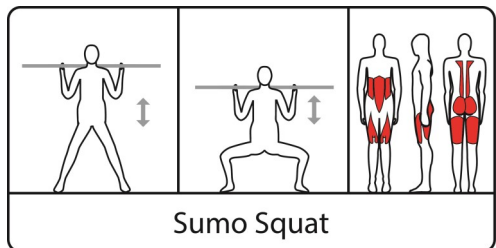
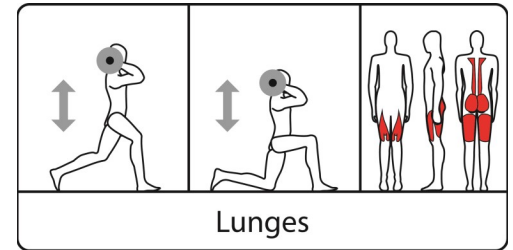
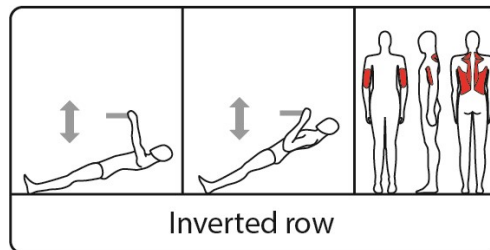
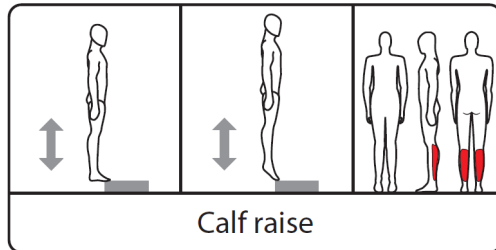


Stay Fit
for elderly

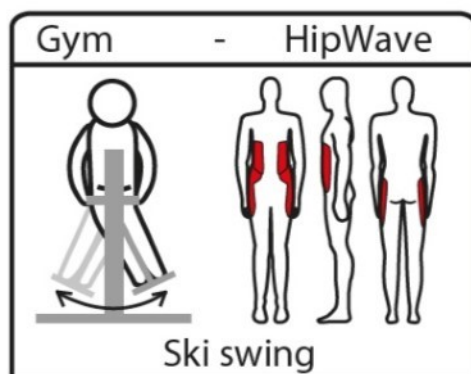
Alternative exercises:

4

Alternative exercises HandBike



HipWave



Training goal:



Cardio



Stay Fit

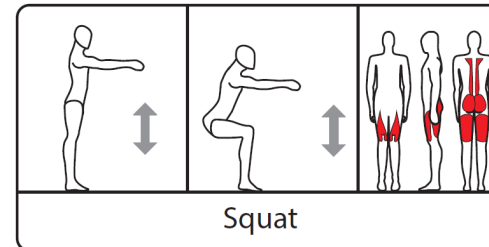
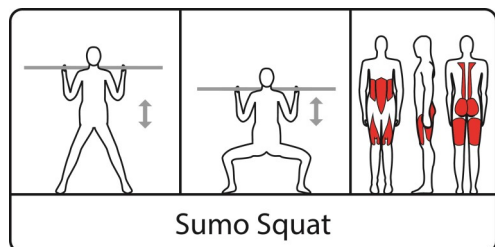
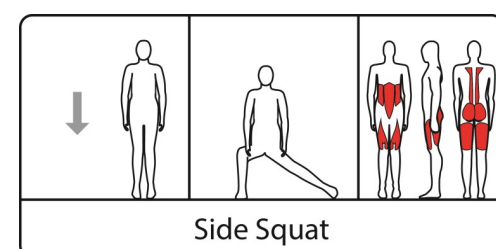
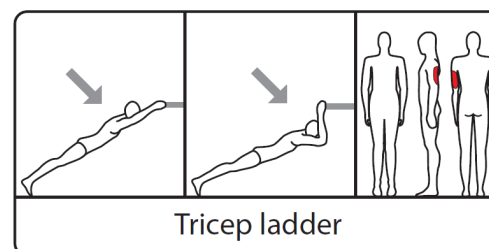
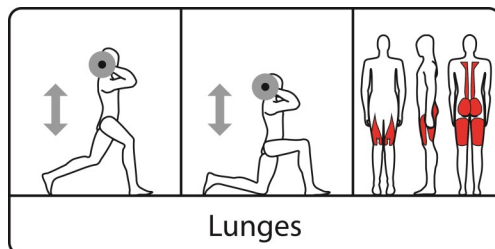
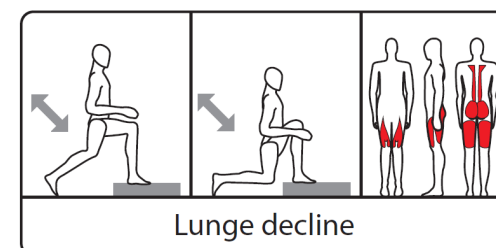
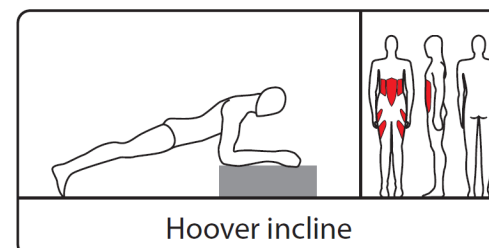
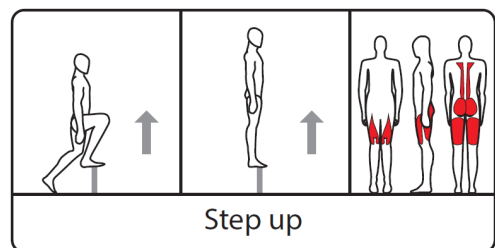
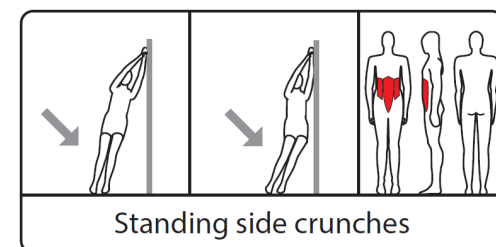
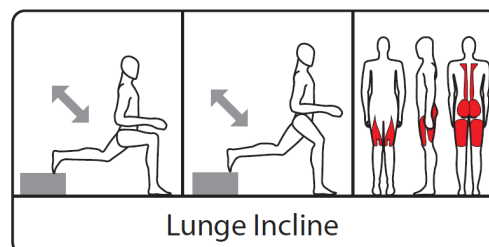
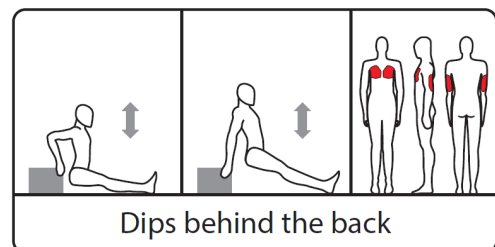
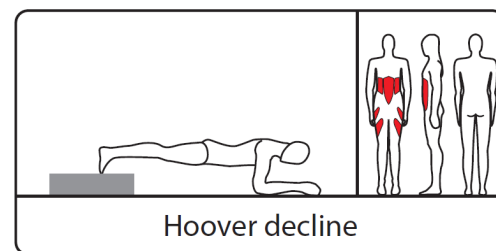
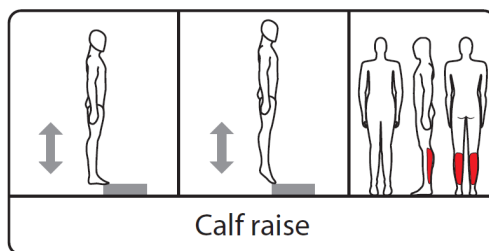
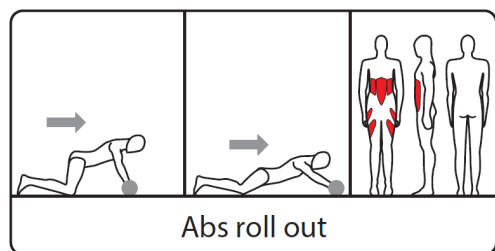
Instructions:

- Place hands on the handles
- Step on the platform
- Move your legs from left to right making a sweeping motion
- Do not support too much with your arms

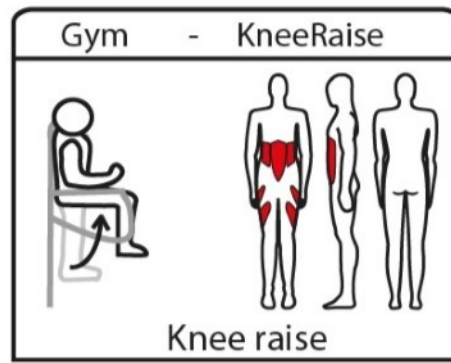
Alternative exercises:

7

Alternative exercises HipWave



KneeRaise



Training goal:



Stay fit for
Elderly



Cardio



Stay Fit

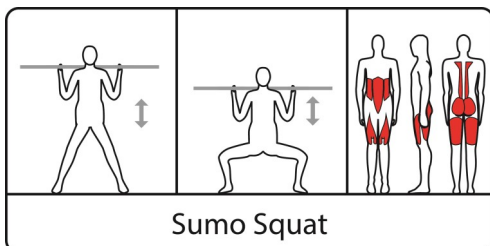
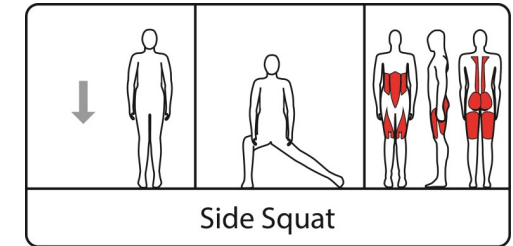
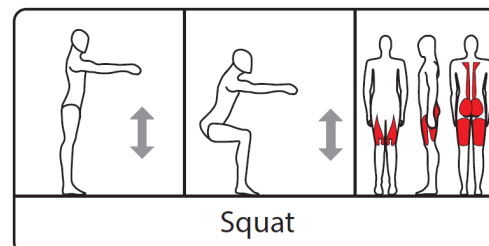
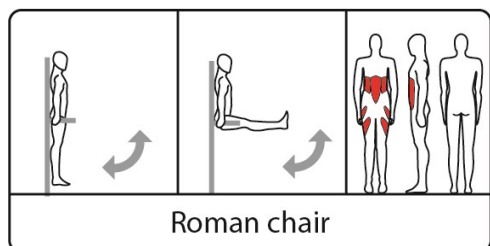
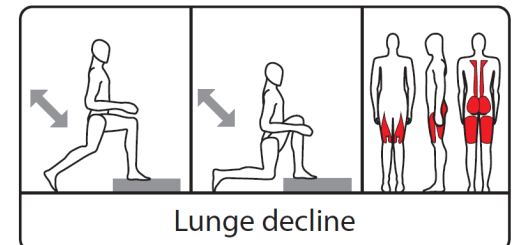
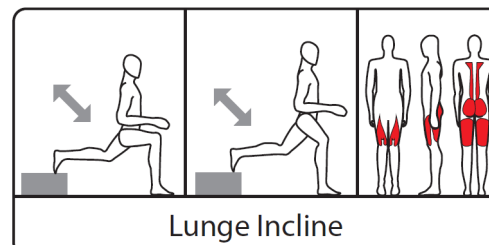
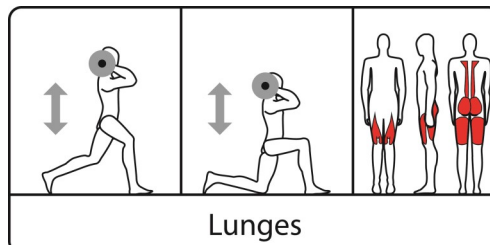
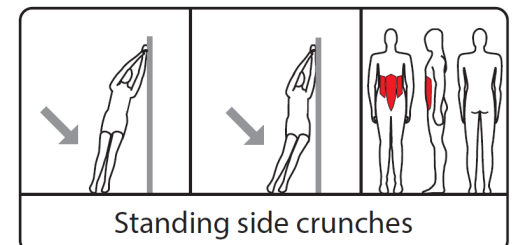
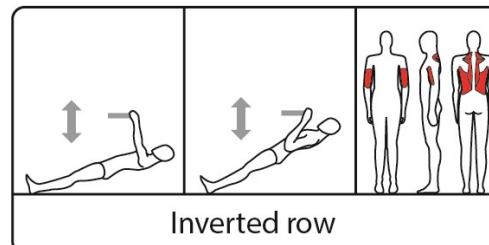
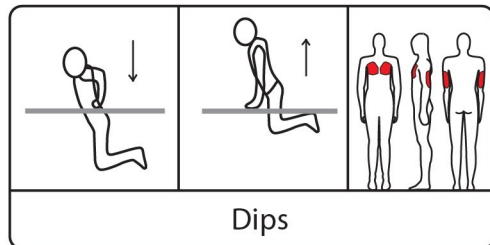
Instructions:

- Support your arms on the arm rest
- Raise your knees up, hold for a moment and then lower again

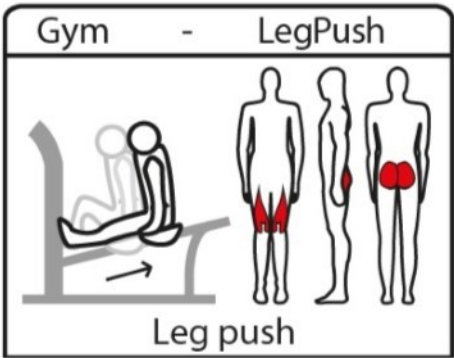
Alternative exercises:

4

Alternative exercises KneeRaise



LegPush



Training goal:



Lose Weight



Strength



Stay Fit

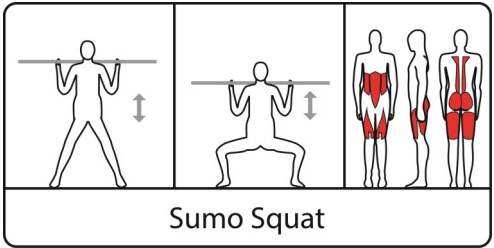
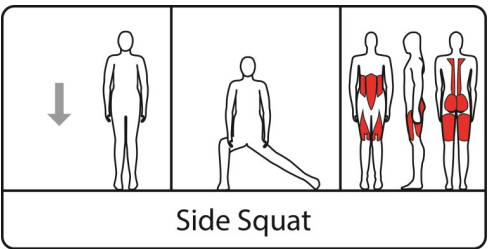
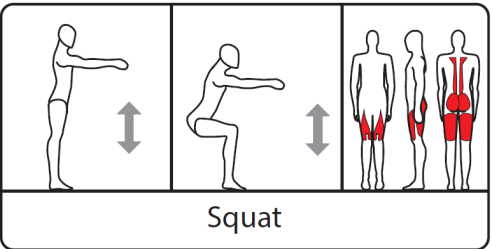
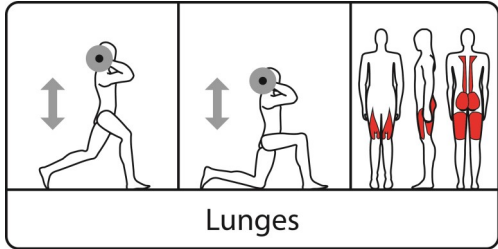
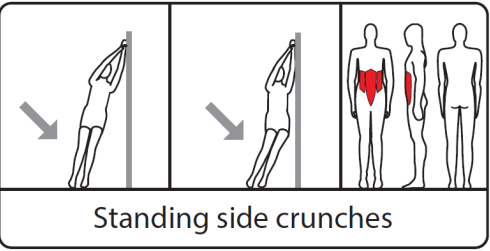
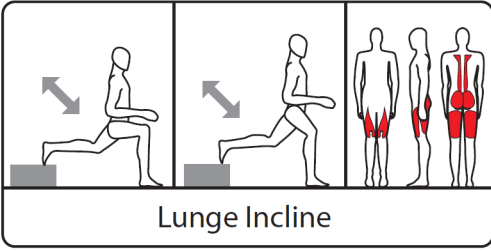
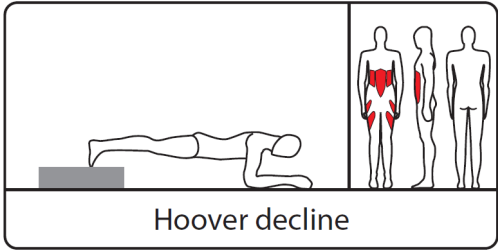
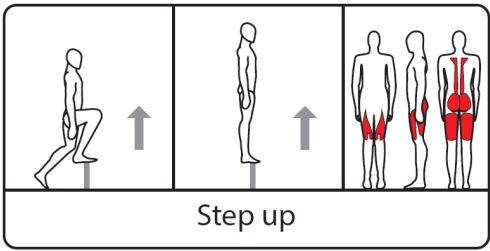
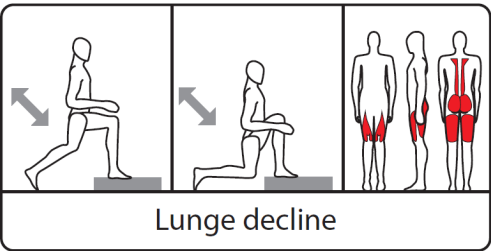
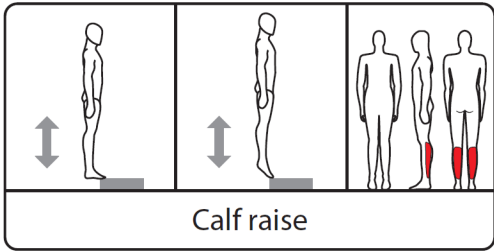
Instructions:

- Carefully sit on the seat
- Do not stretch your legs completely (do not 'lock' them)
- For variation only put your toes against the rod

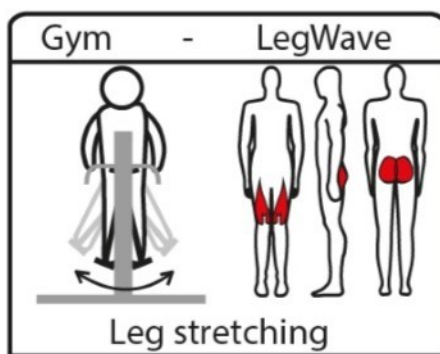
Alternative exercises:

6

Alternative exercises LegPush



LegWave



Training goal:



Cardio



Stay Fit

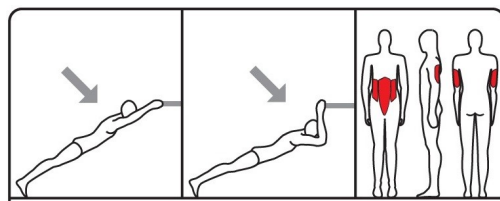
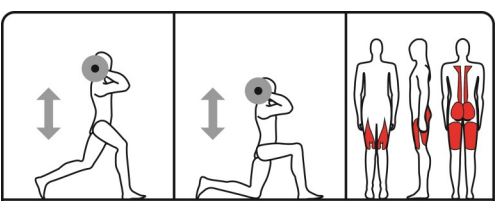
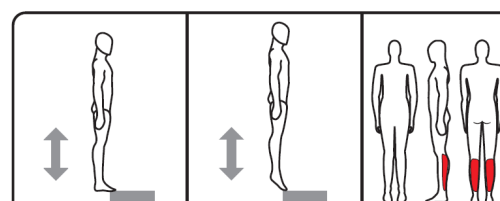
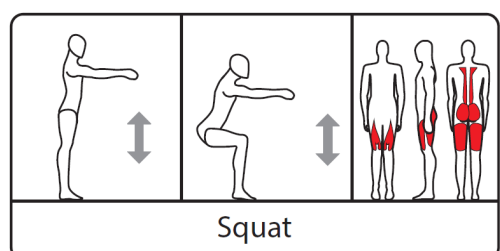
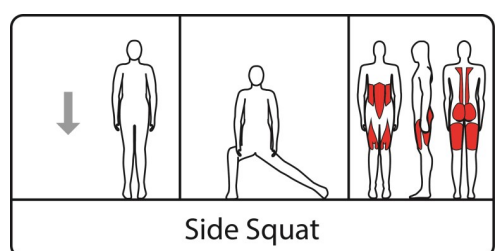
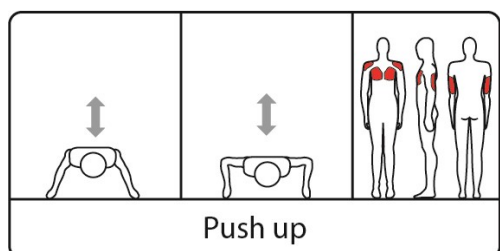
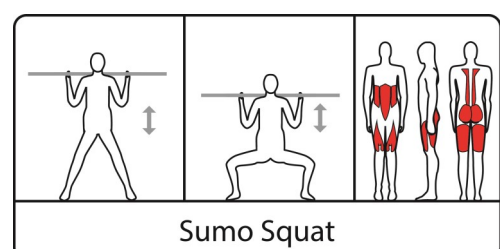
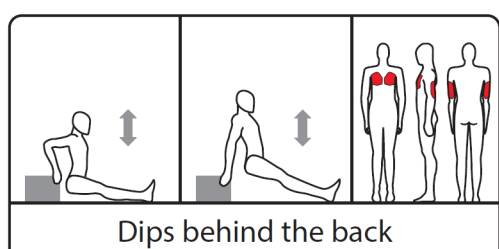
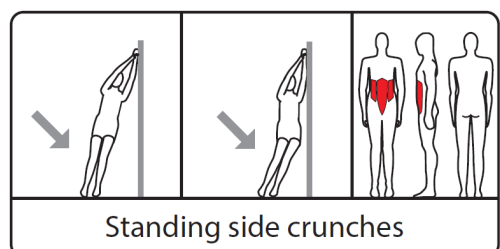
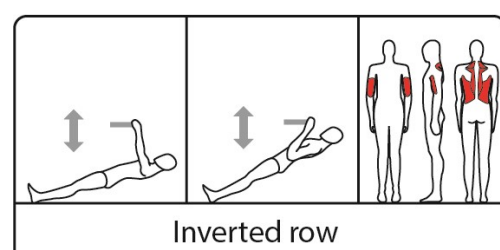
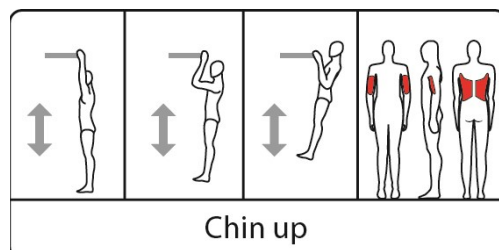
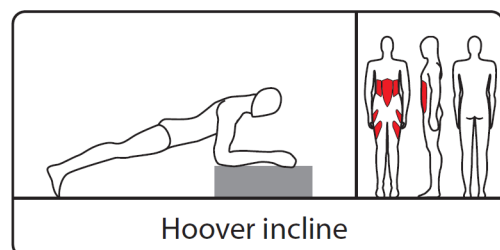
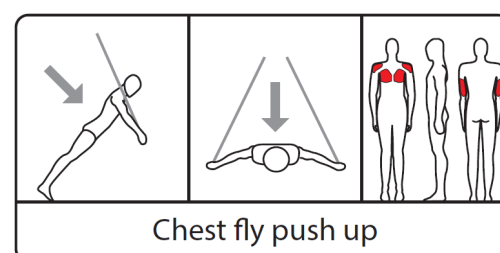
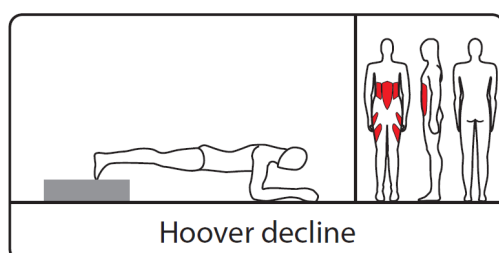
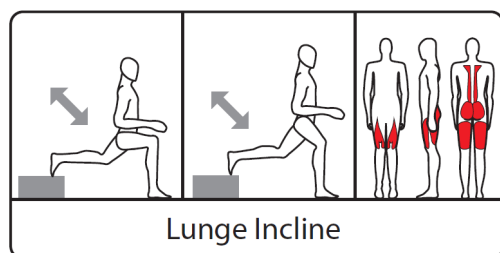
Instructions:

- Place hands on the handles
- Carefully step on the foot plate
- Move outward with stretched legs
- Calmly return to starting position

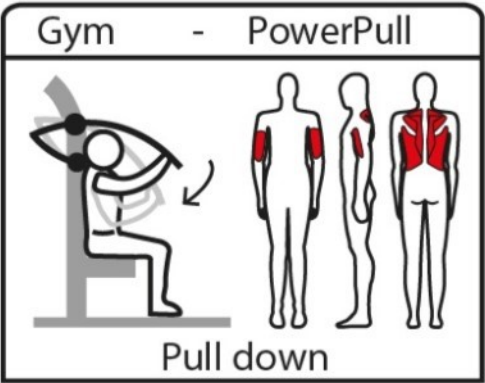
Alternative exercises:

7

Alternative exercises LegWave



PowerPull



Training goal:



Lose
Weight



Strength



Stay Fit

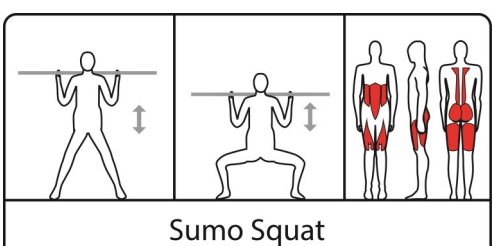
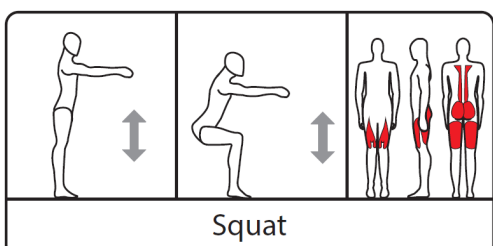
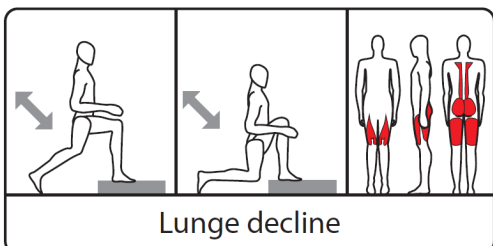
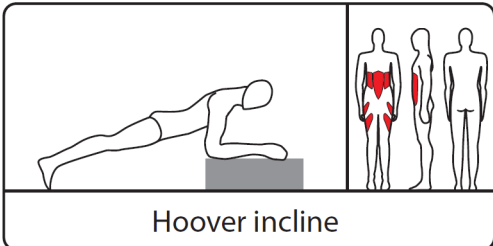
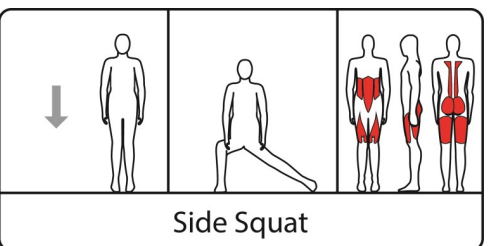
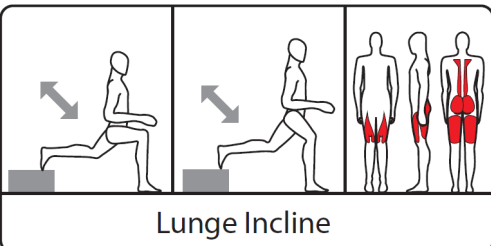
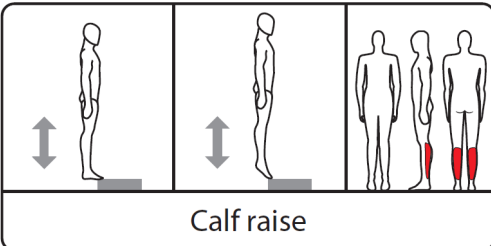
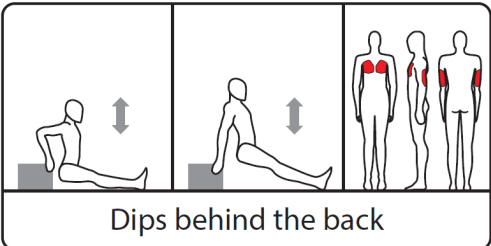
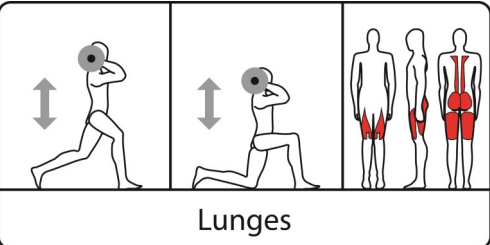
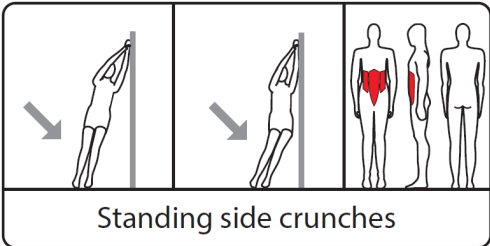
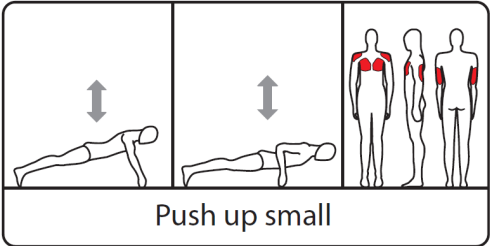
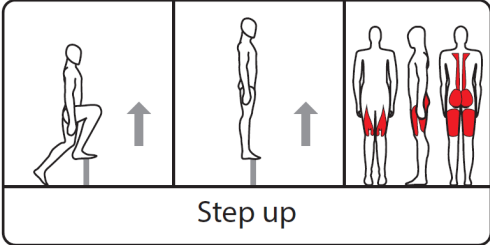
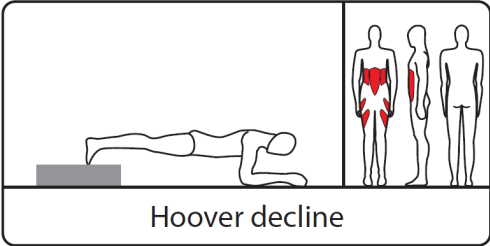
Instructions:

- Sit down with back against backrest
- Stretch arms completely and then pull down as far as possible

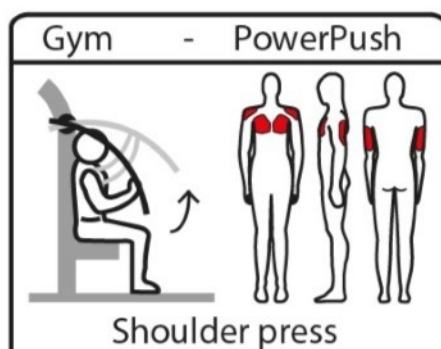
Alternative exercises:

10

Alternative exercises PowerPull



PowerPush



Training goal:



Lose
Weight



Strength



Stay Fit

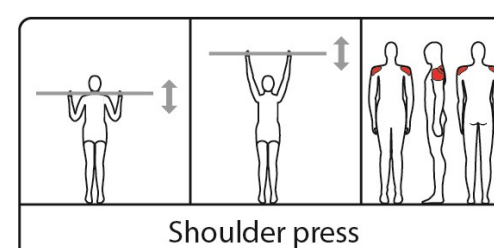
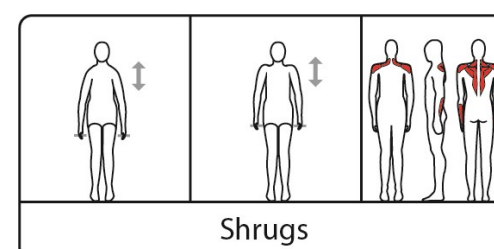
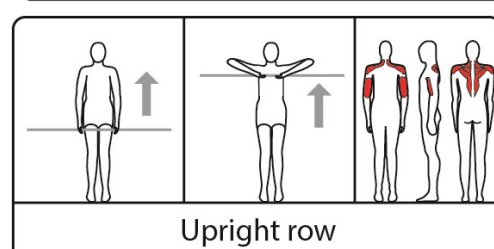
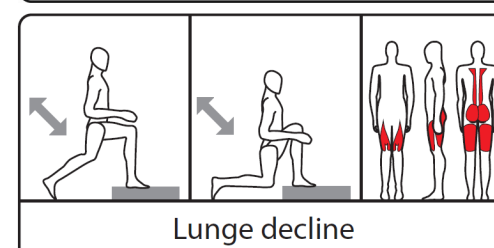
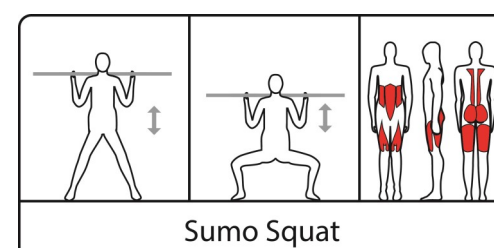
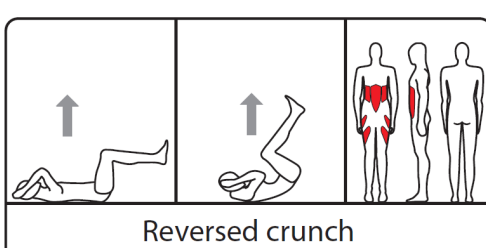
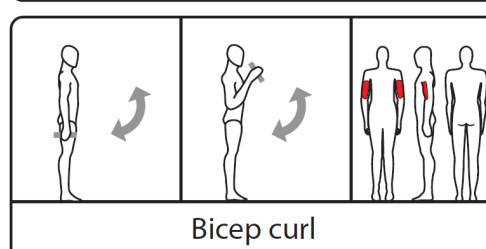
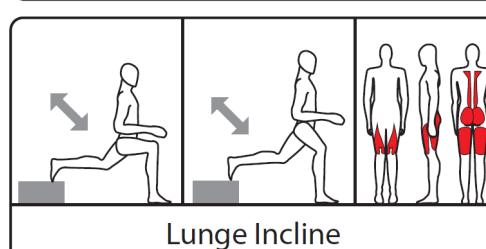
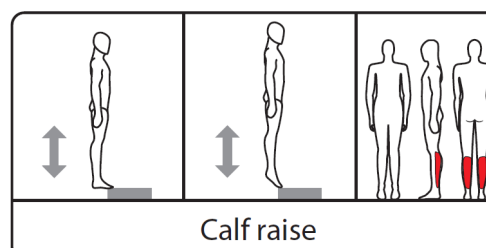
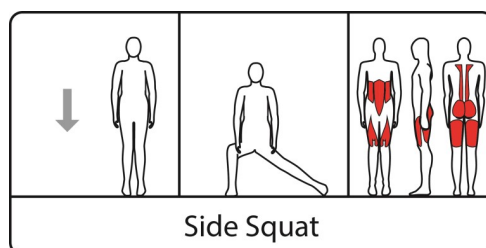
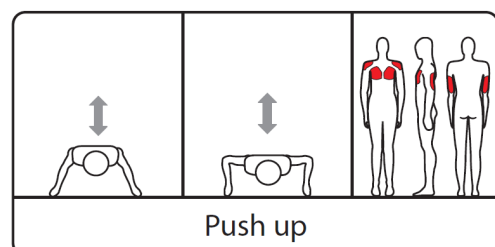
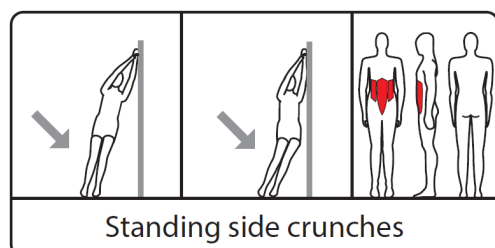
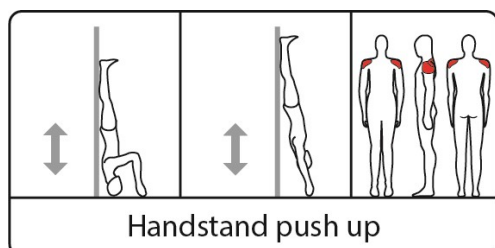
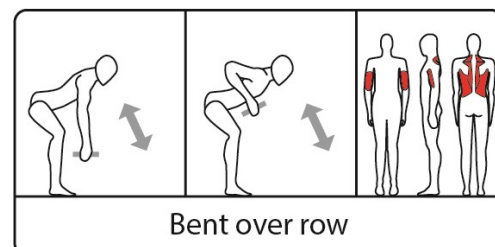
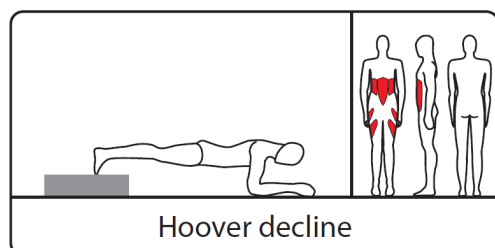
Instructions:

- Straight wrists throughout the exercise
- Push out handles until your arms are almost stretched
- Lower the bar until the elbows are next to the body

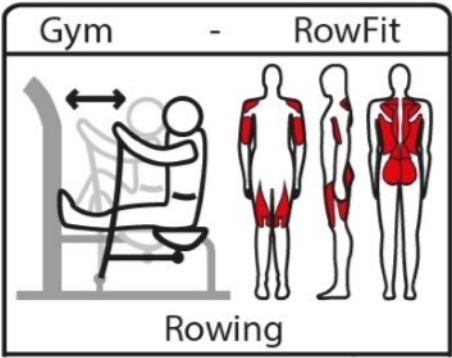
Alternative exercises:

11

Alternative exercises PowerPush



RowFit



Instructions:

- Stretch your back
- Try to stretch both arms and legs at the same time
- The upper body can move back and forth a little

Training goal:

Cardio

Lose Weight

Stay Fit

Stay Fit
for elderly

Alternative exercises:

9

Alternative exercises RowFit

Calf raise

Hoover decline

Dips behind the back

Hoover incline

Lunge Incline

Lunge decline

Push up

Step up

Push up small

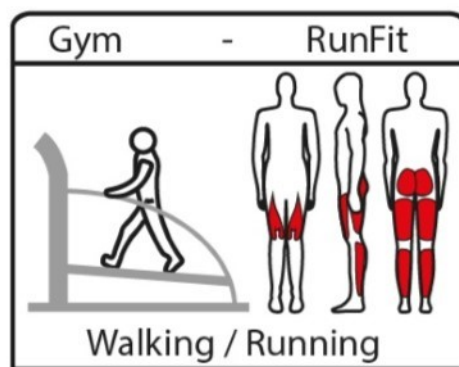
Lunges

Side Squat

Sumo Squat

Squat

RunFit



Training goal:



Lose
Weight



Cardio



Stay Fit

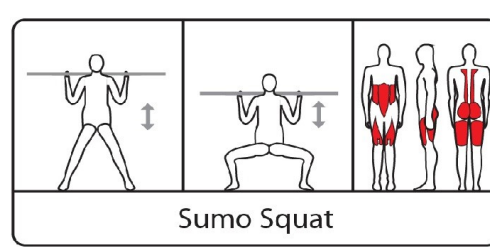
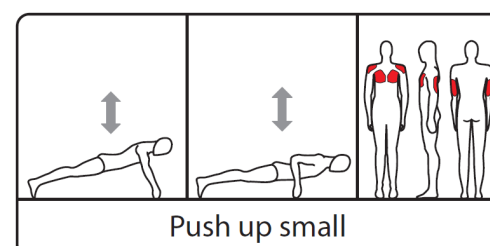
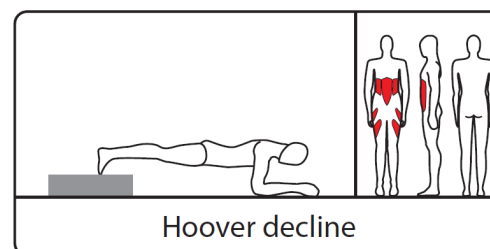
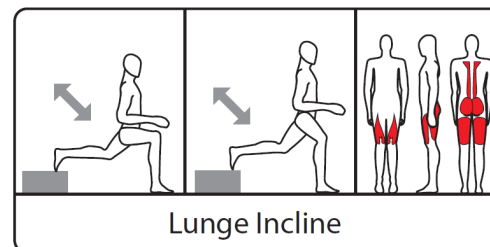
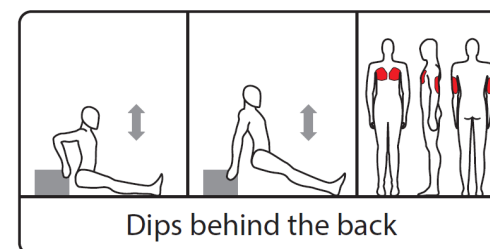
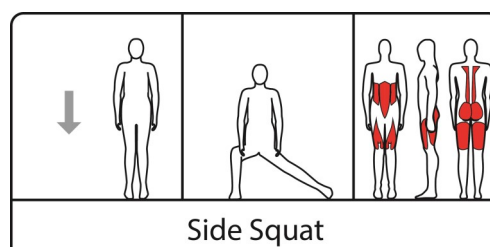
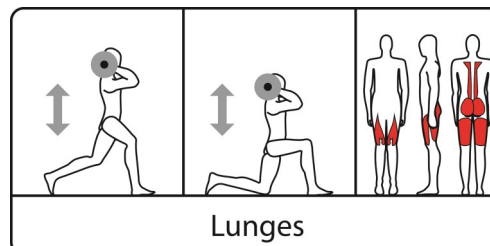
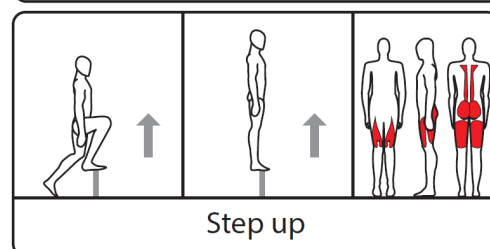
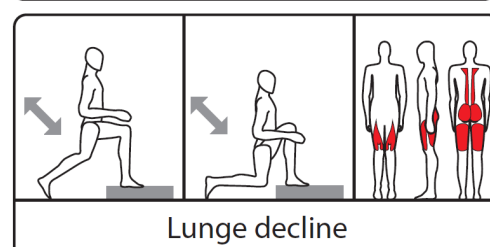
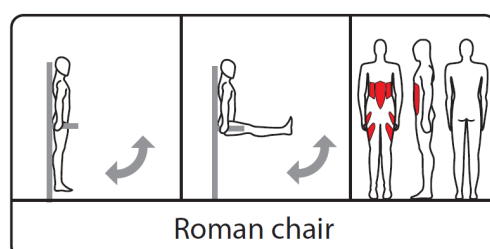
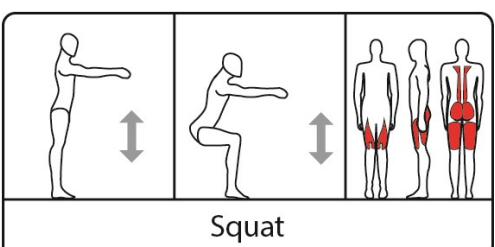
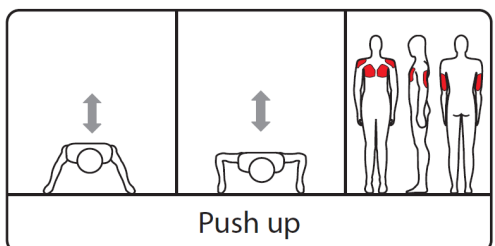
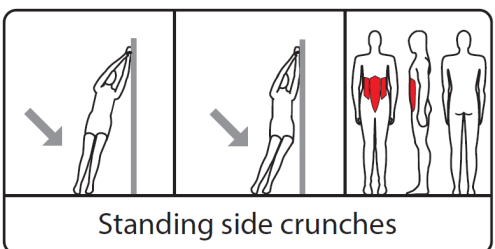
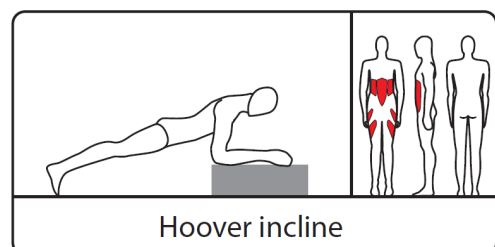
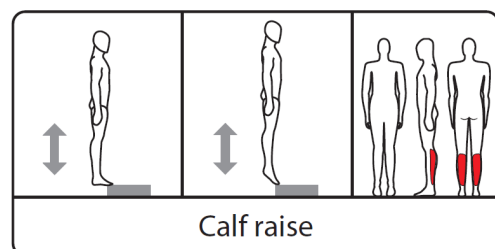
Instructions:

- Carefully step up
- Hands on the support bars
- Make a walking motion

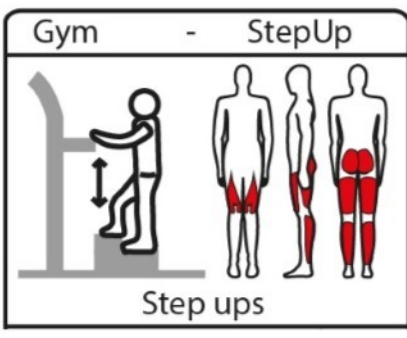
Alternative exercises:

10

Alternative exercises RunFit



StepUp



Instructions:

- Carefully step up
- Alternately step on the platform left and right

Training goal:


Lose Weight


Cardio

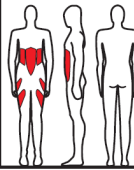

Stay Fit for elderly

Alternative exercises:

10

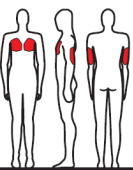
Alternative exercises Step Up



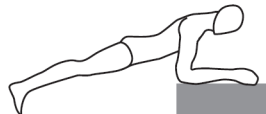


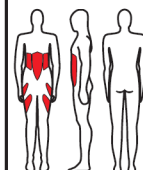
Hoover decline



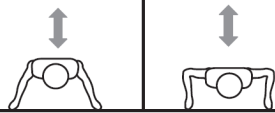


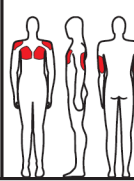
Dips behind the back



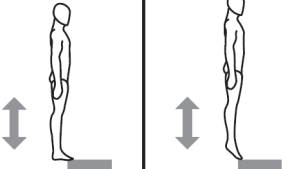


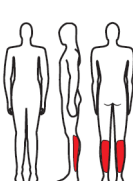
Hoover incline



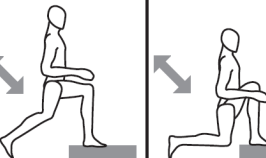


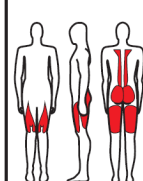
Push up



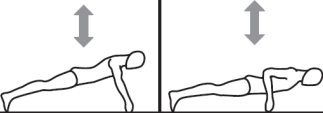


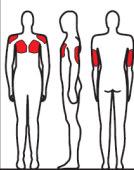
Calf raise



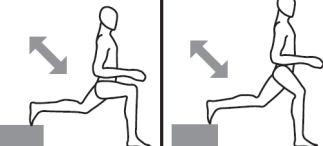


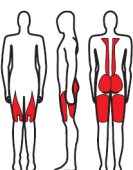
Lunge decline





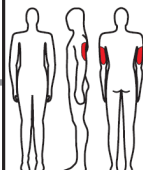
Push up small



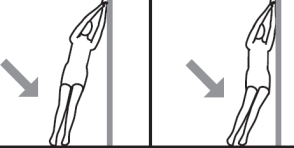


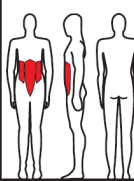
Lunge Incline



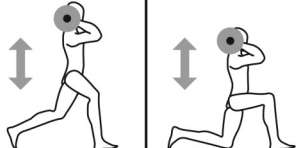


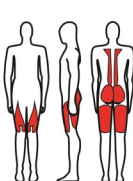
Tricep ladder



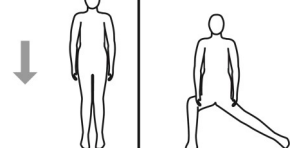


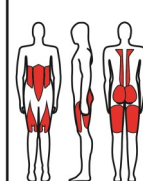
Standing side crunches



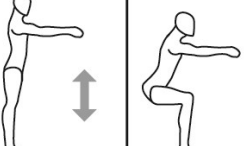


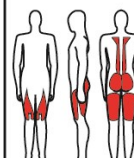
Lunges



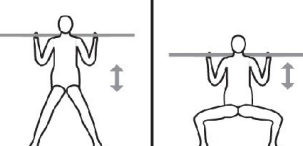


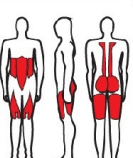
Side Squat





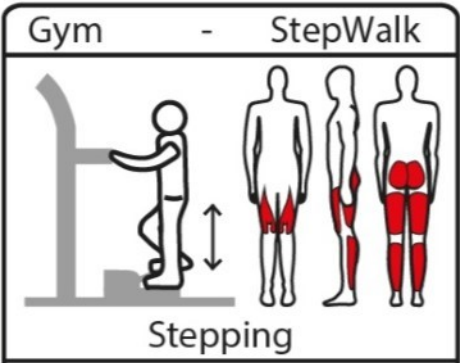
Squat





Sumo Squat

StepWalk



Instructions:

- Stand upright during the exercise
- Tighten the calves during stepping
- Increase the pace to make it harder

Training goal:



Stay Fit
for elderly



Cardio

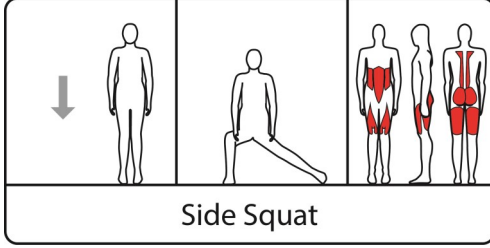
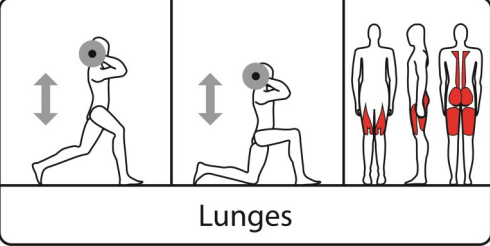
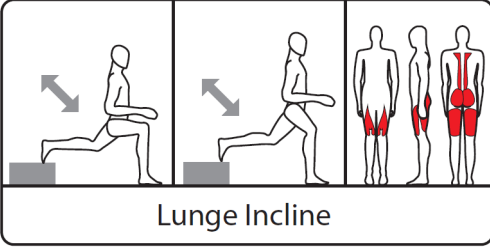
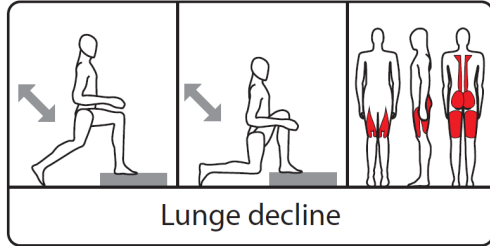
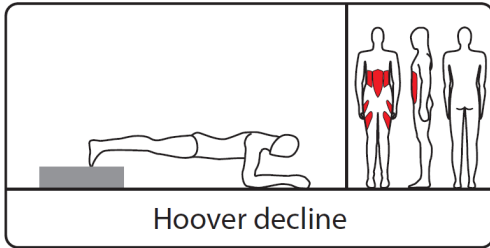
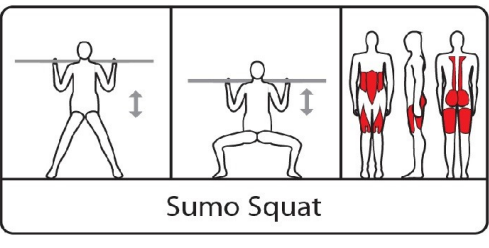
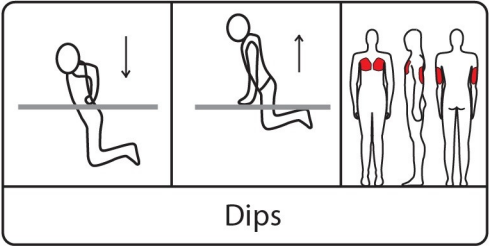
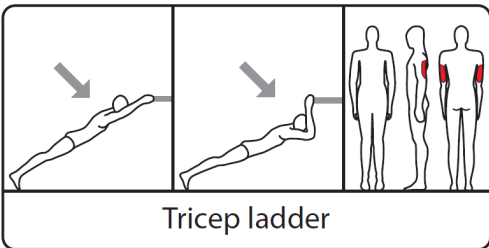
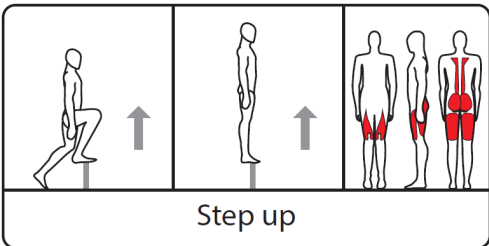
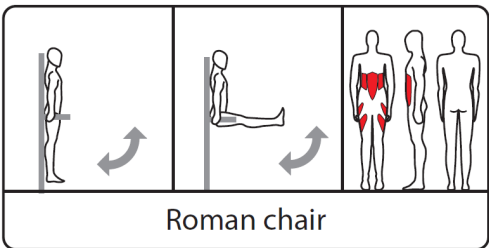
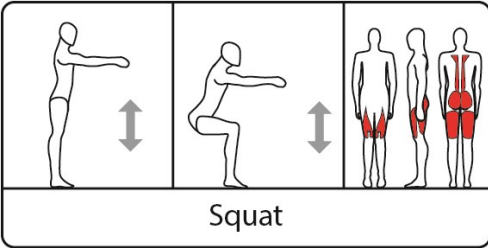
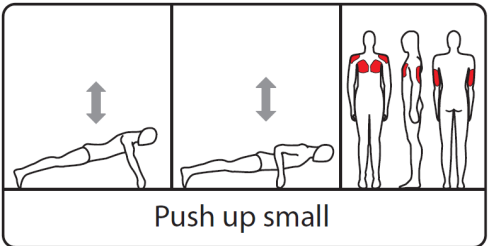
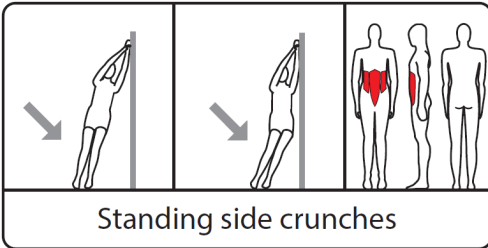
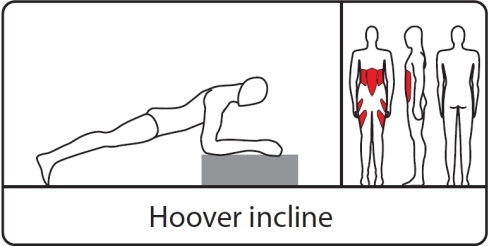
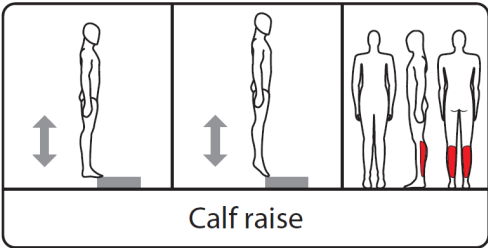


Lose
Weight

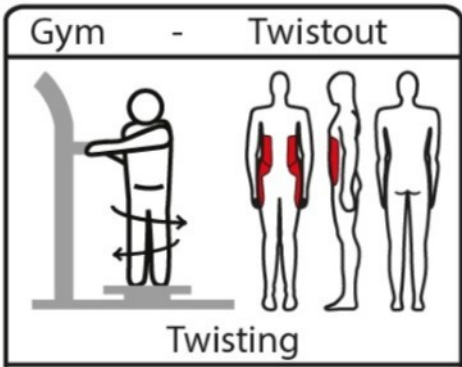
Alternative exercises:

10

Alternative exercises StepWalk



TwistOut



Instructions:

- Carefully step on the platform
- Try not to turn the upper body
- Tighten the abs during the exercise

Training goal:



Stay Fit
for elderly

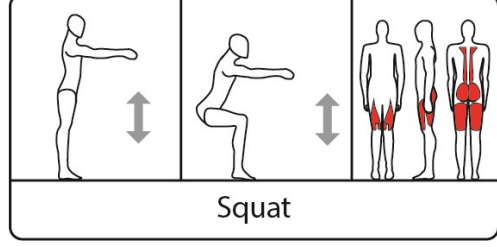
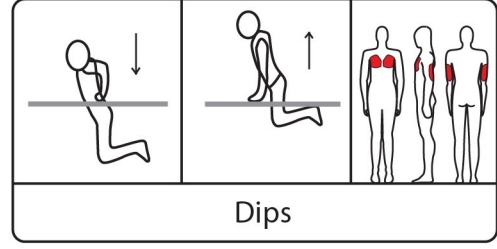
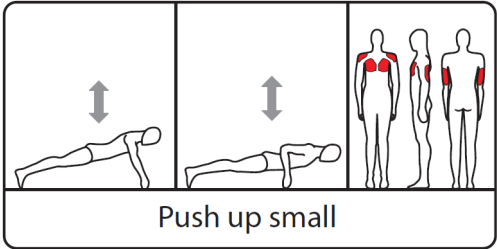
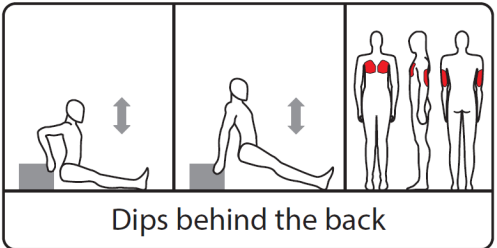
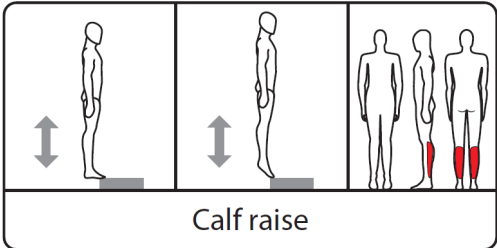
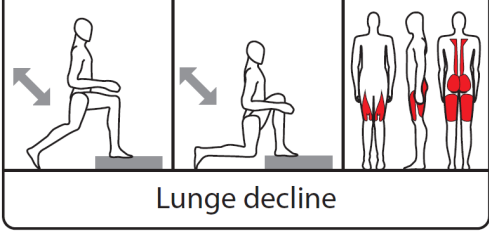
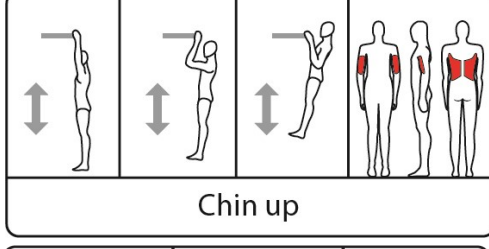
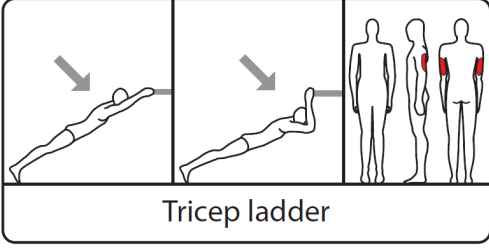
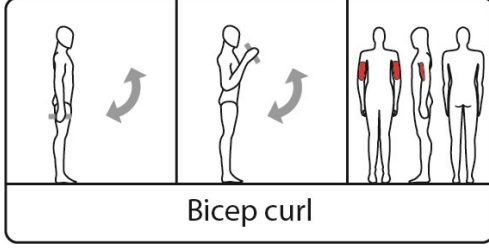
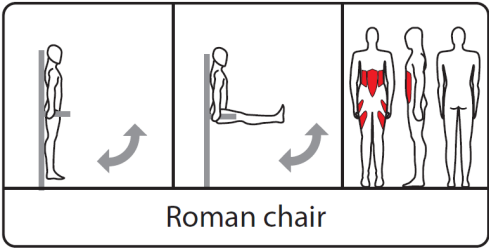
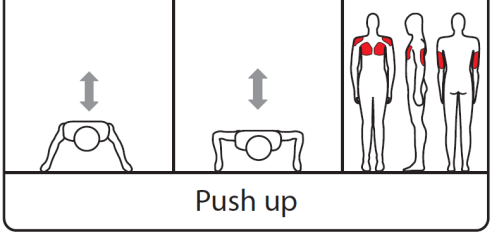
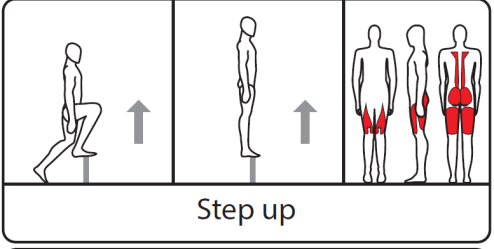
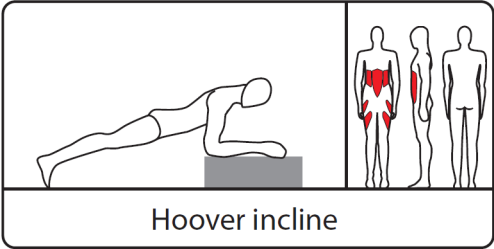
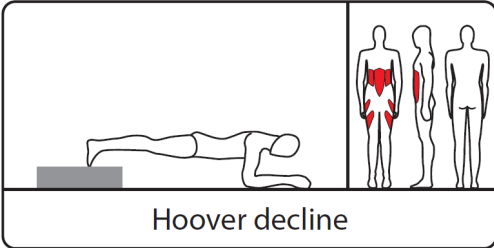
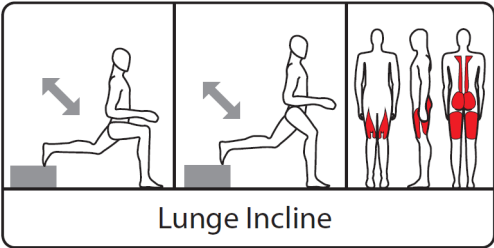


Stay Fit

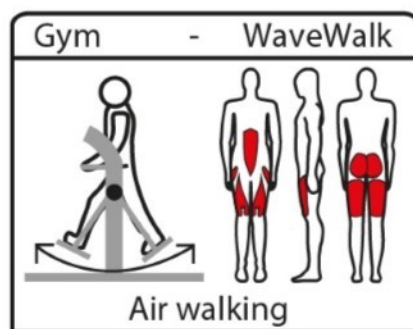
Alternative exercises:

10

Alternative exercises TwistOut



WaveWalk



Instructions:

- Carefully step up
- Body upright during the exercise
- Look straight forward
- Make a walking motion

Training goal:



Lose
Weight



Cardio

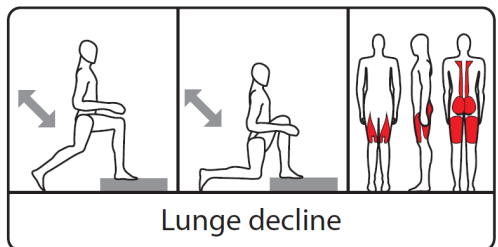
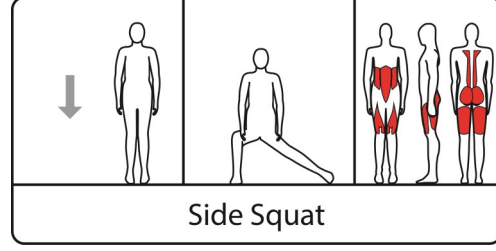
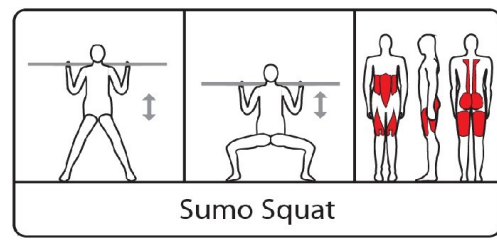
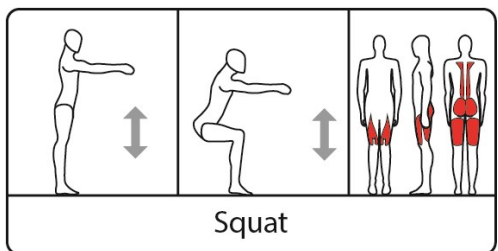
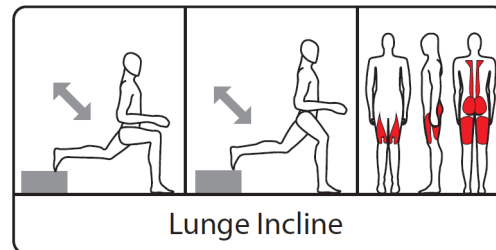
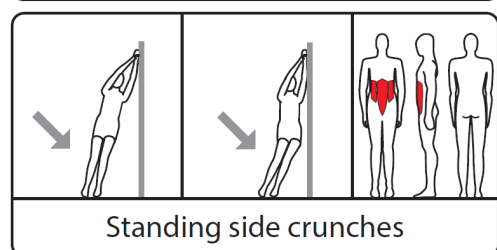
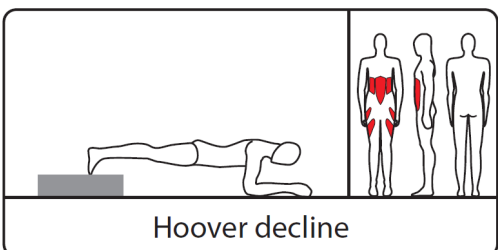
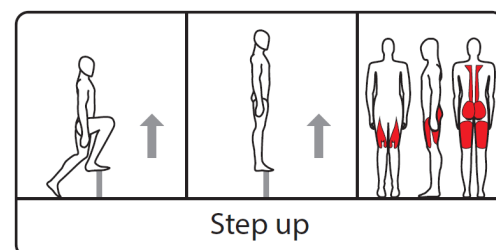
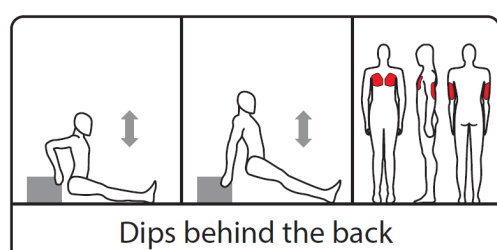
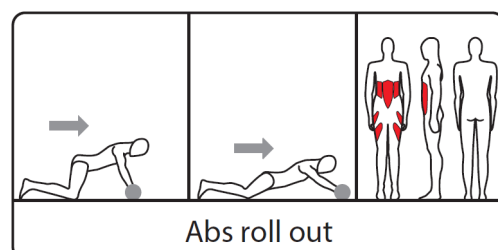
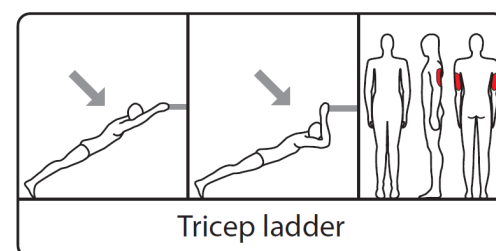
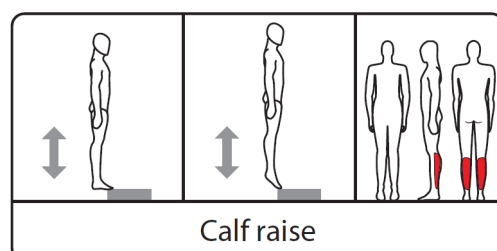
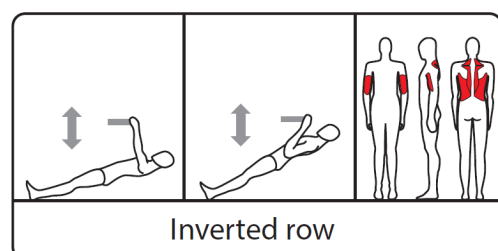


Stay Fit

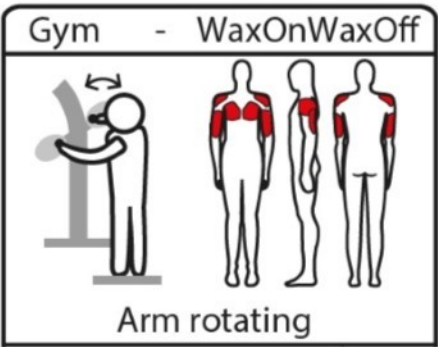
Alternative exercises:

9

Alternative exercises WaveWalk



WaxOnWaxOff



Training goal:



Lose
Weight



Cardio



Stay Fit
for elderly

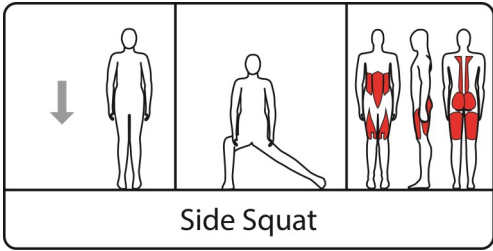
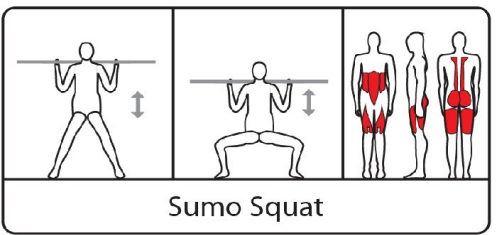
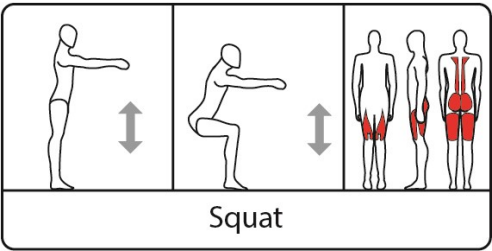
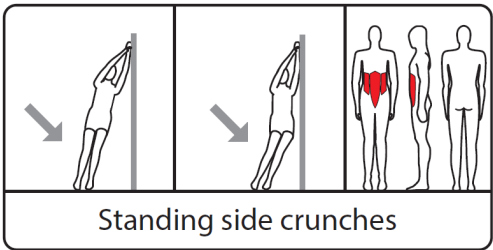
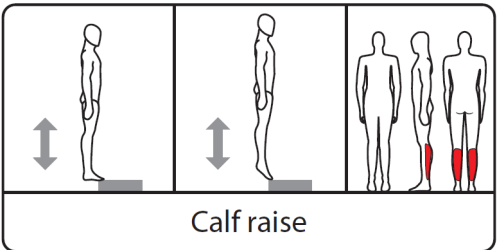
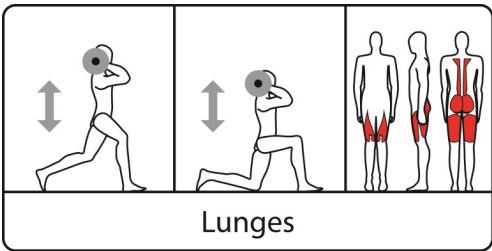
Instructions:

- Place hands on the discs
- Rotate discs both from inside to the outside and from outside to the inside

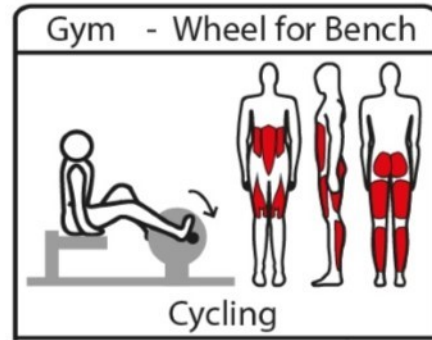
Alternative exercises:

3

Alternative exercises WaxOnWaxOff



Wheel for Bench



Instructions:

- Sit on the seat
- Make a cycling motion

Training goal:



Lose



Cardio



Stay Fit
for elderly

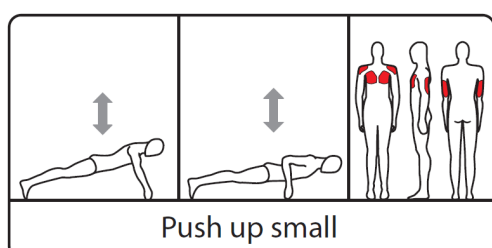
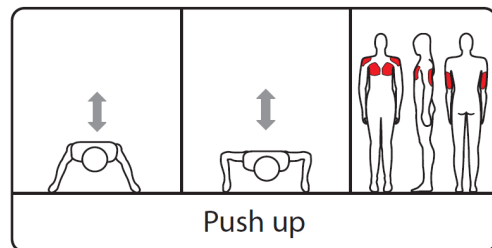
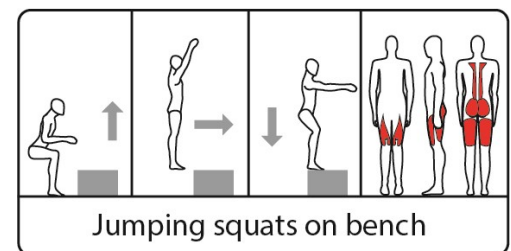
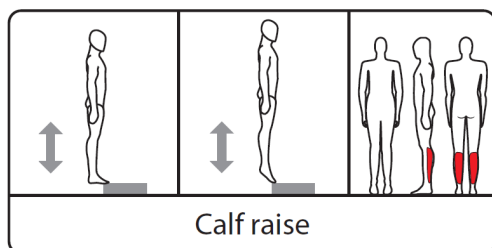
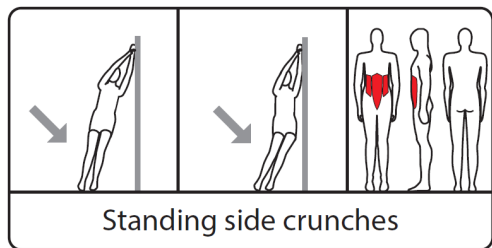
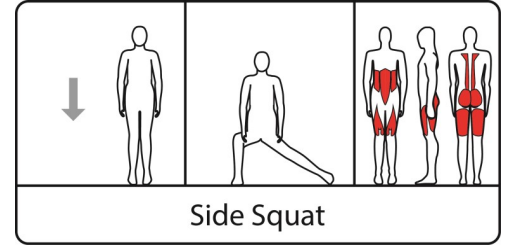
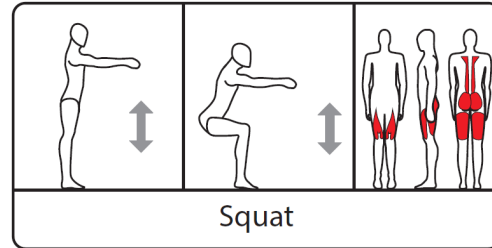
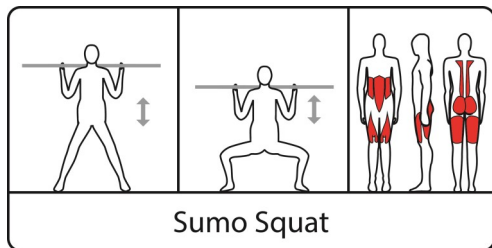
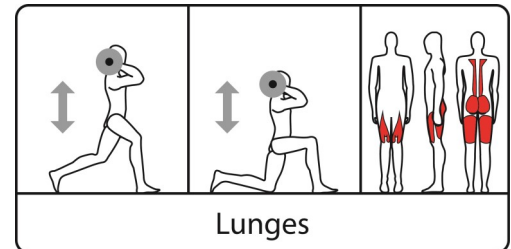
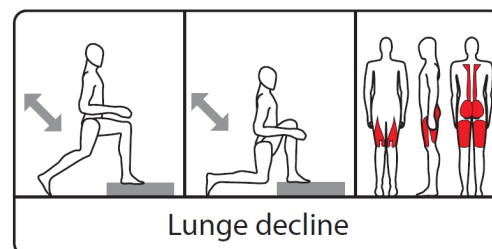
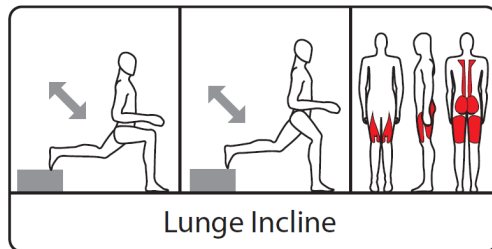
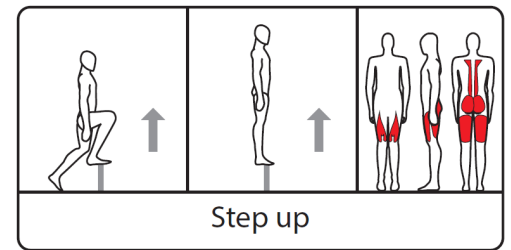
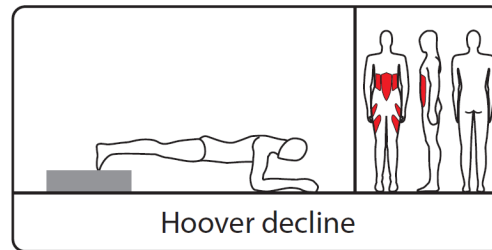
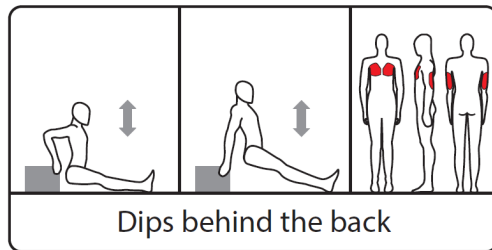


Stay Fit

Alternative exercises:

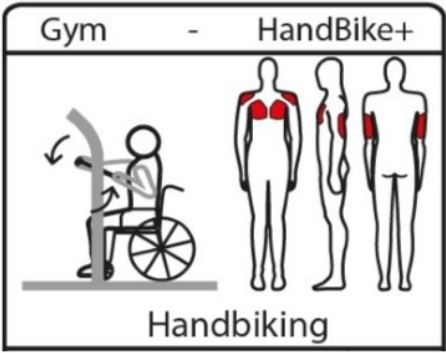
13

Alternative exercises Wheel for Bench



HandBike

Inclusive



Instructions:

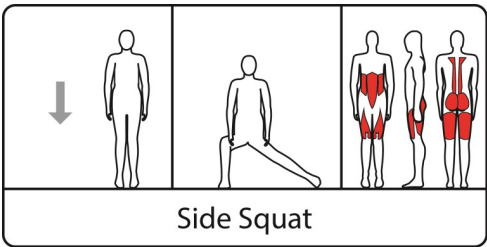
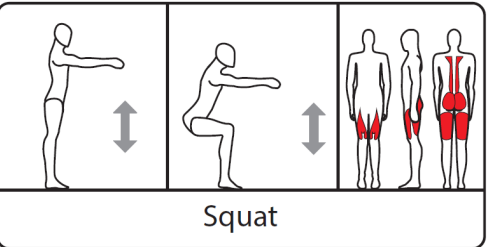
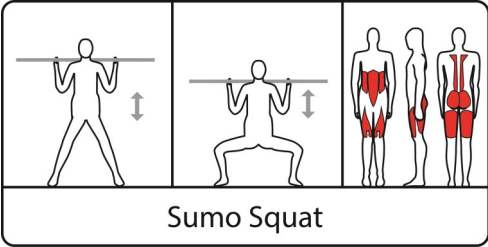
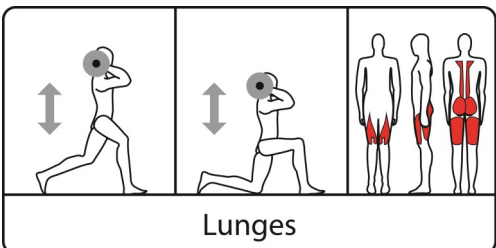
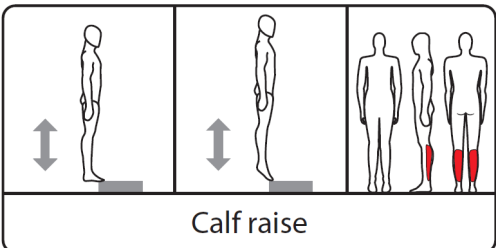
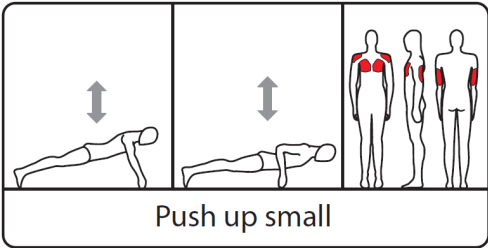
- Make a forward rotating motion with the arms
- Rotate both back and forth

Training goal:

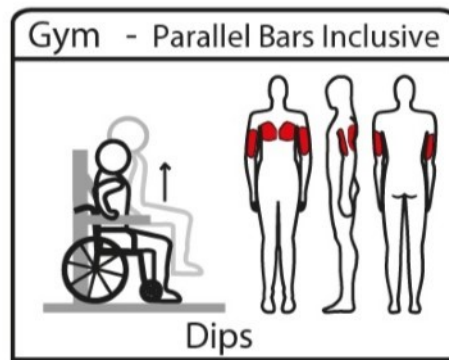


Alternative exercises:

Alternative exercises HandBike inclusive



Parallel Bars Inclusive



Instructions:

- Put your hands on the horizontal bars
- Push yourself up
- Lower your body with the elbows straight backwards

Training goal:



Strength



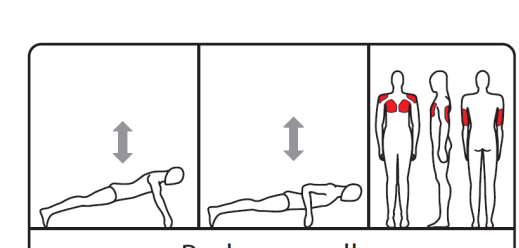
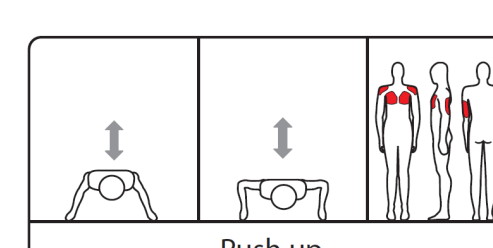
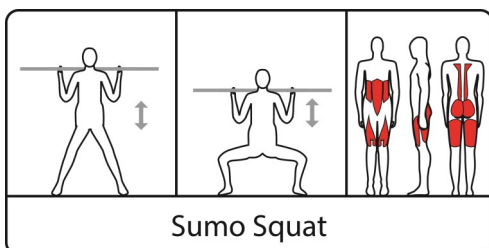
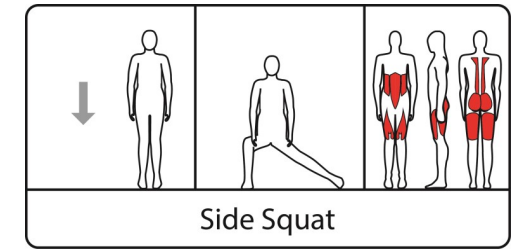
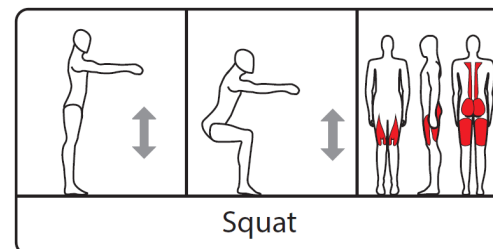
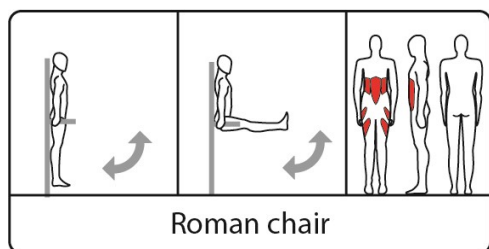
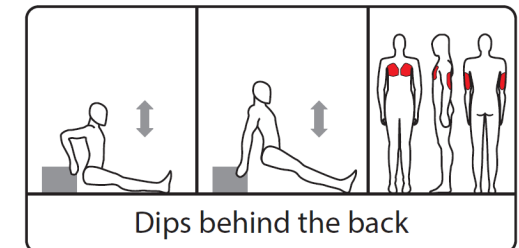
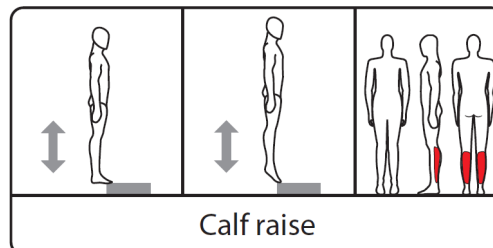
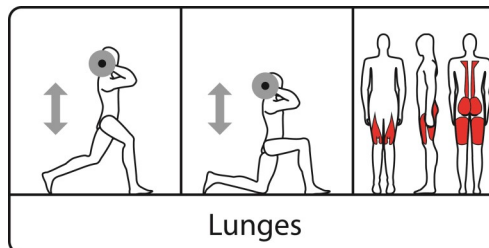
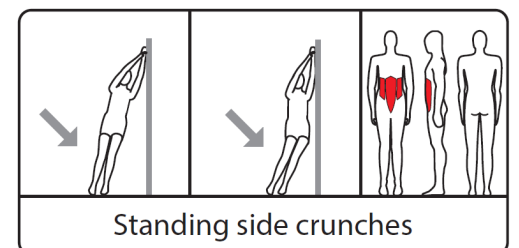
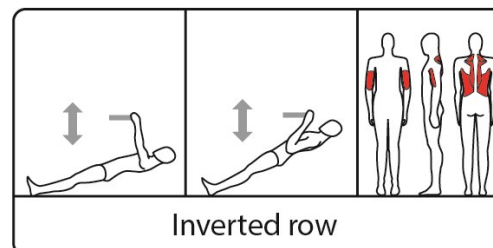
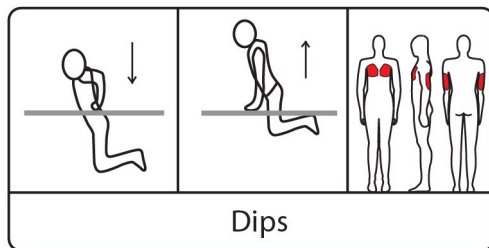
Stay Fit



Lose
Weight

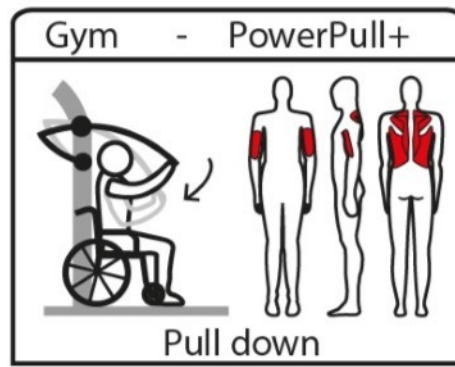
Alternative exercises:

Alternative exercises ParallelBars inclusive



PowerPull

Inclusive



Instructions:

- Pull down the handles
- Gently return the handles

Resistance 1 = between 10 - 12kg

Resistance 2 = between 0.4 –4.7 kg

Training goal:



Strength



Stay Fit



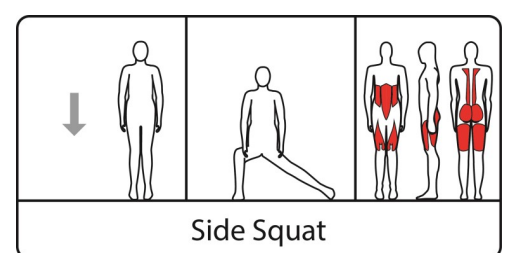
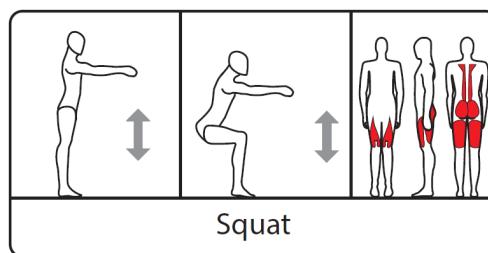
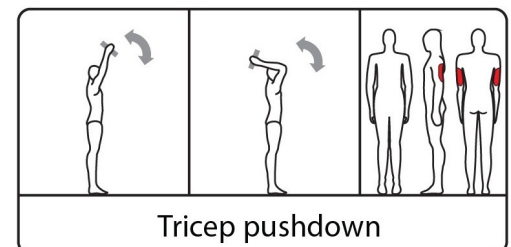
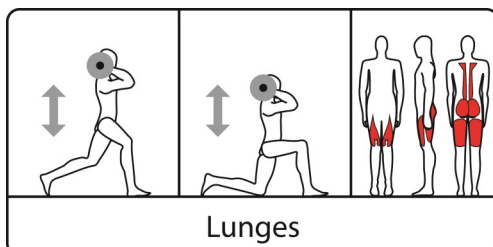
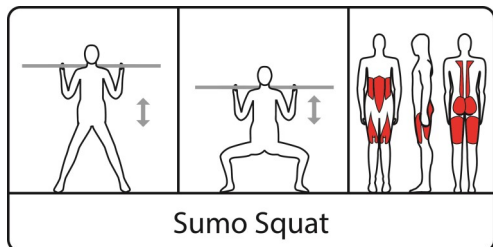
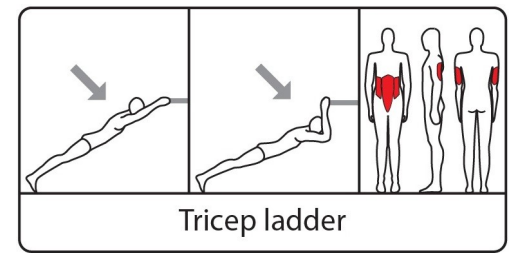
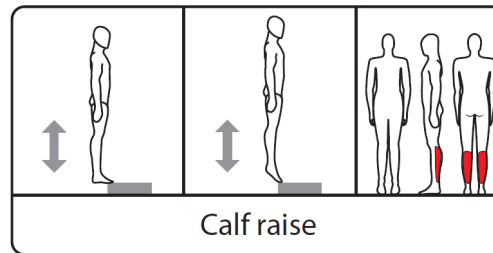
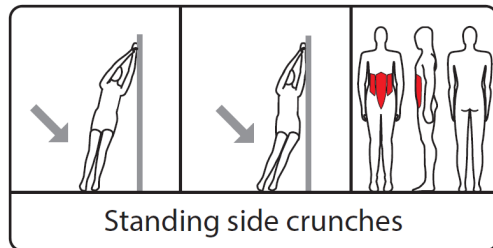
Stay Fit
for elderly



Lose
Weight

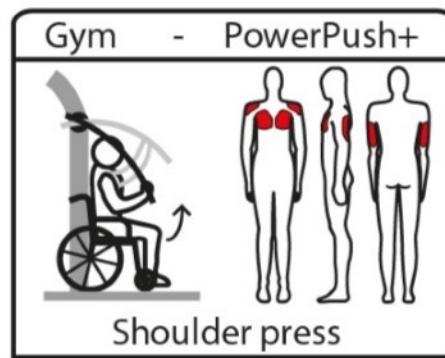
Alternative exercises:

Alternative exercises PowerPull inclusive



PowerPush

Inclusive



Instructions:

- Straight wrists throughout the exercise
- Push out handles until your arms are almost stretched
- Gently lower the handles

Resistance 1 = between 8 and 17kg

Resistance 2 = between 1 and 9 kg

Training goal:



Strength



Stay Fit



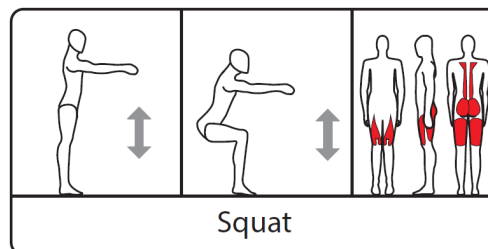
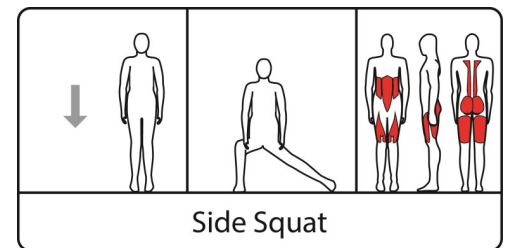
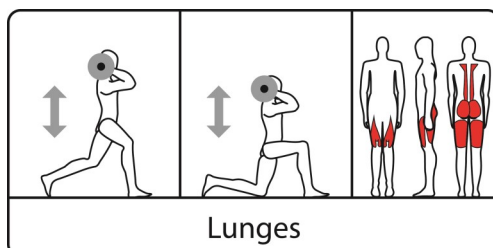
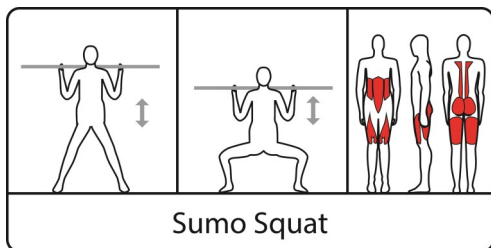
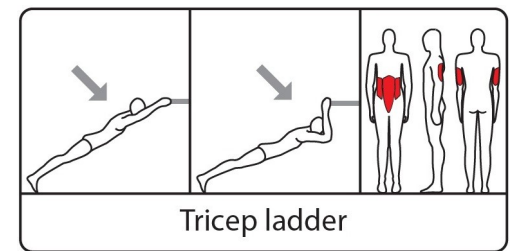
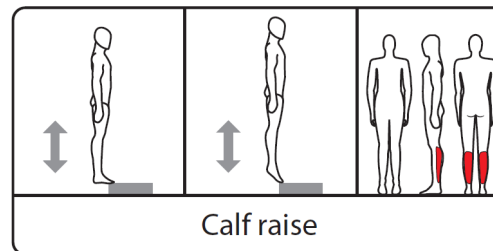
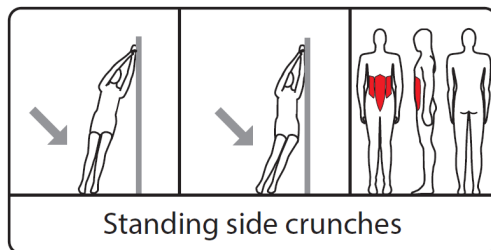
Stay Fit
for elderly



Lose
Weight

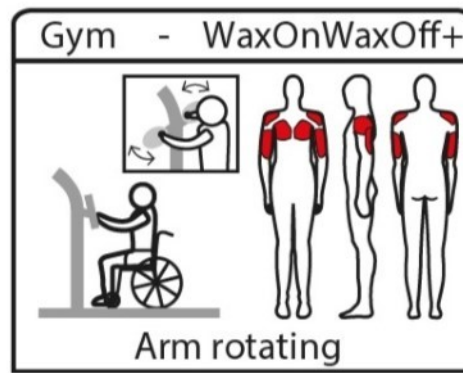
Alternative exercises:

Alternative exercises PowerPush inclusive



WaxOnWaxOff

Inclusive



Instructions:

- Rotate the discs with the arms
- Rotate both from inside to the outside and from outside to the inside

Training goal:



Cardio



Stay Fit



Stay Fit
for elderly

Alternative exercises:

Alternative exercises WaxOn/WaxOff inclusive

