



DENFIT
OUTDOOR FITNESS



Alternative exercises

SportPoint

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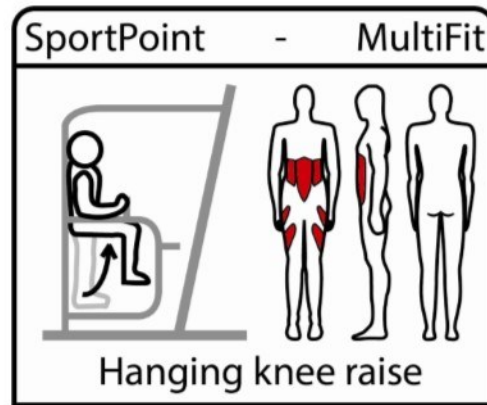
Pagina 18: Cardio Row

Pagina 19: Cardio Cross

Pagina 20: UpperBody Inclusive

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MultiFit



Instructions:

- Support with the elbows on the arm rests
- Tighten the upper body and raise your knees

Training goal:



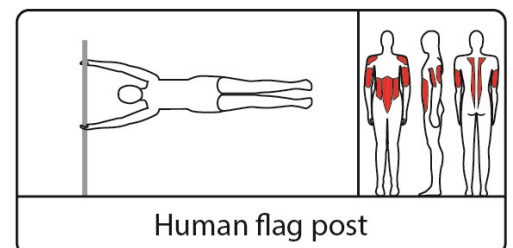
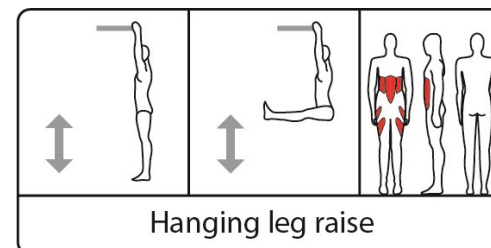
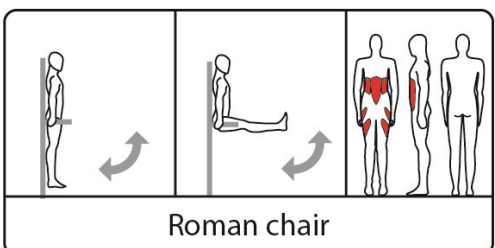
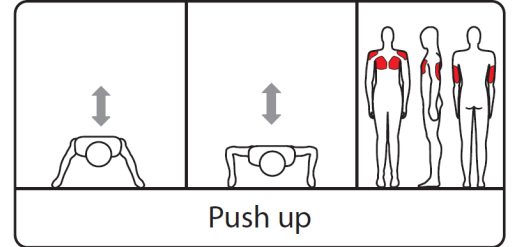
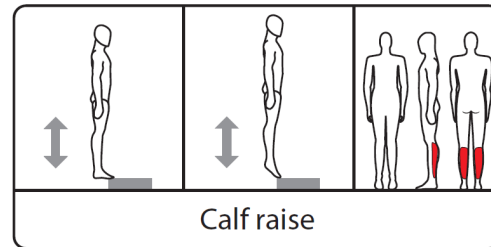
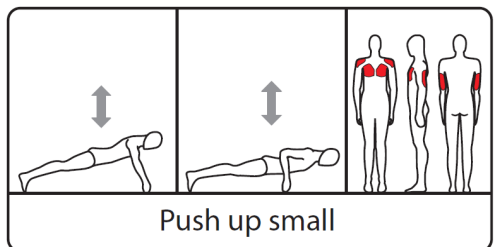
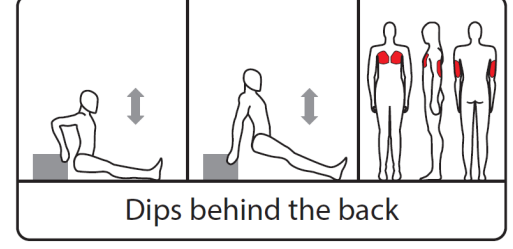
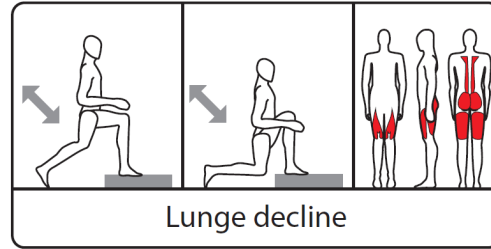
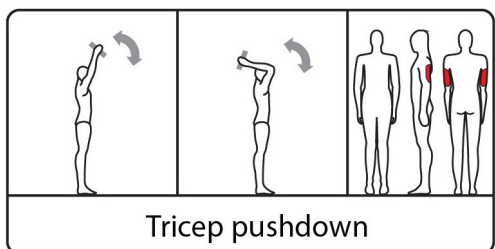
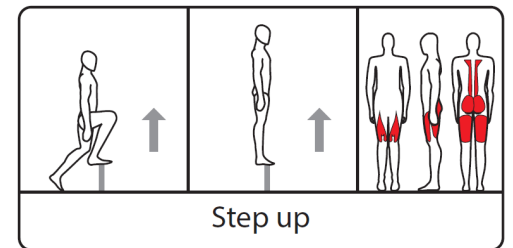
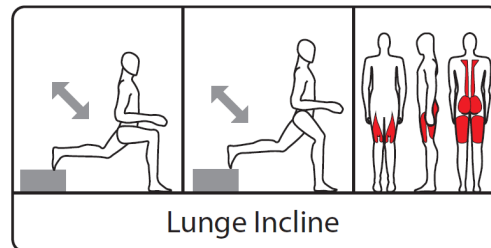
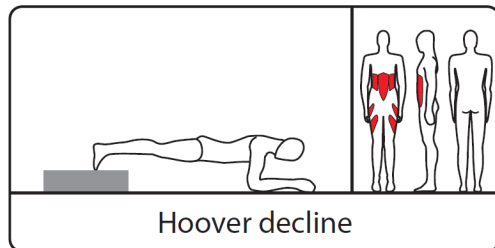
Stay Fit



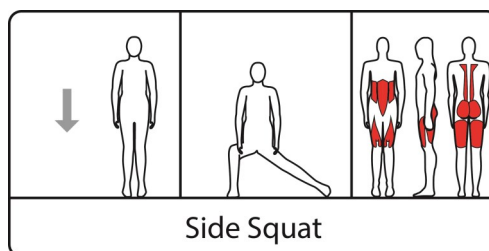
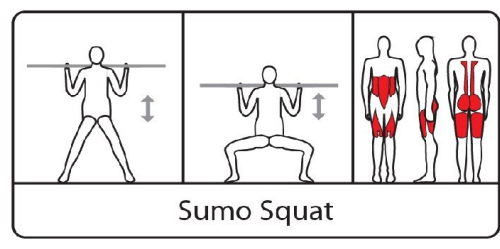
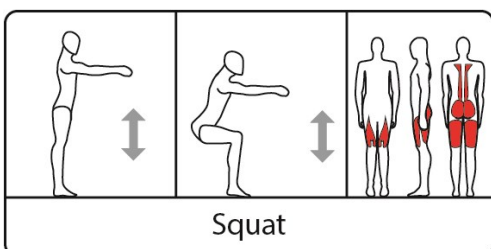
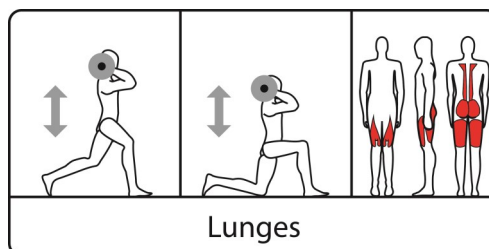
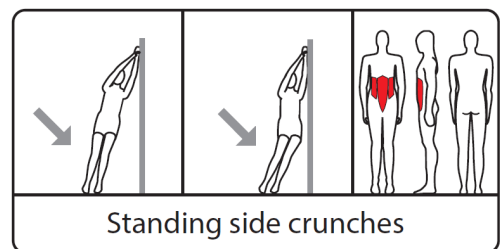
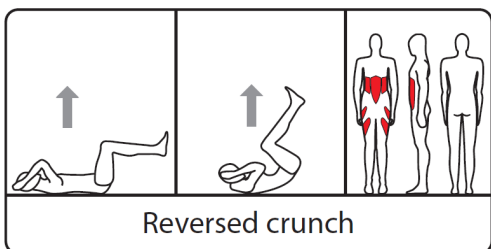
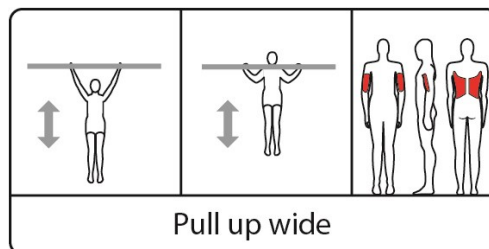
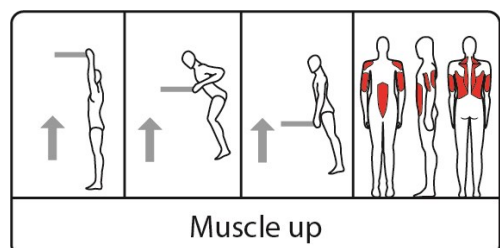
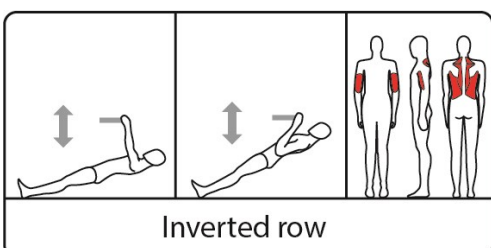
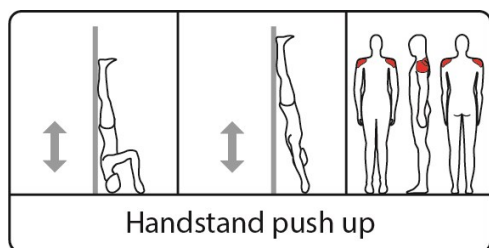
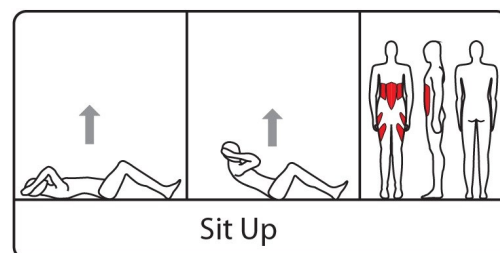
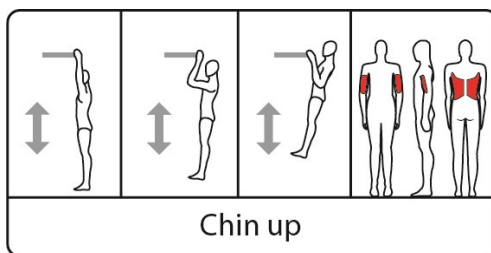
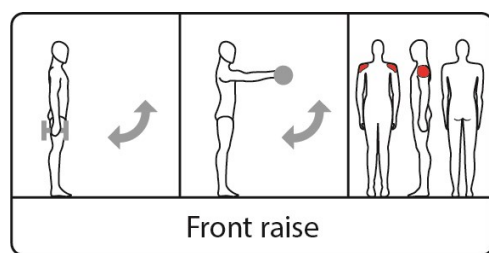
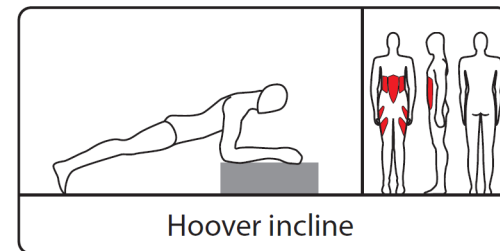
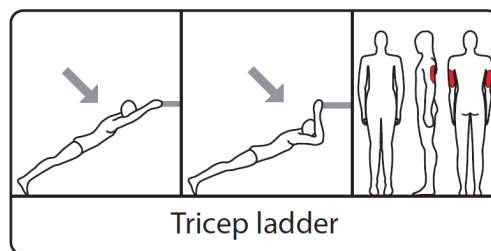
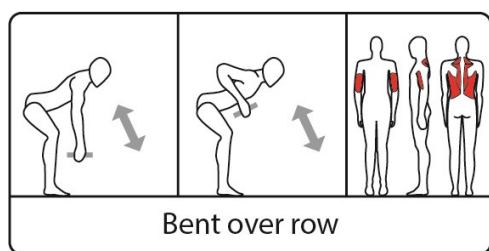
Cardio



Alternative exercises MultiFit



Alternative exercises MultiFit

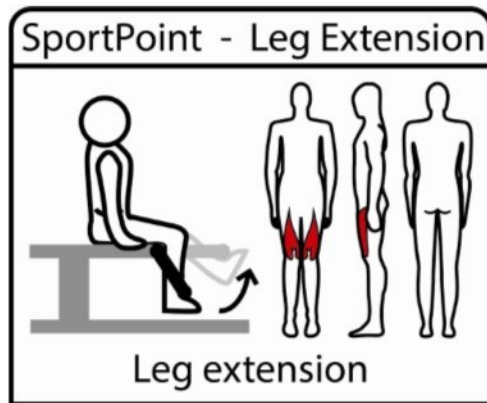


Leg Extension



Workout resistance:

- 0 weights = 7kg
- 2 weights = 16kg
- 4 weights = 26kg
- 6 weights = 36kg
- 8 weights = 46kg
- 10 weights = 56kg



Training goal:



Strength



Stay Fit



Cardio



Lose
Weight

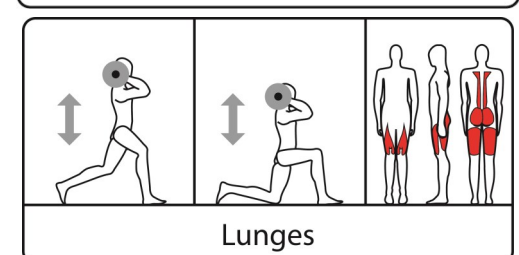
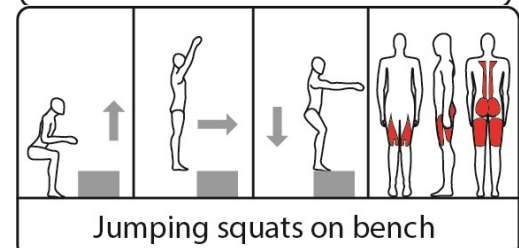
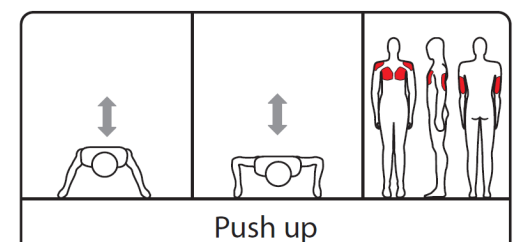
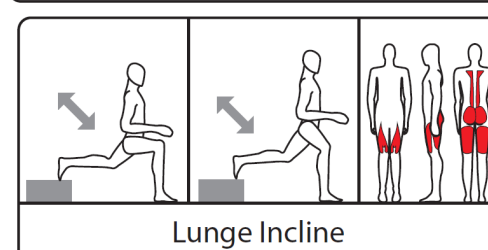
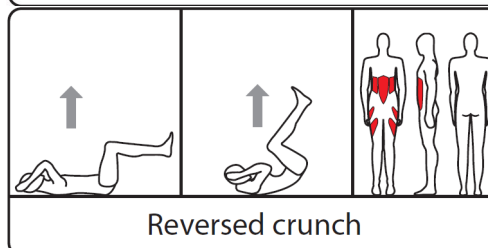
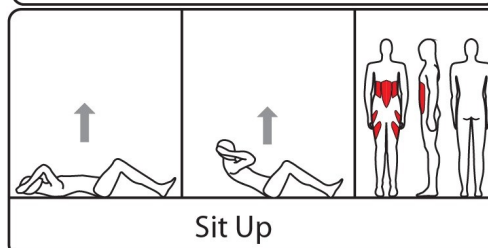
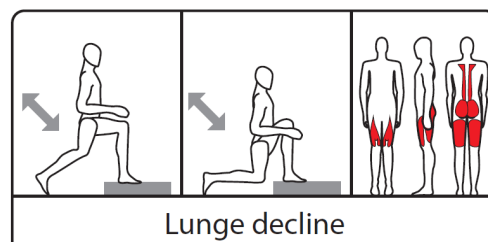
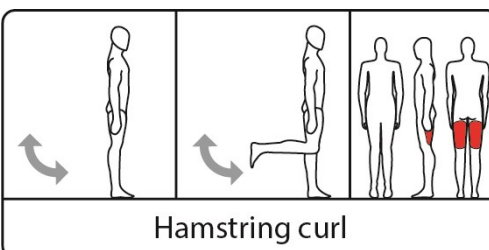
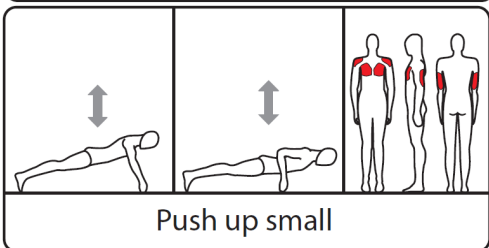
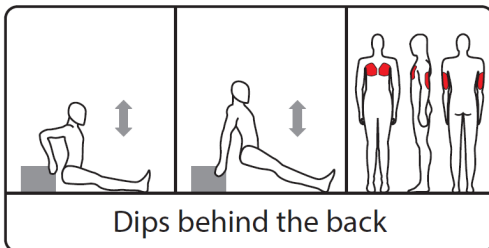
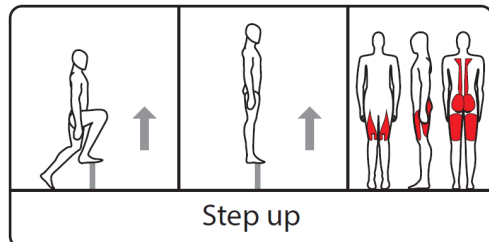
Instructions:

- Sit down and place the feet behind the bar
- Try to stretch the legs completely and slowly let them come down again

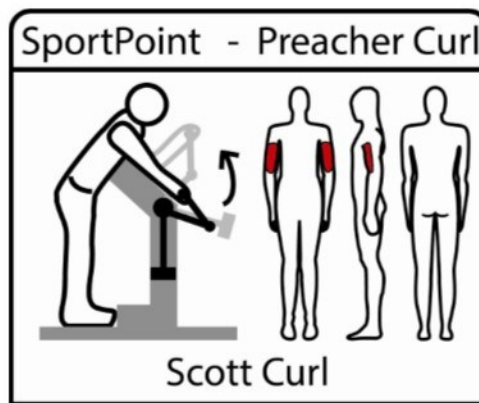
Including 10 weights of 5kg each



Alternative exercises Leg Extension



Preacher Curl



Instructions:

- Place the upper arms on the sloping part
- Put your hands on the bar with the palms up
- Bend the arms as far as possible

Including 8 weights of 2kg each

Workout resistance:

- 0 weights = 6,2kg
- 2 weights = 12,2kg
- 4 weights = 18,3kg
- 6 weights = 24,4kg
- 8 weights = 30,4kg

Training goal:



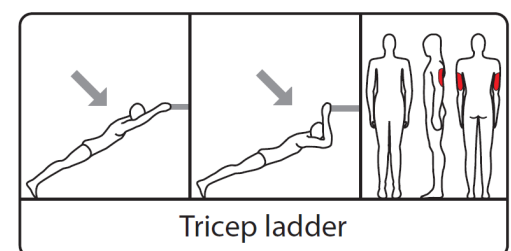
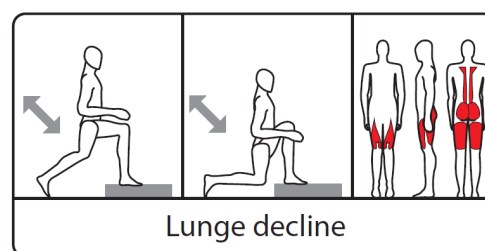
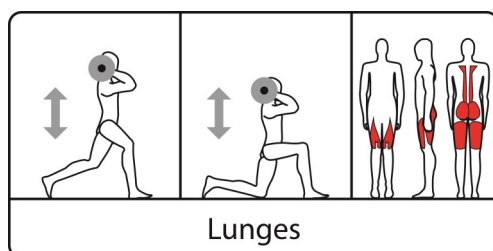
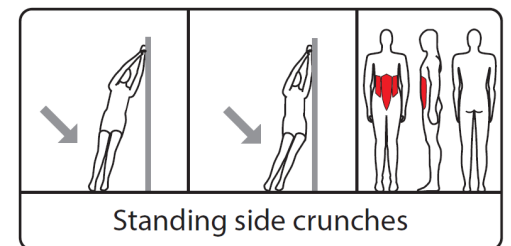
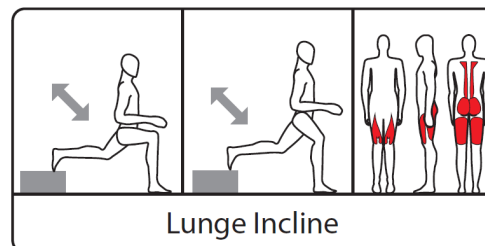
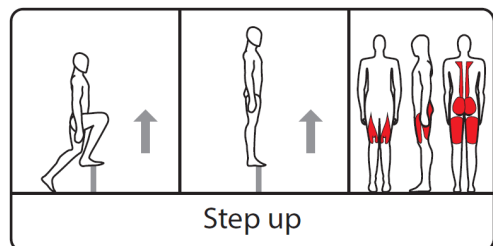
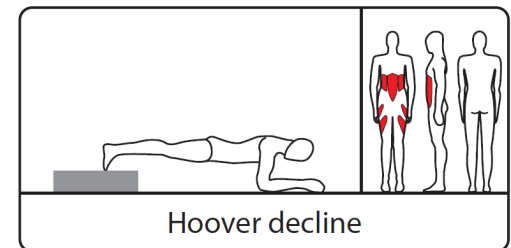
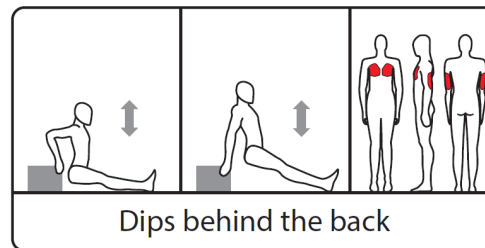
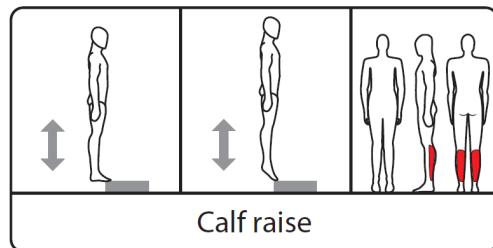
Strength



Stay Fit

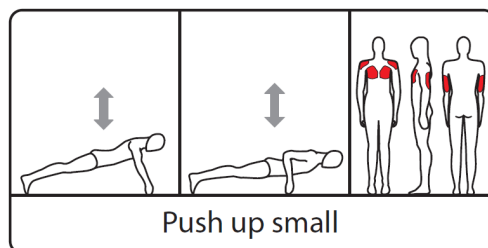
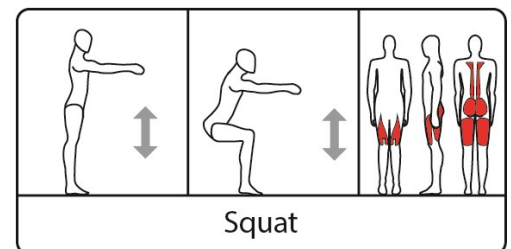
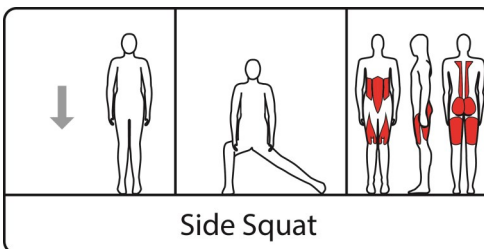
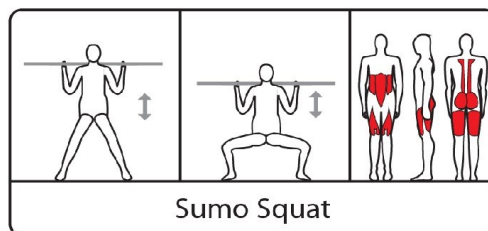
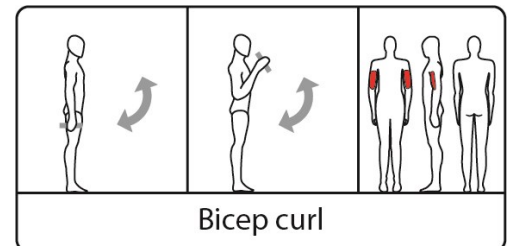
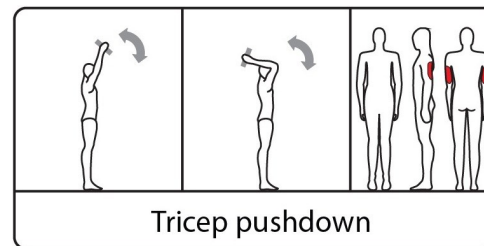
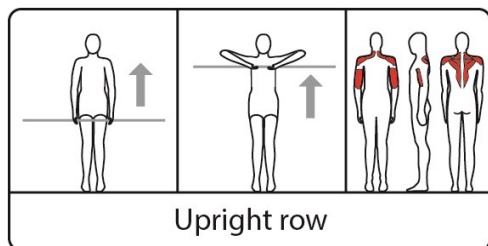
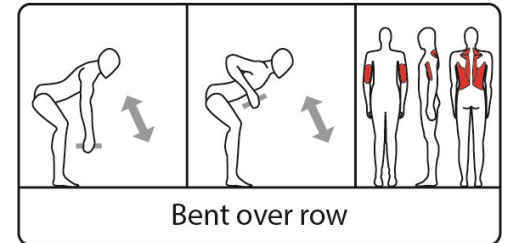
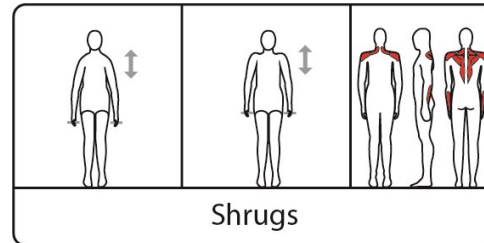
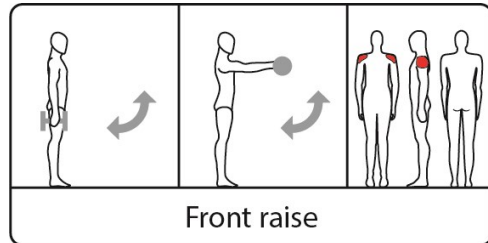


Alternative exercises Preacher Curl

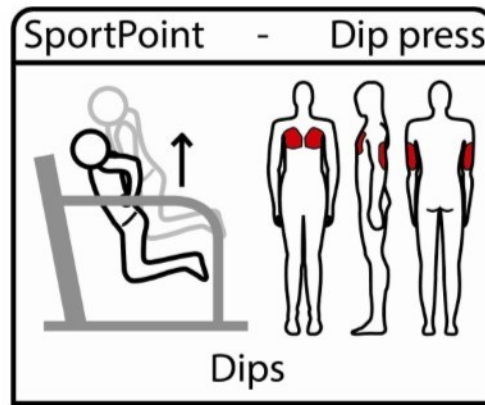


Alternative exercises

Preacher Curl



Dip Press



Instructions:

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

Training goal:



Strength



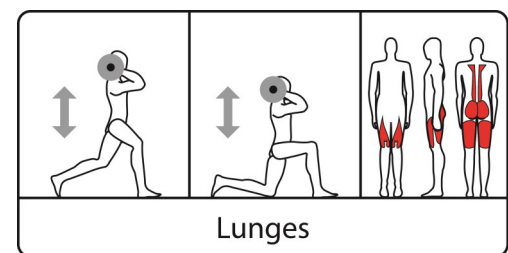
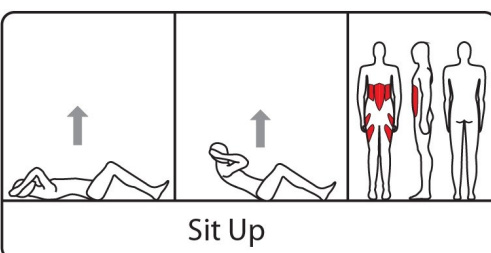
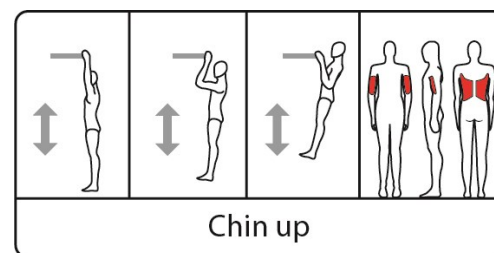
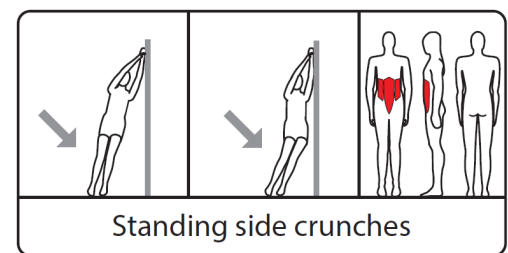
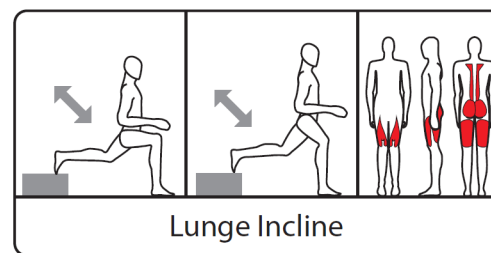
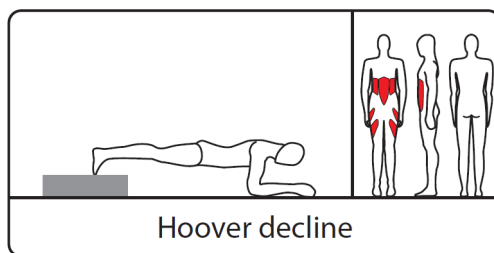
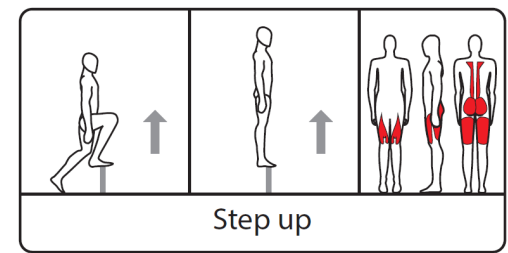
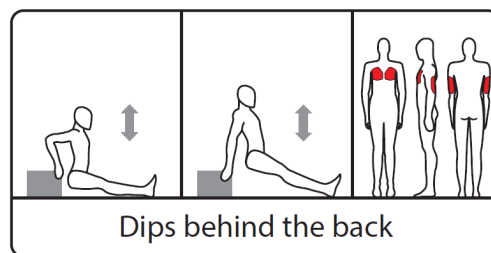
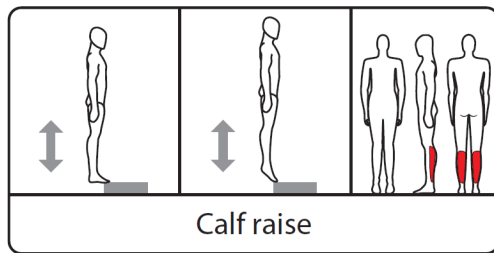
Stay Fit



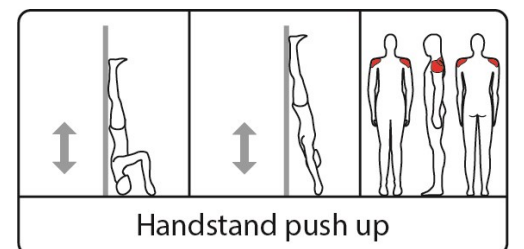
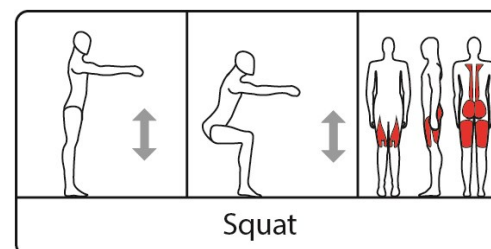
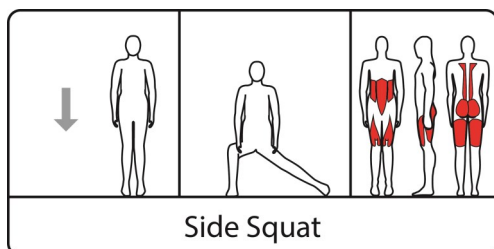
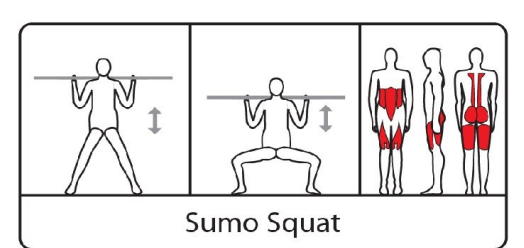
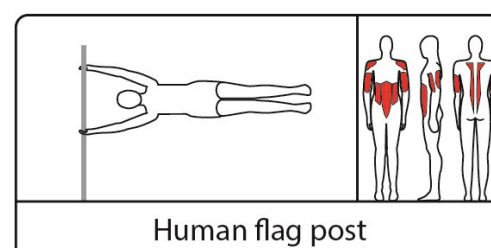
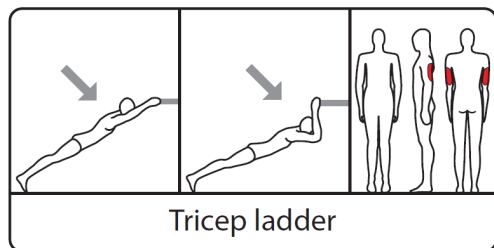
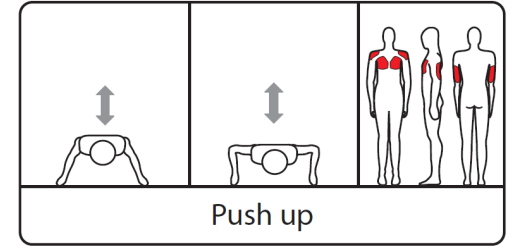
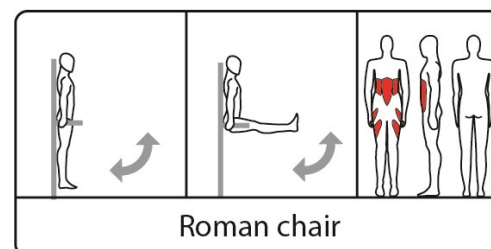
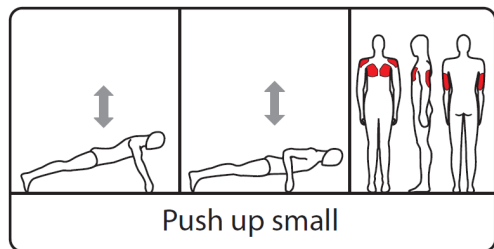
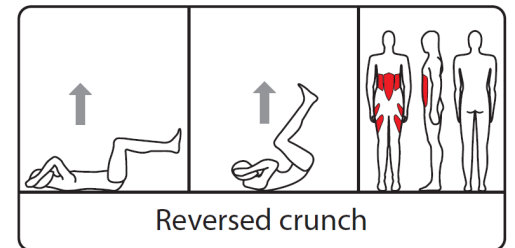
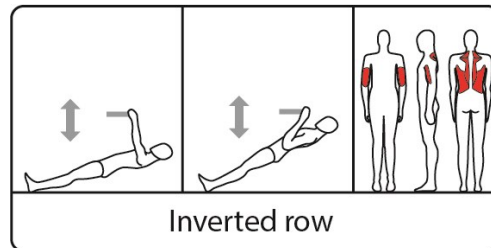
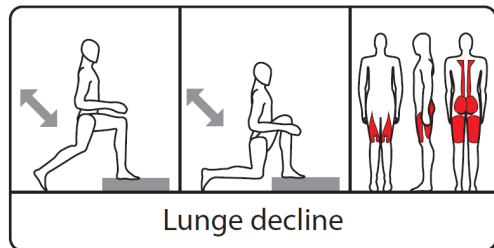
Lose
Weight



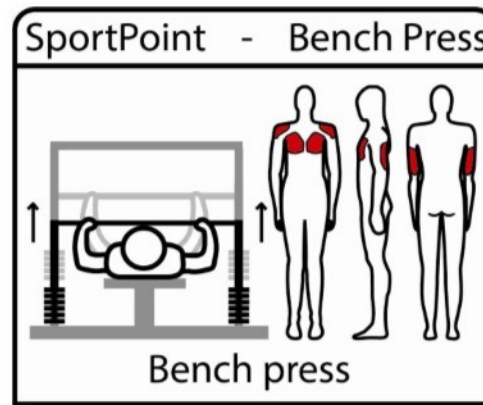
Alternative exercises DipPress



Alternative exercises DipPress



Bench Press



Instructions:

- Lay down on the bench
- Put hands at shoulders width
- Slowly lower the bar and push out explosively

Including 14 weights of 5kg each

bar/start weight = 10kg

Training goal:



Strength



Stay Fit



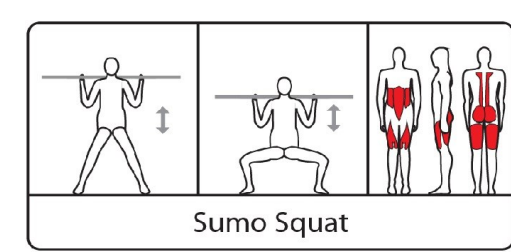
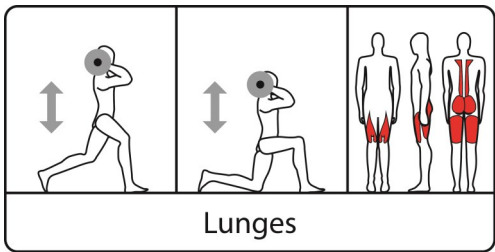
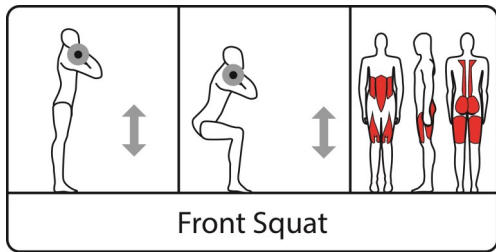
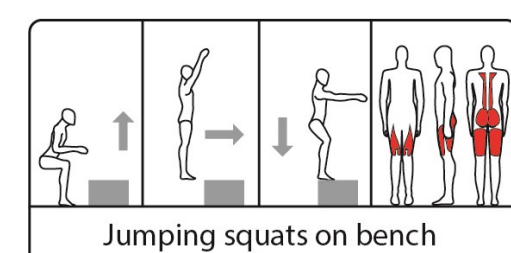
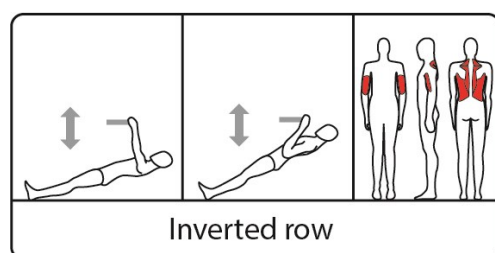
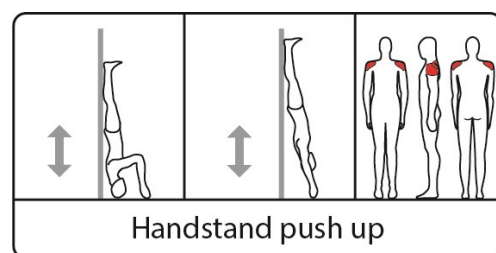
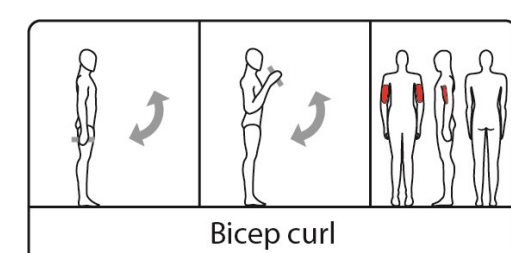
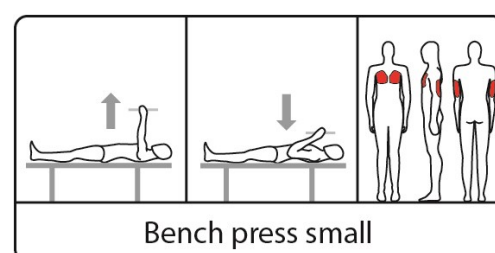
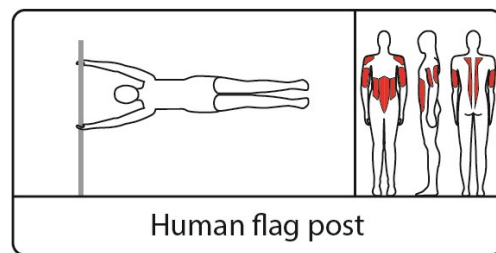
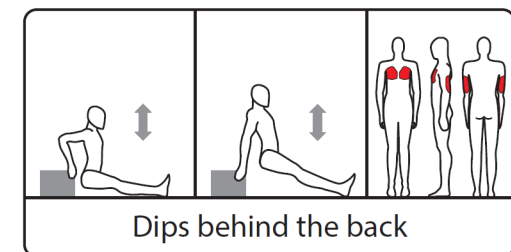
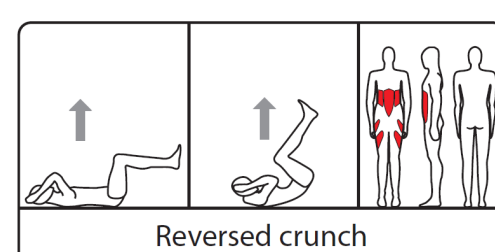
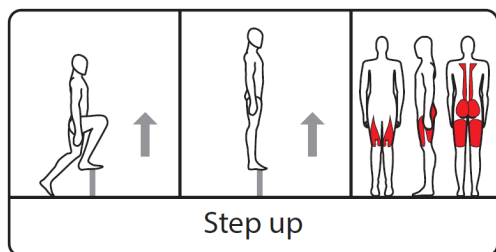
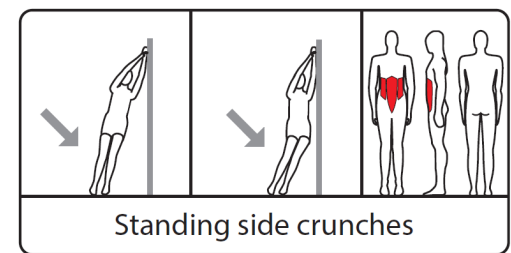
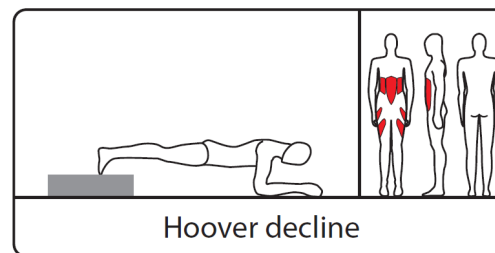
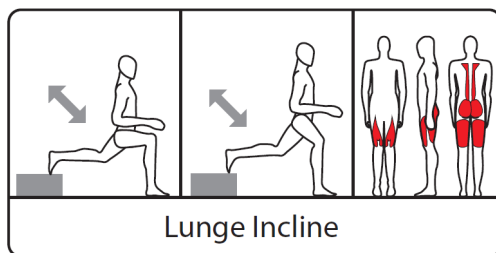
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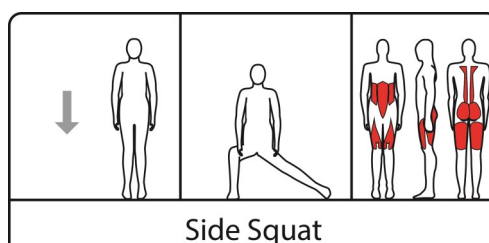
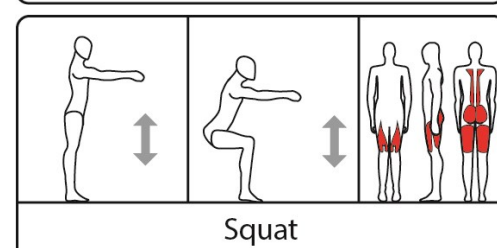
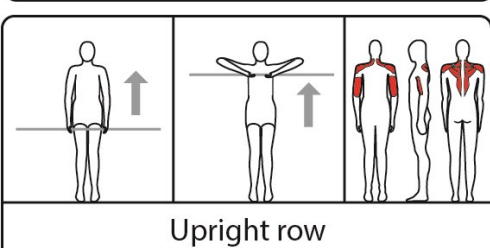
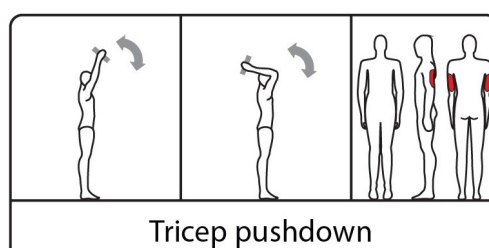
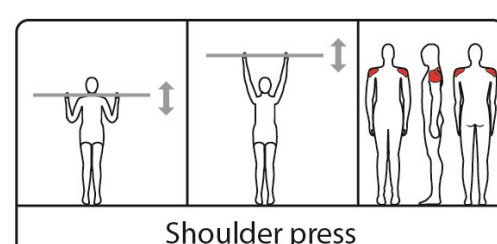
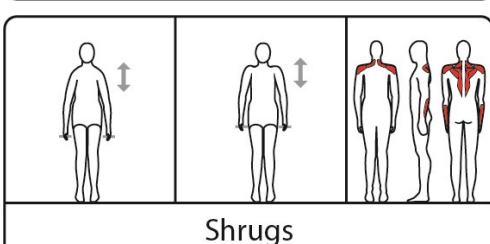
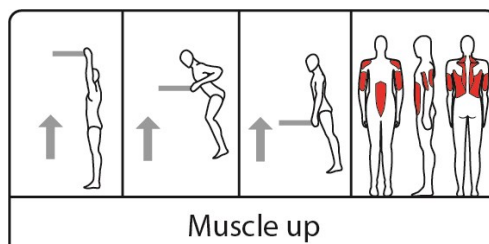
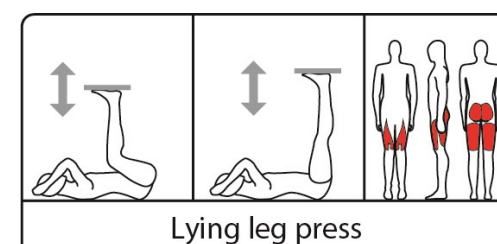
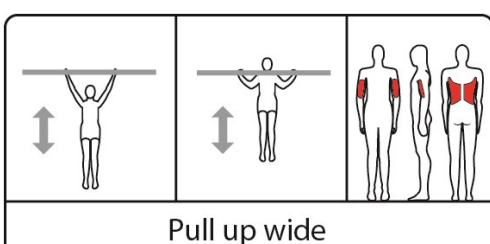
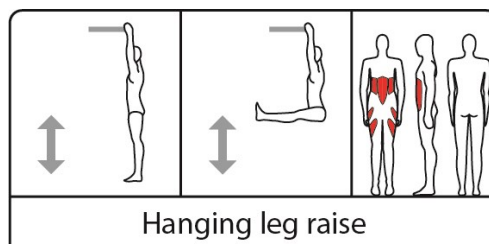
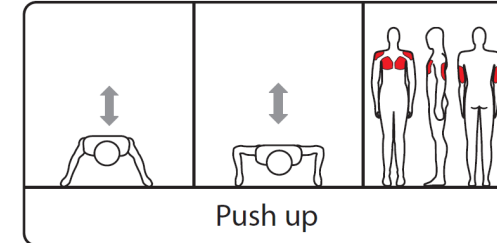
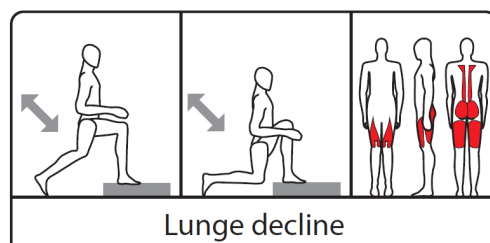
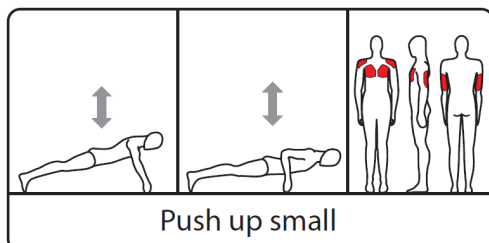
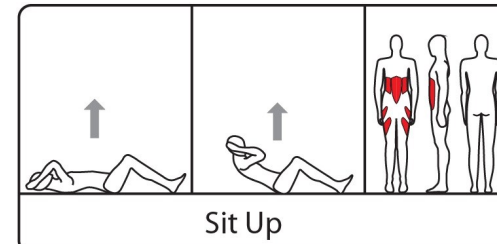
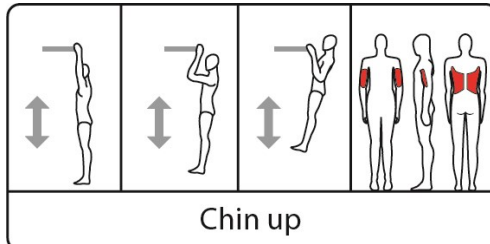
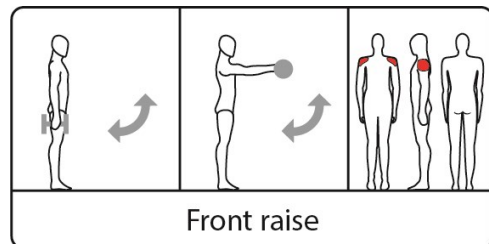
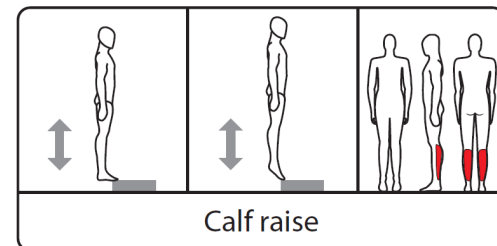
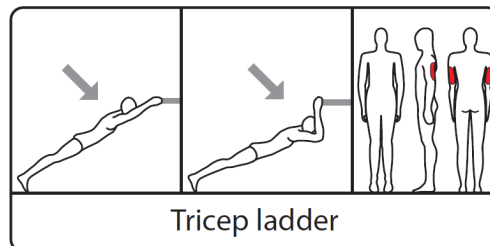
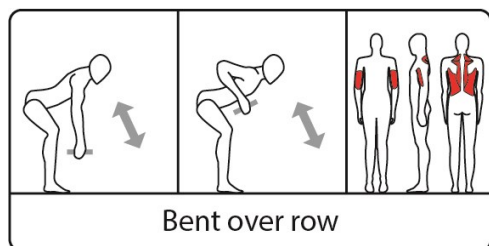
Lose Weight



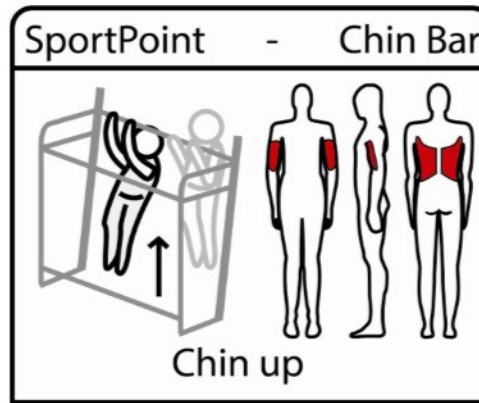
Alternative exercises Bench Press



Alternative exercises Bench Press



Chin Bar



Instructions:

- Put your hands on the upper bar with your palms facing you
- Pull yourself up, the elbows go towards your hips
- Slowly lower yourself

Training goal:



Strength



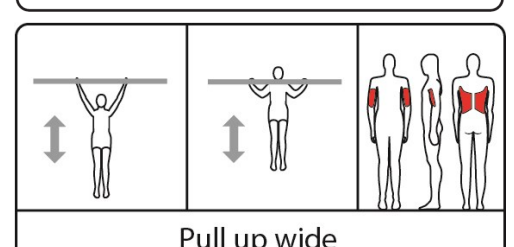
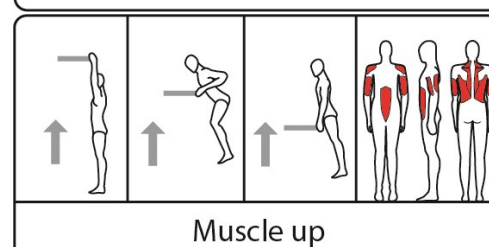
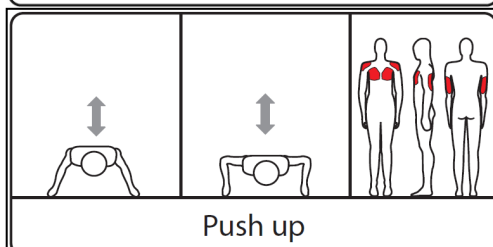
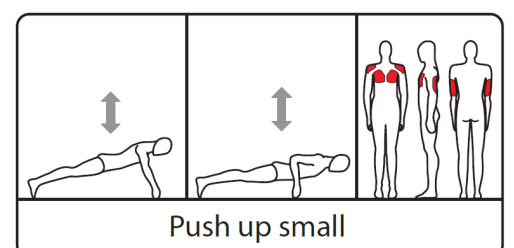
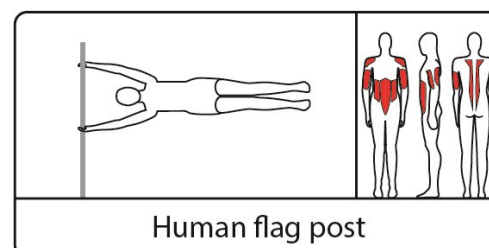
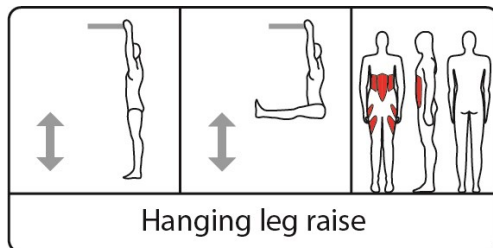
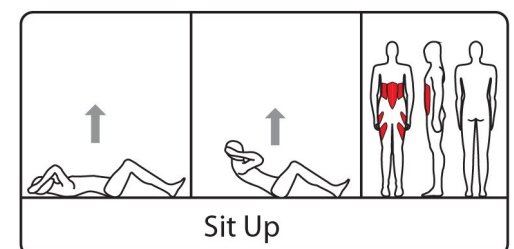
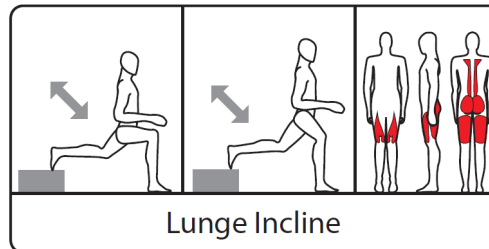
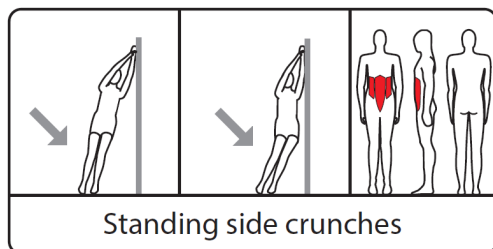
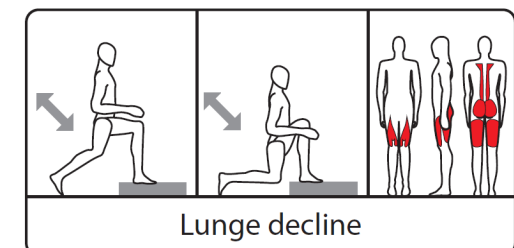
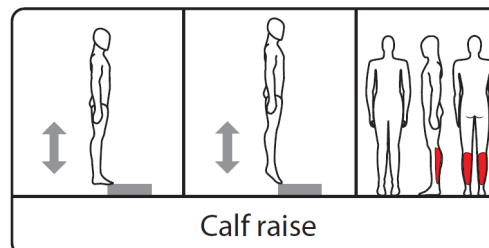
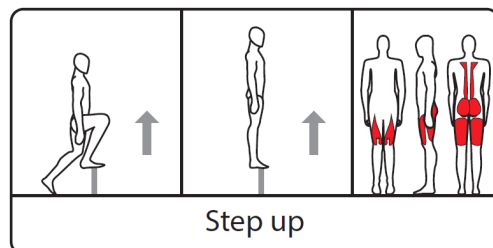
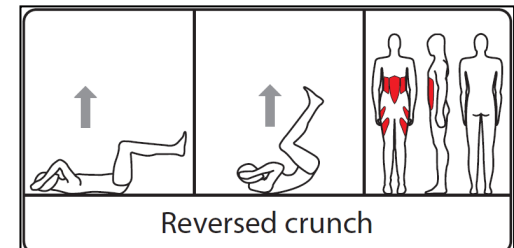
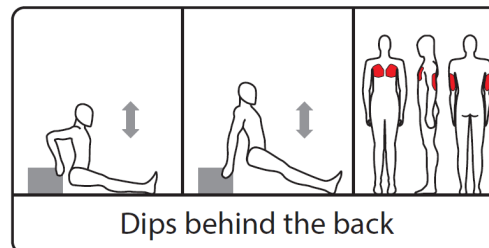
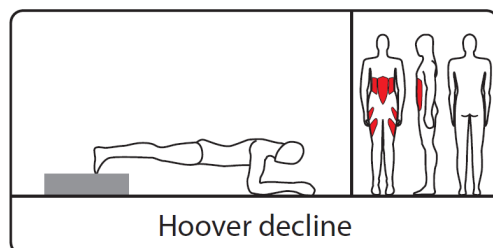
Stay Fit



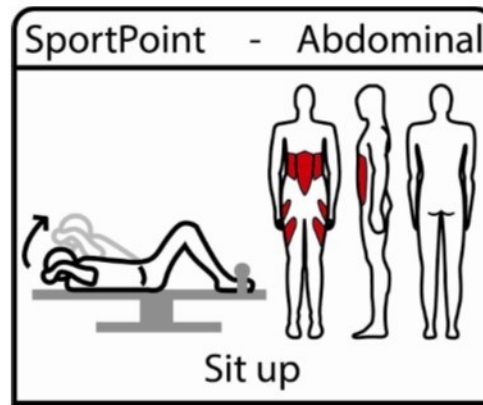
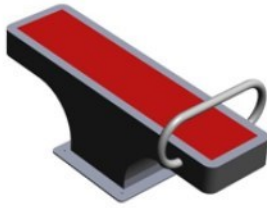
Lose Weight



Alternative exercises ChinBar



Abdominal



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:



Strength



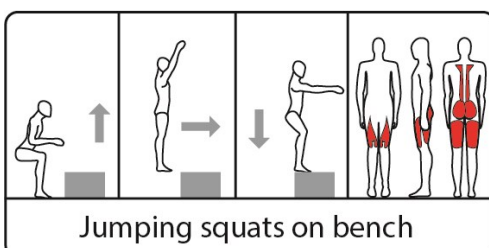
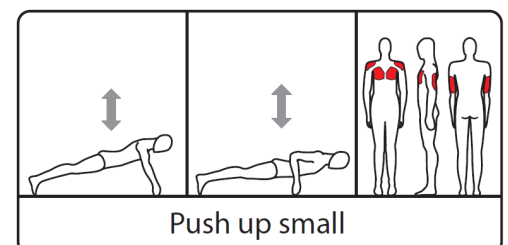
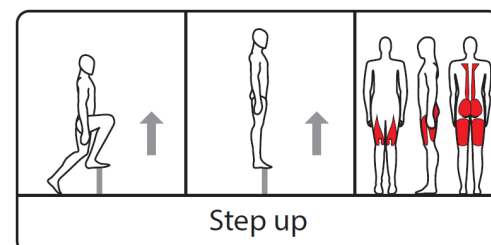
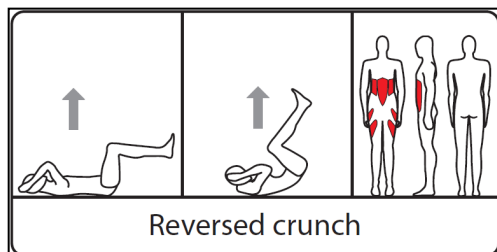
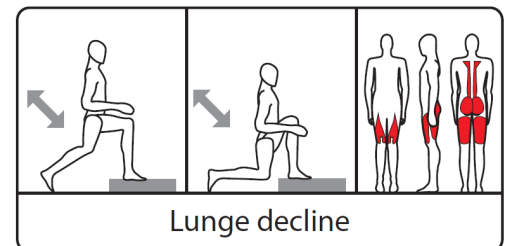
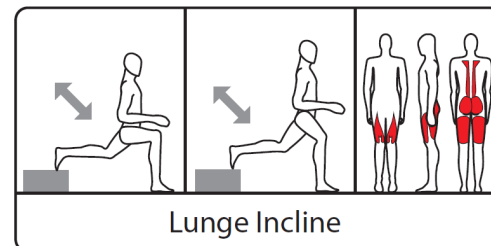
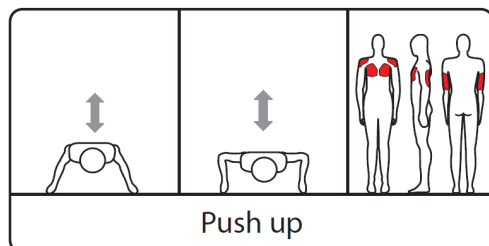
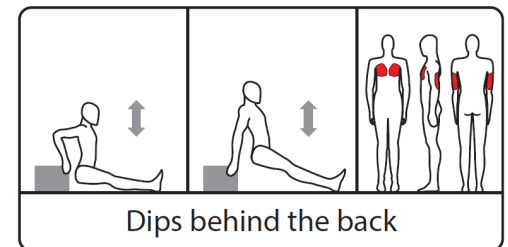
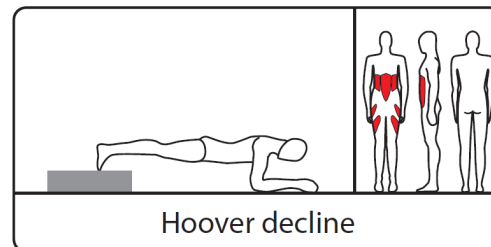
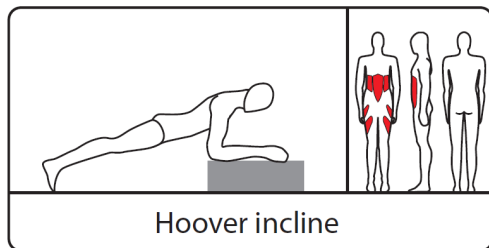
Stay Fit



Lose Weight



Alternative exercises Abdominal

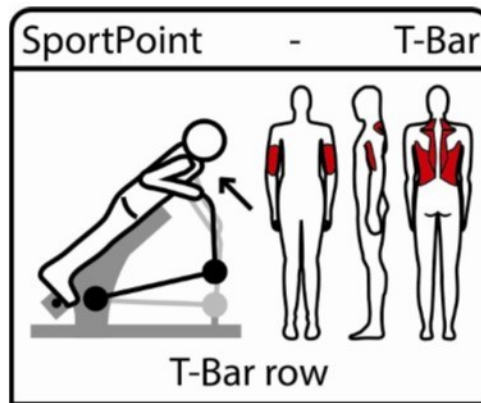


T-Bar



Workout resistance:

- 0 weights = 16kg
- 2 weights = 22kg
- 4 weights = 28kg
- 6 weights = 35kg
- 8 weights = 42kg
- 10 weights = 49kg



Training goal:



Cardio



Strength



Stay Fit



Lose
Weight

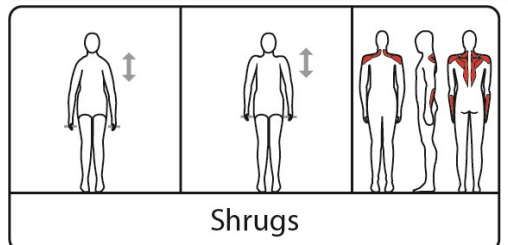
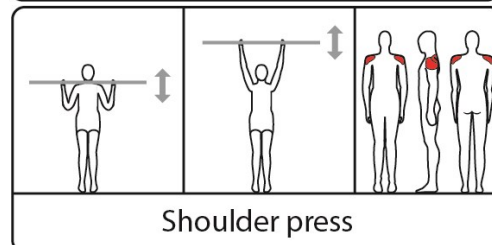
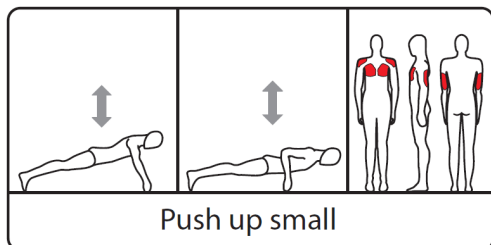
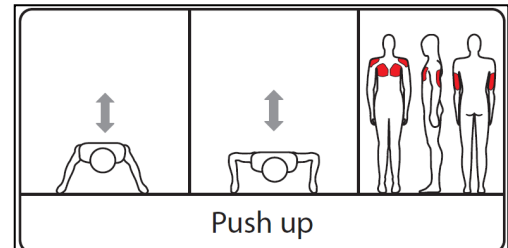
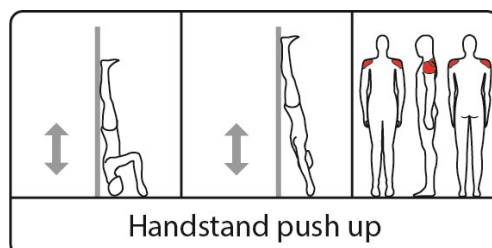
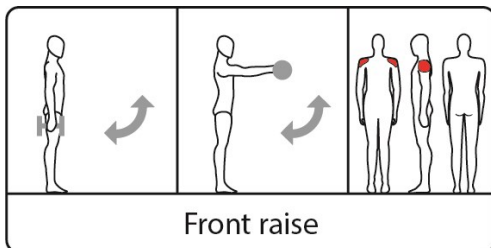
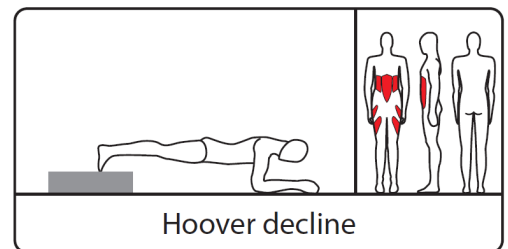
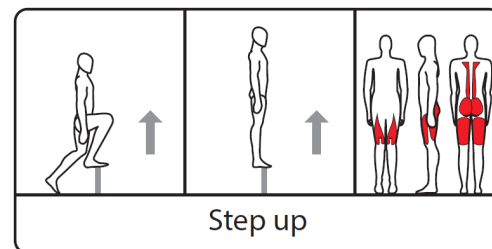
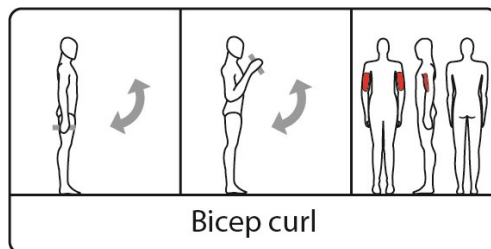
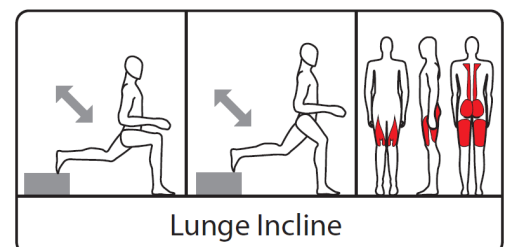
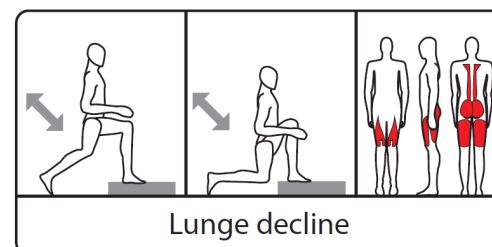
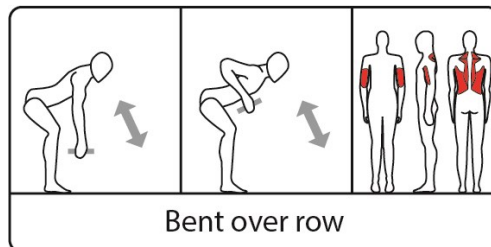
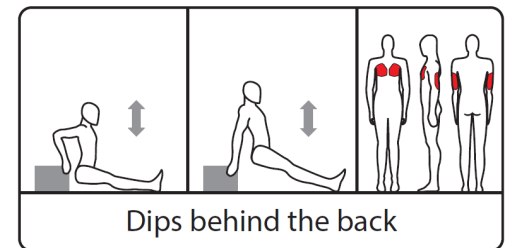
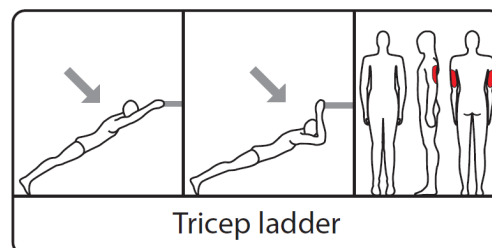
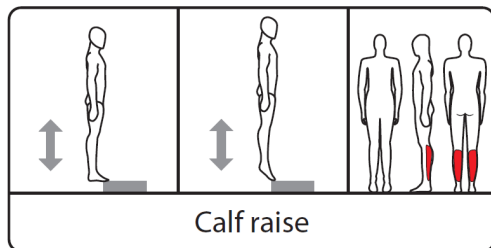
Instructions:

- Lay down on the sloping part
- Put your hands on the bar
- Pull the bar towards you as far as possible
- Slowly lower the bar

Including 10 weights of 5kg each



Alternative exercises T-Bar

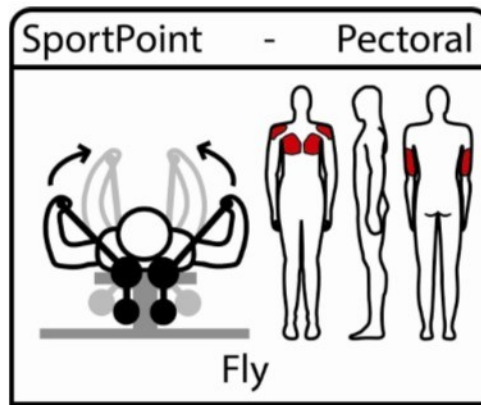


Pectoral



Workout resistance per arm:

- 0 weights = 5kg
- 1 weight = 6,8kg
- 2 weights = 8,8kg
- 3 weights = 10,7kg
- 4 weights = 12,6kg
- 5 weights = 14,5kg
- 6 weights = 16,4kg



Training goal:



Strength



Stay Fit

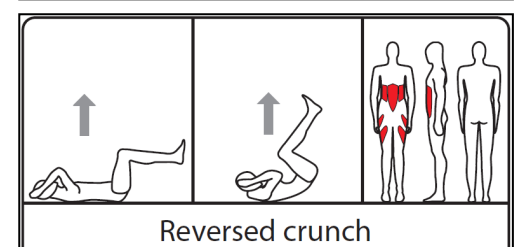
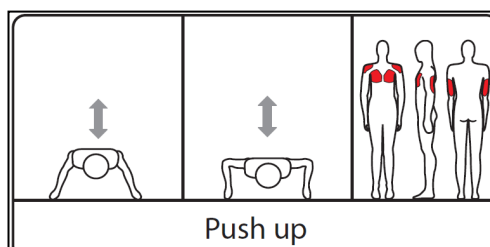
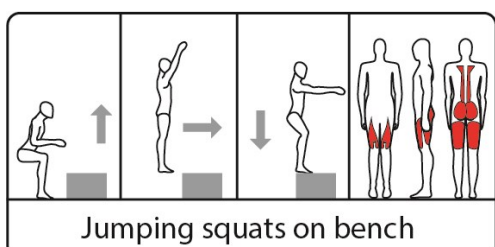
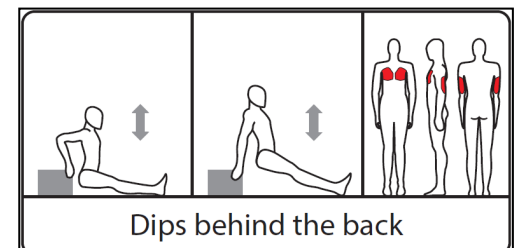
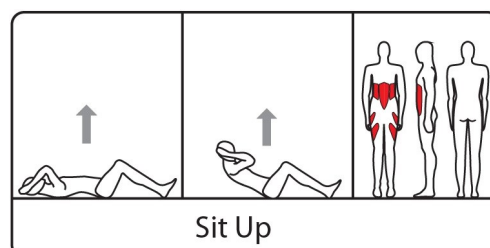
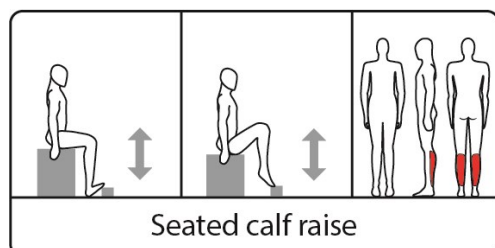
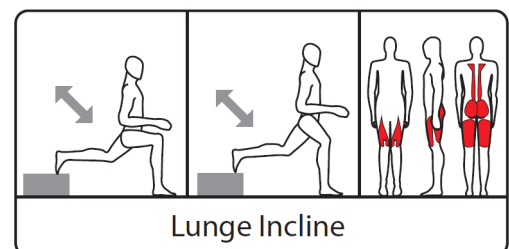
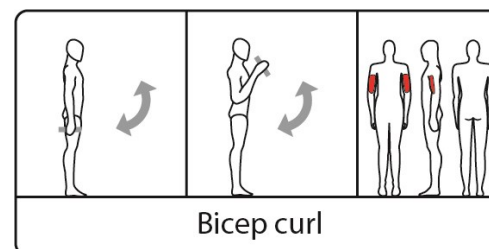
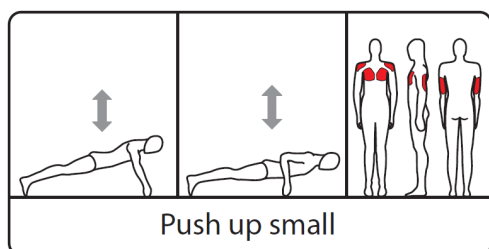
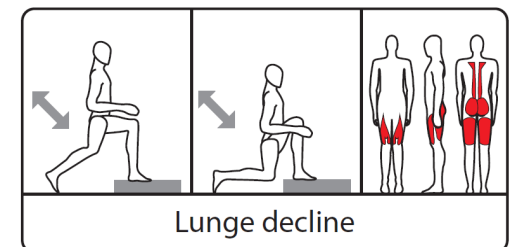
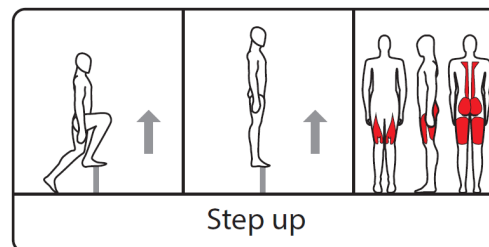
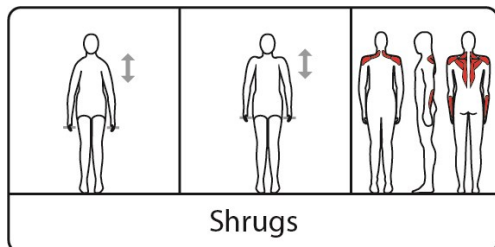
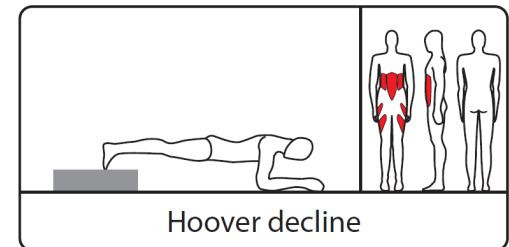
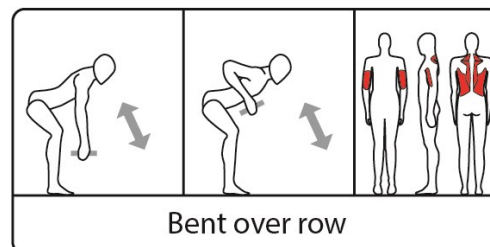
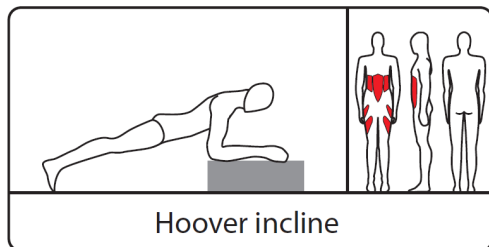
Instructions:

- Lay down on the bench
- Put your hands on the bars
- Make a swinging motion to the inside

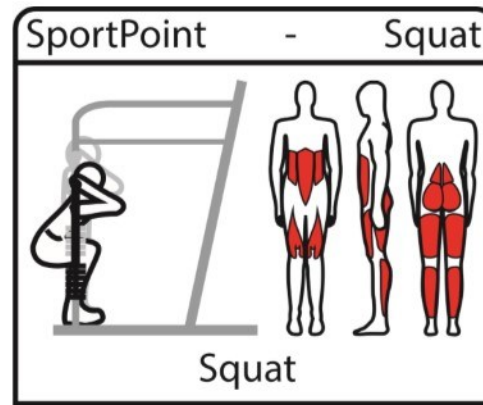
Including 12 weights of 2kg each



Alternative exercises Pectoral



Squat



Instructions:

- Put the bar on the soft part of your neck
- Put out your buttocks backwards and make a 'sit down' motion
- Push yourself up again

Including 14 weights of 5kg each

bar/start weight = 10kg

Training goal:



Strength



Stay Fit



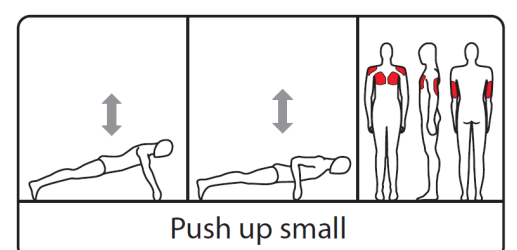
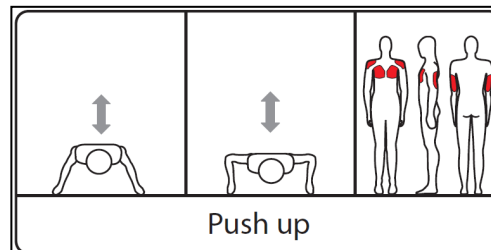
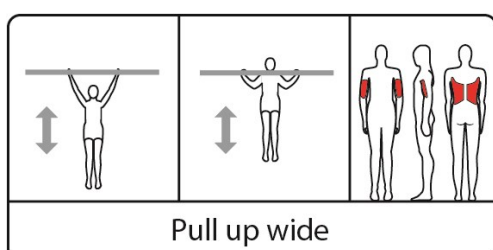
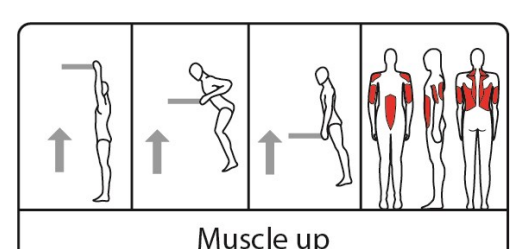
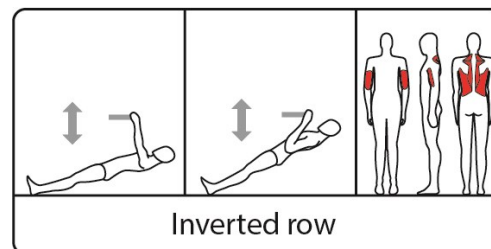
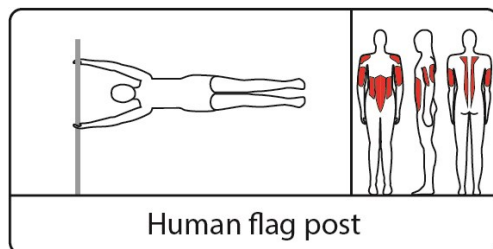
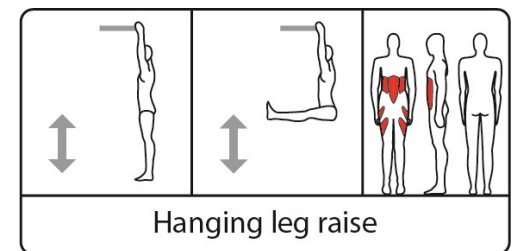
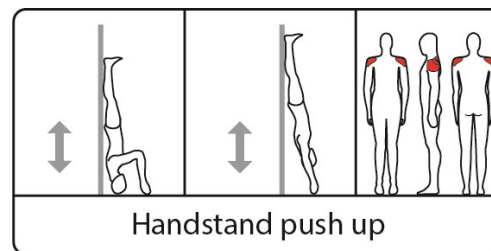
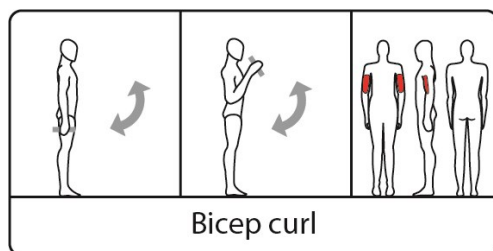
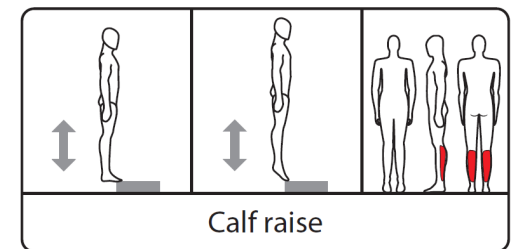
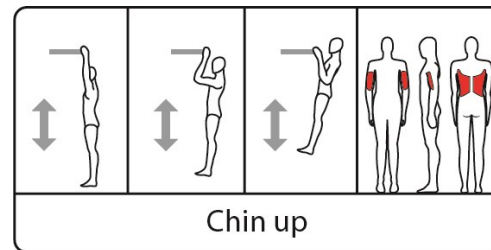
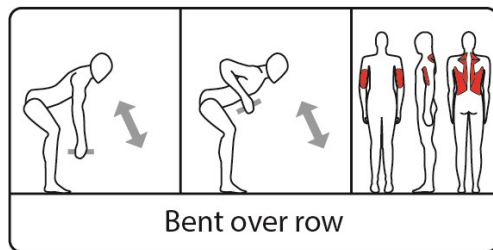
Cardio



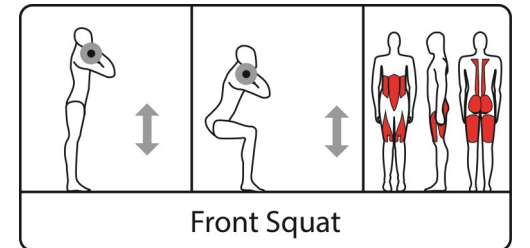
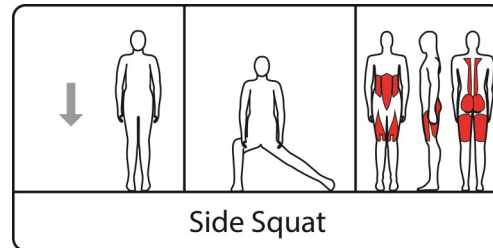
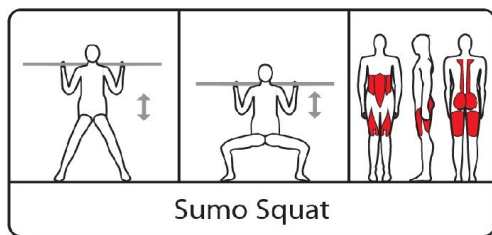
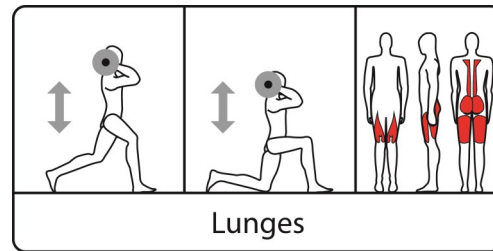
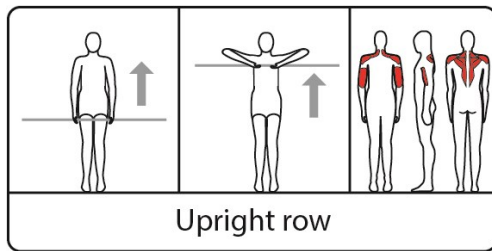
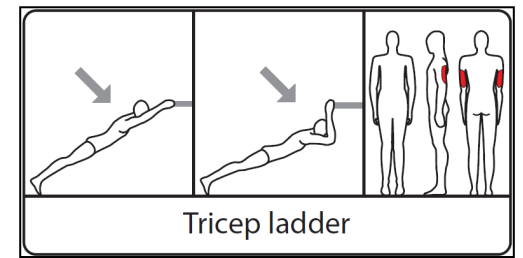
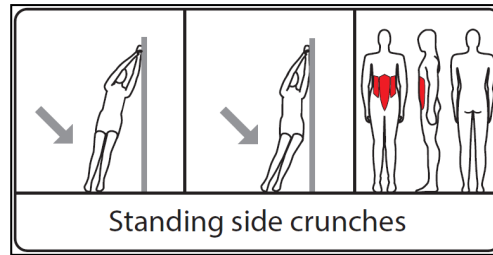
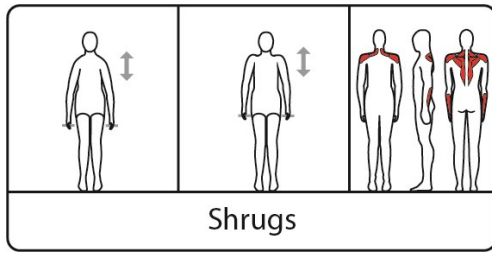
Lose Weight



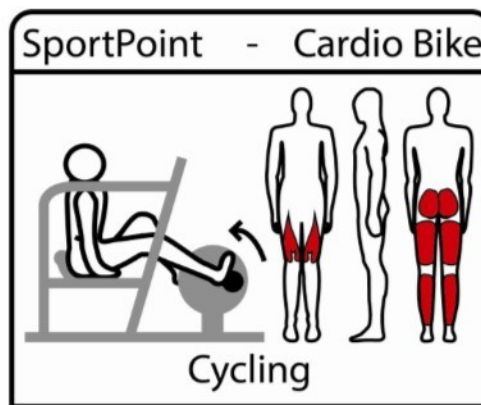
Alternative exercises Squat



Alternative exercises Squat



Cardio Bike



Instructions:

- Sit on the seat
- Put both feet on the pedals
- Make a cycling motion, as on a bicycle

With adjustable resistance

Training goal:



Lose
Weight



Cardio



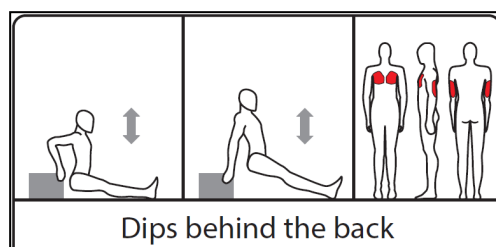
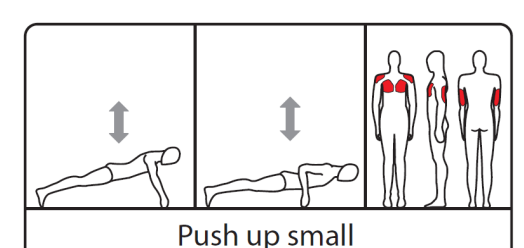
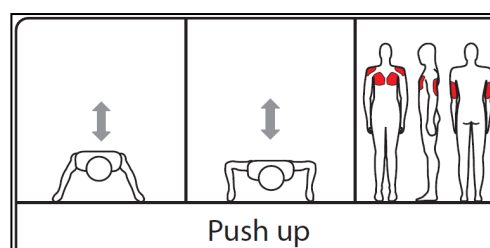
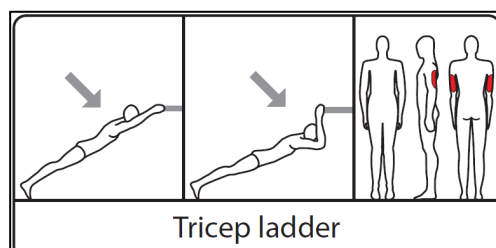
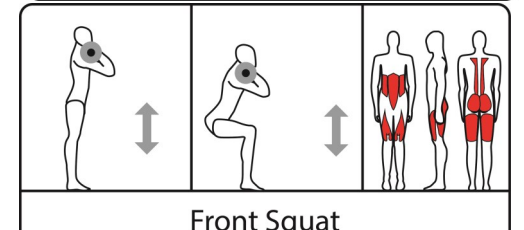
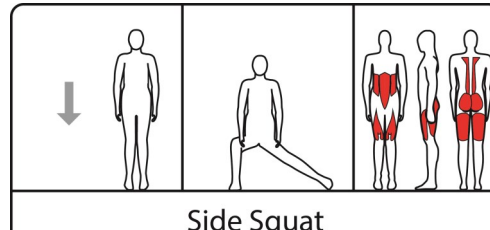
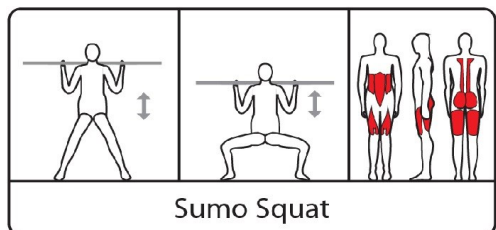
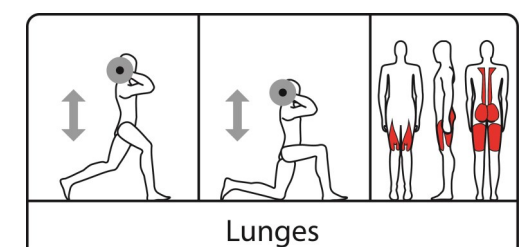
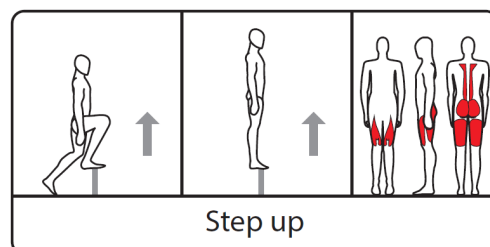
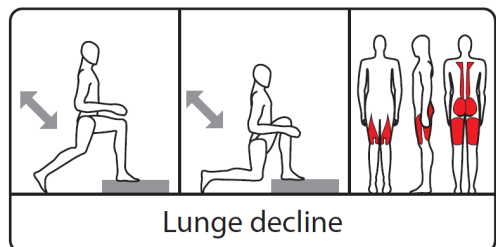
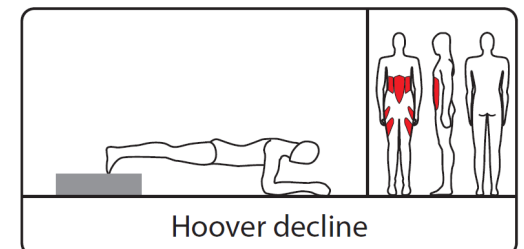
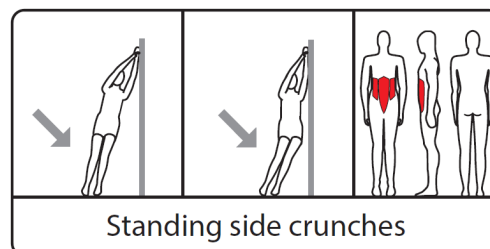
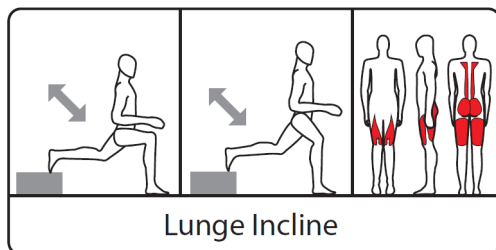
Stay Fit



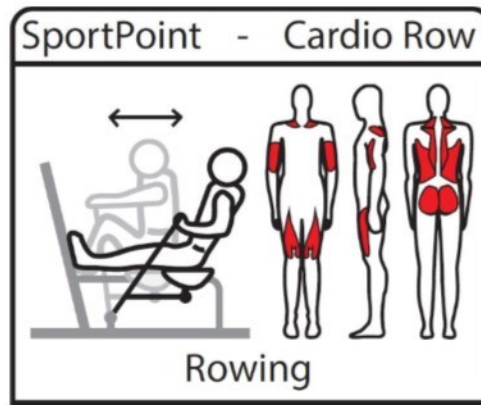
Stay Fit
for elderly



Alternative exercises Cardio Bike



Cardio Row



Instructions:

- Sit on the seat
- Put hands on the bar, stretch the legs and pull the bar towards you
- Hold the upper body stable

Training goal:



Lose
Weight



Cardio



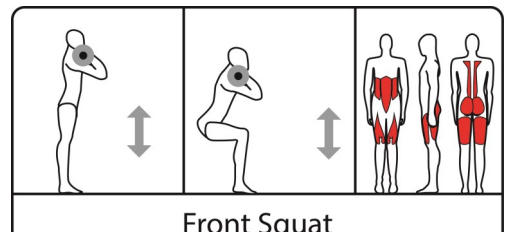
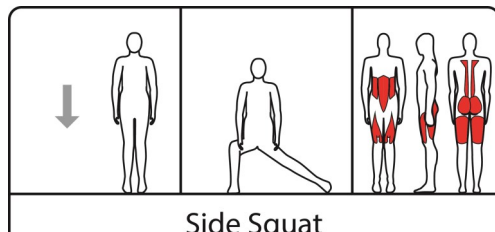
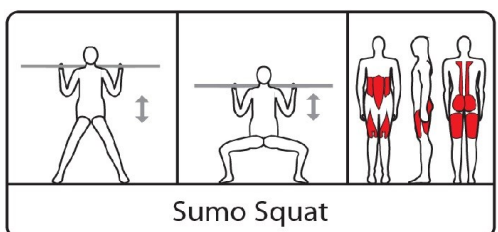
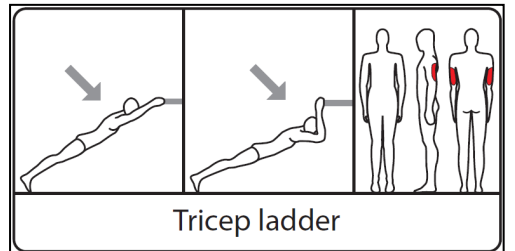
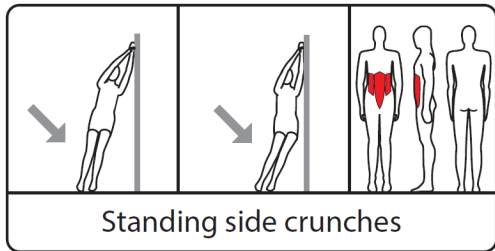
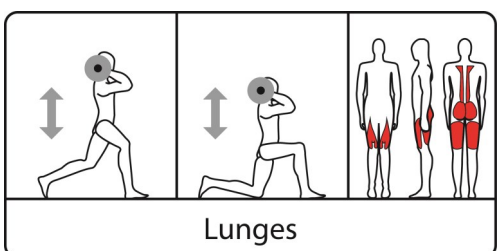
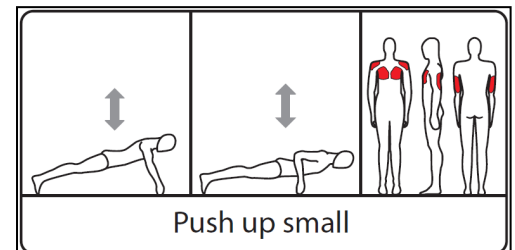
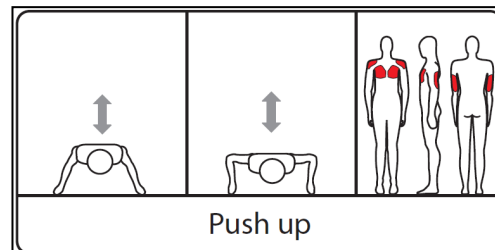
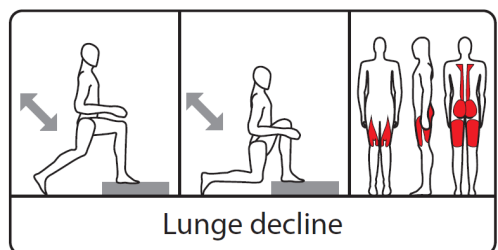
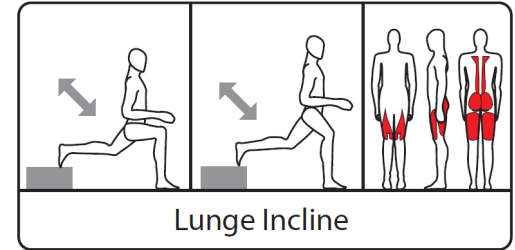
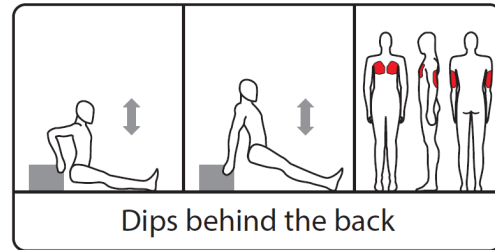
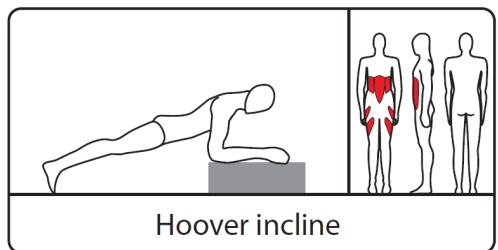
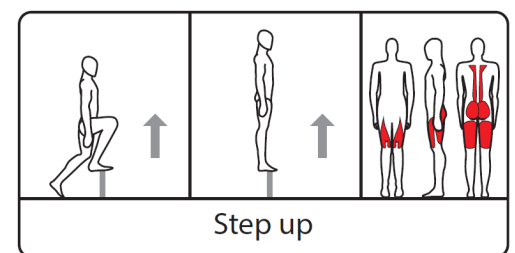
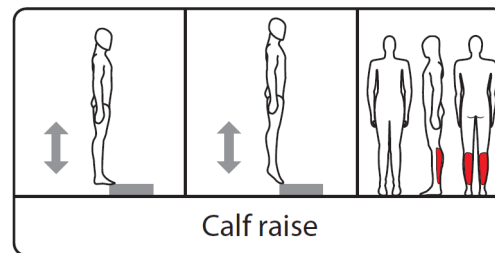
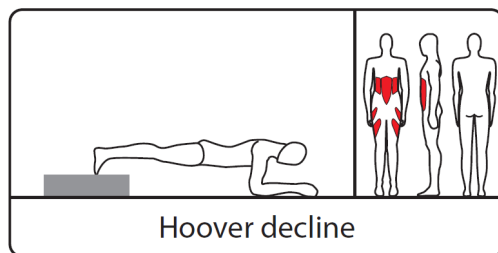
Stay Fit



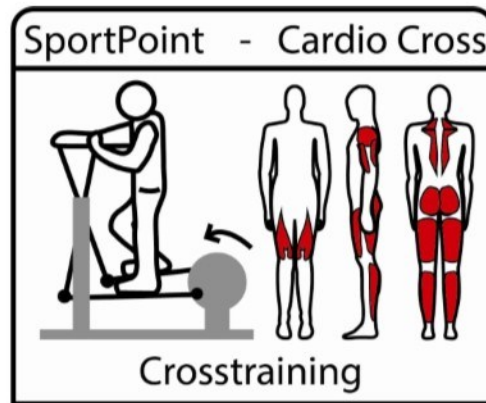
Stay Fit
for elderly



Alternative exercises Cardio Row



Cardio Cross



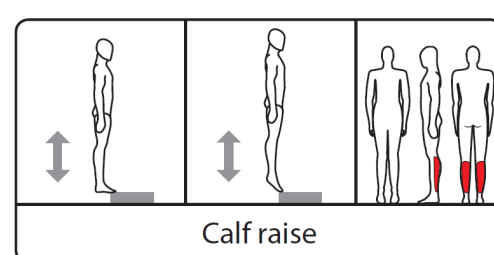
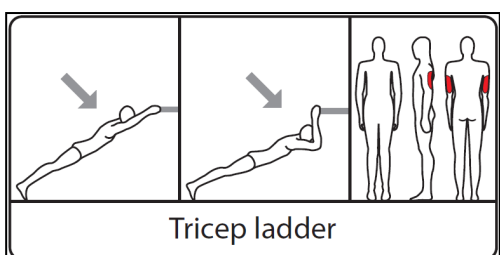
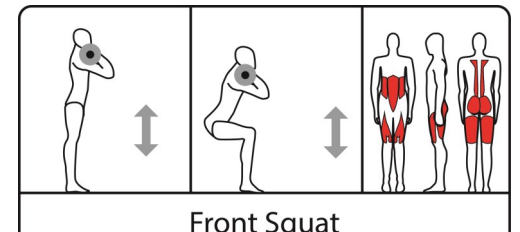
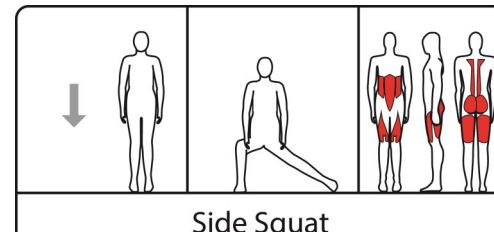
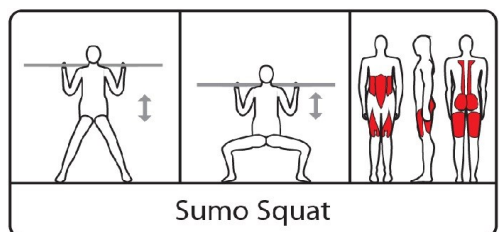
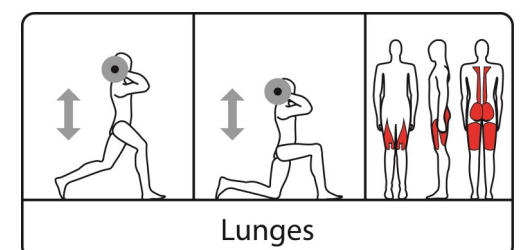
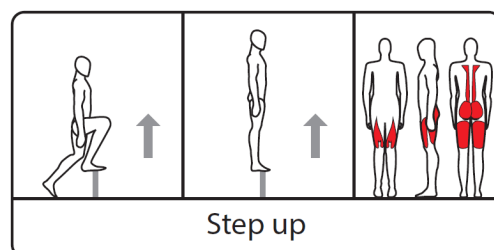
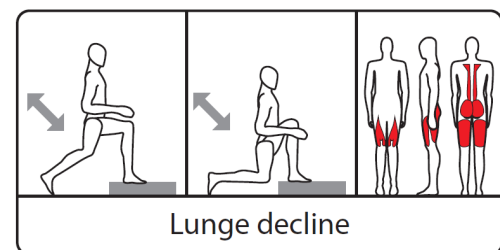
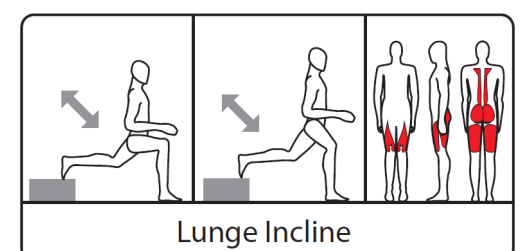
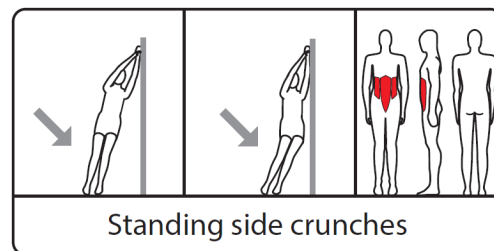
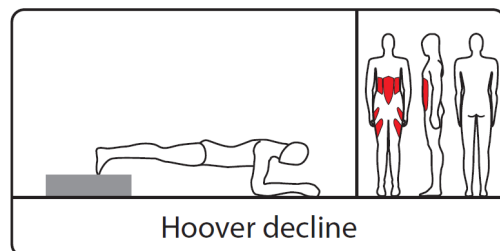
Instructions:

- Carefully step up
- Hold the handles and make an forward walking motion with the legs
- Devide power between both legs and arms

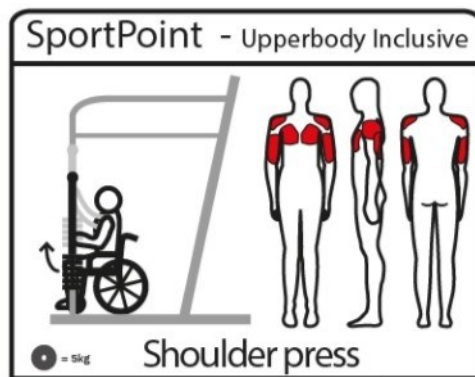
With adjustable resistance



Alternative exercises Cardio Cross



UpperBody Inclusive



Instructions:

- Lift the bar up
- Put the bar on the soft part of your neck
- Push out the bar completely
- Slowly lower the bar again

Including 14 weights of 5kg each

bar/start weight = 10kg

Training goal:



Strength



Stay Fit



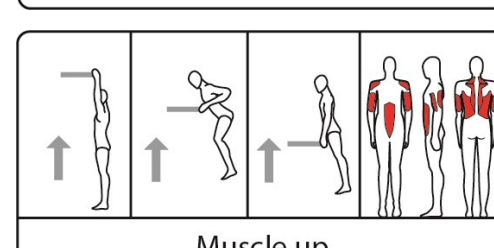
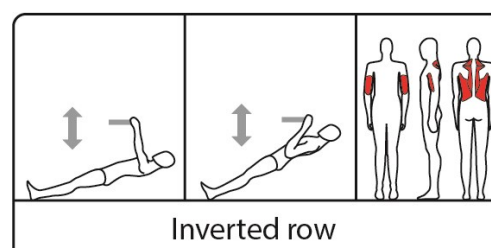
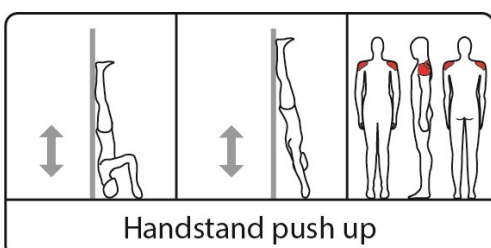
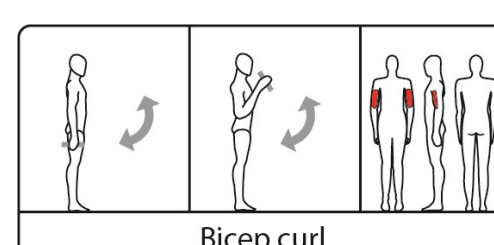
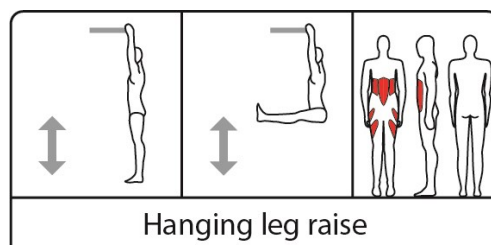
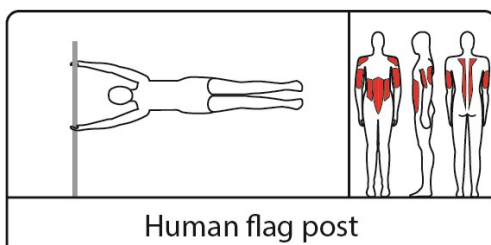
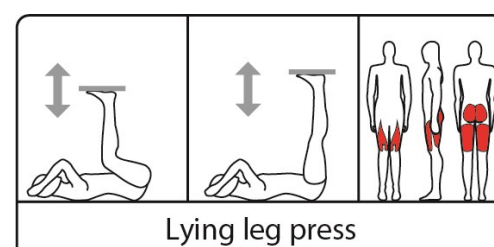
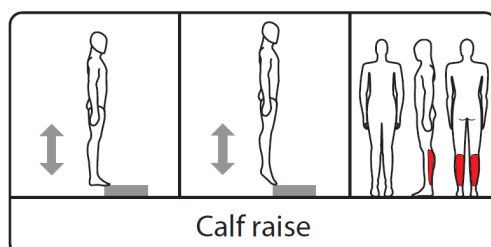
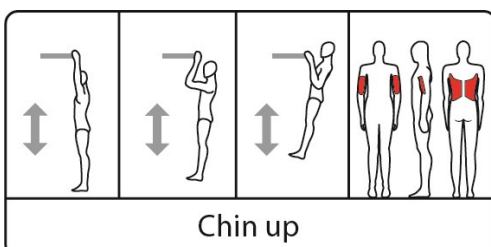
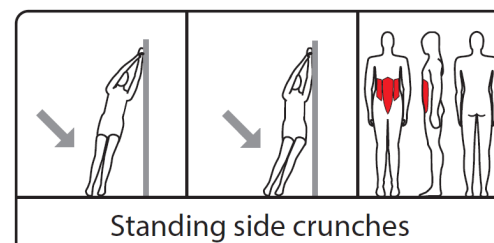
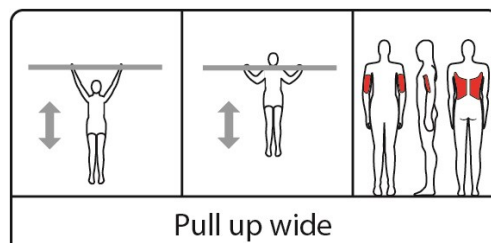
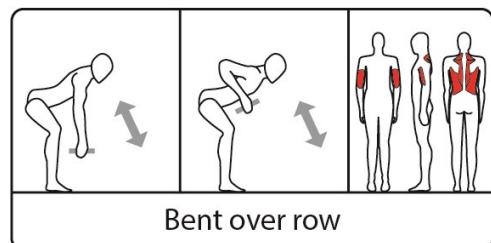
Cardio



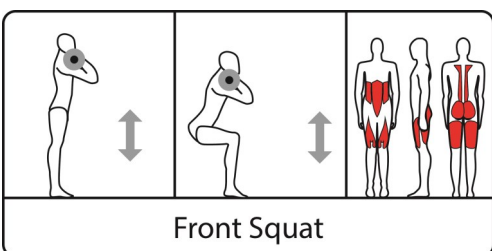
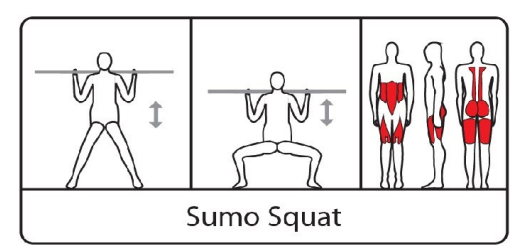
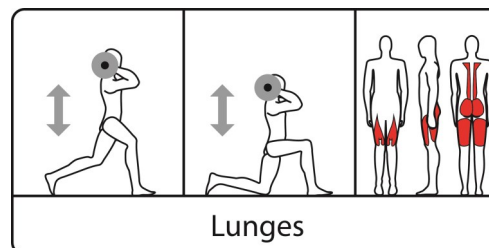
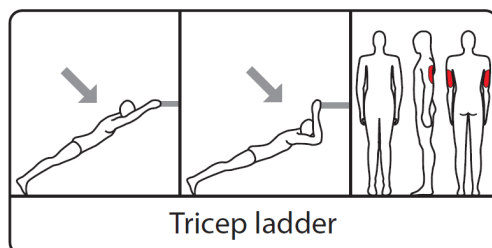
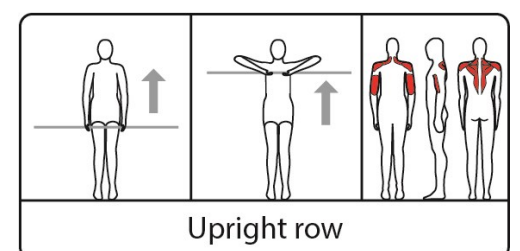
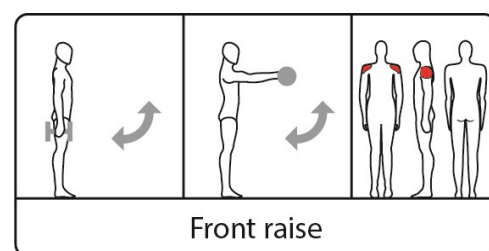
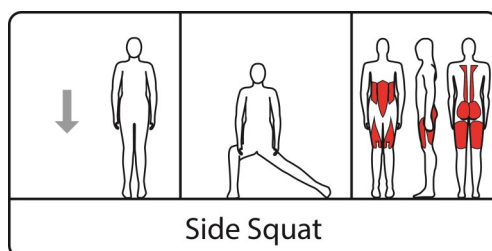
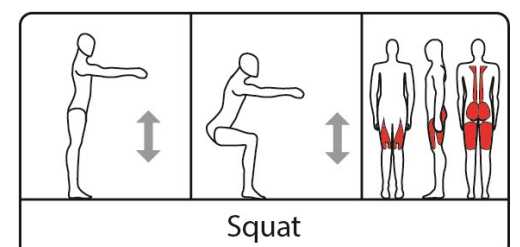
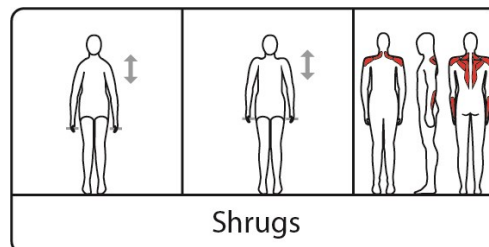
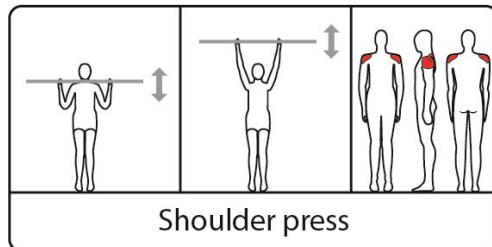
Lose
Weight



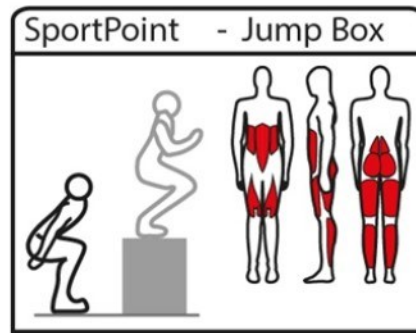
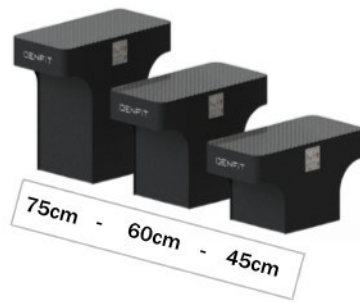
Alternative exercises UpperBody Inclusive



Alternative exercises UpperBody inclusive



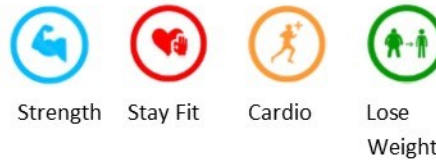
JumpBox



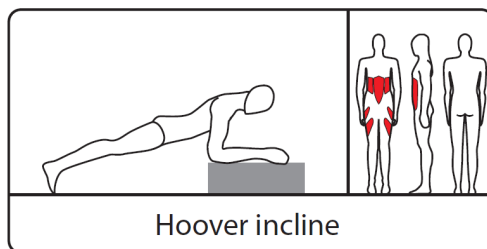
Instructions:

- Plyometric training for improving the skill and coordination by means of fast, powerful, explosive movements
- Feet close together and jump with 2 feet at a time in a controlled, short movement on the jump box

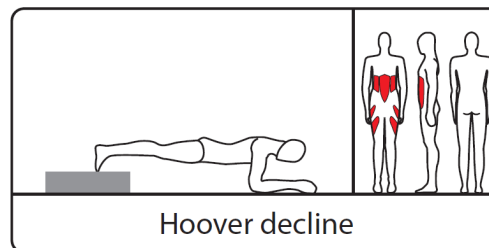
Training goal:



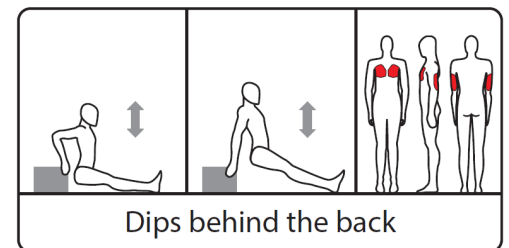
Alternative exercises JumpBox



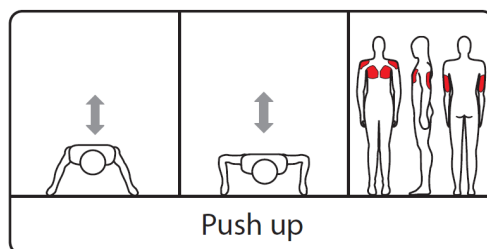
Hoover incline



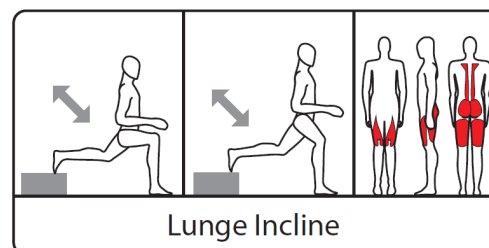
Hoover decline



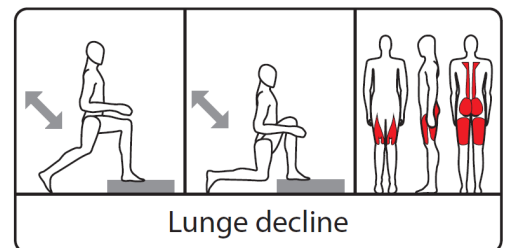
Dips behind the back



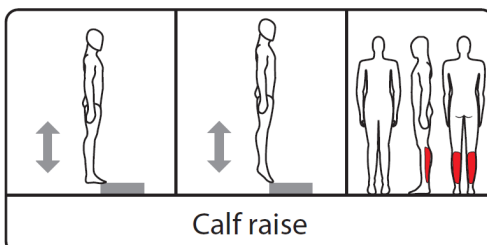
Push up



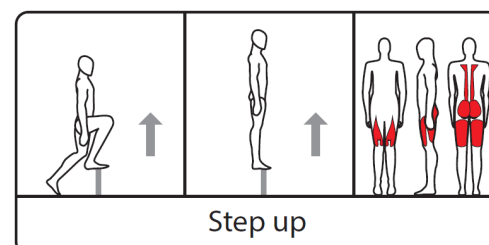
Lunge Incline



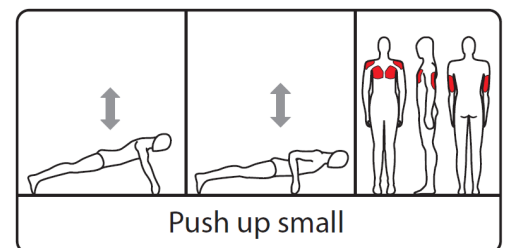
Lunge decline



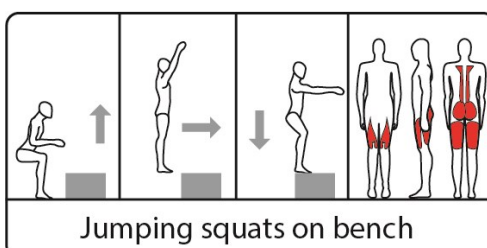
Calf raise



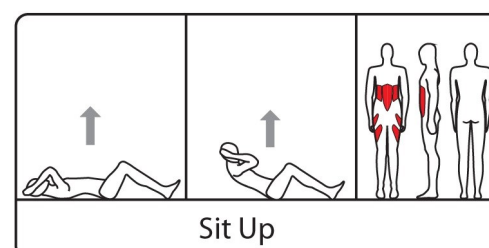
Step up



Push up small



Jumping squats on bench



Sit Up