GYMSTICK

EDUCATION

FITNESS FOR
WHEELCHAIR USERS
Reasons for the need of fitness training for wheelchair users

There are a huge number of reasons to work out:

• Fun in the movement
• Preservation and improvement of health
• Better fitness in the everyday life
• Confirmation of achievements by competition
• and a lot more

The human body reacts to stresses and strains by adaptation. This can be relaxation of the musculature in the negative sense, and strengthening of the musculature in the positive sense. With sensible load applied muscles, ligaments, tendons or cartilages react with growth and strengthen the body and the person becomes more efficient. An appropriate individual training program is important that protects against strains or injury. Only with an incorrect load or overloading one must one must expect injury or impairment of the structures.

An important reason for the physical fitness is the everyday life. Who keeps him- or herself physically fit, can master many things easier and faster, will also influence the heart circulatory system positively or controls his or her weight.

Weight training for wheelchair users

With the fitness training three areas are distinguished: cardio training, coordination training, and weight training. The cardio training causes an improvement of the circulatory system, the coordination training aims at a gain of the sensorimotor abilities. The weight training, which is more important when getting older, causes a strengthening of the musculature and ligament structures. In this case we want to look closer to the effects and the correct implementation of the weight training.

Effects of the weight training:

• Invigoration of the musculature
• Easier changes from the wheel chair into the car, onto the bed, onto chairs or benches
• Better stabilization of the joints by a well trained musculature
• Dismantling of tension by consistent and adjusted training
• Improvement of the posture
• Increase of the body perception
• Rise of the osseous density as an osteoporosis prevention
• Positive effects on cartilage layers by movement

With the GYMSTICK we have a training device which perfectly fits for an adjusted training and supports all positive effects of the weight training. With the GYMSTICK the weight training is very well meterable. Therefore an individual training can be accomplished, completely balanced on the personal aims.
Training with the GYMSTICK

With the GYMSTICK one can complete a full weight training program at home, without the hassles of going to the fitness club or its monthly fees. For both, competitive as well as recreational athletes, the GYMSTICK offers an excellent price to performance ratio.

Weight training can be metered very well and serves as a basis for many sports activities. Always use controlled motion with the GYMSTICK and never uncontrolled momentum.

The training programs can be completely adjusted to the goals you want to reach. There is a huge difference between a competitive and a recreational fitness. A well-balanced training for your back and abdominal muscles is important, but also of right and left body half.

A warm-up program at the beginning is sensible to prepare the circulatory system, joints, muscles and ligaments for the upcoming training. Then follows the actual weight training which is tuned to the personal aims. For example, stretching or breath exercises can complete the training.

In the following you will find some tips to the use of the GYMSTICK and a catalog with example exercises.
The components of GYMSTICK Original

Gymstick Original consist of:
• Fiberglass stick, length 130 cm / 51.18'  
• Soft foam hand grip
• Pair of latex rubber resistance tubes with durable fabric loops at both ends
• Rubber stopper at both ends of the stick for attaching the exercise bands

Gymstick Original comes with:
• Stylish fabric cover / carry bag
• Gymstick Instruction and workout poster (incl. 18 basic movements)
• 60 min Gymstick Workout DVD (incl. 3 workout programmes)

GYMSTICK Original collection

Gymstick Original - Light/Green
GYMSTICK light has been designed for rehabilitation workouts and exercise for the elderly. The resistance of green exercise bands ranges from 1 to 10 kg.

Gymstick Original - Medium/Blue
GYMSTICK medium has been designed for junior athletes and women who want to start exercising. The resistance of blue exercise bands ranges from 1 to 15 kg.

Gymstick Original - Strong/Black
GYMSTICK strong has been designed for fit women, men who want to start exercising, and athletes. The resistance of black exercise bands ranges from 1 to 20 kg.

Gymstick Original - Extra strong/Silver
GYMSTICK extra strong has been designed for extremely fit men and athletes. The resistance of grey exercise bands ranges from 1 to 25 kg.

GYMSTICK Original - Super strong/Gold
GYMSTICK super strong has been designed for athletes. The resistance of gold exercise bands ranges from 1 to 30 kg.

Notice! Same resistance levels also available as telescopic version of Gymstick!
How to use the Gymstick

You attach the exercise bands to both ends of the stick with the simple connecting mechanism (fastening loops) and you set the other two loops under your feet. You can adjust the resistance by rolling the exercise bands around the stick.

Rolling them clockwise around the stick increases the resistance and rolling them counter-clockwise decreases the resistance. The Gymstick allows you to adjust the resistance quickly while still doing a workout. This is not possible with any other fitness tool. A good rule of thumb is that the exercise bands must not be stretched over four times their original length when doing the exercises. By doing this you prevent the bands from suffering damage and their life will be prolonged considerably.

The Gymstick is available in five resistance levels. The resistance is from about 1 to 30 kilos, depending on whether or not you roll the bands around the stick.

This combination means that you can do hundreds of versatile movements safely and effectively. You can also use just the stick or just the exercise bands if you prefer. The stick alone gives you many options to improve your mobility and muscle condition and the exercise bands themselves add a lot of variation to muscle condition training.

The Gymstick is a flexible fitness tool that can be used for extremely specific fitness needs. The Gymstick is designed for all kinds of people and it will help you to work on those areas of your fitness that you want to improve.

Advantages of Gymstick training:
- You can adjust the resistance quickly, even during the exercise
- The risk of an injury is very small because the resistance bands are pulled from under your center of gravity
- Gymstick training improves your balance

The Gymstick is comfortable:
- Your grip is good because you grip the stick; not the exercise bands
- Storing the Gymstick is easy because it fits almost anywhere
- You can use the Gymstick as a whole or use the stick and bands separately
- The Gymstick is safe because increasing or decreasing the resistance is so easy
Mobilisation

of the upperbody with slow movements.

...from left to right over your head

...swing from side to side

...rotate with arms and shoulders
Mobilisation

of the upperbody with slow movements.

...push and pull the stick

...rotate and swing your upperbody

...throw and catch the stick
Exercises
using the loops

...front raise (deltoideus front)

...side raise (deltoideus side)

...biceps curl
Exercises

using the loops

...deltoidus and triceps up raise

...trunk rotation and triceps press

...diagonal press
Exercises

using the stick

...front raise (deltoidus front)

...trunk rotation, abdominal muscles

...biceps curl
Exercises

using the stick

...chest press

...trunk rotation, abdominal muscles and shoulder

...trunk rotation, abdominal muscles and shoulder
Exercises

using the stick

...triceps press

......up raise (deltoideus mid)
Exercises

as team work

...rowing in team work, latissimus and back

...biceps curl in team work
Stretching

...chest

...lower arm

...arms and shoulder

...side bend
Special Exercises for people who can not handle the stick

For this exercises use the loops of GYMSTICK Nordic Walking GYM

fix the bands with the velcro loop on the wheel chair

triceps press

diagonal lift to one side with upper body rotation

diagonal lift to both side

biceps curl

photos with support of Werner Wicker Klink, Bad Wildungen, Germany