

5 for fit exercises for your health



M.E.S.E.R.S.[®] Method



5 minutes to strengthen your body

The 10 fitness exercises
can be combined with
the 3 key exercises
of the therapeutic module

*They make up the fitness module
5 for Fit*

They are a definite plus
for overall strengthening
and cardiorespiratory

5 min for Fit



Technical Data

Action

- Overall strengthening of the body

Difficulty

- Medium (pre-requisite for the 3 key exercises)

Time

- 5 minutes, 10 x 20 seconds

Rest

- 10 seconds between each exercise

Equipment

- MESERS Pulley and Roller

Where

- At home or at office

For Whom

- For everyone
(adapt as appropriate)

How Often

- 3 to 5 times a week

Type

- Active

When

- In the morning before breakfast

Perform with Pleasure

5 min for Fit



10 strengthening exercises per day

1. Roller Step

- Legs

2. Take Off

- Overall body

3. Blocked Lift

- Thighs

4. Roller Crunch

- Abdomen

5. Roller Pump

- Upper body

6. Roller Flex

- Thighs

7. Roller Dips

- Triceps and back

8. Roller Board

- Sheathing back and abdominal muscles

9. Pulley Walk

- Overall coordination

10. Pulley Lunge

- Legs in lunge movement

Breath and ensure pain free movement

Roller Step



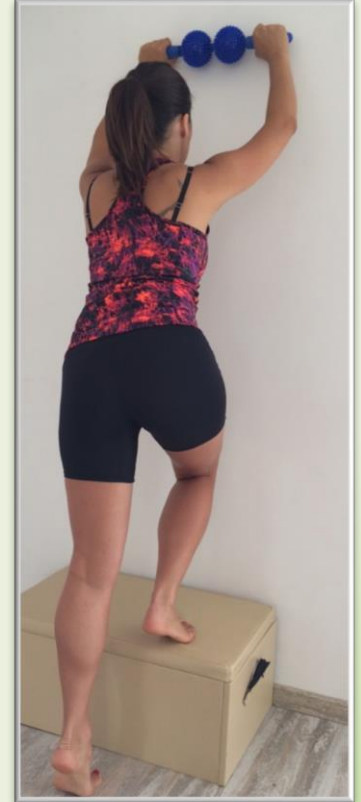
N°1

Starting position :

Face the wall, body is vertical, arms slightly bent.

Roller against the wall, one foot on a stool or big dictionary

roller



Exercise:

Move up against the wall on one leg. Descend, bending the knee for 10 seconds. Roll the roller up the wall.

Change legs and perform the same exercise for another 10 seconds.

20 seconds, alternating upward and downward movements

End position :

Return to starting position and push away from wall with the roller. Essential for strengthening legs.

Legs strengthening and stretching

Starting position :

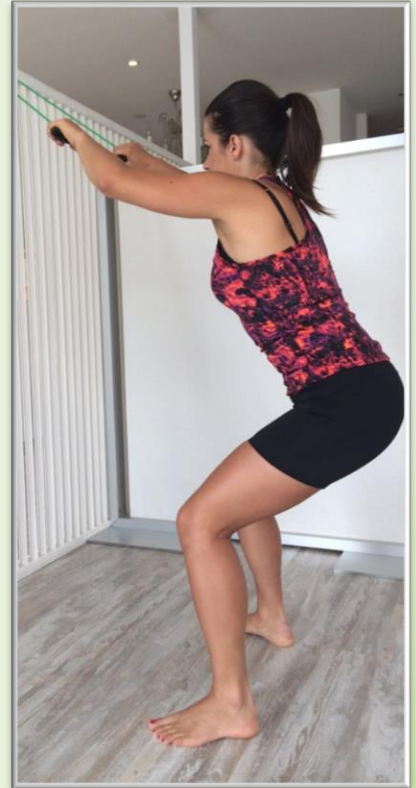
Face the pulley, body is vertical, arms slightly bent. The hands hold the pulley handles, cord is taut (or elastic is tensed).

Pulley or elastic

Exercise:

Spread arms horizontally and bend legs. During the exercise, breathe out, pulling in the stomach.

Essential for strengthening leg, arm and back muscles. Repeat for 20 seconds.



20 seconds up and down movements alternating with stretching of arms

End position :

Return to upright position by leaning back while applying slight tension to the pulley.

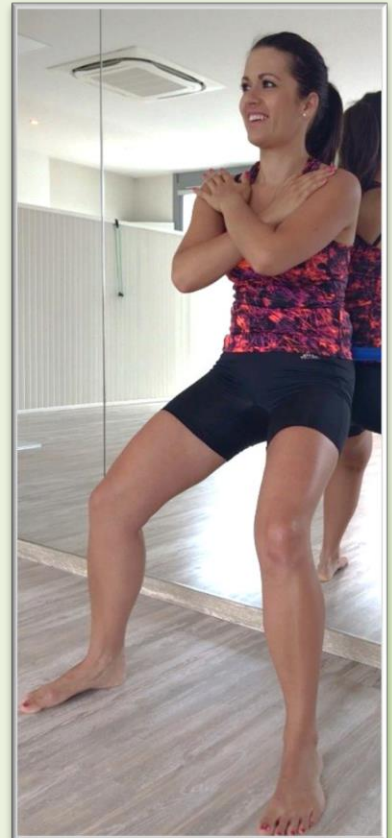
General strengthening of the body



Starting Position :

The lower back at level of sacrum is pressed against the roller against the wall. Do not exceed 90° of flexion of knees.

roller



Exercise:

Keep sitting position without blocking breathing. You can also make small movements of the back from left to right and top to bottom on the roller. Straighten body if tired.

Hold position for 20 seconds

End Position :

Return to standing position by pushing away from the roller with your hands.

Thigh strengthening



Starting Position:

Lying on your back, knees bent, lower back is pressed to the ground. Head up or on a pillow.

roller



Exercise:

On breathing out straighten upper body, stomach pulled in. Keep the distance of an imaginary tennis ball between the chin and sternum.

Slide the roller for 20 seconds

End position :

On breathing in and without pain return to lying position one vertebra at a time.

Strengthening of abdominal muscles



Starting position:

roller

On all fours, hands on the roller at knee level. Feet placed flat, back rounded, stomach pulled in.



Exercise: On breathing in, stretch across the surface by rolling the roller from the knees to the extension of the arms. On breathing out return by rounding the back and bringing the roller towards the knees. Repeat for 20 seconds without stopping.

Stretch forward and back for 20 seconds

End position :

return to all fours position by placing the feet and then bringing the buttocks down on the heels.

Strengthening of upper body



roller

Starting position :

Stand facing a table, legs straight, hands holding the roller placed at the edge of the table.

The feet are apart at a 45 ° angle.



Exercise: On breathing out, bend legs and descend in a squatting position. With arms stretched out, roll the roller forward on the table. On breathing in return by straightening legs and rolling the roller back.

Bend and straighten for 20 seconds

End position:

Return to the upright position, stomach pulled in, head looks straight ahead.

Strengthening of thighs

Roller Dips

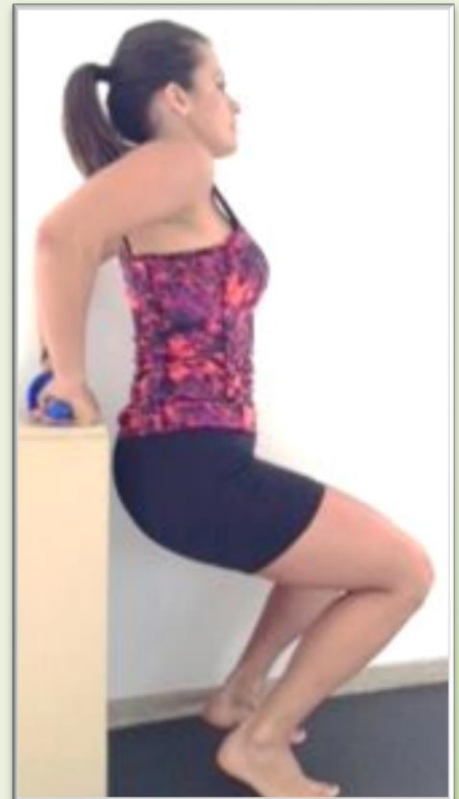


N°7

Starting position:

Stand in front of a chair or (padded) bed. The hands hold the roller. The legs are wide apart at a 45° angle.

roller



Exercise:

Back straight , bend knees on breathing out. On breathing in move up, pushing down on the roller which provides balance.

Move up and down for 20 seconds

End position:

Move up with straight back and rest buttocks on chair or bed.

Strengthening of triceps and back

Starting position:

roller

On all fours, hands under shoulders, elbows bent. Knees under hips, stomach pulled in, back flat, feet raised, head aligned with back.



Exercise:

Hold the position keeping the back straight like a board. Feet raised, keep back straight and stomach pulled in. Keep elbows slightly bent.

Hold the position for 20 seconds

End position:

Return to all fours position and sit on heels. Then straighten up in a left lunge position (using a foot and a knee as support) until reaching the upright position.

Sheathing of back and abdominal muscles

Pulley Walk



N°9

Starting position :

Stand facing the pulley one arm extended the other bent with slight tension in the rope pulley or elastic.

Pulley or Elastic

Exercise:

Run on the spot in slow motion and then gradually increase the pace. As with running, the arm and the opposite leg move together. The pulley amplifies the arm movement. Do not block breathing.



«run» on the spot for 20 seconds

End position:

Gradual return by slowing the pace to a halt. Breathe fully until complete recovery of normal breath.

Overall coordination

Pulley Lunge



N°10

Starting position:

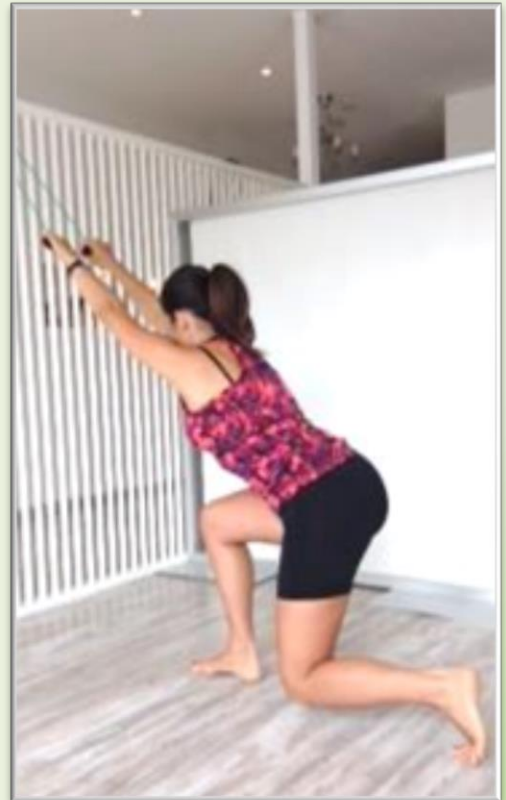
Stand facing the pulley, both feet parallel, back straight, slight tension in the pulley or elastic.

Pulley or Elastic

Exercise:

Move one leg back, bending the other one in a rear lunge position.

Repeat the movement on the same side for 10 seconds then alternate.



Alternate rear lunge positions for 20 seconds

End position:

Return to starting position using the pulley as support to straighten up. Feet back in parallel position.

Strengthening of legs in lunge position

Breathing
Hydration
Movement

Breathe without blocking
Hydrate yourself enough
Move without pain

Take a few minutes
for your health