

## Übersicht Kraftgeräte\*

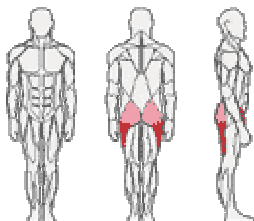
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\* Kraftgeräte Technogym Selection Line, Kettler Basic Station

# Lower Body

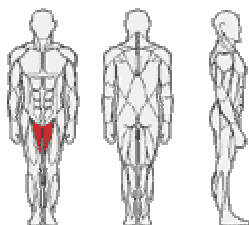
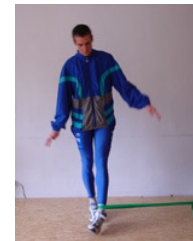
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## Abductor



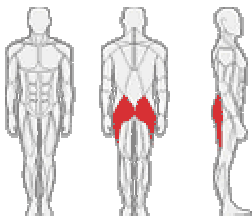
**Muskeln**  
Abduktoren, Gesäßmuskulatur

# Adductor



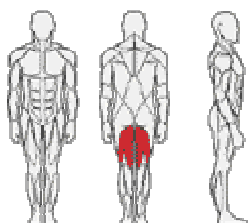
**Muskeln**  
Adduktoren

## Glute



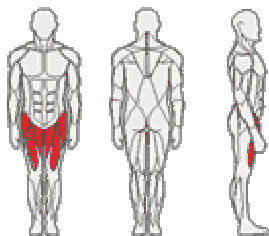
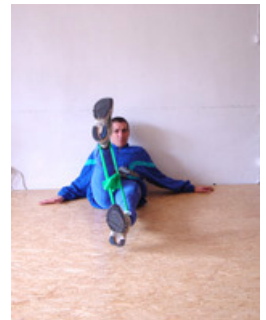
**Muskeln**  
Gesäßmuskulatur

## Leg Curl



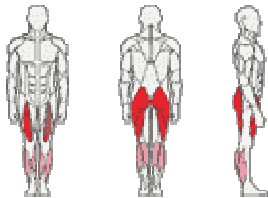
**Muskeln**  
Muskeln der Oberschenkelrückseite (Beinbeuger)

## Leg Extension



**Muskeln**  
Vierköpfiger Schenkelstrecker

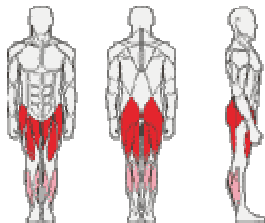
## Leg Press



### **Muskeln**

Vierköpfiger Schenkelstrecker, Gesäß- und Wadenmuskulatur, hintere Oberschenkelmuskulatur

## Multi Hip

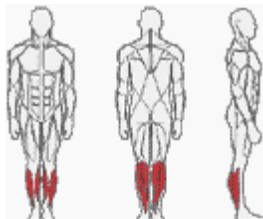


### Muskeln

Gesäßmuskulatur, Abduktoren, Adduktoren

Übungen für Beinbeuger, -strecker, Adduktoren und Abduktoren möglich!!!

## Rotary Calf



**Muskeln**  
Wadenmuskulatur

## Ercolina

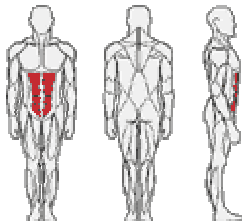


**Muskeln**  
Schienbeinmuskel

# Trunk

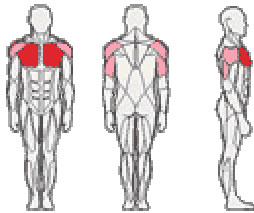
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## Abdominal Crunch



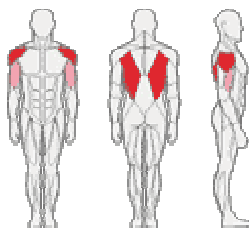
**Muskeln**  
gerader Bauchmuskel

## Incline Chest



**Muskeln**  
Brustmuskel, Trizeps, dreieckiger Schultermuskel

## Lat Maschine

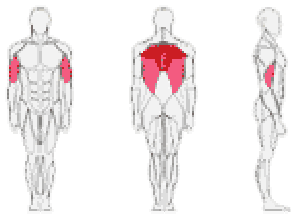


### Muskeln

Großer Rückenmuskel, Bizeps, dreieckiger Schultermuskel

Übung im Ober-, Untergriff, eng und weit möglich

## Low Row

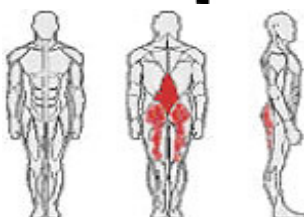


**Muskeln**  
Dorsale Muskulatur, Bizeps

## Lower Back Bench

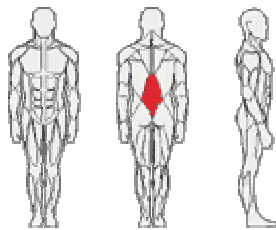


Übung Max. 90°, Arme hinter Kopf oder gestreckt



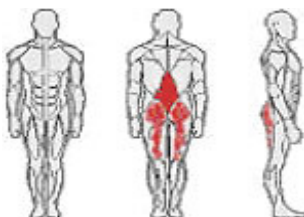
**Muskeln**  
Rückenstrecker

## Lower Back



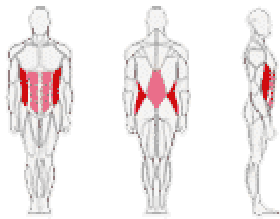
**Muskeln**  
Wirbelsäulenmuskulatur

## Beckenlift



**Muskeln**  
Rückenstrecker

## Rotary Torso



**Muskeln**  
schräge Bauchmuskulatur

# Upper body

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## Unterarme



### **Muskeln**

Beugemuskeln des Unterarms

Handgelenkcurls hinter dem Körper

Auch im sitzen an Scott Bank möglich  
Oder Handgrips



### **Muskeln**

Streckmuskeln des Unterarms

Auch im stehen vor dem Körper möglich



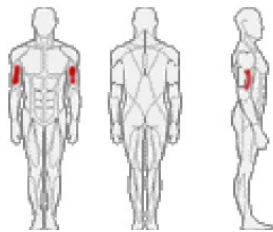
**Gyrotwister** oder  
**Powerball**

heißt dieses pfiffige  
Gerät zur Kräftigung der  
Unterarmmuskulatur.  
Empfehlenswert, weil  
effektiv.

### **Muskeln**

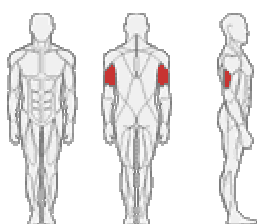
Unterarmmuskulatur.....

## Arm Curl



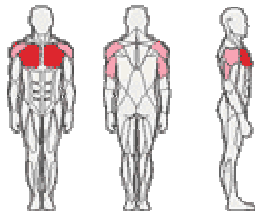
**Muskeln**  
Biceps

## Arm Extension



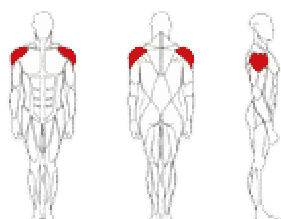
**Muskeln**  
Armstrecker, Trizeps

## Chest Press



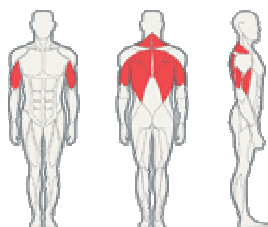
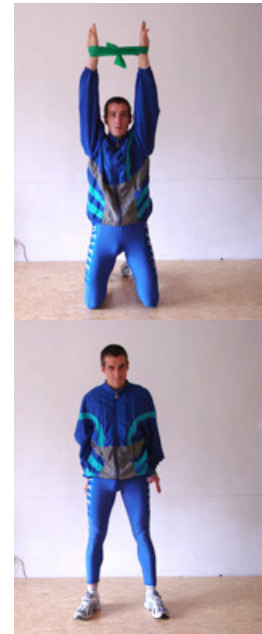
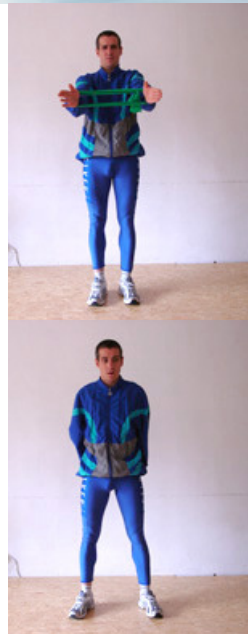
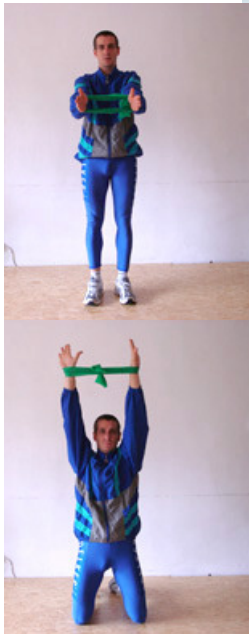
**Muskeln**  
Brustmuskel, Trizeps, dreieckiger Schultermuskel

## Delts Maschine



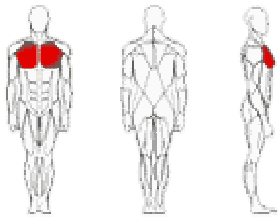
**Muskeln**  
Deltamuskel

## Easy Chin Pin



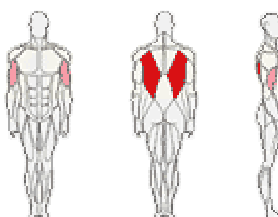
**Muskeln**  
Biceps, Triceps, Latissimus Dorsi, Rhomboid, Trapezius

## Pectoral Machine



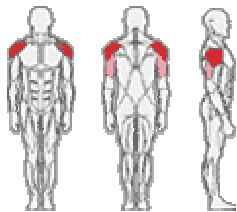
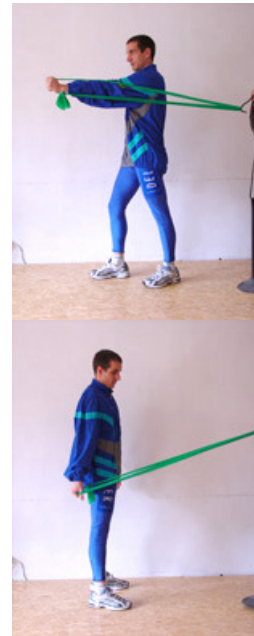
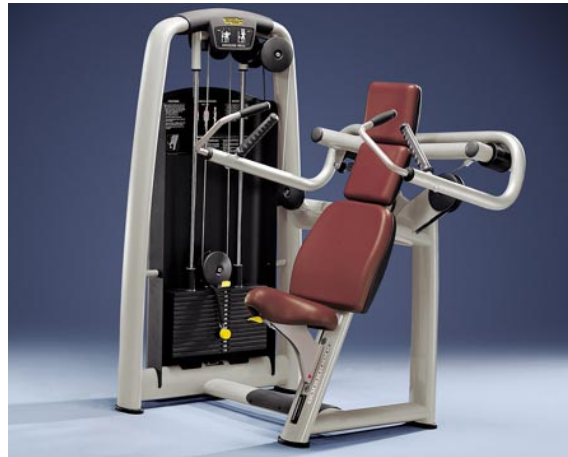
**Muskeln**  
Brustmuskulatur

## Pulldown



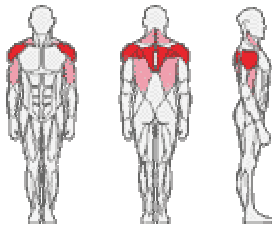
**Muskeln**  
Bizeps, großer Rückenmuskel

## Shoulder Press



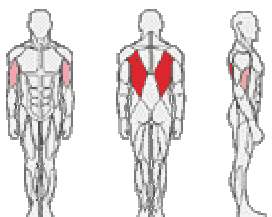
**Muskeln**  
dreieckiger Schultermuskel, Trizeps

## Upper Back



**Muskeln**  
dreieckiger Schultermuskel, großer Rückenmuskel, Bizeps,

## Vertical Traction



**Muskeln**  
Rückenmuskel, Bizeps