

Your professional exercise manual

BIOSWING Improve[®] *...let's move*

The swinging rod with attenuation
and frequency regulators



Guter Rat

TESTSIEGER*

Bioswing Improve 150
7 Schwingstäbe im Test

HEFT 3 | MÄRZ 2012

*TEST WINNER
BIOSWING Improve 150
7 swinging rods tested
ISSUE 3 | MARCH 2012

HAIDER[®]

BIOSWING

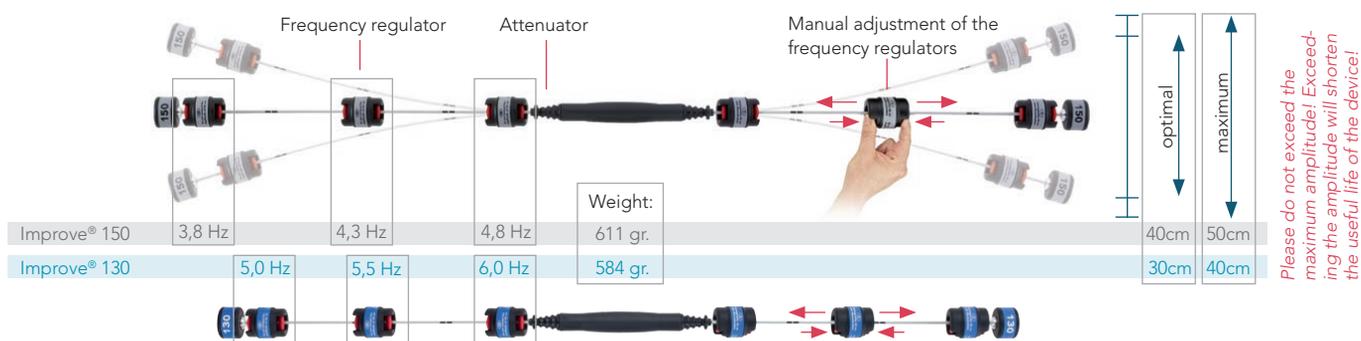
 Development and manufacturing
in Germany / Bavaria

3rd edition

BIOSWING Improve® 150/130

BIOSWING Improve® is a specifically attenuated swinging rod with special frequency regulators. Specific attenuation means that the swing frequency of the rod can be adjusted to your abilities and skills with the help of the frequency regulator (see image).

BIOSWING Improve® is made of special spring steel that along with the attenuators minimises load peaks at the reversal points of the swinging direction and thus avoids overstraining the musculoskeletal system.



Function

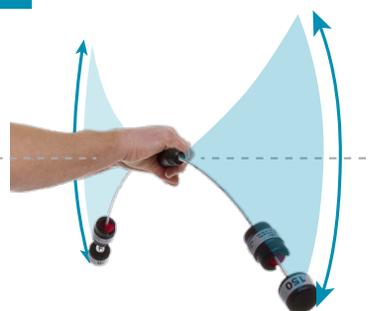
Your task is to swing BIOSWING Improve® and keep it swinging using the least possible movement of the hands and arms while keeping your body steady. This will force your highly complex nervous and muscular system to adjust itself to the rod's frequencies. A healthy and thus efficient nervous muscular system is capable of maintaining the specified frequencies and thereby of retaining control of the body with a constant swinging level. With regular use, you train the complex interaction between nerves and muscles by coordinating an increasing swinging frequency with a stable posture. This optimises your posture and your motor behaviour and eventually improves your performance, particularly during repetitive activities while seated or standing.

How to exercise



Swinging level 1:

BIOSWING Improve® is swung as an extension of the forearms or the forearm.



Swinging level 2:

BIOSWING Improve® is swung at a right angle to the forearms or to the forearm.

The fact that BIOSWING Improve® is an independent, small hand-held device allows for a great variety of exercises. There are many options for modifying the level of challenge. Before we introduce you to four basic exercises for daily use, here are some general notes on how to carry out the exercises:

- Exercise only if sufficient space is available
- Exercise when well rested
- Exercise while maintaining the best possible general posture
- If you have any physical symptoms, consult a healthcare professional to rule out possible contraindications for exercising with BIOSWING Improve®
- Do not exercise when you have pain, inflammation or injuries
- If you have any questions or need clarification, consult a certified BIOSWING® specialist about using the swinging rod

Best possible general posture

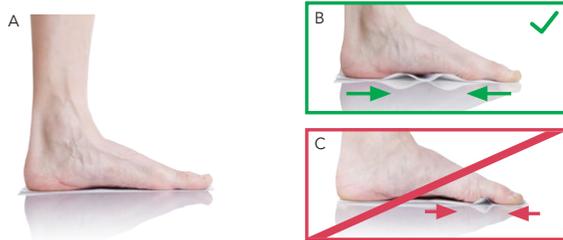
To ensure that you maximise the effectiveness and specific details of the basic exercises with BIOSWING Improve®, it is important to observe the best possible general posture. Your posture help to relieve the passive structures while also optimally activating the muscular system used to stabilise your body. The best possible general posture is characterised by conscious alignment of the following body segments:



Feet:

- If you can, exercise without shoes.
- Place your feet hip to shoulder width apart.
- Turn your toes slightly outwards (about 10°).
- Ensure the load is evenly distributed across the fore-foot and hindfoot.
- Position your feet according to the following criteria:

Practice the correct position using a piece of paper [see images A (starting position) and B (modelled position)]



- Lift and spread your toes
- Replace toes on floor and 'suck up' the floor (do not scrunch your toes! [see image C, incorrect position])
- Consciously press the heels forwards and downwards, 'shortening' your foot (see image B, correct position)
- In the correct position, activating the foot muscles results in
 - lifting upwards of the foot arch,
 - straightening of the hindfoot,
 - stabilisation of the ankle, and
 - alignment of the leg axis.

Legs:

- Ensure that you bend your knees slightly (knee angle about 10°).
- Turn your legs slightly outwards.
- Thigh, calf and foot should be aligned (avoid an O or X leg position!).

Pelvis:

- Place your pelvis in a neutral, central position.
- Find this position by consciously tilting and straightening the pelvis several times.

Upper body:

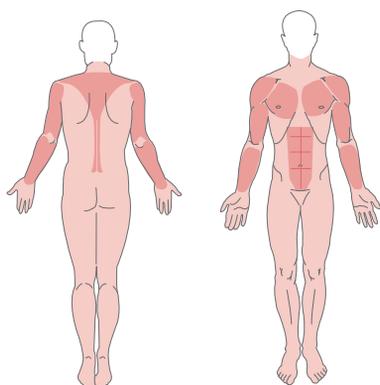
- Push your sternum slightly forwards and upwards (as though you were showing a medal).
- Let your shoulder blades fall down your back so that your shoulder girdle rests on the previously straightened chest.

Head:

- Look forward and slightly downwards.
- Tilt your head slightly backwards to create a double chin by moving the back of the head backwards and upwards without lifting your chin.

Please allow yourself sufficient time in front of a full-length mirror to practice aligning the body segments. When you look at yourself from the side, the back of your head, your shoulder blades and your buttocks should be in a vertical line. You can check your alignment by looking behind you on a wall.

Exercise 1



The body regions marked in dark red are strongly activated during this exercise!

Please pay attention to the following steps. Go through these instructions mentally before carrying them out.

Posture

To achieve the desired training effects, you must follow the above instructions for creating the best possible general posture.

Grip type and positioning BIOSWING Improve®

- Two-handed grip (hold your hands next to each other)
- Hold BIOSWING Improve® horizontally in front of your body at the height of your navel
- Hold both arms with the elbows at an angle of about 20–30°

Execution

- Transfer momentum with a brief forward and backward movement of the hands in extension of the forearms (swinging level 1)
- Starting position and stable posture remain unchanged throughout the exercise

Load parameters

The exercise time for each repetition is 5–15 seconds. Repeat the exercise 5–10 times. Take an active break of about 10 seconds between repetitions (shake out and loosen your hands, arms and shoulders).

You can increase the intensity of the exercise using the following parameters:

- Increase the swinging frequency by moving the frequency regulators
- Increase the amplitude (please read the notes on the maximum amplitude [see image BIOSWING Improve® 150/130]!)
- Exercise in swinging level 2

One exercise cycle is defined as completing the selected exercises once. The total exercise time is usually about 20–30 minutes and includes 2 exercise cycles.

Exercise 2



Please pay attention to the following steps. Go through these instructions mentally before carrying them out.

Posture

To achieve the desired training effects, you must follow the above instructions for creating the best possible general posture. Modify the best possible general posture as below:

- Knee angle about 60–80°,
- Upper body bent forward by about 30°.

Grip type and positioning of BIOSWING Improve®

- Two-handed grip (hold your hands next to each other)
- Hold BIOSWING Improve® horizontally in front of the body slightly above the knee joints
- Hold both arms with the elbows at an angle of about 20–30°

Execution

- Transfer momentum with a brief forward and backward movement of the hands in extension of the forearms (swinging level 1)
- Starting position and stable posture remain unchanged throughout the exercise

Special notes

Leg axis

- Your knees must not extend beyond your toes
- Align the knee visually as an extension of the second toe

Feet

- Load distribution between forefoot and hindfoot 2/3 : 1/3

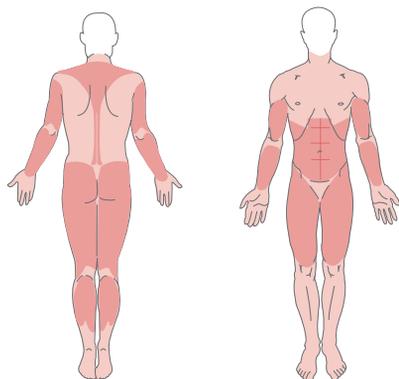


Load parameters

The exercise time for each repetition is 5–15 seconds. Repeat the exercise 5–10 times. Take an active break of about 10 seconds between the repetitions (shake out and loosen the hands, arms and shoulders).

You can increase the intensity of the exercise using the following parameters:

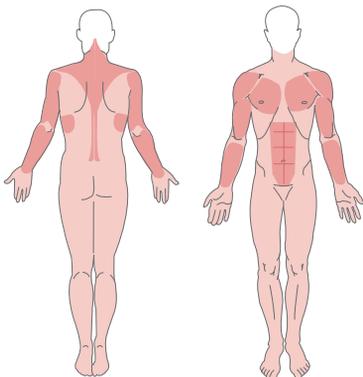
- Increase the swinging frequency by moving the frequency regulators
- Increase the amplitude (thereby observing the notes on the maximum amplitude [see image BIOSWING Improve® 150/130]!)
- Exercise in swinging level 2



The body regions marked in dark red are strongly activated during this exercise!

One exercise cycle is defined as completing the selected exercises once. The total exercise time is usually about 20–30 minutes and includes 2 exercise cycles.

Exercise 3



The body regions marked in dark red are strongly activated during this exercise!

Please pay attention to the following steps. Go through these instructions mentally before carrying them out.

Posture

To achieve the desired training effects, you must follow the above instructions for creating the best possible general posture. Modify the best possible general posture as below:

Grip type and positioning of BIOSWING Improve®

- Two-handed grip (hold your hands on top of each other or with fingers interlocking)
- Hold BIOSWING Improve® vertically in front of the body at the height of your navel
- Hold both arms with the elbows at an angle of about 20–30°

Execution

- Transfer momentum with a brief forward and backward movement of the hands in extension of the forearms (swinging level 1)
- While continuing to swing, lift BIOSWING Improve® above your head along a semi-circular path (raise elbows to about the height of your ears)
- Then lower the arms again up to the height of your navel
- Stable posture remains unchanged throughout the exercise

Special notes

- Do not raise the shoulders during the exercise and keep your arms in the bent position
- Change hand positions after every repetition

Load parameters

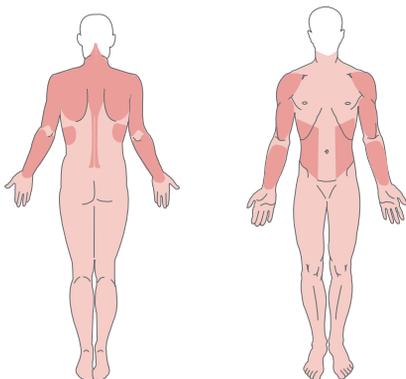
The exercise time for each repetition is 5–15 seconds. Repeat the exercise 5–10 times. Take an active break of about 10 seconds between the repetitions (shake out and loosen the hands, arms and shoulders).

You can increase the intensity of the exercise using the following parameters:

- Increasing the swinging frequency by moving the frequency regulators
- Increasing the amplitude (please read the notes on the maximum amplitude [see image BIOSWING Improve® 150/130]!)
- Exercising in swinging level 2

One exercise cycle is defined as completing the selected exercises once. The total exercise time is usually about 20–30 minutes and includes 2 exercise cycles.

Exercise 4



The body regions marked in dark red are strongly activated during this exercise!

Please pay attention to the following steps. Go through these instructions mentally before carrying them out.

Posture

To achieve the desired training effects, you must follow the above instructions for creating the best possible general posture.

Grip type and positioning BIOSWING Improve®

- Hold with one hand
- Hold BIOSWING Improve® vertically near the body below the shoulder at the height of your chest (hold the non-exercising arm in the same position)
- Hold both arms with the elbows at an angle of about 20–30°

Execution

- Transfer momentum with a brief outward and inward movement of the hand as an extension of the forearm (swinging level 1)
- Starting position and stable posture remain unchanged throughout the exercise

Load parameters

The exercise time for each repetition is 5–15 seconds. Repeat the exercise 5–10 times. Take an active break of about 10 seconds between the repetitions (shake out and loosen the hands, arms and shoulders).

You can increase the intensity of the exercise using the following parameters:

- Increasing the swinging frequency by moving the frequency regulators
- Increasing the amplitude (please read the notes on the maximum amplitude [see image BIOSWING Improve® 150/130]!)
- Exercising in swinging level 2

One exercise cycle is defined as completing the selected exercises once. The total exercise time is usually about 20–30 minutes and includes 2 exercise cycles.

Attention!

- Do not exercise if you in pain
- Do not exercise if you have an inflammation
- Do not exercise if you have any injuries
- Do not exercise if you have unstable high blood pressure
- Stop exercising if pain, nausea or general feeling of sickness arises
- Stop exercising if you cannot control BIOSWING Improve® or your body sufficiently

If you have any questions or would like clarification, please consult a certified BIOSWING® specialist.

BIOSWING Improve accessories

There are numerous accessories available for BIOSWING Improve:

- Wheeled stand for up to 20 units of BIOSWING Improve for optimal hanging storage and for mobile use within your facilities.
- Single and four-unit wall mounts for optimal hanging storage for use at home.
- Large carrier bags for up to 20 units of BIOSWING Improve.
- Poster for instructional support of coaching or of the course.
- Music CD 'IMPROVE – let's move!' with Improve beats for a lively class at different frequencies of BIOSWING Improve.
- Trainer and studio/corporate packages with 10 and 20 units of BIOSWING Improve for professional mobile use.

For more information, visit www.bioswing.de

Authors



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Impressum

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