



**Spiralista®**



**Tools.**  
User manual

EN



- 1** The elastic cord is an essential tool to perform Spiral Stabilization exercises and it is suitable for both beginners and advanced exercisers. The sport elastic cord is intended for advanced exercisers, people who don't experience any pain and sportsmen who already have experience exercising this method.



- 2** Every cord has two loops on one end for sticking your hand or foot through and green and black extensions on the other end. Beginners should start exercising with black extensions and switch to green ones later on. The sport elastic cord has only green extensions and the cord is more resilient.



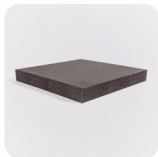
- 3** You can use the extension to tie the cord. It is important for the cord to be at elbow level or higher, not lower. Pass the whole cord through the loop at the end of the extension, for example around a door handle, and tighten the loop.



- 4** Put your hand in the loop through the smaller hole so you can read the sign on the loop. Tighten the loop with the black ring if needed. The loop is placed on the wrist and while exercising the cord is placed between your thumb and index finger.

**Important warning:** The maximum elongation of the elastic cord is fifty percent of its original length. If any signs of damage occur (e. g. on extensions), it is necessary to stop exercising and change the damaged part. The cord is intended only for exercising. Supervision of children is key to their safety – the cord should not be stretched and released at eye level of other people. Specifications and main parameters of the cord can be found on the website shop. spiralista.com. The mobile app provides detailed descriptions and videos of exercises that can be performed with the rope.





1

The balance mat was specially designed by Dr. Smíšek to perform Spiral Stabilization exercises. It is made from special durable foam with specific properties and unique hardness. As a result, specific stabilizing muscle chains become more involved during exercise.



2

Prepare the mat so it is perpendicular to the rope handle. If you perform step exercises or exercises with one leg on the mat, your foot should ideally be in the centre of the mat and the tiptoe of the other leg should touch the front edge of the mat.



3

The special properties of the mat allow its long-term use without signs of wear and tear. When using the mat, always exercise barefoot. If it gets dirty, just wipe the mat with a damp cloth and let it dry.

**Important warning:** The mat is intended only for exercising. Specifications and main parameters of the mat can be found on the website [shop.spiralista.com](http://shop.spiralista.com). The mobile app provides detailed descriptions and videos of exercises that can be performed on the mat.





- 1** Support sticks were specially designed by Dr Smíšek to perform Spiral Stabilization exercises. They are made from ultra-light material with non-slip ends.



- 2** Hold the sticks between your thumb and little finger so the other fingers stay loose. Whatever the position, the little finger doesn't lose contact with the stick. Hold the sticks in the correct position with your elbows at a right angle and then move the grip one fist lower. During some exercises you may hold the sticks with the whole palm.



- 3** Functions of support sticks is aligning the body in an axis, maintaining balance while exercising on one leg, teaching you to spirally stabilise the body while walking and improving the guidance of arm movement.

**Important warning:** The sticks are intended only for exercising. If dirty, just wipe the sticks with a damp cloth and let them dry. Specifications and main parameters of the sticks can be found on the website [shop.spiralista.com](http://shop.spiralista.com). The mobile app provides detailed descriptions and videos of exercises that can be performed with the sticks.

