

Beginner Level 1 - 1 Hand Holding 1 GyroWeight:

"Fine-tune" your fine motor control!



DYNAMIC ISOMETRICS: a term that describes the relationship between the speed of the GyroWeight orbit, the angle of motion of the planar movement of the GyroWeight while Gyrocising, and the effects of constant changes in directional loads being applied to all of the various muscle groups being stimulated during the workout. Slowly alter the position and attitude of your hand and arm, as sequenced above, to redirect the planar motion and inertia of the GyroWeight. Only slight movements are needed to keep the GyroWeight in orbit after attaining beginner level Gyrocising skill. Keep the GyroWeight orbiting to help develop fine motor skill and hand/eye coordination.

Beginner Level 2 - 2 Hands Holding 1 GyroWeight:



The Basic 2 - Hand exercises shown above promote the ability to control the arms and upper body when bi-lateral or synchronous motions are desired. Try various front/back or left/right movements to discover which is easiest for you to keep the ball orbiting.

The above positions all work latissimus, abdominal, oblique, back, wrist, arm, neck, deltoid, and pectoralis muscles. Develop a moderate yet controlled pace and then slowly tilt and redirect the planar motions of the GyroWeight as shown above. These exercises help to develop better overall hand-eye coordination.

Alternating between front/back, up/down, push/pull, & left/right twisting motions on the planar movement of the GyroWeight also affects the loading of each muscle group and provides an effective cardio-respiratory workout in the process...

1. Begin by making the 2 GyroWeight balls rock back and forth in a swinging motion just prior to placing them in orbital rotation together, in the same direction of travel and at the same rate. Rotational direction of the balls and maximum speed is not as important as maintaining a consistent orbit.



5. Keep the GyroWeights in orbit and then extend your arms out in front of you with your hands still at shoulder level.



4. Keep the GyroWeights in orbit and slowly lower your hands to shoulder level with your hands close to your shoulders and the GyroWeights held vertically.



3. Keep the GyroWeights in orbit and slowly change the position of your arms and hands to reach upward with GyroWeights held horizontally.



2. While keeping the GyroWeights orbiting slowly change the position of your hands so that your palms are facing downward.

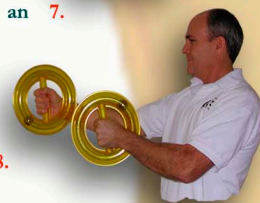
These exercises require 2 GyroWeights. The challenge is in keeping the balls orbiting while also changing hand positions and the planar movements required to keep each GyroWeight in orbit. This is directly related to the L & R halves of our brains' ability to not only initiate but control both our bi-lateral and uni-lateral movements at any given time. This also affects the way we perform our daily tasks at home, while at work, and when playing sports.



6. Keep the GyroWeights in orbit and then position your arms out to each side as shown above.



Keep the GyroWeights in orbit and then position your arms forward with the GyroWeights being held on an angle as shown just to the right.



Keep the GyroWeights in orbit and then position your hands as shown to the right. As a slight alteration, try to change your timing so that the balls are now orbiting 180° apart.



Intermediate Level - Using 2 Hands and 2 GyroWeights:

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