

# SPORT-THIEME®

School Sports · Club Sports · Fitness · Therapy

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## Magic cord

*Made in Germany*



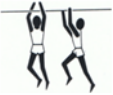







**Note:**

Do not leave in direct sunlight for more than a few hours.

Store in dry rooms only.

The magic cord is a permanently elastic rubber cord made from natural caoutchouc, manufactured and covered with double-woven synthetic material. The following illustrations and instructions show only some of the magic cord's many uses. It is very versatile! For PE lessons, as training apparatus at home or for leisure fun outdoors!

<p><b>1 Jumping / hurdling</b></p>  <p>The magic cord is used as a hurdle and you must jump over it. If you do not jump high enough, the magic cord bends in order to prevent a fall.</p>	<p><b>2 Ducking / crawling</b></p>  <p>Run stooped down or crawl quickly under the magic cord.</p>	<p><b>3 Jump and Stretch</b></p>  <p>The magic cord is fixed at a height that allows you to touch it with both hands when you jump and stretch or to clap hands above the cord (without touching it).</p>
<p><b>4 Long jump</b></p>  <p>The magic cord is placed on the ground in the shape of a rectangle. Cross it in two jumps. Vary the width depending on skill level.</p>	<p><b>5 High jump</b></p>  <p>Introduction to high jump: the magic cord is ideal for training all techniques.</p>	<p><b>6 Forward roll</b></p>  <p>The magic cord is fixed in front of the mat. Place the hands behind the cord when rolling. (Introduction to dive roll / somersault).</p>
<b>Fitness / gymnastics</b>		
<p><b>1 Abdominal muscles</b></p>  <p>The magic cord is fixed at ankle height. Lie on your back, lift your stretched legs alternately towards your head.</p>	<p><b>2 Core circles</b></p>  <p>Grab the magic cord with your hands. Circle to the left and the right with stretched out arms.</p>	<p><b>Various lengths:</b></p> <p>The magic cord is available in lengths of 8 m and 10 m.</p>