



***Cross-Shaping***

**The**

**Innovative,**

**Effective,**

**Joint-Protecting**

**Outdoor Workout**

**Weitere Infos:**

<http://www.cross-shaping.com>

<http://www.cross-shaping-bonn.info/wordpress>

<http://www.cross-shaping.blogspot.com>

**Video:**

<http://www.youtube.com/watch?v=uTlupXZoLqU>

## What is a Cross-Shaper?

The **Cross-shaper** is a completely new concept in training equipment. It was invented by Dr. Georg Kaupe, a surgeon in the fields of orthopedic and sports medicine, who was aided with the development of the Cross-shaper by Sports Scientists and Engineers.

During the work with this new training appliance a new form of body movement intuitively developed itself, that is, **Cross-Shaping**.

Cross-Shaping is designed for every-one who wants to bring their body into top form, or wants to retain the fitness level already reached. This quiet outdoors training regimen is characterized by **straightening of the back**, the **high oxygen exchange** and a pleasant, flowing motion while taking **pressure off the large joints**. Already, after a short distance will the training of the body musculature begin to stabilize and the well-being of the whole body take effect. Even with a more aggressive training program is the loading on the joints minimal, but the burning of calories will be high.



Here is how one can readily recognize the **Cross-Shaper**:

- The bent shape of the poles
- The wheels with the back rotation lock
- The fore-arm shell
- Anatomical grip
- The erect body position is of course the special mark of Cross-Shaping
- The stride length and the foot strike are the same as walking normally.

## Cross-Shaping

- Is **effective**, because now the forward arm movements train the entire upper body and at the same time the braking action of the wheels provide resistance training.
- Is **easy on the Joints**, because the pneumatic tires dampen the vibration and the arm shells take up part of the body weight.
- Has **individually adjustable** rubber expanders under the arm shells, as well as height adjustment of the Cross-Shaper poles. All this results in different muscle groups being pushed to new performance levels.
- Is **for people of every age and fitness-level**.
- **Also benefits persons** who are walking challenged or who want to avoid pressure on joints.

## The Health Sport

Cross-Shaping provides a natural, safe and effective way to improve the entire **blood circulation system** and at the same time gives a workout to 90% of the body's muscles.

Cross-Shaping provides improved **blood circulation** and better **me-tabolism**.

Importantly, as a health sport, Cross-shaping will revive, stabilize, and optimize workout efficiency.

In the concepts of **prevention** and anti-aging, the efficacies of Cross-Shaping show great effects when applied to patients in rehabilitation, patients suffering from diabetes 2, and patients effected by obesity.

While protecting joints, the Cross-Shaper optimizes coordination and motor skills and allows for daily whole-body training at the highest level.

For the first time, walking with Cross-Shaping is a real **Power Work Out**.

Sports scientists of the Institute of Medical Physics in Erlangen have stated the following:

As a whole, the Cross-Shaper represents a training device that has, through available studies, proven to be effective in raising **heart rate, oxygen uptake, and energy use**. The use of the Cross-Shaper is re-commended while walking, **to increase energy consumption and to provide a more intensive workout of the heart and circulation.**

**Jochen Behle**, trainer for the national cross-country ski team, has already trained with the Cross-Shaper. His judgment: **Cross-Shaping has convinced me!**

