

MSC 1 HYPERBODY

WEEK 03: NOV. 13TH - NOV. 17TH

BEWAR AHMED - NINO SCHOONEN

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1b Defining curves

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1 DESIGN

DESIGN

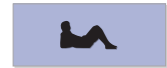
1a Exercises

List of program

Target: 10/12 people



Sitting



Laying down



Stretch excercises



Sit-ups



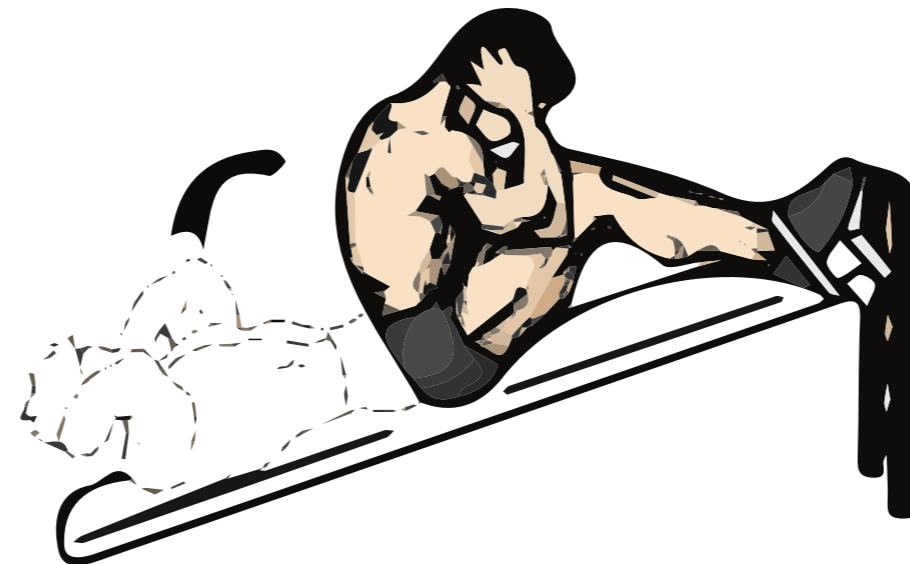
Pull-ups



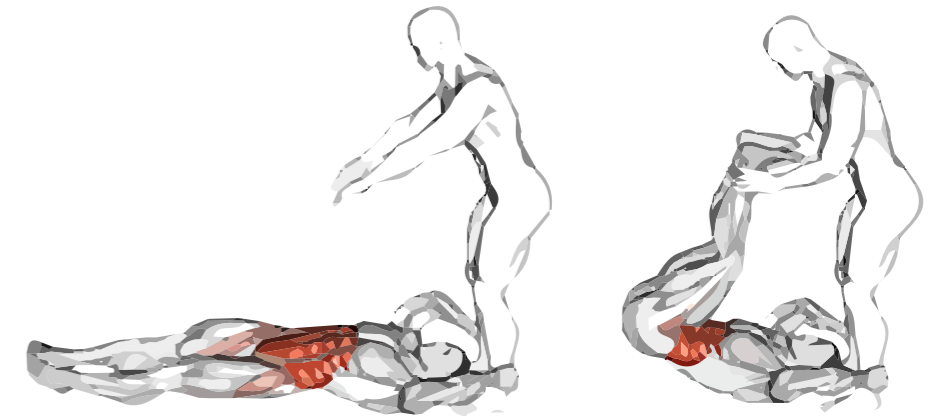
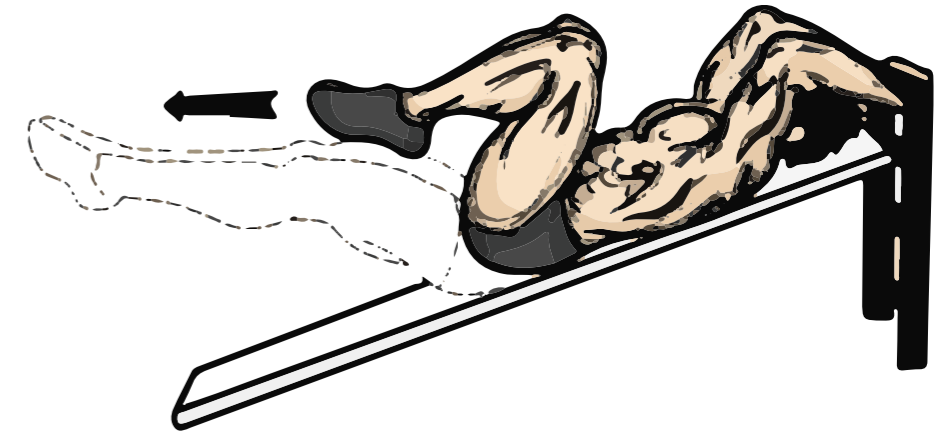
Leg-raises



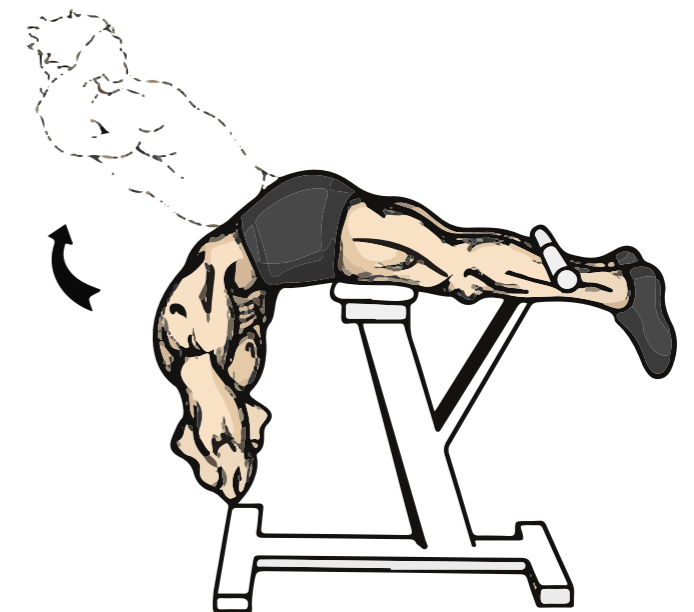
Back pull-up (reversed sit-up)



Sit-up excercises



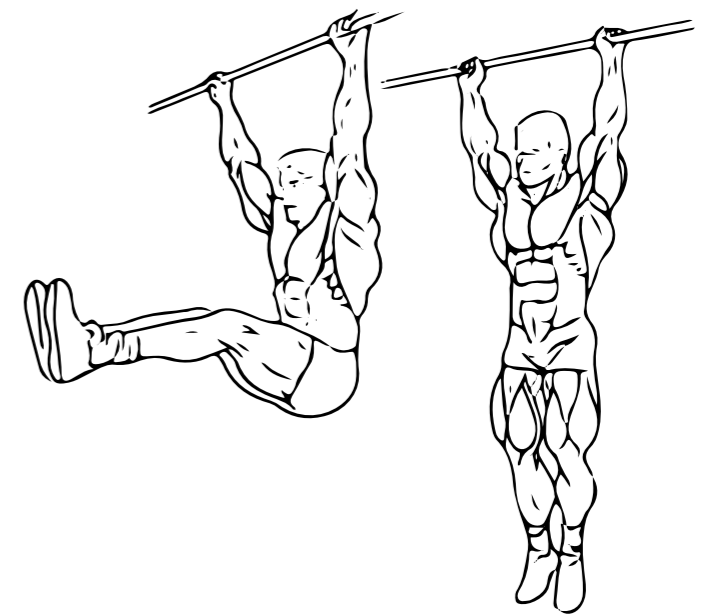
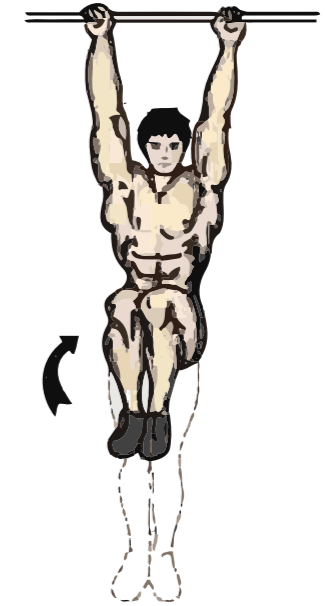
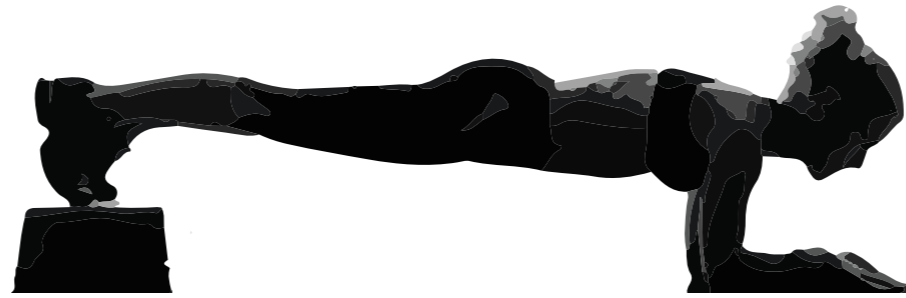
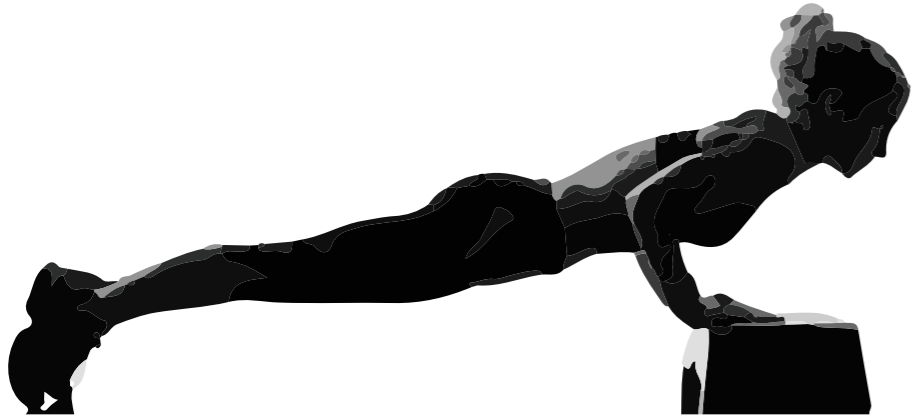
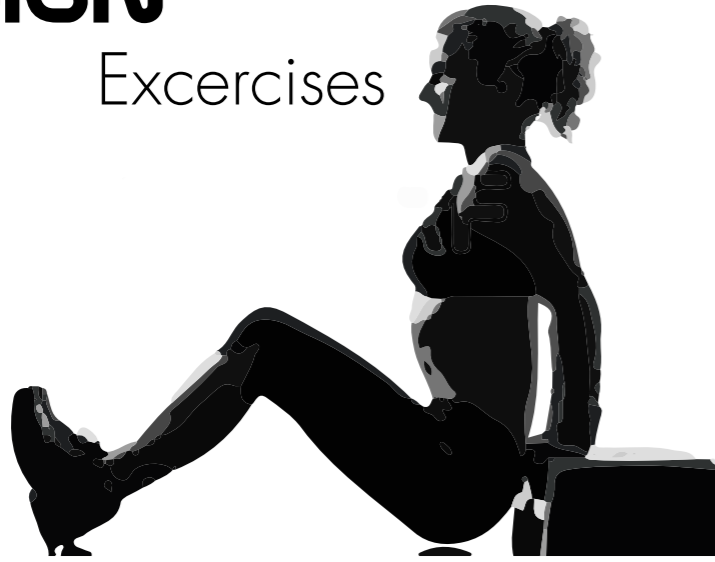
Leg-raise excercises



Back excercises

DESIGN

1a Exercises



Push-up exercises

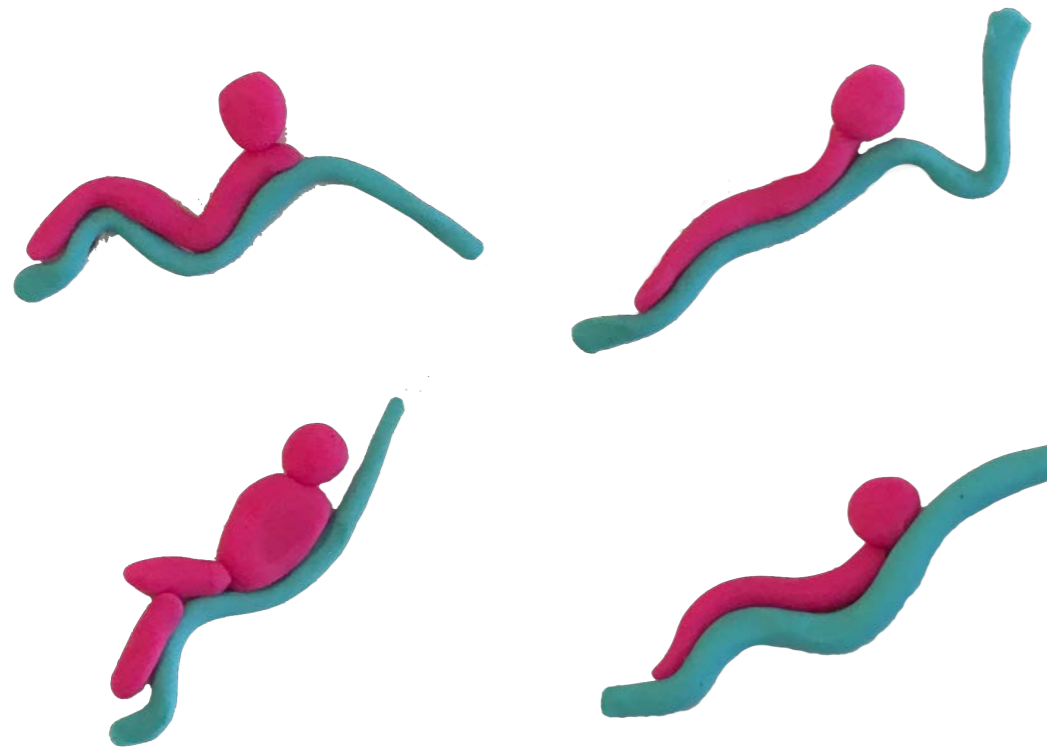
Stretch exercises

Pull-up exercises

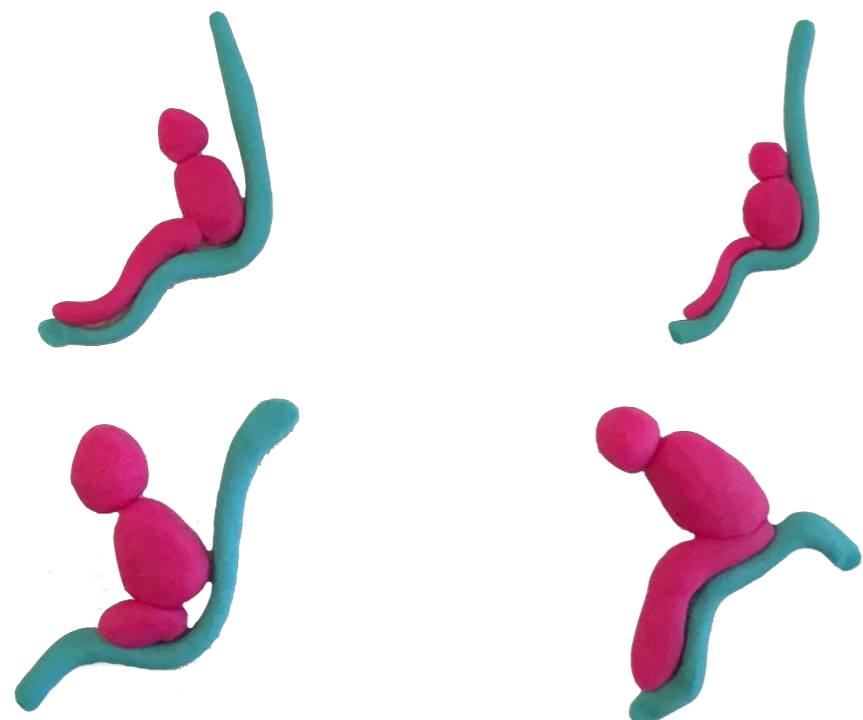
DESIGN

1a Defining curves

LAYING-CURVES



SITTING CURVES



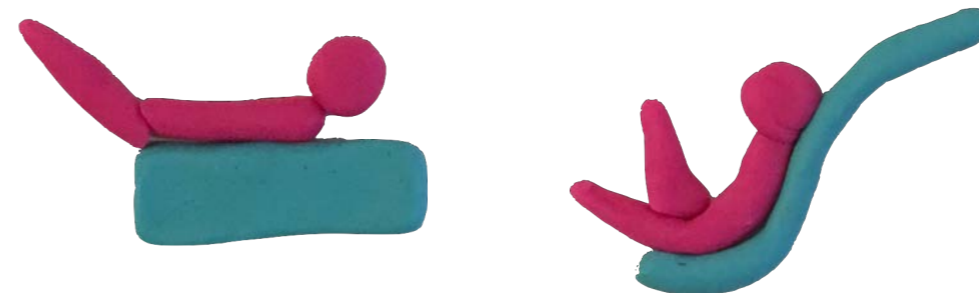
FITNESS-EXCERCISE CURVES



Sit-up curves



Stretching curves



Leg-raise curves



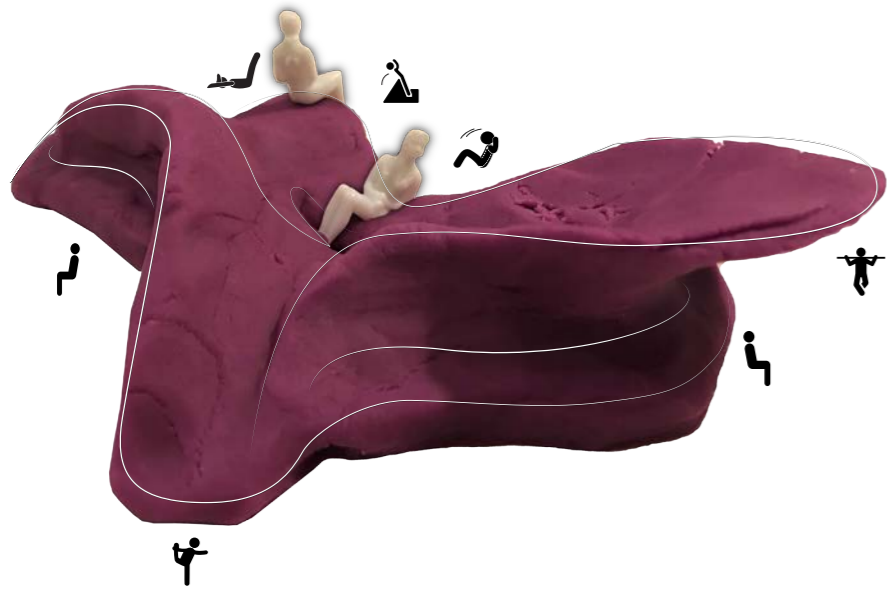
Back-raise curves



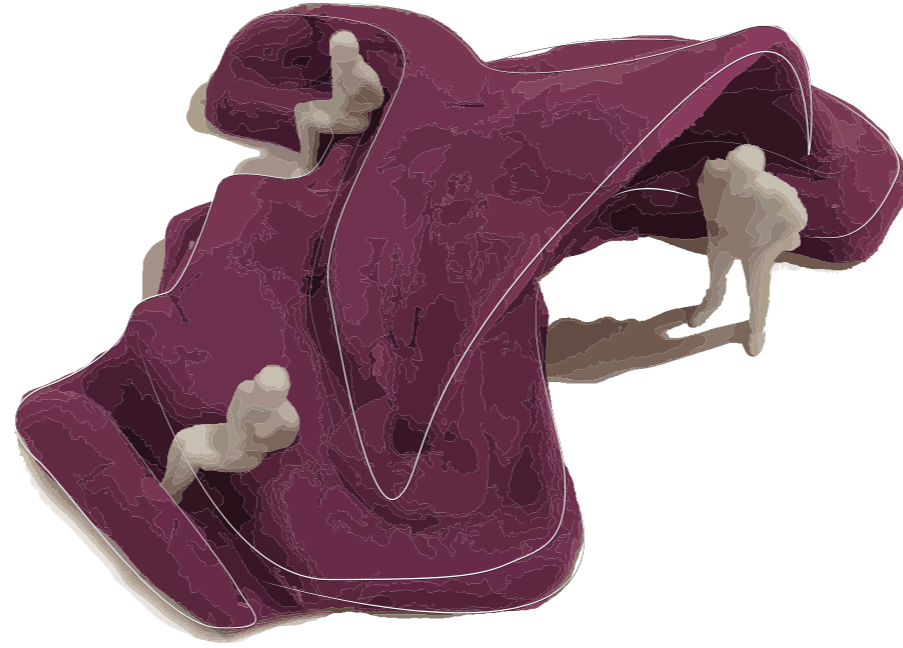
Pull-up curves

DESIGN

1a Integrating curves into the complete model study



Design 1



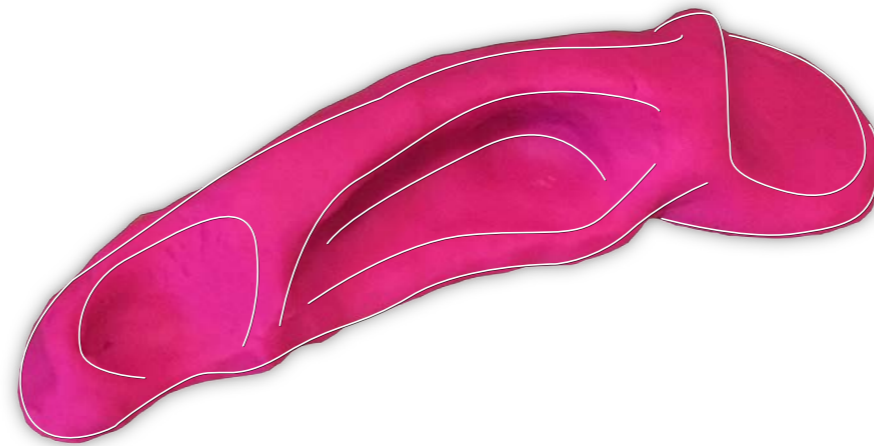
Design 2



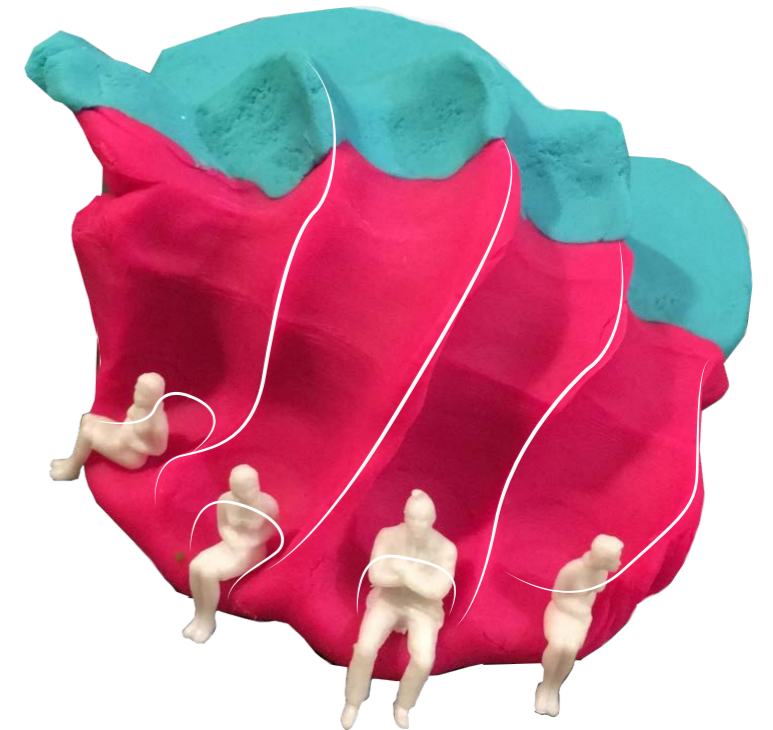
Design 3



Design 4



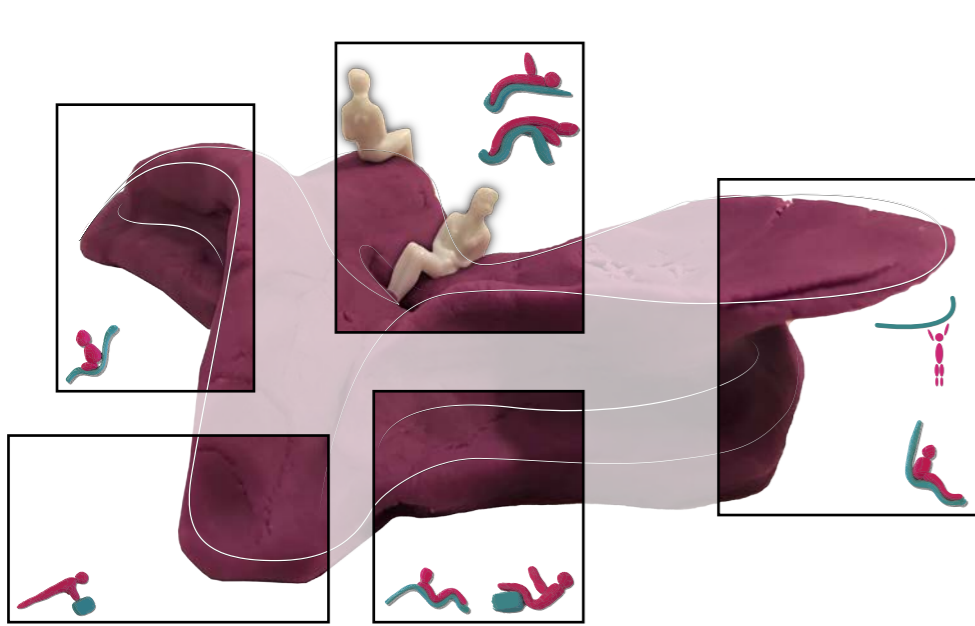
Design 5



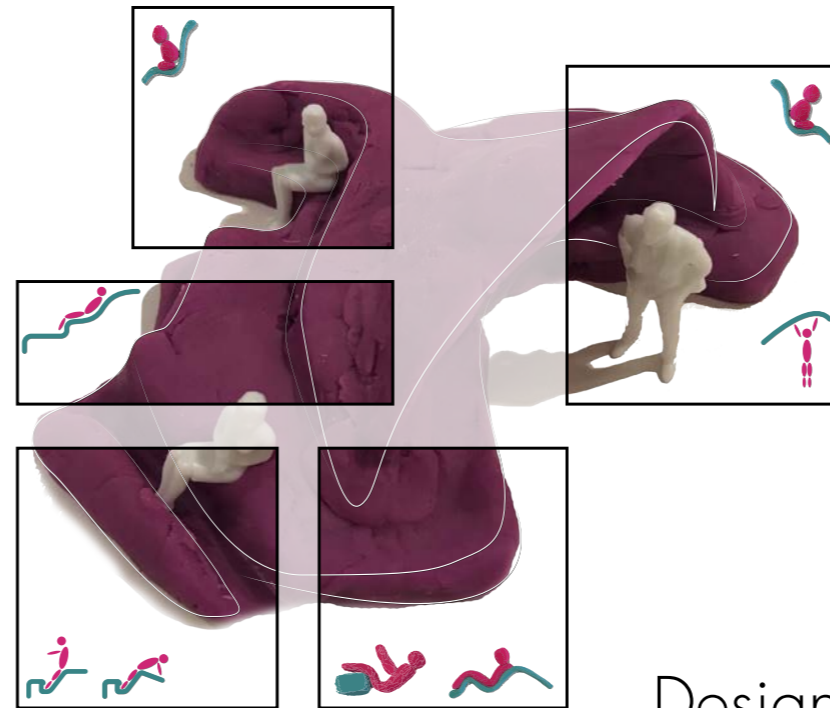
Design 6

DESIGN

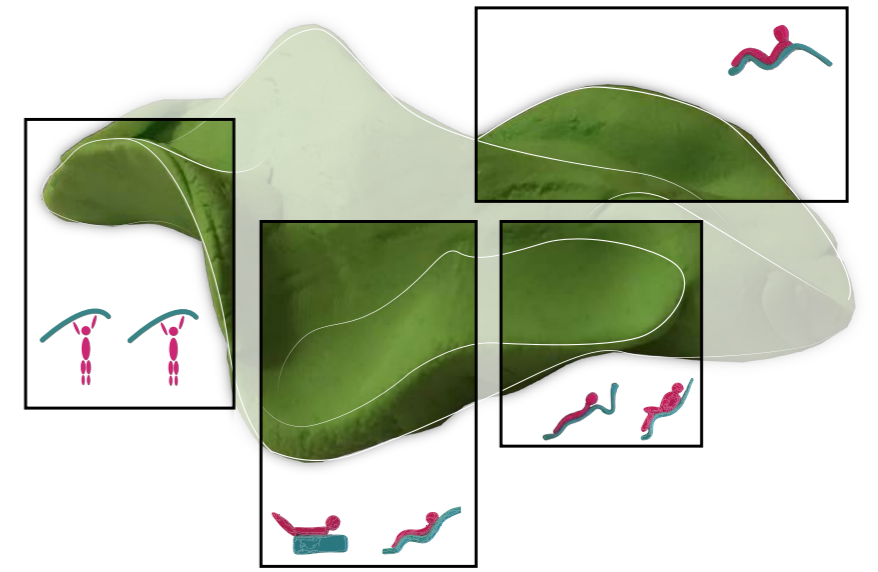
1a Qualities in 3d-fragments taken from study



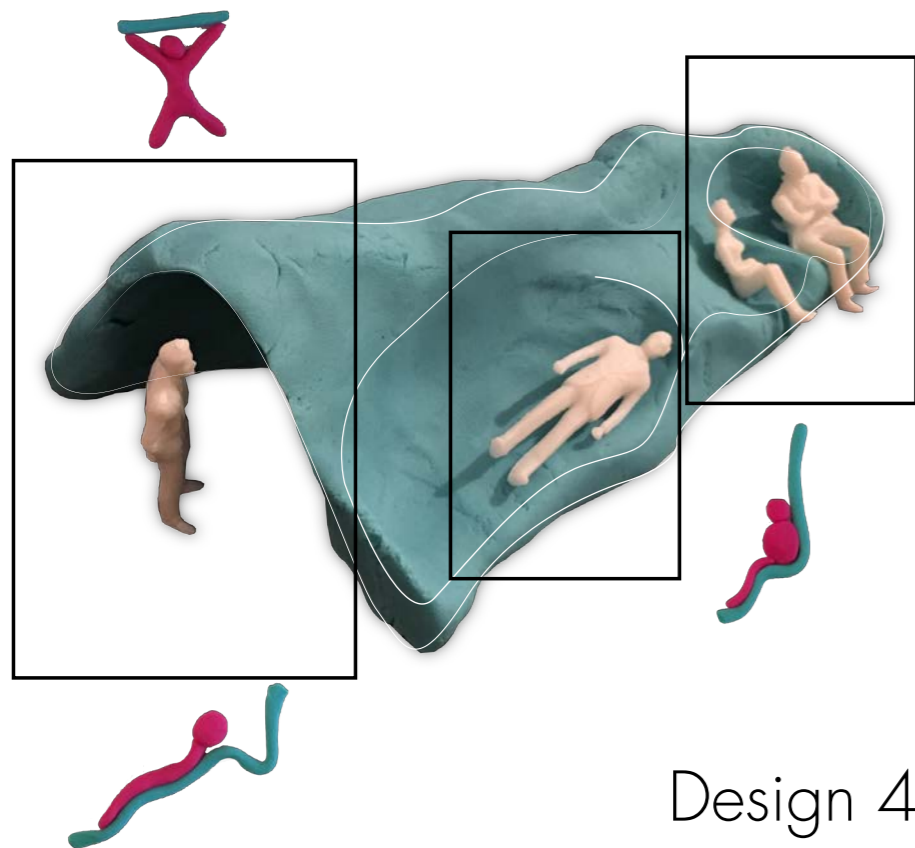
Design 1



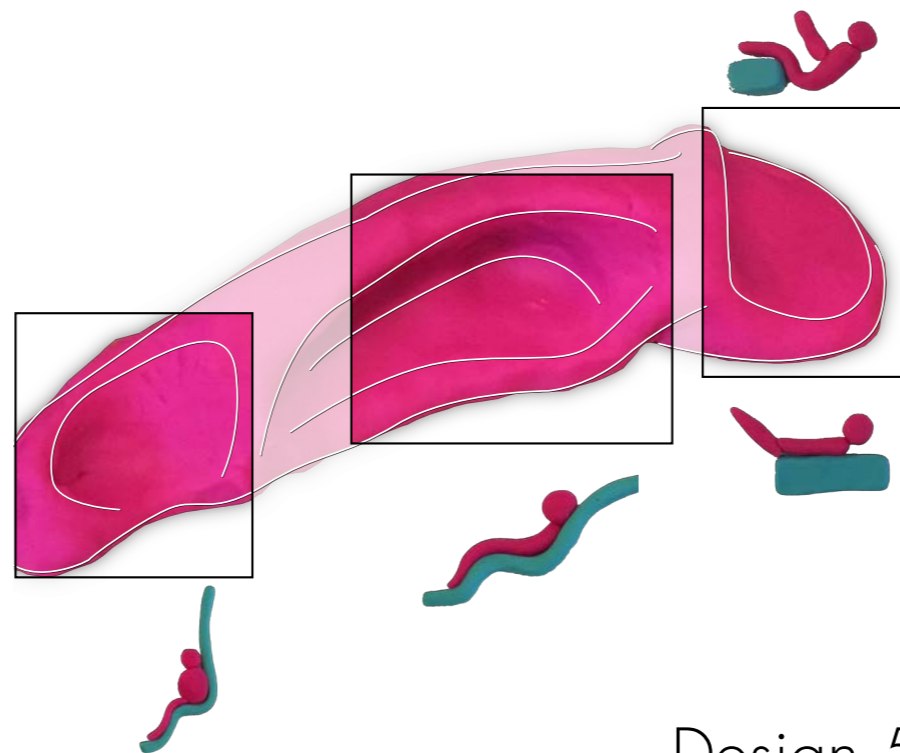
Design 2



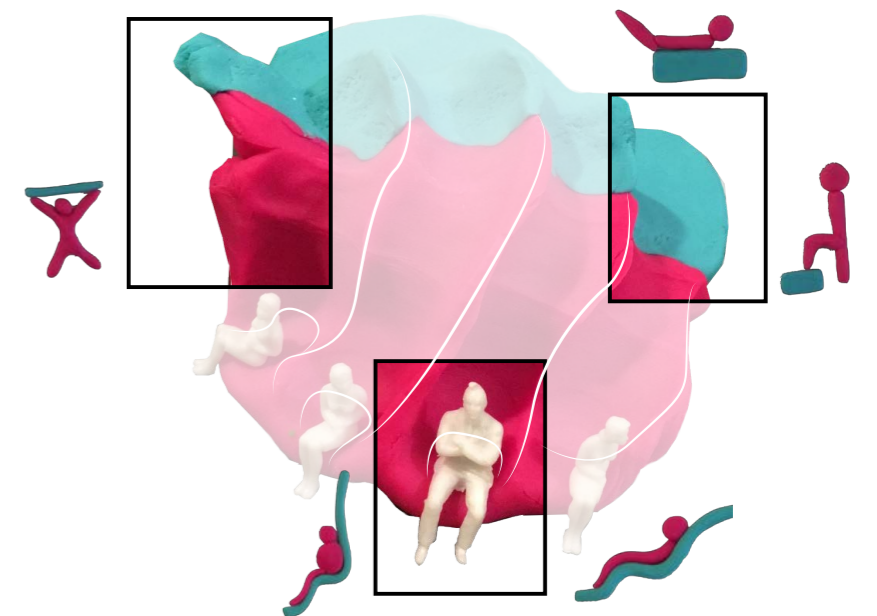
Design 3



Design 4



Design 5



Design 6

DESIGN

1a Final form