

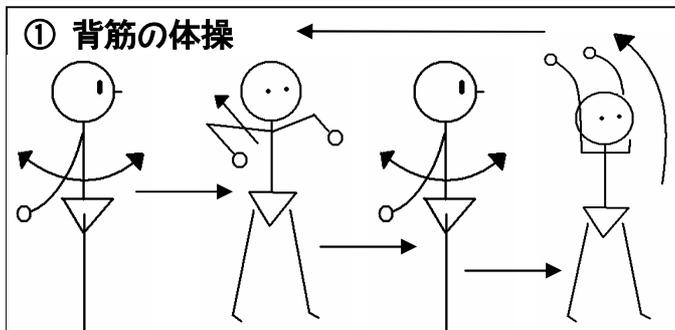
# 内臓脂肪撃退!

GO! GO!

# メタボリック55

5つの種目をそれぞれ1分間続け、計5分で終わるお手軽運動です。

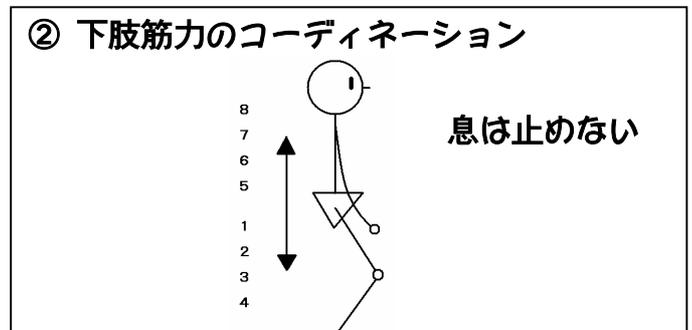
① 背筋の体操



※チカラは入れずに、流れるように。  
※準備体操のつもりで軽くやりましょう。

The diagram shows a stick figure in four sequential poses. In the first, the figure is standing upright with arms slightly out. In the second, the figure leans back, with one arm raised and bent. In the third, the figure is leaning further back, with both arms raised and bent. In the fourth, the figure is leaning back with one arm raised high and bent. Arrows indicate the flow from left to right between the poses.

② 下肢筋力のコーディネーション

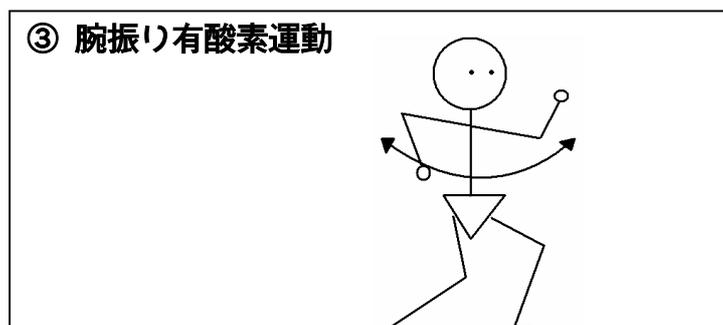


息は止めない

※椅子に座る半分まで、まっすぐしゃがむ  
※ゆっくり、しっかりやること

The diagram shows a stick figure sitting on a chair. To the left of the figure is a vertical scale from 1 to 8. A double-headed arrow indicates the range of motion from the top of the chair (level 5) to the floor (level 1). The figure is shown in a squatting position, with its feet flat on the floor and its buttocks touching the chair seat.

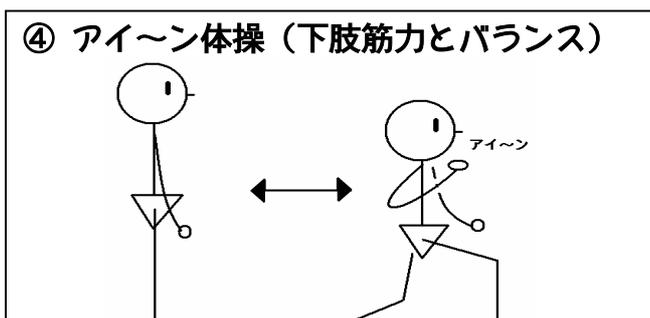
③ 腕振り有酸素運動



※エイホッ、エイホッと楽しくやりましょう。  
※あまり飛ばさないように・・・

The diagram shows a stick figure in a dynamic, slightly crouched pose, swinging its arms outwards and upwards. The figure's legs are bent, and its torso is slightly twisted.

④ アイーン体操 (下肢筋力とバランス)



※自分にあった歩幅で踏み出しましょう。  
※最後まで笑顔を忘れずに

The diagram shows a stick figure in two poses. In the first, the figure is standing upright. In the second, the figure is leaning forward, with one leg stepped forward and the other leg bent. A double-headed arrow between the two poses indicates the transition. The word "アイーン" is written above the second figure.

⑤ 足踏み体操 (太ももと腸腰筋の強化)



※1秒に1回のリズムで足踏みします。  
※ハその高さまで膝を上げましょう。

The diagram shows a stick figure in a dynamic pose, with one leg stepped forward and the other leg bent. The figure's torso is slightly twisted, and its arms are outstretched.