

BALANCE TRAINER



playfit® Training Options

BASIC

Hold onto the handlebar and place your feet shoulder-width apart on the platform. Shift your weight from left to right or backwards and forwards. Once you feel comfortable, remove your hands from the handlebar.

Duration: according to individual preference and fitness level
Recommended: Approx. 60 seconds

INTERMEDIATE

Experienced users can try standing on one leg in the centre of the platform and find their balance without holding onto the handlebar. Next, shift your weight from left to right or from front to back. Change legs.

Duration: according to individual preference and fitness level
Recommended: Approx. 60 seconds for each leg

ADVANCED

Stand on the platform with your feet shoulder-width apart on the platform and bend down into a crouching position without holding the handlebar. Once you feel comfortable, try doing this exercise on one leg. Change legs.

Duration: according to individual preference and fitness level
Recommended: 5-10 squats for each position

BALANCE
BODY TENSION
STRENGTH