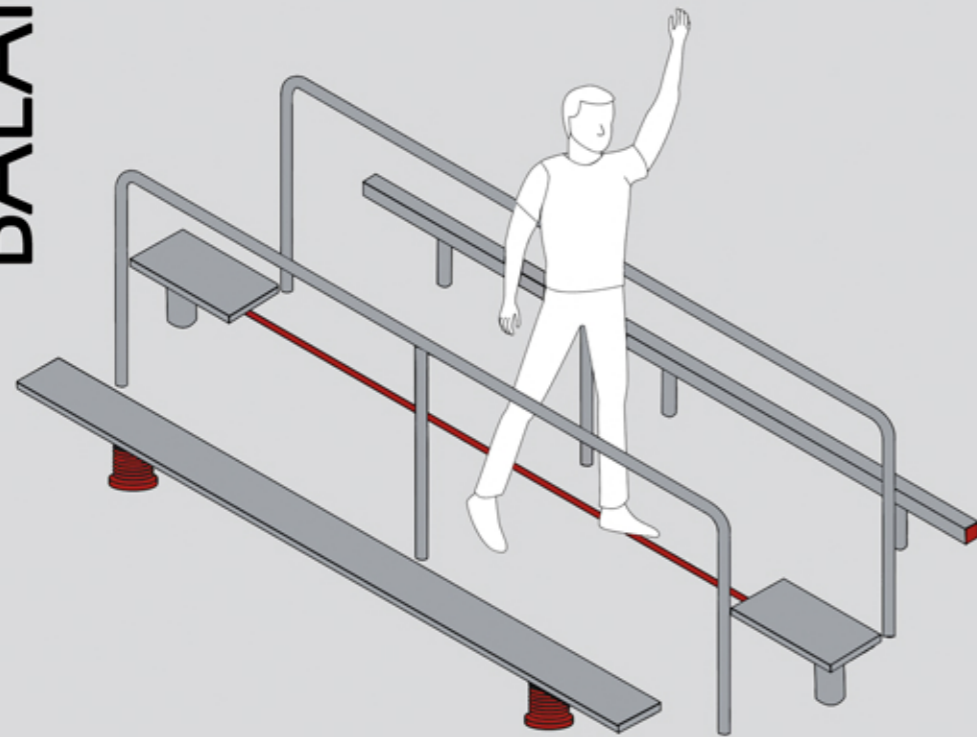


# BALANCEPARCOURS



## playfit® Training Options

### BASIC

Walk forwards along the fixed beam. Hold onto the handrail if necessary. Next, walk in the opposite direction.

Alternative: walk backwards or sideways with or without holding the handrail.

Duration: according to individual preference and fitness level

Recommended: Carry out each exercise along the length of the equipment and back 2-3 times

### INTERMEDIATE

Walk forwards along the moving beam. Hold onto the handrail if necessary. Next, walk in the opposite direction.

Alternative: walk backwards or sideways with or without holding the handrail.

Duration: according to individual preference and fitness level

Recommended: Carry out each exercise along the length of the equipment and back 2-3 times

### ADVANCED

Walk forwards along the slackline. Hold onto the handrail if necessary. Next, walk in the opposite direction.

Alternative: walk backwards or sideways with or without holding the handrail.

Duration: according to individual preference and fitness level

Recommended: Carry out each exercise along the length of the equipment and back 2-3 times

BALANCE  
CO-ORDINATION