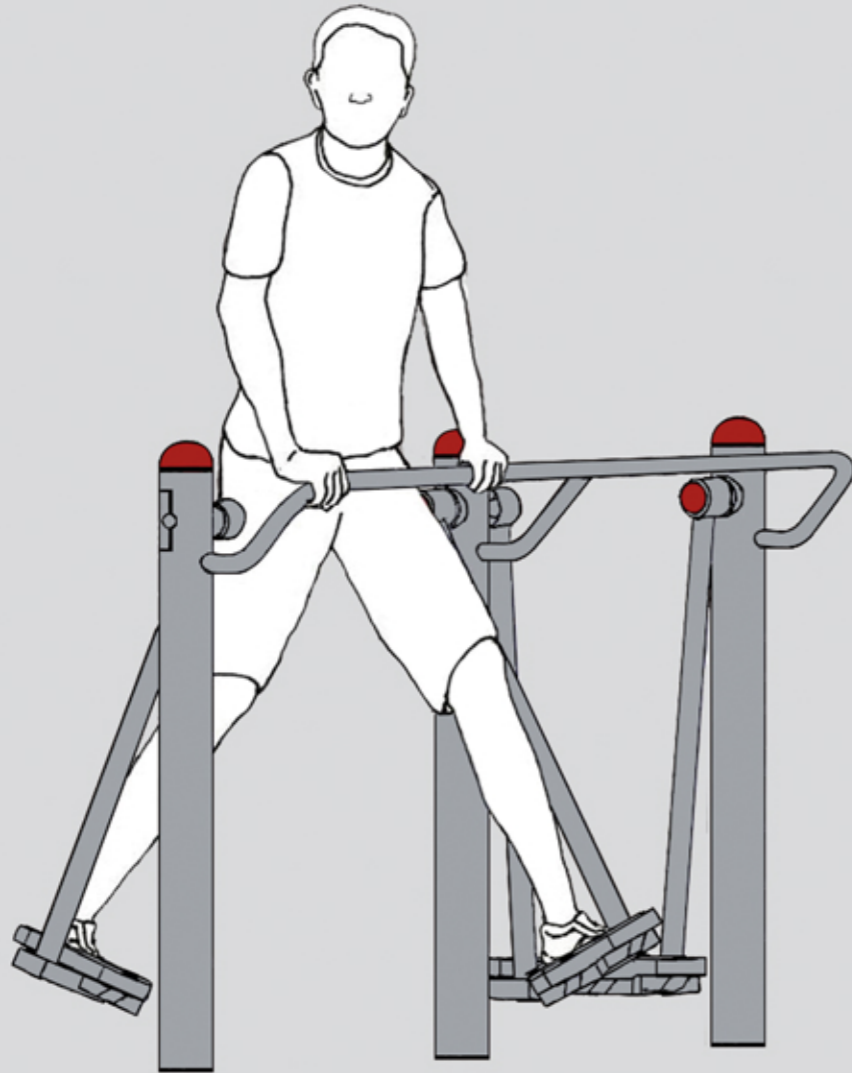


WALKER



playfit® Training Options

BASIC

Hold the crossbar with both hands and step onto the pedals. Stand upright with slightly bent knees. Move the pedals back and forth in opposite directions as if you were walking. Always move both feet at the same steady pace.

Duration: according to individual preference and fitness level
Recommended: 5 - 10 minutes

INTERMEDIATE

To improve endurance, increase the speed and length of your training interval (one at a time).

Duration: according to individual preference and fitness level
Recommended: 10 - 20 minutes

ADVANCED

Only if you feel very comfortable, take both hands off the crossbar (starting with short intervals and gradually increasing). Maintain your balance. Move the pedals back and forth in opposite directions. If at any point you feel you are losing your balance, grab the crossbar immediately.

Duration: according to individual preference and fitness level
Recommended: 5 - 10 minutes

STRENGTH
STAMINA
MOBILITY
CO-ORDINATION
BALANCE