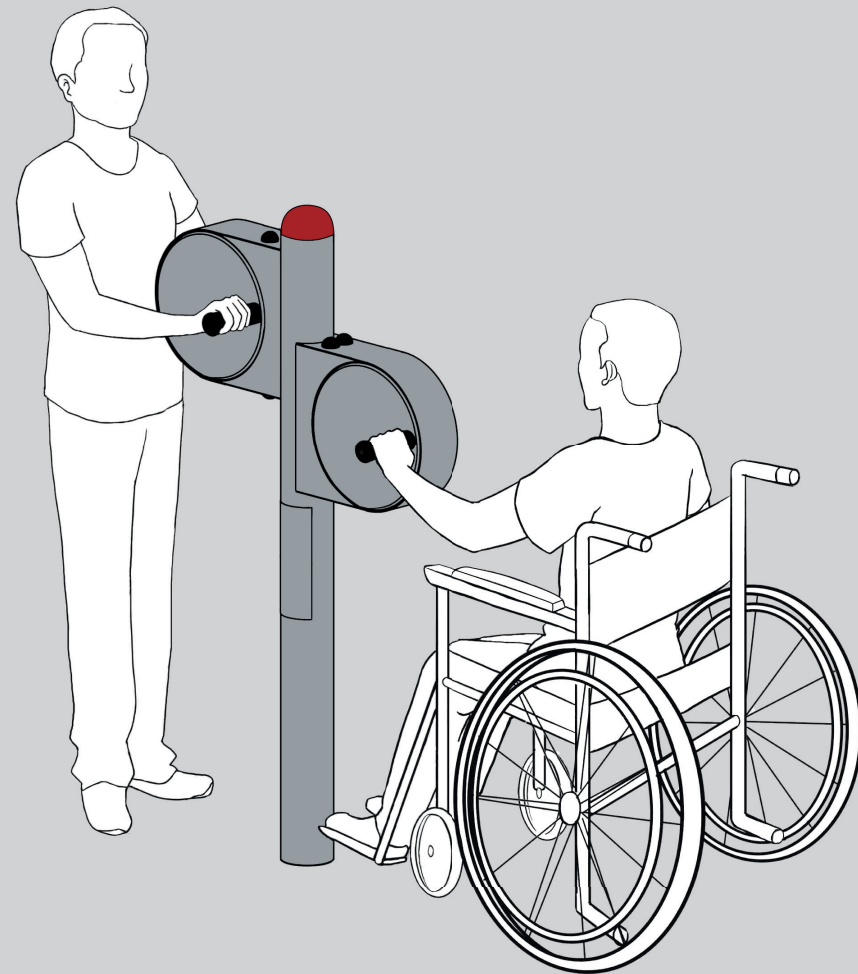


Arm Cycle

playfit® Training Options



STRENGTH
STAMINA
MOBILITY

BASIC

🕒 1 - 2 minutes

Position yourself in front of either the upper or lower rotating unit, bending forward slightly. Grasp the rotating handles firmly with both hands. Relax your shoulders. Rotate the handles in a forward direction slowly and evenly. Then rotate in the opposite direction.

INTERMEDIATE

🕒 2 - 5 minutes

Grasp the rotating handles firmly with both hands. Relax your shoulders. Move the rotating disks alternately and evenly 10 times in a forward direction and 10 times in the other direction. Repeat exercise as desired.

ADVANCED

🕒 5 - 10 minutes

To improve stamina, exercise speed or duration of training can be steadily increased.