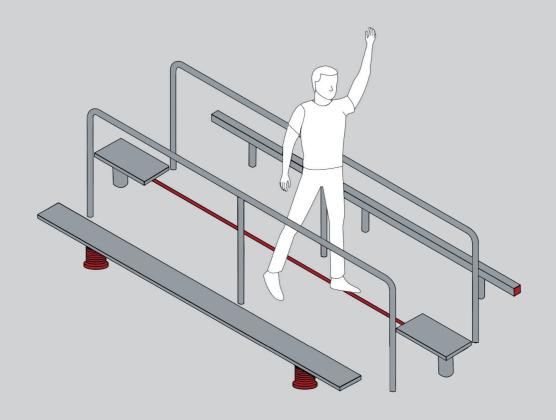
## **Balance-Parcours**

## playfit® Training Options



**BASIC** 



Repeat exercise along the length of the equipment and back 2 - 3 times

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

VARIATION: Walk backwards or sideways with or without holding the handrail.

**INTERMEDIATE** 



Repeat exercise along the length of the equipment and back 2 - 3 times

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

VARIATION: Walk backwards or sideways with or without holding the handrail.

**ADVANCED** 



Repeat exercise along the length of the equipment and back 2 - 3 times

Walk forwards by balancing on the slackline rope. Hold onto the handrail if necessary. Next, walk in the opposite direction.

VARIATION: Walk backwards or sideways with or without holding the handrail.

BALANCE CO-ORDINATION