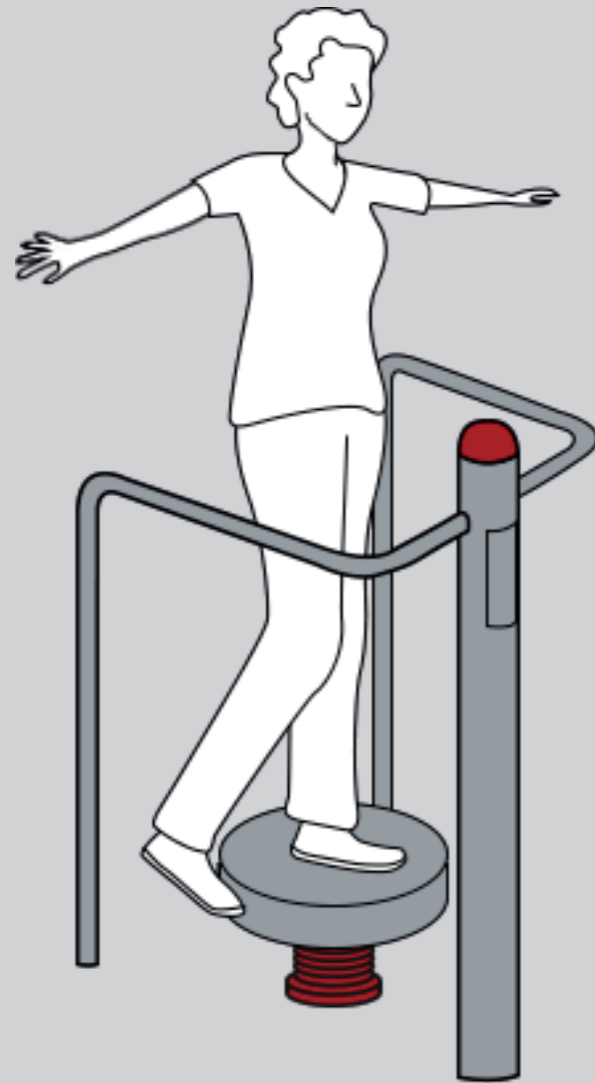


# Balance Trainer

## playfit® Training Options



**BALANCE**

**BODY TENSION**

**STRENGTH**

### BASIC

 Approx. 60 seconds

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.

### INTERMEDIATE

 Approx. 60 seconds for each leg

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 from one leg to the other.

### ADVANCED

 5 -10 squats for each position

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