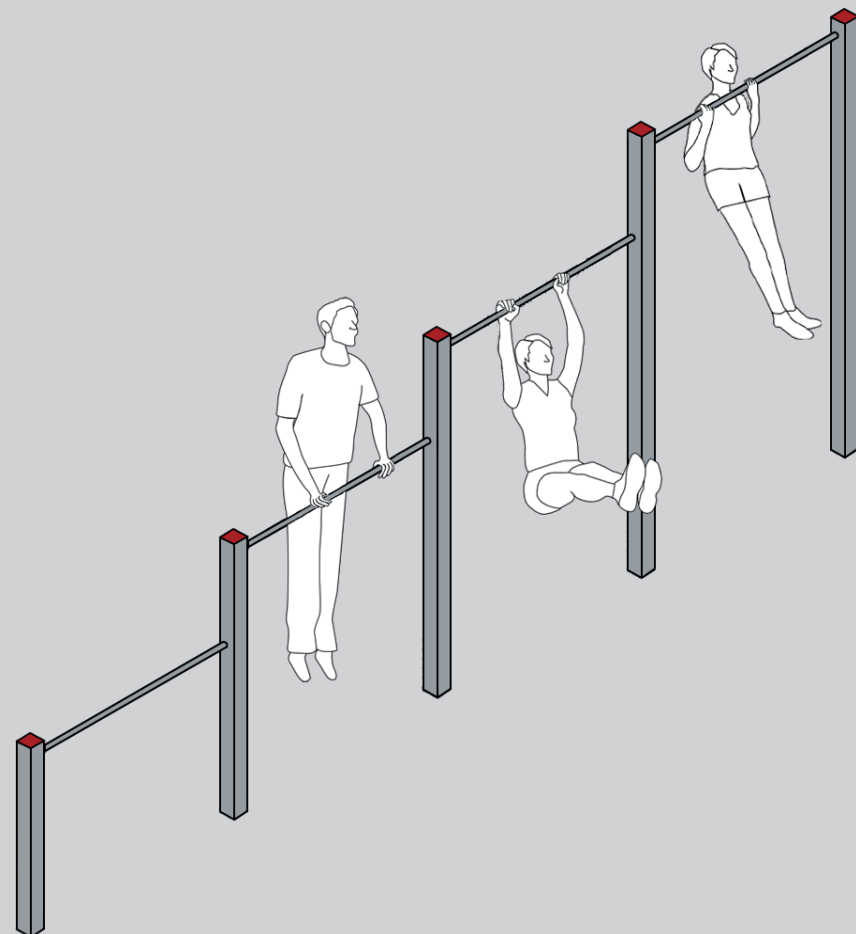


Bar 4 Level

playfit® Training Options



STRENGTH
BODY TENSION
MOBILITY

BASIC

⌚ Duration according to individual preference and fitness level

STRETCHES: Each of the four bars can be used for various stretching exercises.

HANGING EXERCISE: Stretch your arms out in front of you and place your hands a shoulder-width apart on the bar that best suits your height. Lift yourself off the ground and hang for a few seconds. More experienced users can try bending and stretching their knees.

INTERMEDIATE

⌚ 10 -15 push-ups / 2 - 5 jumps / 5 -10 leg lifts

PUSH-UPS: Keeping your body muscles tensed, hold onto one of the lower bars and start to do push-ups.

JUMPING BARS: From a standing position, jump up to one of the lower bars and hold for a few seconds. Experienced users can also try this exercise on the higher bars.

LEG LIFTS: Hanging from one of the bars, raise your knees alternately or simultaneously. Experienced users can try straightening their legs and pulling them upwards into a horizontal position.

ADVANCED

⌚ 10 -15 repetitions

PULL-UPS: To train your arm muscles, hold onto the bar best suited to your height with your hands shoulder-width apart and your palms towards your face. Now slowly pull yourself up as far as you can.