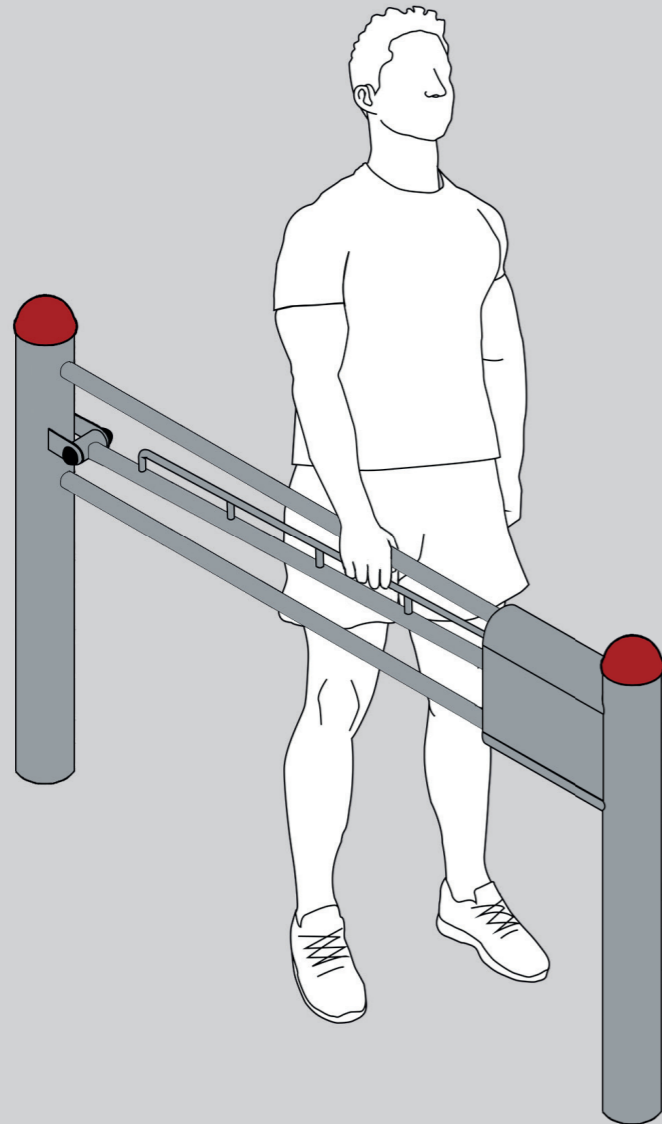


Handgrip Strength Trainer

playfit® Training Options



BASIC

🕒 5 -10 repetitions 2 - 3 times

Stand at a right angle to the unit. Grasp the front segment of the movable handlebar with one hand and at the same time the upper crossbar of the unit. Pull the movable handlebar upwards.

INTERMEDIATE

🕒 5 -10 repetitions 2 - 3 times

To increase the intensity of the workout, perform the exercise on one of the middle segments of the movable handgrip bars.

ADVANCED

🕒 5 -10 repetitions 2 - 3 times

To further increase the intensity of the workout, perform the exercise on the last segment of the movable handgrip bars.

STRENGTH
MOBILITY