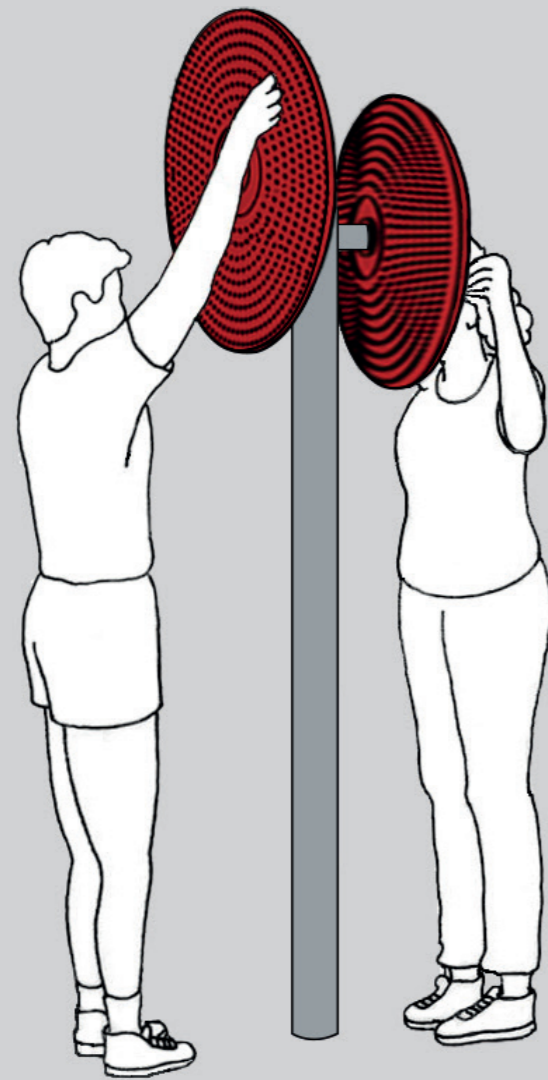


Happy Big Wheel

playfit® Training Options



MOBILITY

CO-ORDINATION

BASIC

🕒 10 - 20 repetitions

Before you start, make sure that you can comfortably reach one of the spherical hand grips when it is positioned above you at its highest point. Take one grip in each hand and relax your shoulders by lowering your elbows. Turn the wheel to and fro slowly in a semicircle, moving your hips in each direction at the same time.

INTERMEDIATE

🕒 10 - 20 repetitions for each direction / hand

Position yourself sideways-on to the rotating wheel and place one foot in front of the other. Hold the spherical hand grip with the hand nearest to the rotating wheel and turn the wheel in a forward direction. At the same time, shift your weight onto the front leg and, when moving back again, onto the rear leg. Carry out these rotations smoothly and evenly. Face the other way and repeat exercise in the opposite direction.

ADVANCED

🕒 1 - 5 repetitions for each direction

Take one spherical hand grip in each hand. Turn the wheel in one direction. Continue to hold each hand grip and turn your body in small steps around your own axis allowing the hand grips to rotate at the same time. Carry out these rotations smoothly and evenly. Change direction as often as possible.