

Jump and Reach

playfit® Training Options



**SPRINGINESS AND
REACTIVE-STRENGTH**

MOBILITY

CO-ORDINATION

BASIC

🕒 2 - 3 repetitions

Stand approx. 40 cm from the vertical board, facing the measurement marks. Exhale slightly. Stretch both arms upwards while breathing in. Crouch down slightly before stretching your hands up as high as possible in front of the measurement marks by standing on your tiptoes. Hold this position for two seconds and repeat.

INTERMEDIATE

🕒 2 - 3 repetitions

STRETCH FORWARDS: Stand in front of the vertical board and stretch one hand up as far as possible. Measure the height. Change hands.

STRETCH SIDEWAYS: Now stand with your side toward the device and stretch one hand along the measurement marks as far as you can reach. Measure the height then change sides.

ADVANCED

🕒 Jump 1 - 2 times

Only try this exercise if you feel fit enough and have no health issues with your back, knees or feet. Start by squatting slightly, then stretch your whole body upwards as you jump. Touch the measurement marks with your fingertips. As you come down, soften your landing by bending your knees slightly. The difference in height between your measurement for this exercise and the stretching exercise is your personal jumping height. Change sides by switching the hand you touch the measuring marks with each time you jump.