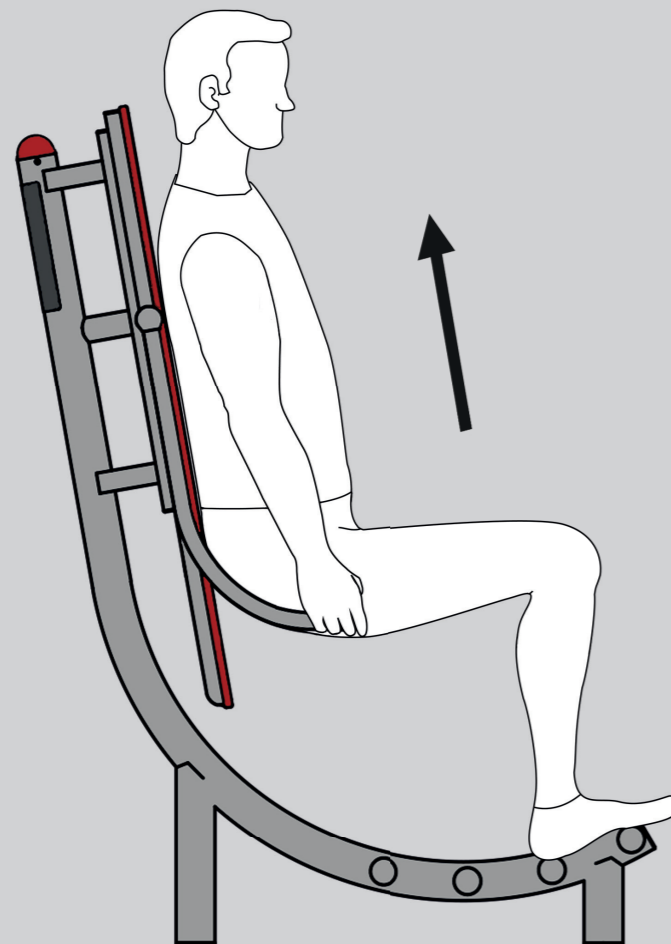


Leg Press Power

playfit® Training Options



BASIC

🕒 5 - 10 repetitions 2 - 3 times

Assume an upright sitting position, place your feet on the foot bars and grasp both handles with your hands. Push the body up without fully extending the legs. Slowly lower the body back down to the starting position. Make sure that the angle of the knee joint always remains greater than 90°. Move the body up and down evenly.

INTERMEDIATE

🕒 10 - 15 repetitions 2 - 3 times

Perform the exercise so that alternately one leg exerts more pressure on the foot bar than the other.

ADVANCED

🕒 15 - 25 repetitions 2 - 3 times

To increase performance, the training time can be increased. Regulate the speed of movement (sometimes faster, sometimes slower).

STRENGTH