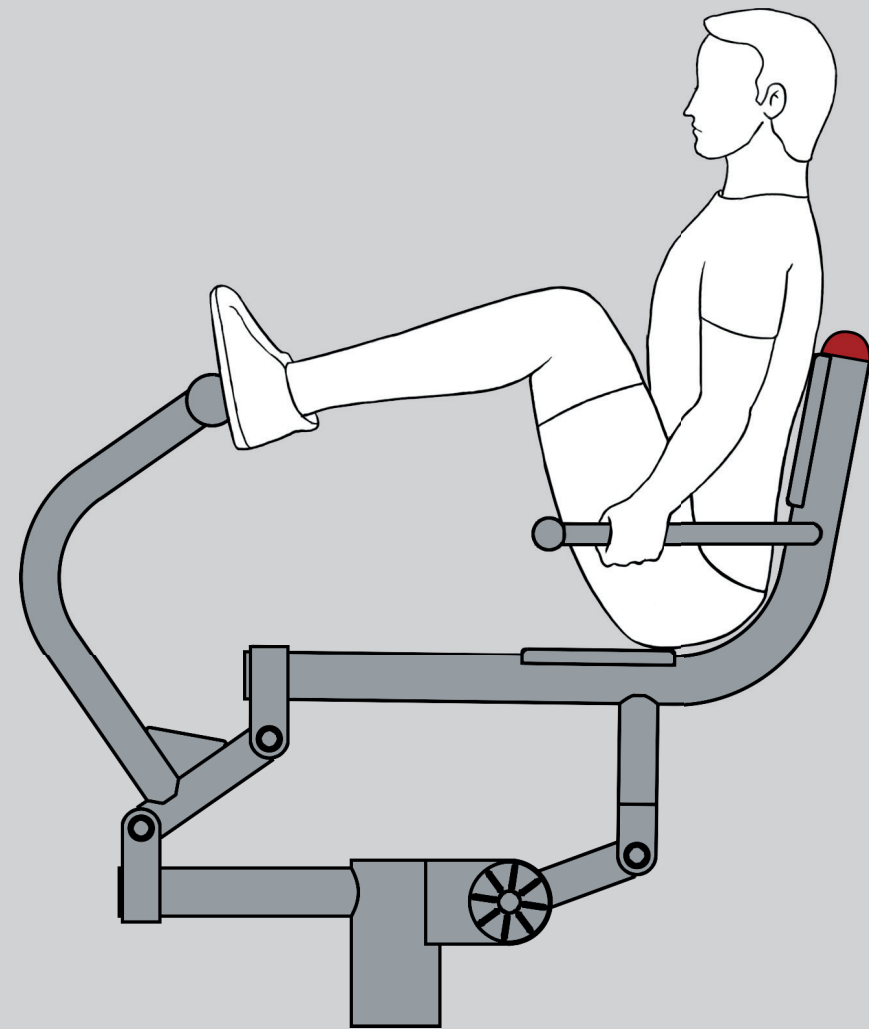


Leg Press

playfit® Training Options



BASIC

🕒 5 - 10 repetitions

Sit on the seat and hold onto the handles. Place your feet on the footrests before pushing them forward. Take care not to extend your legs fully. Move your legs back and forth slowly and steadily. Avoid overexertion.

INTERMEDIATE

🕒 10 - 15 repetitions

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

ADVANCED

🕒 15 - 25 repetitions

For a more challenging workout, increase the duration of the exercise.

STRENGTH
STAMINA