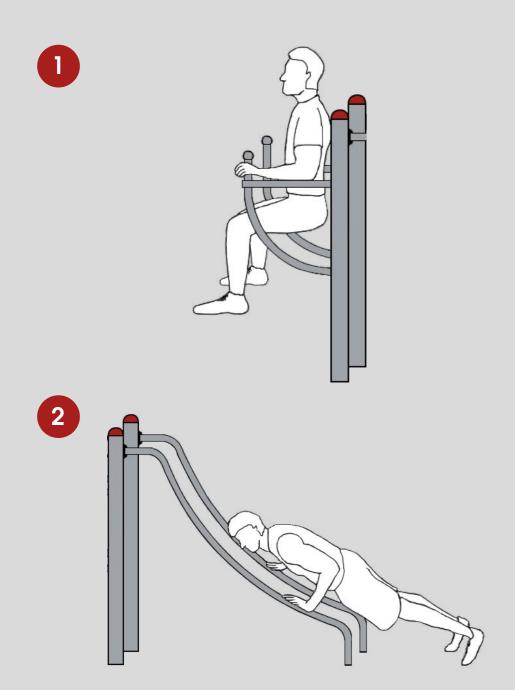
Leglift Press-Up Twin-Trainer

playfit® Training Options



STRENGTH BODY TENSION MOBILITY

BASIC



1) LEG LIFTS: Support yourself with your forearms on the armrest. Pull one knee at a time towards your upper body before lowering it back down again.

2 PRESS-UP: Get into the starting position, keeping your body straight and tense. Start doing push-ups making sure you keep your body straight. If this position is too difficult, bend your knees slightly. The support position you adopt should require a light effort (the higher your hands, the easier the exercise).

INTERMEDIATE



8 - 10 repetitions 2 - 3 times

1) LEG LIFTS: Support yourself with your forearms on the armrest. Pull both knees up towards your upper body at the same time before lowering them down again.

2 PRESS-UP: For a more challenging workout, position your hands lower on the equipment after several regular training sessions.

ADVANCED



10 -15 repetitions 2 - 3 times

1) LEG LIFTS: Support yourself with your forearms on the armrest. Straighten your legs and pull them upwards into a horizontal position.

2 PRESS-UP: After further regular training, try positioning your hands even lower on the equipment for an even more challenging workout. Avoid overexertion.