



**STRENGTH**

**BODY TENSION**

**MOBILITY**

### BASIC

🕒 5 - 8 repetitions 2 - 3 times

**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.