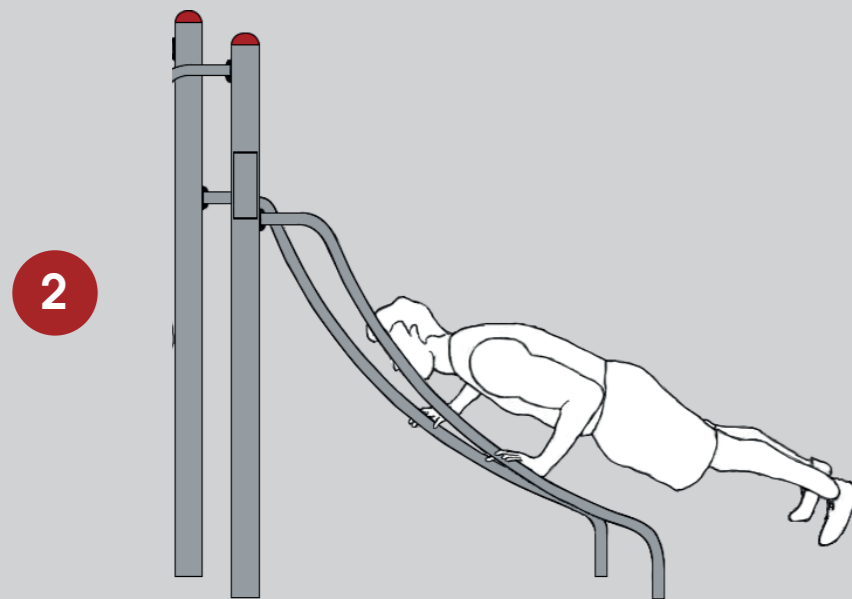
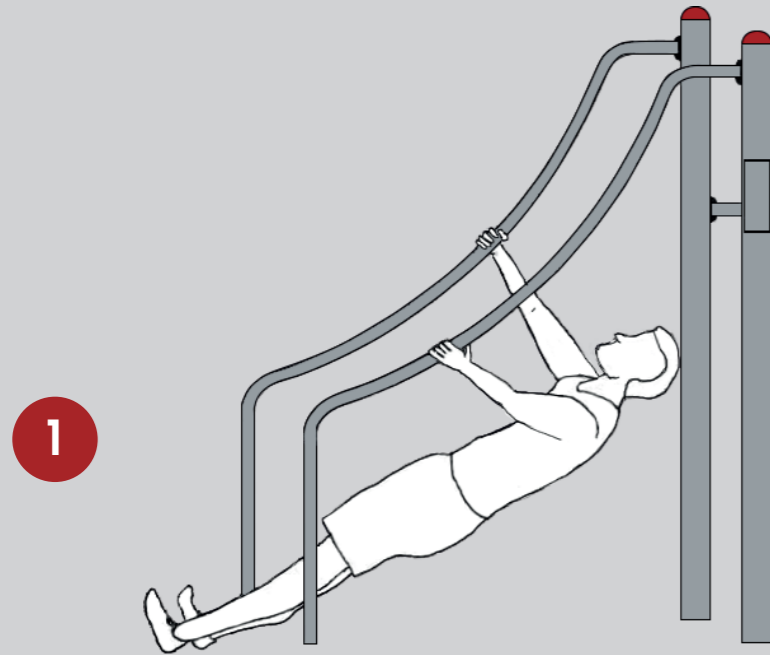


Lift-Up Press-Up Trainer

playfit® Training Options



STRENGTH
MOBILITY

BASIC

🕒 5 - 8 repetitions 2 - 3 times

- 1 LIFT-UP:** Get into starting position 1, keeping your body straight and tense. Slowly pull yourself upwards and lower yourself down again. Position your hands on the rails so that you feel slight physical exertion after 5 - 8 repetitions (the higher you place your hands along the bars, the easier the exercise).
- 2 PRESS-UP:** Get into starting position 2, 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. Position your hands on the rails so that you feel slight physical exertion after 5 - 8 repetitions (the higher you place your hands along the bars, the easier the exercise).

INTERMEDIATE

🕒 8 - 10 repetitions 2 - 3 times

- 1 LIFT-UP:** For a more challenging workout, position your hands lower on the apparatus after several regular training sessions (after around 4 weeks).
- 2 PRESS-UP:** For a more challenging workout, position your hands lower on the apparatus after several regular training sessions (after around 4 weeks). Avoid overexertion.

ADVANCED

🕒 10 - 12 repetitions 2 - 3 times

- 1 LIFT-UP:** After a further 6 weeks of regular training, try positioning your hands even lower on the equipment for an even more challenging workout.
- 2 PRESS-UP:** After a further 6 weeks of regular training, try positioning your hands even lower on the equipment for an even more challenging workout. Avoid overexertion.