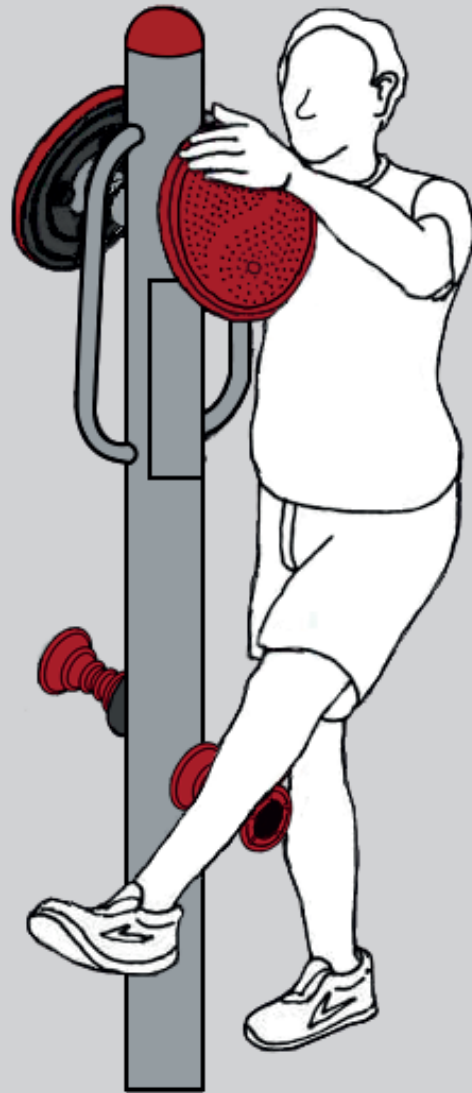


# Massage Rub Machine

## playfit® Training Options



**STRENGTH**  
**MASSAGE**  
**CO-ORDINATION**  
**BALANCE**

### BASIC

🕒 5 -10 minutes

**HAND AND ARM EXERCISES:** Stand with your feet slightly apart with your knees slightly bent facing the massage wheels. Place one hand on each rotating wheel and move both wheels in the same direction. Change the direction of rotation. Finally, rotate both wheels in opposite directions using a circular movement.

**LEG EXERCISES:** Hold onto the handle with one hand. Place the leg closest to the machine on the massage roller. Use the lower massage roller for calves and the upper roller for thighs. Move your leg backwards and forwards on the massage rollers by pulling your whole body slowly towards the handle and pulling it away again. Change legs.

### INTERMEDIATE

🕒 5 -10 minutes

**EXERCISES FOR HANDS, ARMS AND FEET:** Standing in a stable position, combine the exercise for legs with the exercise for hands and arms. Hold onto the handle and massage one leg. At the same time, make circular movements with the other hand on one of the wheels. Change the direction of rotation and switch legs.

### ADVANCED

🕒 5 -10 minutes

**EXERCISES FOR HANDS, ARMS AND FEET:** When you feel comfortable, try rotating the wheels with both hands while massaging your leg at the same time.

**LEG EXERCISES:** Slowly move your calf back and forth on the massage roller. Go into a slight squat with the other leg (never more than 90°). To strengthen your leg muscles, try to do 5 -10 squats as you use the equipment. Change legs.