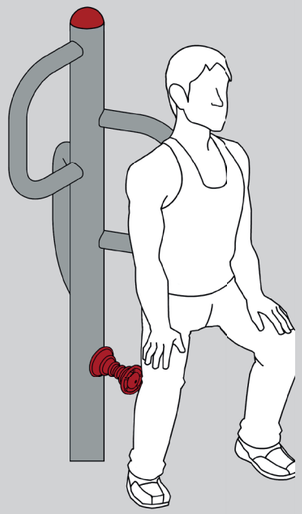
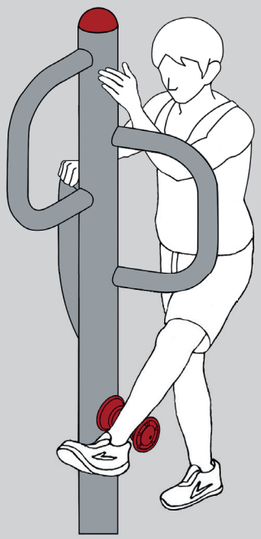
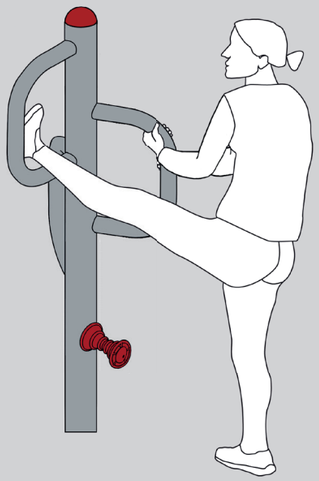
Massage Stretch Machine

playfit® Training Options







BASIC

2 - 3 minutes

BACK MASSAGE: Stand with your back against one of the massage bars and massage your back by slowly moving your back up and down, and from left to right.

LEG MASSAGE: Hold onto one of the massage bars. Place whichever leg is facing the equipment onto the massage roller. Slowly move your leg back and forth on the massage roller.

STRETCHES: Each of the massage bars can be used for various stretching exercises.

INTERMEDIATE

4 - 5 minutes

Increase the length of each session to improve performance. For more of a stretch, place one of your legs onto a higher bar.

ADVANCED

6 -10 minutes

EXERCISE FOR LEGS: Slowly move your calf back and forth on the massage roller. As you massage your leg, go into a slight squat (never more than 90°). To strengthen your leg muscles, try to do 5-10 squats as you use the equipment. Change legs. Increase the length of each training session to improve performance. For more of a stretch, place one of your legs onto a higher bar.

MASSAGE

MOBILITY