



MOBILITY

CO-ORDINATION

BALANCE

BASIC

🕒 2 - 3 minutes

Starting at the lowest point of the metal tube, hold the red ring firmly with your right hand and guide it along the tube without touching it. Once you have reached the top, change hands and move downwards in the other direction.

INTERMEDIATE

🕒 4 - 5 minutes

Carry out the exercise by holding the ring with your left hand and “walk backwards”, starting from the bottom of the tube. Once you have reached the top, change hands and repeat the exercise by moving down the tube in the other direction.

ADVANCED

🕒 5 - 10 minutes

Carry out the exercise slightly more quickly to make it more difficult. If you want to make the exercise even more difficult you can hop up and down on one leg at the same time.