



STRENGTH
BODY TENSION
MOBILITY

BASIC

🕒 2 - 3 minutes

STRETCHES: This equipment can be used for various stretching exercises.

INTERMEDIATE

🕒 4 - 5 minutes

JUMPING BARS: Standing under the arch of the equipment, hold onto one of the long bars above you and jump up. Hold yourself in a hanging position for a few seconds.

LEG LIFTS: Hanging from one of the bars, raise your knees alternately or simultaneously. Experienced users can try straightening their legs and pulling them upwards into a horizontal position.

STRETCHES: For more of a stretch, place one of your legs onto a higher bar.

ADVANCED

🕒 6 - 10 minutes

PULL-UPS: Hold onto one of the bars on the arch of the equipment with your hands a shoulder-width apart. The further apart you position your hands, the more difficult the exercise becomes. Now slowly pull yourself up as far as you can. You can also try bending your legs as you do the exercise.