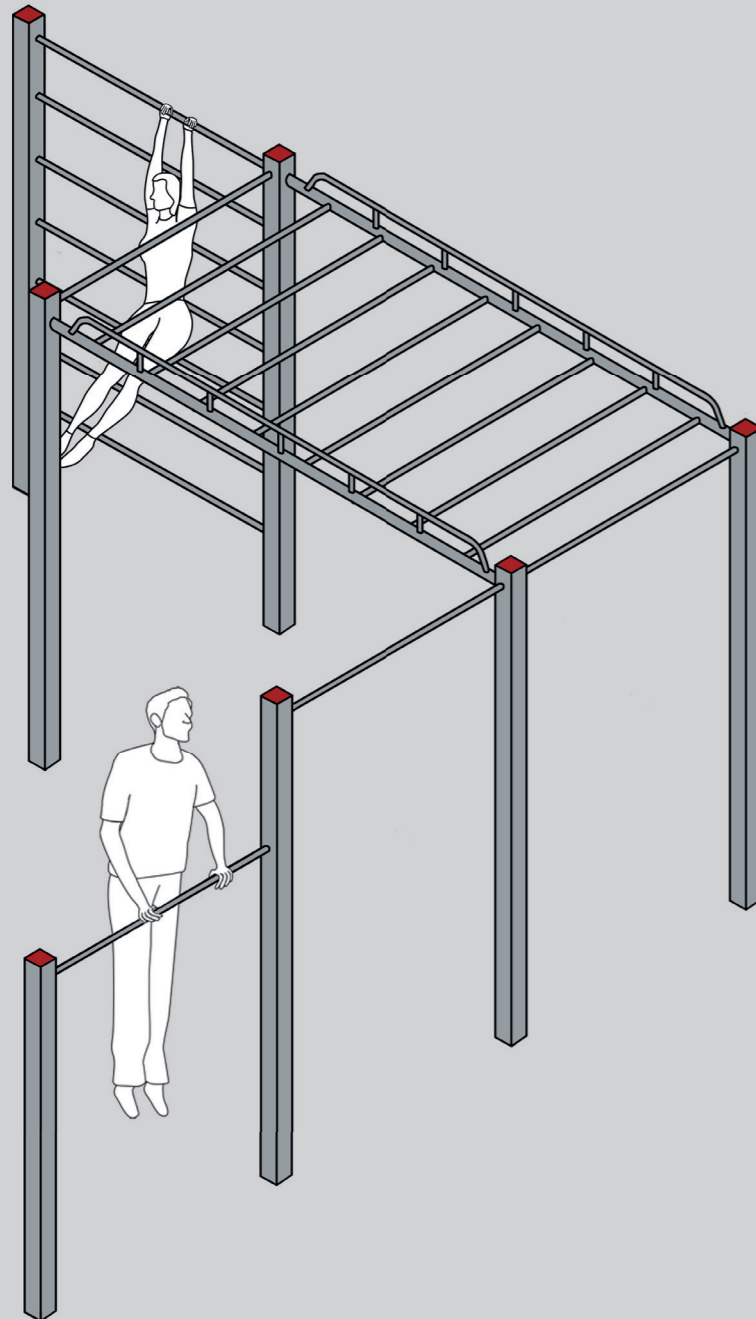


Multifunction Unit

playfit® Training Options



STRENGTH

BODY TENSION

MOBILITY

BASIC

🕒 2 - 3 minutes

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

HANGING EXERCISE: Try hanging from the top rungs of the equipment.

SQUATS: Stand facing the vertical bars. Hold the bar that roughly corresponds to your shoulder height, crouch down into a squat. For a more challenging workout, hold onto a bar at stomach height.

INTERMEDIATE

🕒 4 - 5 minutes

PUSH-UPS: Keeping your body tensed, hold onto one of the bars with both hands and start to do push-ups. Progression: Increase your distance from the bar by placing your feet further behind you.

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

ADVANCED

🕒 6 - 10 minutes

PULL-UPS: To train your arm muscles, hold onto one of the bars with your hands shoulder-width apart and your palms towards your face. Now slowly pull yourself up as far as you can.

MONKEY BARS: Start by hanging from the first of the horizontal bars, then move from bar to bar by using your hands or your hands and feet at the same time until you reach the other end.