

Parallel Bars

playfit® Training Options



STRENGTH
BODY TENSION
MOBILITY

BASIC

🕒 5 - 10 repetitions

Stand between the bars and hold onto them for support. Lift yourself up by stretching your arms out and hold the position for a few seconds to get your balance. Swing your legs back and forth parallel to the bars. The bars can also be used for various stretching exercises.

INTERMEDIATE

🕒 5 - 10 repetitions

Hold onto the support bar and lift yourself up. Bend and stretch your arms in turn. Hold your upper body upright. Don't bend your elbows more than 90°.

VARIATION: Hold the support bar and pull your left and right legs upwards alternately. Alternatively, move both knees up and down at the same time. Alternate between these exercises several times.

ADVANCED

🕒 10 - 15 repetitions

Increase the length of each training session to improve performance.

VARIATION: Hold onto the support bar. Lift your legs up in a right angle in front of your body.