

Sit and Pull

playfit® Training Options



BASIC

🕒 2 - 5 repetitions 2 - 3 times

Sit on the seat and hold onto the handles of the equipment. Move your arms slowly and steadily towards your upper body and away again in the other direction. Carry out this exercise at a steady pace. Avoid overexertion.

INTERMEDIATE

🕒 5 - 10 repetitions 2 - 3 times

For a more challenging workout, increase the number of repetitions with each regular training session.

ADVANCED

🕒 10 - 15 repetitions 2 - 3 times

For a more challenging workout, increase the number of repetitions with each regular training session.

STRENGTH
MOBILITY