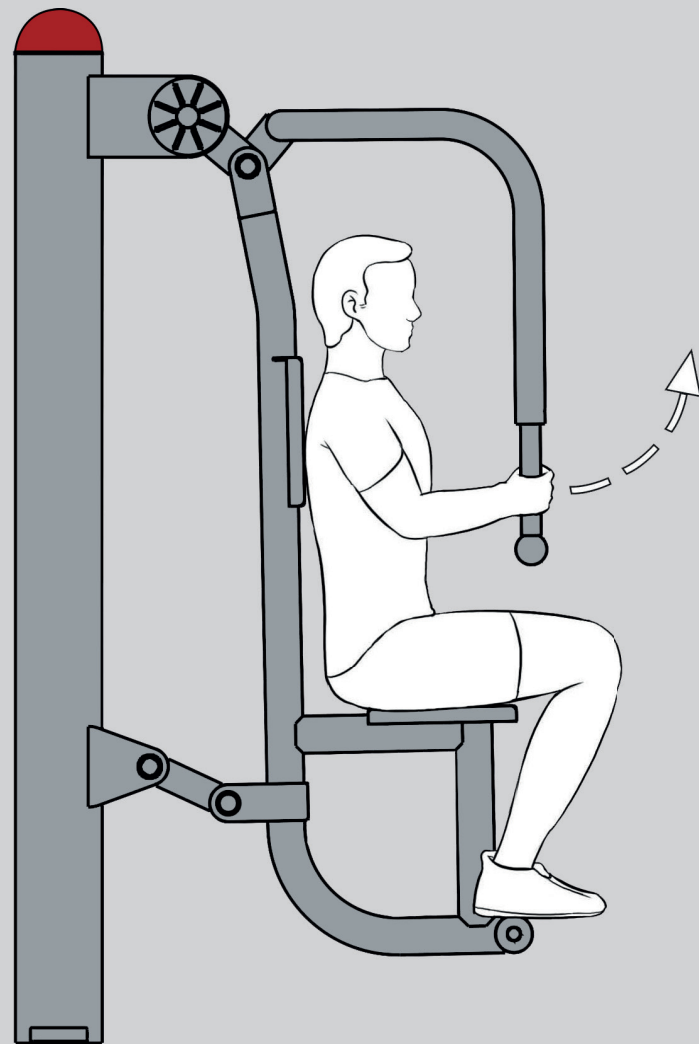


Sit and Push

playfit® Training Options



BASIC

🕒 2 - 5 repetitions 2 - 3 times

Sit on the seat and hold onto the handles of the equipment before pushing them forward. Take care not to fully extend your arms. Move your arms back and forth using slow, steady motions. 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