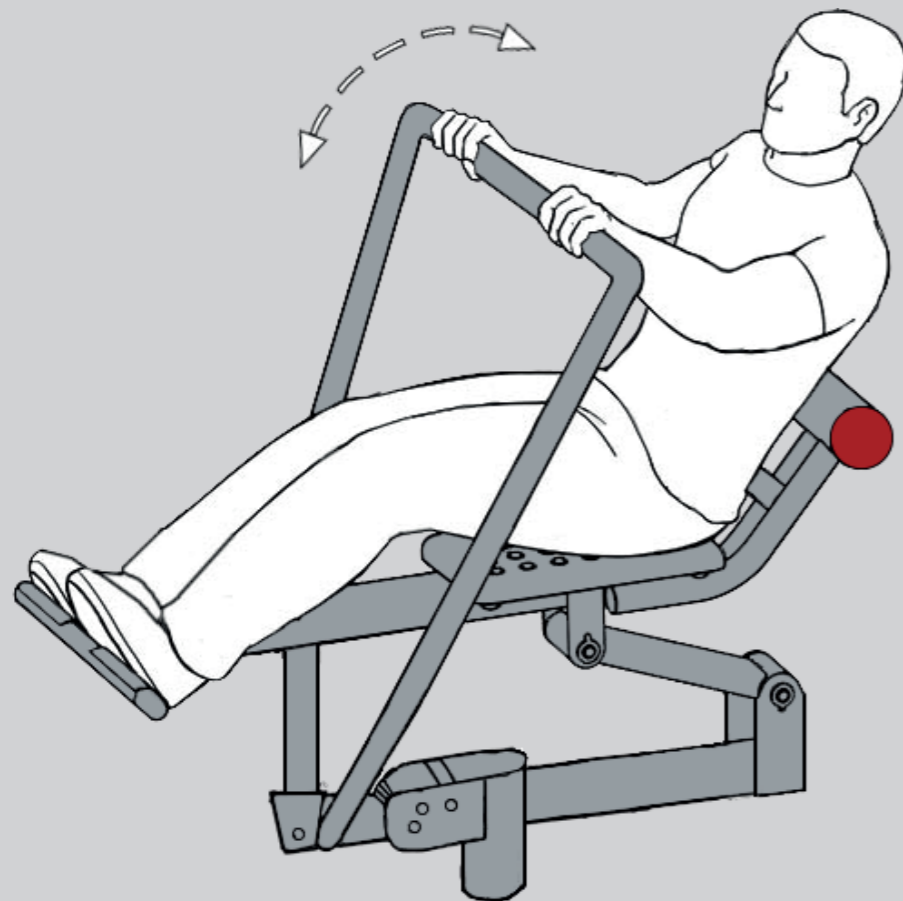


# Sit and Row

## playfit® Training Options



**STRENGTH**  
**STAMINA**  
**MOBILITY**

### BASIC

🕒 5 - 10 minutes

Sit on the seat and place your feet on the footrest. Hold onto the crossbar and "row". Do not extend your legs completely. Carry out this exercise at a slow and steady pace.

### INTERMEDIATE

🕒 10 - 15 minutes

Increase speed and length of training interval to improve endurance.

VARIATION: Pull the handlebars toward your body and hold the position until you feel tension in your abdominal muscles.

### ADVANCED

🕒 15 - 20 minutes

Increase speed and length of training interval to improve performance. Try to keep your abdominal muscles tensed.

VARIATION: Vary the position of your hands along the handlebar. The exercise becomes increasingly difficult as you widen the gap between your hands along it.