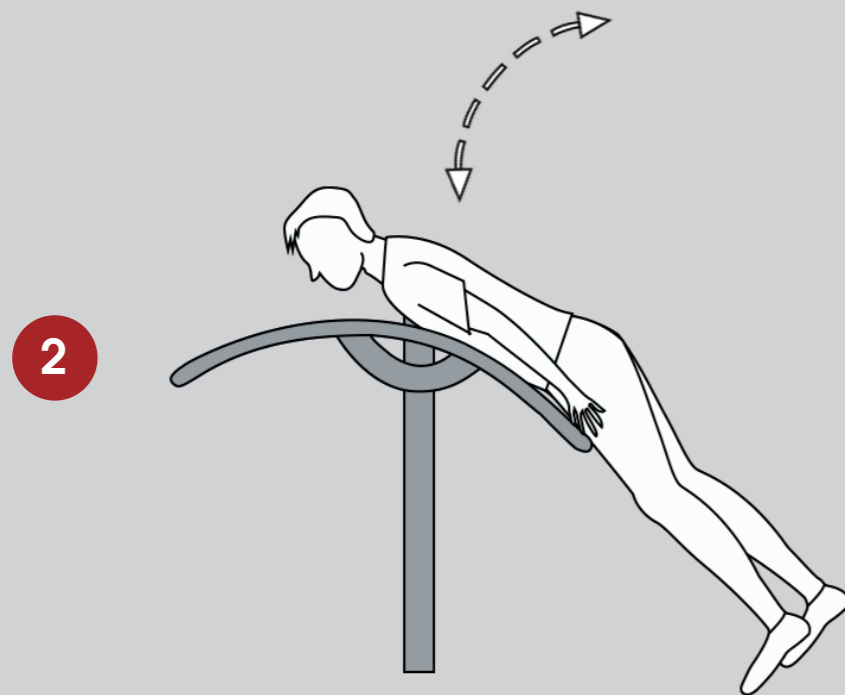
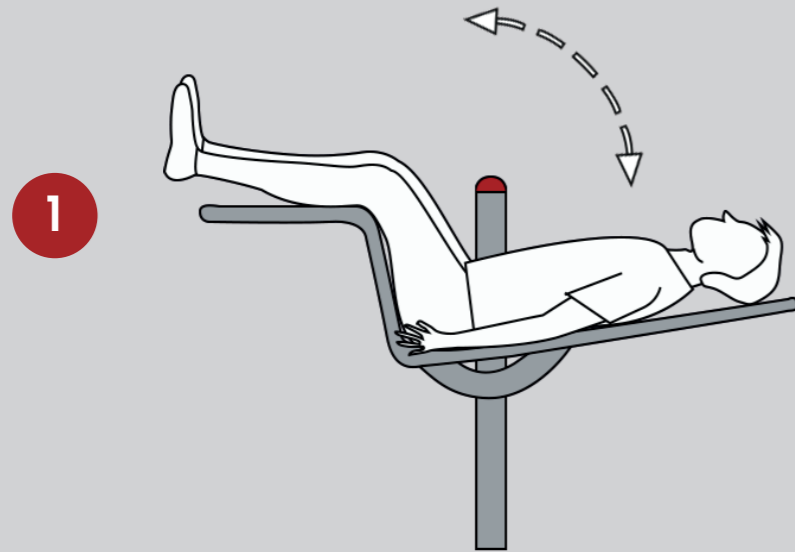


Sit-Up Back-Stretch Twin-Trainer

playfit® Training Options



STRENGTH
MOBILITY

BASIC

🕒 12 -15 repetitions 2 - 3 times

- 1 ABDOMINAL TRAINING:** Lie down on the reclining surface with your legs bent as shown (starting position 1). Lift your upper body slowly and steadily towards your knees and back down again. Keep your arms down by the sides of your body.
- 2 BACK STRETCHES:** Get into starting position 2. With your knees slightly bent, push your hips against the curved surface, lower your upper body down and lie flat against the surface. Now slowly lift and lower your upper body alternately in a slow and steady motion. Keep your arms down at the sides of your body.

INTERMEDIATE

🕒 12 -15 repetitions 2 - 3 times

- 1 ABDOMINAL TRAINING:** For a more challenging workout, carry out the exercise with your arms crossed over your chest after several regular training sessions (approx. 4 weeks)
- 2 BACK STRETCHES:** For a more challenging workout, carry out the exercise with your arms up at each side of your head after several regular training sessions (approx. 4 weeks).

ADVANCED

🕒 12 -15 repetitions 2 - 3 times

- 1 ABDOMINAL TRAINING:** For a more challenging workout and after a further 6 weeks of regular training, keep your arms up at each side of your head for the duration of the exercise. Your elbows should be bent and positioned as far away from your head as possible.
- 2 BACK STRETCHES:** After a further 4 weeks of regular training, pull your shoulder blades and elbows backwards slightly as you raise your upper body for an even more challenging workout.