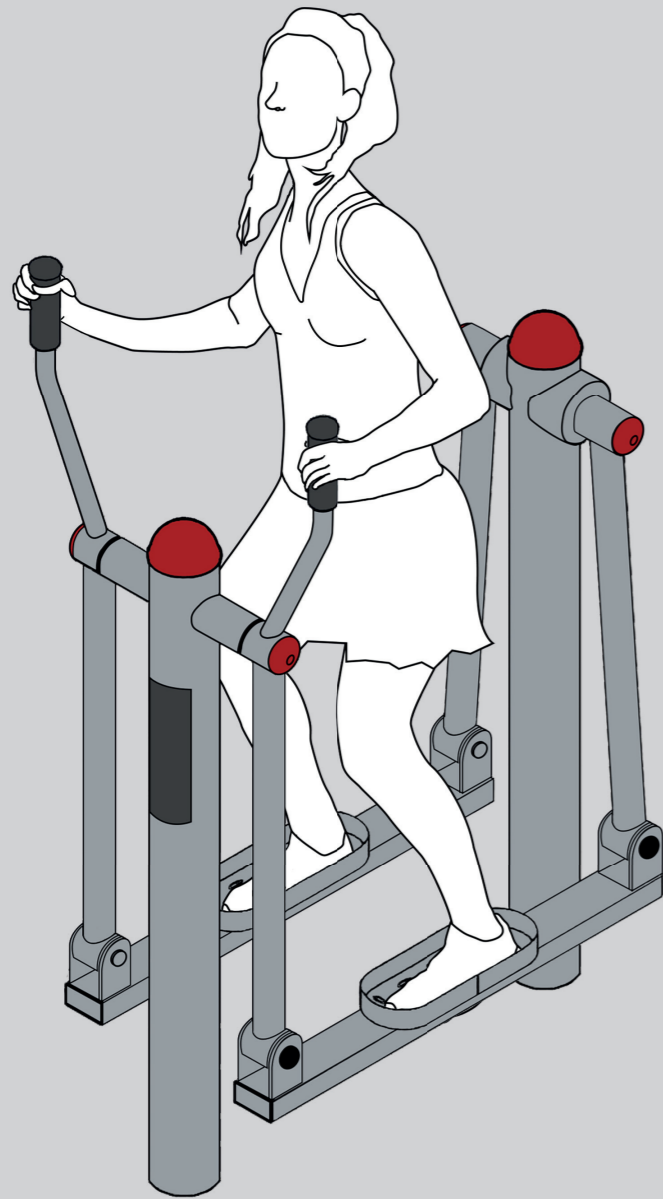


Ski Walker

playfit® Training Options



STRENGTH

STAMINA

CO-ORDINATION

BASIC

🕒 5 - 10 minutes

Hold on to the handles with both hands and stand on both pedals. Move the pedals and handlebars back and forth in opposite directions in rhythm. Keep your knees slightly bent. By using light force in the arms, you can create an even rhythm of movement between the upper body and the legs. Move continuously forward at a steady pace.

INTERMEDIATE

🕒 10 - 20 minutes

Speed and training time can be increased to improve performance.

ADVANCED

🕒 5 - 10 minutes

To further increase performance, the exercise is performed alternately with only one hand (change hand every 30 seconds) on the handlebar.