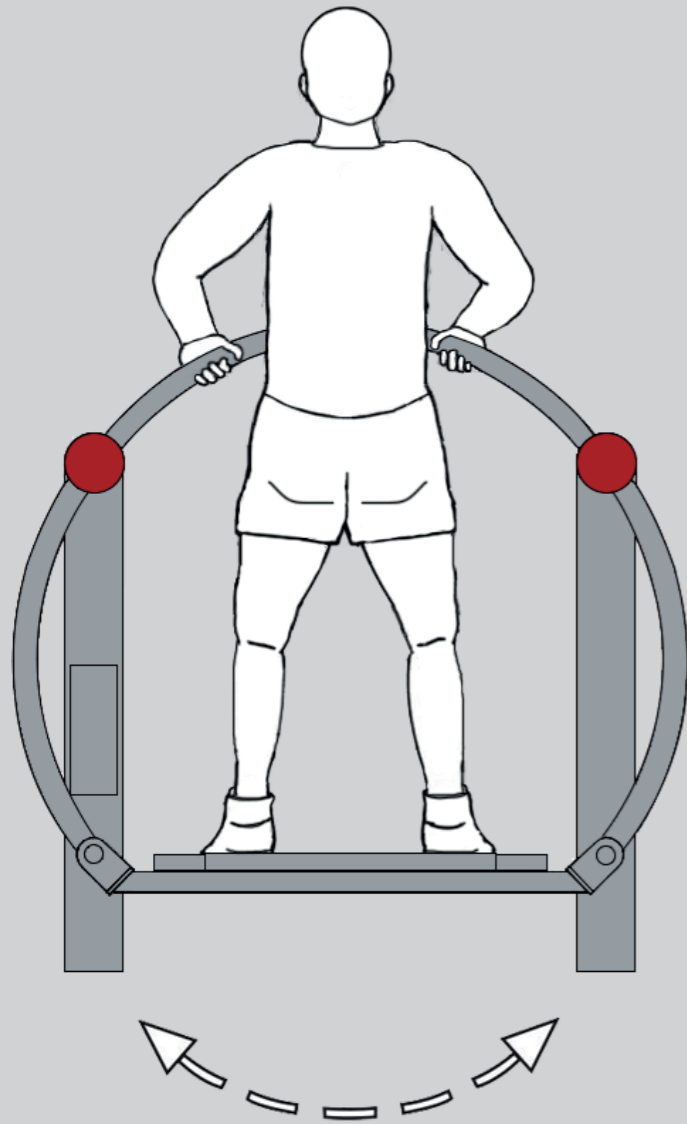


Slalom Trainer

playfit® Training Options



STRENGTH

CO-ORDINATION

MOBILITY

BASIC

🕒 2 - 3 minutes

Hold onto the handlebar with both hands before climbing onto the platform and standing with slightly bent knees. Now swing your lower body from left to right. Your head and upper body should remain straight, facing the handlebar. Carry out this exercise at a slow and steady pace.

INTERMEDIATE

🕒 3 - 5 minutes

For a more challenging workout, carry out the exercise with your legs together. Make sure you keep your knees slightly bent.

ADVANCED

🕒 5 - 10 minutes

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