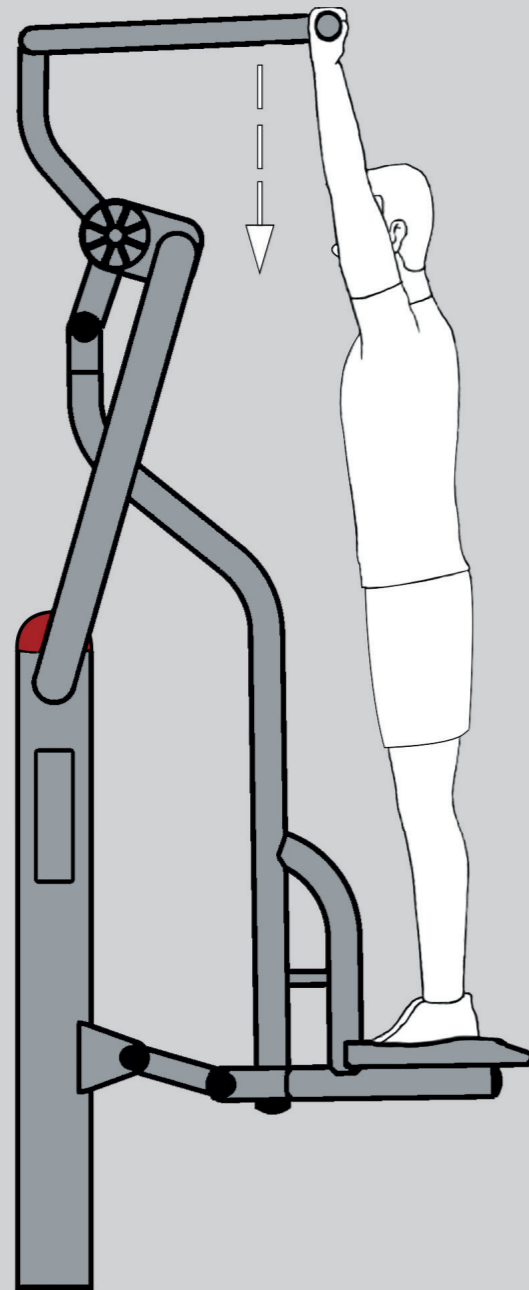


# Stand and Pull

## playfit® Training Options



### BASIC

🕒 2 - 5 repetitions 2 - 3 time

Stand in the centre of the platform and hold onto the handles with both hands. Move your arms slowly and steadily towards your upper body and away again in the other direction. Carry out this exercise at a steady pace.

### INTERMEDIATE

🕒 5 - 10 repetitions 2 - 3 time

The further apart you place your hands on the handles, the more difficult the exercise becomes.

### ADVANCED

🕒 10 - 15 repetitions 2 - 3 time

For a more challenging workout, increase the number of repetitions with each regular training session.

**STRENGTH**  
**MOBILITY**