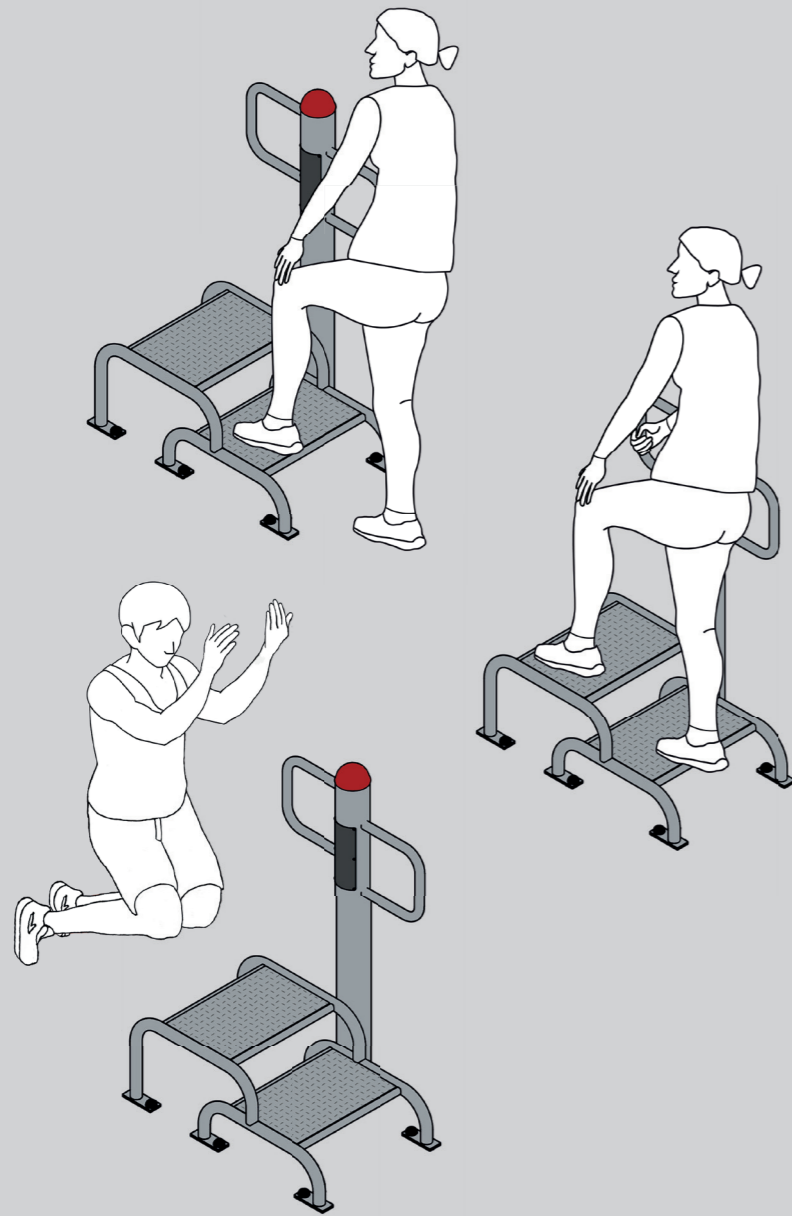


# Step Trainer

## playfit® Training Options



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

### BASIC

🕒 10 - 30 repetitions per training session

**STEP:** Step onto the lower platform using your right foot followed by your left foot. Repeat in the opposite direction. Start slowly and increase your pace. Next, start the exercise with your left foot.

**VARIATION:** Step onto the lower platform and then onto the higher with the other foot. Take one step at a time moving your arms accordingly or hold on to the hand grips for stability.

**STRETCHING:** You can carry out stretching exercises by holding on to the handgrips.

### INTERMEDIATE

🕒 10 - 20 repetitions per training session

**SQUAT:** Jump onto one of the platforms with both feet at the same time. Jump backwards onto the ground. To increase the difficulty, jump onto the higher platform and squat down before you jump. Always make sure you land safely.

**STEP:** Step onto the higher platform using your right foot followed by your left foot. Repeat in the opposite direction. Start slowly and increase your pace. Next, start the exercise with your left foot.

### ADVANCED

🕒 10 repetitions per leg

**JUMP:** Jump on one leg only but make sure you land safely. Jump down again, now jump with the other leg. To increase the difficulty, jump onto the higher platform.