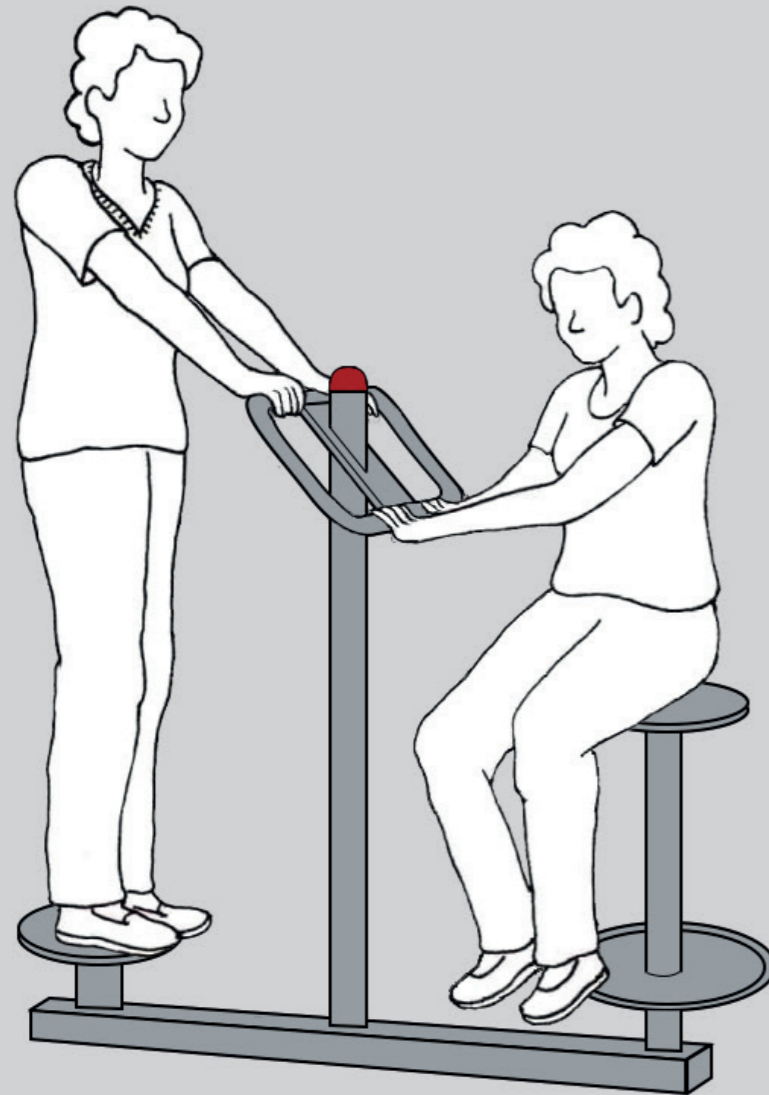


# Twister

## playfit® Training Options



**STRENGTH**

**MOBILITY**

**BALANCE**

**LOOSENING THE MUSCLES**

### BASIC

🕒 5 - 10 minutes

Before starting the exercise, rotate the seat plate or foot plate respectively in such a way that the marking (arrow) on the plate points precisely in the direction of the standing tube.

**SITTING EXERCISE:** Sit on the rotatable seat plate. Hold the handle with both hands, and put both feet on the foot support. Rotate the seat plate using the hips, to the left and to the right.

**STANDING EXERCISE:** Hold the handle tightly with both hands, and stand with both feet on the rotating stand. Rotate the hips to the left and right. Take care not to rotate the upper body at the same time.

### INTERMEDIATE

🕒 5 - 10 minutes

**SITTING EXERCISE:** With increasing movement, try to increase the amplitude of the movement (width of the movement) and actively tension the stomach muscles. After a certain amount of exercise time, you can repeatedly take other positions with your hands on the handle.

**STANDING EXERCISE:** While turning, go down slightly on the knees, similar to the movement when skiing ("weaving").

### ADVANCED

🕒 5 - 10 minutes

**SITTING AND STANDING EXERCISE:** To enhance performance, the speed of the exercise can be increased. Try to keep the stomach muscles slightly tensed throughout.

**STANDING EXERCISE:** Stand on the foot plate, and let go of the handle, one hand after the other. When you feel secure, rotate from the hips to the left and to the right. If you feel insecure, take hold of the handle again immediately.