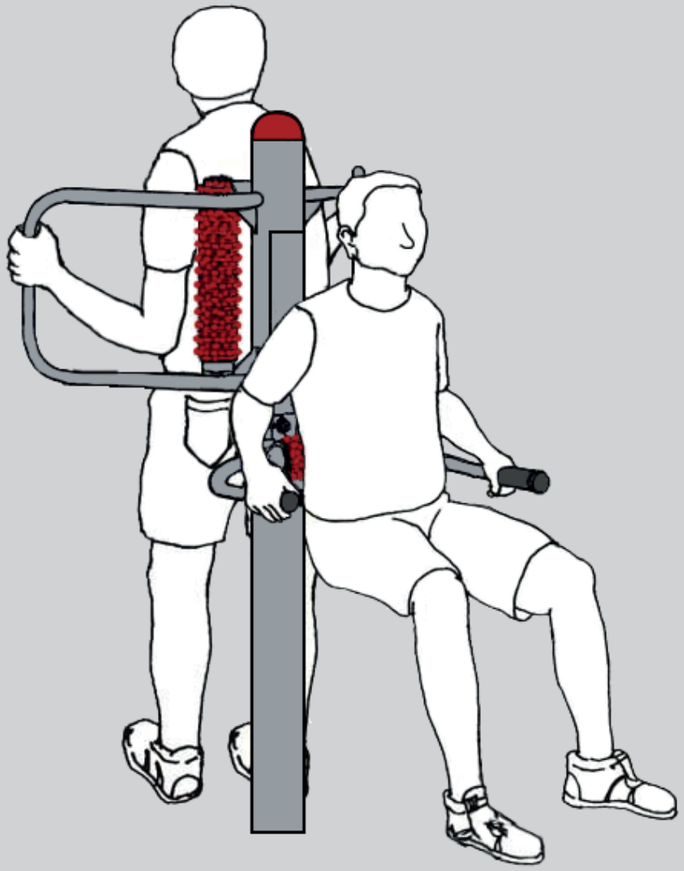
Waist Back Massage Machine



STRENGTH

MASSAGE

LOOSENING THE MUSCLES

playfit® Training Options

BASIC

5 - 15 repetitions on each side

VERTICAL MASSAGE ROLLS: Stand with your back against the massage rolls. Hold onto the handles with both hands or guide your arms through the handlebars. Relax your shoulders and crouch down by bending your knees slightly. Move your back from left to right until you feel the massage rollers on your arms. Exert just enough pressure on the massage rolls with your body as you are comfortable with.

INTERMEDIATE

10 - 20 gentle squats

VERTICAL MASSAGE ROLLS: Cross your arms across your chest to open your shoulder blades.

HORIZONTAL MASSAGE ROLLS: Lean against the massage roller and support yourself using the handles. Move your back up and down by bending your knees until you feel the roller touching your lower back area. To strengthen your leg muscles, try to do 10 - 20 gentle squats as you use the equipment.

ADVANCED

10 - 30 squats

HORIZONTAL MASSAGE ROLLS: For a more challenging workout, crouch down far enough so that you can feel the massage rollers on your upper back. To strengthen the leg muscles, try to do around 10 - 30 squats (never more than 90° and make sure your knees are always behind your toes and the sole of your feet in contact with the ground).