

BAR 4 LEVEL



STRENGTH
BODY TENSION
MOBILITY

playfit® Training Options

BASIC

STRETCHES: Each of the four bars can be used for various stretching exercises.

HANGING EXERCISE: Stretch your arms out in front of you and place your hands a shoulder-width apart on the bar that best suits your height. Lift yourself off the ground and hang for a few seconds. More experienced users can try bending and stretching their knees.

Duration: according to individual preference and fitness level
Recommended: Hang from the bars, then bend your knees, lifting your legs up and stretch them apart and back again

INTERMEDIATE

PUSH UPS: Keeping your body muscles tensed, hold onto one of the lower bars and start to do push ups.

JUMPING BARS: From a standing position, jump up to one of the lower bars and hold for a few seconds. Experienced users can also try this exercise on the higher bars.

LEG LIFTS: Hanging from one of the bars, raise your knees alternately or simultaneously. Experienced users can try straightening their legs and pulling them upwards into a horizontal position.

Duration: according to individual preference and fitness level
Recommended: 10 - 15 push ups / 2 - 5 jumps / 5 - 10 leg lifts

ADVANCED

PULL-UPS To train your arm muscles, hold onto the bar best suited to your height with your hands shoulder-width apart and your palms towards your face. Now slowly pull yourself up as far as you can.

Duration: according to individual preference and fitness level
Recommended: 10 - 15 repetitions