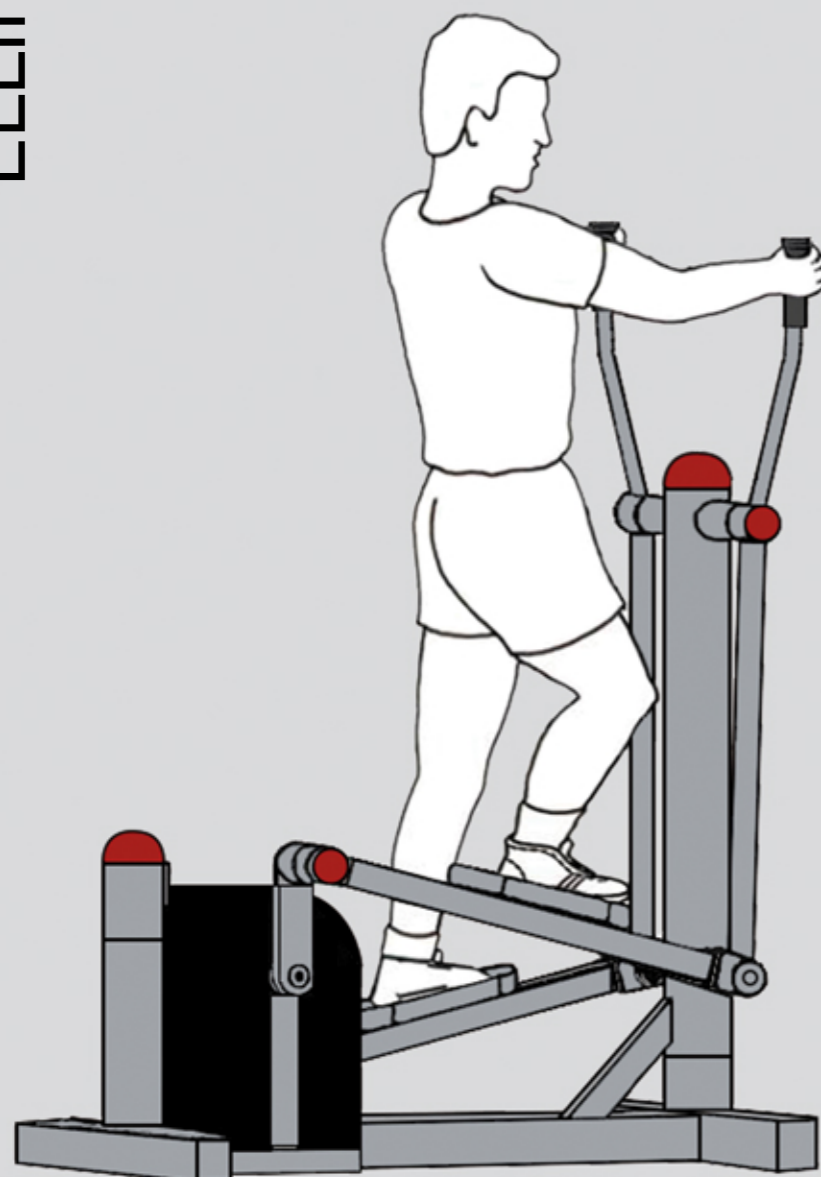


ELLIPTICAL



playfit® Training Options

BASIC

Turn and position one of the pedals at its lowest point. Place one foot on this pedal and then place the other foot on the other pedal. Hold handgrips firmly with both hands, moving them forwards and backwards slowly and steadily to get a balanced momentum. Operate the pedals with your feet at the same time, keeping your knees slightly bent. Use your arms to increase speed and get a balanced rhythmic exercise for your whole body.

Duration: According to individual preference and fitness level
Recommended: 5 - 10 minutes

INTERMEDIATE

Carry out the same exercise backwards. To improve endurance, increase the speed and duration of this exercise. In addition the same exercise can be carried out backwards and forwards by changing direction.

Duration: According to individual preference and fitness level
Recommended: 10 - 20 minutes

ADVANCED

To improve performance carry out the same exercise using one hand only, changing hands every 30 seconds.

Duration: According to individual preference and fitness level
Recommended: 5 - 10 minutes

STAMINA
STRENGTH
COORDINATION